



NEWS FROM EXTENSION

UW-MADISON DIVISION OF EXTENSION WINNEBAGO COUNTY



Where paths cross, communities thrive.

WISCONSIN

IDEA WEEK

IN WINNEBAGO COUNTY

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Extension
UNIVERSITY OF WISCONSIN-MADISON
WINNEBAGO COUNTY

April 7-11, 2025

FREE

Join us for a week of FREE community programs!

625 E. County Road Y, Oshkosh

Health & Well-Being

[StrongBodies Classes](#) Return to the Neenah/Menasha YMCA

Get ready to start 2025 strong! The popular **StrongBodies** class is back at the Neenah/Menasha YMCA beginning **Tuesday, January 14th**. Classes take place every **Tuesday and Thursday from 10:00 to 11:00 AM** at the YMCA, located at **110 N. Water Street, Neenah**.

This **FREE** strength training program is open to adults of all abilities. Whether you're a fitness

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help you build strength, improve your health, and try something new. Best of all, you can join at any time—no registration deadlines!

Don't miss this opportunity to invest in your health and wellness. Grab a friend, and we'll see you at the Y!

Katherine (Katie) Jaegly

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4-H Programs

Join us for 2025 4-H Fun Day!

The mission of **4-H Fun Day** is to promote all of the opportunities 4-H has to offer, provide experiences to try new projects, and offer the chance for adult and teen leaders to share their knowledge. You are welcome to join us

for a morning of fun hands-on learning! 4-H Fun Day is brought to you by the Winnebago County 4-H Ambassadors (youth & adult volunteers who work together to promote 4-H) and the UW-Madison Division of Extension 4-H Program in Winnebago County.

WHO: Youth in grades K5 through 12 (parents can accompany youth as well)

WHERE: PERRY TIPLER MIDDLE SCHOOL | 325 S Eagle Street, Oshkosh

WHEN: Saturday, February 1, 2025 | 8:30 a.m. – 12:00 p.m.

COST: \$5.00 per person includes session 1 & 2 workshops and fees, (the remaining 4-H Fun Day cost is supported by the 4-H Leaders' Association Fundraisers) ***Note: Photography is an extra \$2**

[Download a registration form](#). Deadline to register is **January 19, 2025**

Dana Berger

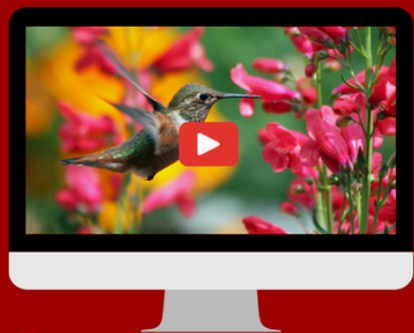
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Horticulture Program
DIVISION OF EXTENSION
UNIVERSITY OF WISCONSIN-MADISON



Free Online Gardening Programs

Human Development & Relationships

Focus on Fathers helps dads and other caregivers build their child's social and emotional skills. We offer classes and supports designed for dads and open to all fathers, father-figures, and caregivers.

Focus on Fathers is based on the CASEL framework of social and emotional learning, our own research, and the best science has to offer. Connect with other fathers while learning to boost your child's social and emotional skills.



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Tuesday February 11: Fathers Teach Values
Tuesday March 11: Fathers Teach Kindness
Tuesday April 8: Fathers Communicate with Children
Tuesday May 13: Relax and Enjoy Fathering

Register [HERE!](#)

Checkout other parenting classes [here!](#)

Todd Wenzel

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Crops & Soil

The Midwest Forage Association (MFA) and the Outagamie Forage Council (OFC) are committed to advancing the forage industry by providing leadership, supporting research, and offering educational resources that improve profitability for forage crop users and producers, with a focus on sustainable and environmentally sound practices.

The OFC/MFA 2025 Annual Meeting and Educational Program is open to the public and will take place on **Thursday, February 13, 2025, at Buzz's Pub/Grill in Freedom**, starting at 10:00 a.m. The event will feature several expert speakers.

For the full program and registration details, click [HERE](#). Be sure to **register by Monday, February 10, 2025**, to ensure we have an accurate count for food.

Kevin Jarek

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FoodWise News

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This month FoodWise is highlighting Potatoes.
Stop by the Extension Office for more materials and recipes on Potatoes!



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

Horticulture

Green Dreams & Gardening Scenes: Expo Season is Here!

As we look forward to the exciting gardening trends of 2025—and reflect on what worked in our own gardens—now is the perfect time to learn, connect, and explore fresh ideas at two must-attend events



First, don't miss the [Fox Cities Home &](#)

[Garden Show \(January 17–19, 2025\)](#) at the Fox Cities Exhibition Center. It's the ideal spot for anyone planning home and garden improvements, offering direct access to contractors, expert advice, and the latest innovations all in one place.

Next, the [State Expo \(February 7–9, 2025\)](#) at the Alliant Energy Center in Madison is a vibrant three-day celebration of gardening, landscaping, local food, and ecological responsibility. With over 150 educational presentations, an exhibitor mall, a floral design competition, and the PBS KIDS Backyard family area, it's the perfect opportunity to discover new ways to create a greener garden and live more

[Subscribe](#) to our email list.

Mark your calendars, and let's grow together this expo season!

Jacob Kluz

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Community Development

[Introduction to Plain Language](#) is back - Unlock Effective Communication: FREE Virtual Training on March 19th!

Enhance your communication skills with our FREE virtual training session on **March 13th, 6-7:30pm** or **March 19th, 1-3pm**! This workshop is designed to help you connect better with both native and nonnative English speakers. You'll learn key strategies, including: font selection, grammar tips, and user testing.

Bonus for Extension Colleagues: This session counts as the first prerequisite for Cultural Linguistic Services' 3-part certificate training series.

Don't miss out on this chance to elevate your communication skills and make your messages more impactful!

[Sign up now](#) to take your communication to the next level.

Mia Ljung

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