NEWS FROM EXTENSION

UW-MADISON DIVISION OF EXTENSION WINNEBAGO COUNTY





Where paths cross, communities thrive.



Human Development & Relationships

End-of-life planning is a gift for your loved ones. A medical crisis can leave you unable to make health care decisions, regardless of age. Join our **Planning AHEAD** program for tools and resources to start or continue your planning. It's not just for the elderly or ill—plan ahead and leave a legacy!

Dates: Wednesdays for six weeks, April 2 through May 7

Location: Westgor Funeral Home, 1140 Appleton Rd, Menasha Cost: \$20 for workbook, materials, and guest speakers. (Scholarships available to cover the cost if you are unable to pay) Registration: (920) 832-4763 or online at https://bit.ly/PlanningAheadWestgor



Rent Smart equips individuals with the skills for a successful renting experience. Designed for those with little rental experience or difficulty securing housing, participants will learn how to build positive relationships with landlords and neighbors, navigate the application process, and understand tenant and landlord rights and responsibilities.

Rent Smart classes are offered online via Zoom and are FREE! See the 2025 schedule and register for **Rent Smart** classes at <u>https://go.wisc.edu/Rentsmartregister</u>

March 2025: 15, 22, 29 @ 9:00AM-11:30AM; Saturdays April 2025: 8, 10, 15, 17, 22, 24 @ 7:00PM-8:00PM; Tue/Thurs May 2025: 5, 9, 12, 16, 19, 23 @ 1:00PM-2:00PM; Mon/Fri June 2025: 9, 11, 16, 18, 23, 25 @ 9:00AM-10:00AM; Mon/Wed

Todd Wenzel todd.wenzel@wisc.edu



FoodWise News

2025 WISCONSIN CHILI LUNCH





The annual Wisconsin Chili Lunch (WCL) supports local food purchasing by encouraging cafeterias to serve a chili dish made with local ingredients in the cafeteria. On **February 27th**, cafeterias around the state will participate in the WCL by **preparing local chili and celebrating Wisconsin farmers**. This event provides a fun way to practice local food procurement and promotion.

The goal of the WCL is to create strong connections

between Wisconsin farmers and eaters, and demonstrate how cafeterias can serve Wisconsin grown — even in winter. This statewide chili lunch event inspires **nutritious school meals** and **supports farm-to-institution initiatives** throughout the state, while encouraging year-round purchases of local foods.

Learn More and Register on the <u>Wisconsin Chili Lunch Website</u>. Download this great <u>Slow Cooker Chili Recipe</u>!

Christi Gabrilska <u>christi.gabrilska@wisc.edu</u>





Community Development

Introduction to Plain Language is back!

Join this FREE virtual workshop to learn strategies for word choice, font selection, grammar use, user testing, and more that help us communicate quickly and effectively with both native and nonnative English speakers.

Thursday, March 13 - 6:00 - 7:30 PM Wednesday, March 19 - 1:00 - 3:00 PM

Register at: http://go.wisc.edu/plain

A partnership between UW-Madison's Cultural Linguistic Services and UW-Madison Division of Extension.







Learn tips for running and growing a successful food business from specialists and entrepreneurs! This no-cost series of online trainings is for food entrepreneurs and farm-based food businesses.

Mondays 2:00-3:00 pm: February 10-March 17

 \rightarrow On March 10 Mia is presenting with the Center for Cooperatives on "How Business Cooperatives Can Help Entrepreneurs Access Farmland"

Register at: https://foodsystems.extension.wisc.edu/2025-feed-webinar-series/

Mia Ljung mia.ljung@wisc.edu

Winnebago County



JUNE 26-29TH UPHAM WOODS, WISCONSIN DELLS

REGISTRATION DEADLINE: APRIL 15TH

4-H camps provide youth with the chance to meet new People. 4-H Summer camp is an overnight experience. Youth learn about the natural world, themselves and each other. Activities include hiking on irregular terrain, swimming, canoeing, crafts, art, music, recreation and campfire time. Transportation is included.



Grades 3-8

Registration Form:





Discrimination on the basis of age, race, color, creed or religion, national origin, ancestry, gender, sexual orientation, marital or parental status, pregnancy, veterans' status, arrest or non-job or program related conviction record or qualified disability is prohibited. Requests for reasonable accommodations for disabilities or limitations should be made prior to the date of the program or activity for which it is needed. Please do so as early as possible prior to the program or activity so that proper arrangements can be made. In certain situations, information related to requests may be shared with staff or units necessary to help coordinate an appropriate accommodation.



Subscribe to our email list.

	BEEF SCHC Tuesday, March Cecil Village Hall & Commu Scenic downtor	4, 2025
5:30 PM	Registration & Meal Registration & Catering by Primal Eats	25
6:15 PM	 15 PM Beef Genetics - Understanding EPD's and Bull Selection Criteria, Selecting Replacements (In a High Value Market) 245 PM Virtual Fencing: Current Realities of a New Technology 10 PM Hands-On Handling Facilities: Understanding Movement Patterns From Your Animals' Perspectives 45PM Forages for Your Herd - Options and Practices to Get the Best Animal Performance from Your Forage Acres 	
6:45 PM		
7:10 PM		
7:45PM		
8:15PM		

<u>Sign up</u> is encouraged but not required. This workshop is pay-at-the-door.



Health & Well-Being

Now Recruiting StrongBodies Leaders!

Are you passionate about fitness? Become a **StrongBodies** leader!

StrongBodies is a proven strength training program that boosts strength, muscle mass, and bone density for mid-life and older adults. Our classes focus on progressive resistance, balance, and flexibility.



We'll provide full training on leading StrongBodies classes, from exercise techniques to

your leadership skills and staying active.

Make a difference in your community's health—apply to be a StrongBodies leader today!

Please contact Katie to inquire about upcoming trainings.

<u>StrongBodies Website</u> <u>StrongBodies Impacts and Research</u>

Katherine (Katie) Jaegly katie.jaegly@wisc.edu 920-232-1979



Horticulture

Spring is almost here, and **Seed Savers of Oshkosh** is ready to kick off the season with two exciting events.

Spring Seed Swap

March 1, 2-4 PM at Oshkosh Food Co-op Pick up free seeds from local gardeners and the Oshkosh Seed Savers Collection—no seeds required to join! Donations welcome to support future events. You can also trade seeds, plants, and cuttings through our online exchange, with a designated table for pick-ups and drop-offs.

Soil Block Party

March 30, 2-4 PM at 1025 Merritt Avenue

Learn a space-efficient, plastic-free method of soil blocking for strong root growth. This outdoor event is RSVP-only, so email <u>oshkoshseedsavers@gmail.com</u> by March 15 to secure your spot.

Volunteer opportunities and table reservations for the Seed Swap are also available. <u>Email</u> to get involved! Don't miss out on these great opportunities to support local gardening and sustainability.

Jacob Kluza <u>kluza@wisc.edu</u>



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