NEWS FROM EXTENSION

UW-MADISON DIVISION OF EXTENSION WINNEBAGO COUNTY





Where paths cross, communities thrive.



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.

Ctill time to sign up for



Register at: <u>http://go.wisc.edu/plain</u> or by calling Mia at (920) 470-4645

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



Community Gardens Map

Ready for spring and planting? Check out our Community Gardens Map! Extension for Outagamie and Winnebago counties is on a mission to map out Fox Valley and Oshkosh community gardens.

Find a garden near you at <u>https://winnebago.extension.wisc.edu/community-gardens/</u>

Add a garden - fill out this <u>Google Form</u> Contact for questions: Amy Beck at 920-832-5121 Email: <u>Amy.Beck@outagamie.org</u>

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.

Health & Well-Being

We want YOUR help! Let's Build a Sensory Walk Together!

Be part of history by creating a personalized stepping stone for our new sensory walk! During this **free** hands-on workshop, you'll craft a textured concrete stone that will become a lasting feature in our Outdoor Learning Center. You can also make a second one to take home!



Come get hands-on, connect with the community,

and leave a piece of yourself in the landscape for future visitors to enjoy.

April 7, 2025 | 5:30 - 7:30pm | Learn more and register here!

Do you have old beads, buttons, or other trinkets laying around? Donate them to our sensory walk!

Free Pressure Canner Testing Available

Ensure your home-canned foods are safe by getting your pressure canner tested for free at Extension! In just 15 minutes, we'll check your dial gauge to make sure it's accurate and ready for the canning season. Pressure canners should be tested at least once a year—contact us at 920-232-1979 to schedule your test today!



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

Horticulture

Spring is Here! March has been busy, and the season is just getting started!



Seed Savers of Oshkosh recently hosted a successful Spring Seed Swap, bringing local gardeners together to exchange seeds and ideas. Next up is the Soil Block Party on March 30, 2-4 PM, at 1025 Merritt Avenue, Oshkosh. This RSVP-only event will introduce an eco-friendly planting technique. Spots are limited, so email <u>oshkoshseedsavers@gmail.com</u> by March 15 to reserve your place.

The Landscape Professionals Conference was also a success, offering hands-on training in plant care, soil management, and sustainable landscaping for professionals and community members alike.

Looking ahead, mark your calendars for **Seed Starting for Success on April 11, 5:00 - 6:30 PM**, where we'll cover tips for starting seeds indoors and outdoors. More details to come!

Thank you to everyone who made these events a success. Let's continue to garden sustainably this season!



Happy Gardening!

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

FOXES		
	fvtc.edu	Fox Valley TECHNICAL COLLECT Assessing 72ar North
Fa	rm Safety & Equipment Opera	tion
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Class location and dates: Wautoma | June 9-12 Waupaca I June 16-19

Crops & Soils

2025 Tractor and Farm Machinery Safety & Equipment Operation Certification Courses are scheduled!

This course is designed for students 12 to 14 years of age. The federal and state governments require youth who will be operating farm equipment and implements on the highway or working for someone other than a family farm to complete this course.

Students 14 years or older who complete this course will receive State of Wisconsin certification and Federal Certification.

Appleton | July 7-10 Chilton | July 7-10

For more information, including how to register, see the flyer <u>HERE</u>.

Kevin Jarek kevin.jarek@wisc.edu



FoodWise News

Celebrate National Nutrition Month®

National Nutrition Month®, established in 1973 by the Academy of Nutrition and Dietetics, is an annual campaign celebrated each March. This month encourages everyone to learn more about making informed food choices and adopting healthful eating and physical activity habits.

The theme for this year is **"Food Connects Us."** Food has the power to bring us together—connecting us to our

cultures, families, and friends. Sharing a meal offers an opportunity to discover its preparation, the story behind it, and where the ingredients come from. Our relationship with food is shaped by various factors such as health, memories, traditions, seasons, and access. In turn, the foods we choose directly impact our health.

Join us this month in celebrating how food connects us all!

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



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

Dates: Wednesdays for six weeks, April 2 through May 7 Time: 10:00AM-11:30AM 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

Todd Wenzel todd.wenzel@wisc.edu







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