



NEWS FROM EXTENSION

UW-MADISON DIVISION OF EXTENSION WINNEBAGO COUNTY



**Merry Everything & Happy Always
from Extension!**

Health & Well-Being

Registration Now Open for FREE WeCOPE Class!

[Subscribe](#) to our email list.

Start the new year with tools to manage stress and boost your well-being! Registration is now open for WeCOPE (Connecting with Our Positive Emotions), a free, virtual class designed to help you navigate everyday stress with confidence and positivity.



Dates: Mondays, January 27 – March 3 (6 sessions)

Time: 12:00 – 1:00 PM

Location: Virtual via Zoom

In this weekly one-hour session, you'll learn and practice 11 evidence-based skills to help you stay resilient and connected to positive emotions. These simple yet powerful tools can make a big difference in how you handle life's ups and downs.

Sign up today by clicking [here](#)!

Take this step toward greater balance and well-being—we look forward to seeing you there!

Katherine (Katie) Jaegly

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920-232-1979



Human Development & Relationships

Plan Ahead for Peace of Mind: Join the UW-Madison Division of Extension's Online End-of-Life Planning Series

End-of-life planning can feel overwhelming, but it doesn't have to be. The UW-Madison Division of Extension's Planning AHEAD series is here to guide you through this important process with confidence and clarity. This 6-week online course covers essential aspects of end-of-life planning.

Designed for both individuals preparing for their own future and those supporting loved ones, Planning AHEAD provides practical advice and resources to make the process easier. A

[Subscribe](#) to our email list.

Dates: Wednesdays, January 22 - February 26, 2025

Time: 9:00 AM - 10:00 AM

Platform: Online via Zoom

Sign up today and take the first step toward peace of mind for you and your family.

Register by calling 920-832-4763 or online at <https://bit.ly/2025PlanningAheadVirtual>

Todd Wenzel

todd.wenzel@wisc.edu



Recruiting for the next bootcamp!

Our FREE online class [Entrepreneurship Bootcamp](#) starts January 23!

This class is open to justice-impacted people in Wisconsin who want to learn whether starting their own business is the right choice for them.

Applications close on January 3, 2025!

**Bootcamp does not offer any money or start-up funds.



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DEFY
VENTURES

Entrepreneur In Training Partnership

Be Your Own Boss at **Entrepreneurship** **BOOTCAMP**

- Develop a business idea
- Learn the basics of marketing
- Learn business finance skills
- Receive coaching from expert business leaders

Are you ready to be a boss?

Apply to Bootcamp at
[Linktr.ee/EITpartnership](https://linktr.ee/EITpartnership)

CLICK HERE 



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Crops & Soil

2025 Pesticide Applicator Training & Certification Exam – Winnebago County

Winnebago County will be hosting an on-site session for the 2025 Pesticide Applicator Training, which includes certification or recertification for



[Subscribe](#) to our email list.

General Farming, followed by the exam.

Date: Tuesday, February 25, 2025

Time: 9:00 AM - 3:00 PM (Please arrive by 8:45 AM for sign-in)

Location: Extension Winnebago County Office, 625 E County Road Y, Oshkosh, WI 54901

Purchase the Manual at the [UW PAT Store](#) or via the [mail order form](#).

Register for the Training at the [UW PAT Store](#).

Your Manual & Receipt serves as your admission receipt, so make sure not to detach it before the session.

Bring a bag lunch (or visit a local restaurant), a pocket calculator, your driver's license or photo ID, and your social security number.

Space is limited to 25 participants, so be sure to register early!

For any questions, contact the Extension Office at 920-232-1974.

Kevin Jarek

kevin.jarek@wisc.edu

FoodWise

- It's good - It's in season - It's local -

This month, FoodWise presents Broccoli as the Harvest of the Month



[Subscribe](#) to our email list.

Visit the [FoodWise website](#) for more information!

4-H Programs

Congratulations to our 2024 4-H Record Book Award Winners!

The 4-H program has a long history of record keeping. The focus reflects the importance of this life skill in our daily lives. In 4-H, young people have tracked their activities, events, profits and losses, skill development and learning experiences, and much more using the iconic 4-H Record Book. In addition to record keeping, the 4-H Record Book gives members an opportunity to reflect on their year, measure their achievements and growth, set goals, and develop plans to meet those goals.

Dana Berger

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Horticulture

Gardening with Climate Change in Mind: Upcoming Session

After successful presentations to a statewide audience and the Oshkosh Garden Club, we are excited to offer another opportunity to explore how climate change impacts our gardens and communities.

[Subscribe](#) to our email list.



Our climate is shifting, bringing challenges that affect everything from energy use to plant health. Homeowners and gardeners are also facing increased time and effort to manage these issues. By understanding and responding to local climate trends, we can reduce our environmental footprint and create more resilient landscapes.

Join us for the next session!

Date: March 18th, 5:30 PM

Location: Federated Church of Green Lake, 489 Scott Street, Green Lake

This session is free and there is no registration required. We hope to see you there!

Jacob Kluz

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 Horticulture Program
DIVISION OF EXTENSION
UNIVERSITY OF WISCONSIN-MADISON

Free Online Gardening Programs

Community Development

[Subscribe](#) to our email list.



The UW-Madison Extension for Winnebago and Outagamie counties is on a mission to map out community gardens in the Fox Valley and Oshkosh area, and we need your help!

How can you contribute?

- Fill out this [Google Form](#)
- Call Amy Beck at 920-832-5121
- Email Amy.Beck@outagamie.org

Mia Ljung

920-470-4645

mia.ljung@wisc.edu

Want to learn about more Extension statewide news and educational opportunities? Subscribe to the Community Economic Development newsletter [here!](#)

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