



*We teach, learn, lead and serve, connecting people with the University of Wisconsin, and engaging with them in transforming lives and communities.*

## 4-H – Positive Youth Development

*Connie Creighton, 4-H Youth Development Agent*

- A county-wide Shooting Sports air-rifle project was initiated in October. Two newly state certified 4-H leaders were trained in September and started holding meetings in October. Youth and parents are learning about gun safety, how to figure out their dominant eye, and basic shooting sports educational information. The group is working on finding an indoor area where they can practice shooting.
- Three Robotic project workshops were offered by Creighton at the Portage County library in December. Five individuals and two families are participating in the three-part project classes. Two of the three classes were completed in December with the final class being offered in January. Youth learned what goes into building a robot and are currently learning how to program a robot to complete certain tasks.

## Agriculture

*Ken Schroeder, Agriculture Agent*

- Prepared and distributed the December issue of the Farmers of Mill Creek Watershed Council Newsletter. This newsletter is a tool I use to expand my educational outreach to over 400 area farmers, agribusinesses, and other stakeholders within the Mill Creek watershed spanning western Portage County into eastern Wood County. I author articles and serve as editor and coordinator. The newsletter is published three times throughout the year focused on soil and water conservation opportunities for farmers. Content includes information to help farmers deal with 2022 crop production challenges of unprecedented high input prices and potentially limited product availability with tips for manure, nutrient, and pesticide applications. The current issue along with past issues can be found at <https://go.wisc.edu/6a5d3f>
- Private Pesticide Applicator Training classes will be offered in Portage County again this year with dates scheduled for February 4 and March 4 and 11. An additional self-study and Exam Only date is set for February 25.
- Planning the Central Wisconsin Farm Profitability Expo to be held in-person February 15th at Mid-State Tech in Wisconsin Rapids. This in-person expo is designed to encourage profitable farming by building resiliency, diversifying farming operations, reducing inputs, and increasing farmer's return on investment. More information at <https://www.mstc.edu/FARM-EXPO>





## Community, Natural Resources & Economic Development

*Nathan Sandwick, Community Development Educator*

- Convened monthly meetings of the Central Sands Groundwater County Collaborative (CSGCC) and contributed to technical and communications work group efforts for continued work on the group's current study.
- Assisted in the design of a stakeholder interest survey to support the strategic planning effort of a statewide solid waste management professionals' association.
- Compiled and shared data comparing Village of Park Ridge revenues and expenditures to averages of other similarly sized Wisconsin villages.

### ***Continuing Natural Resources work being conducted in Portage County***

- A multi-year project that examines Central Wisconsin groundwater data, policies and tools and identifies knowledge gaps for counties in Central Wisconsin. The purpose is to provide future guidance for counties that leads to the adoption of water quality best practices. – *Karen Blaha Outreach Specialist UWSP Center for Land Use Education*
- A series of discussions with county officials and staff members about land use policies to protect groundwater and drinking water. The purpose of these discussions is to share the results of a county wide survey regarding their existing groundwater and drinking water land use policies and to educate them on the use of these policy tools. - *Karen Blaha Outreach Specialist UWSP Center for Land Use Education*

## FoodWise

*Kelly Hammond, FoodWise Nutrition Coordinator; Hannah Wendels & Penny Schmitt FoodWise Nutrition Educators*

- Team continues to provide online Strongbodies programming for area community members
- Continued support of a local stockbox program for seniors that provides 30-pound boxes of commodity foods and local vegetables are distributed to eligible community members in partnership with Hunger Relief Federation. This program aims to increase local food distribution and improve food security. In partnership with ADRC.
- Started Virtual Wellness Series with Health and Well Being and Horticulture colleagues. In-person and virtual lessons start Jan 3, 2022.
- The team has been part of a coalition that received a 200K local planning grant from the USDA to complete sustainability plans to improve access to local farmers markets for foodshare eligible individuals and improve farmer profits. Planning and capacity building starting right away in January.



## Human Development and Relationships

*Sherry Daniels, Human Development and Relationships Educator*

- Received accreditation to teach Triple P Parenting Transitions series for parents going through a separation or divorce. The program teaches parents how to make this transition less destructive for the children.
- Held a training for homeless individuals where they learned how to create a spending plan and check their credit along with their credit score, in order for them to be better tenants and to get stable housing. We have now placed just over 30 individuals/families in housing, with the RentReady program. We did have one program participant default, which provided to be a learning experience.
- Starting the financial coaching process with 6 individuals/families this month, Financial Wellness of Portage County assisted 75 individuals and families with financial help in 2021, compared to 35 in 2020.
- Taught two classes to Drug Court participants where they learn about various financial wellness concepts to help them improve their own financial security.
- Convened the Triple P Board members to discuss the mental health of children and determined which Triple P Parenting classes to hold next. It was decided to focus on the mental health of teenagers as that is a large concern within the community since the start of the COVID pandemic.

## Upcoming Programs

- Triple P Parenting Teenagers Seminars are being held on three Tuesday evenings, starting on January 11, 2022.



# Triple P Parenting Teen Seminars

You are invited...

Each session brings together about 10-12 parents, via Zoom, who are experiencing the same parenting challenge. A trained Triple P facilitator will be part of each group. There are 3 topic sessions you may choose from below. You may register for any session(s) you would like to attend.

## RAISING RESPONSIBLE TEENAGERS

Tuesday, January 11, 2022

7:00-8:30 pm via Zoom

Focus on how teenagers are influenced by what happens at home. Responsible teenagers take part in family decision making and family activities. Reliable teenagers' responsibilities can be increased and they can be allowed increased independence.

## RAISING COMPETENT TEENAGERS

Tuesday, January 18, 2022

7:00-8:30 pm via Zoom

Focus on how teenagers are influenced by what happens at school. Our expectations are important. Preparing our teenagers to leave school and find suitable employment or go on to further education can be challenging.

## GETTING TEENAGERS CONNECTED

Tuesday, January 25, 2022

7:00-8:30 pm via Zoom

Focus on how teenagers are influenced by what happens in their wider community. Wishing and hoping that teenagers will make appropriate friends and avoid temptation will not make it happen, particularly as peer pressure and puberty have an increasing impact during the teenage years.

## What can I expect in a discussion group?

In a relaxed group setting, your facilitator will give you tips and suggestions to work with your teenagers' behavior. You will see short video clips showing other parents successfully working with the same issues, and you'll be encouraged to share your thoughts with the other parents in the group. You will also be mailed a tip sheet with information to help you try your new strategies at home.

Register online at  
<http://bit.ly/38nzOcF>



**IMPORTANT!**  
Registration **MUST** be  
received 1 day prior to the  
session date!

This series is brought to you by CAP Services and UW-Madison Division of Extension Portage County.  
If you have questions please reach out to Lisa at 715-343-7108, or Sherry at 715-346-1321.

An EEO/AA employer, University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming, including Title VI, Title IX, the Americans with Disabilities Act (ADA) and Section 504 of the Rehabilitation Act requirements. 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. Requests will be kept confidential.