



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

Summer 4-H Camp

- A two-day overnight camp experience for youth in grades 3-6, where youth participated in STEM activities, nature projects, team building and made connections with other youth while under the guidance of counselors grades 8 and above. The purpose of camp is to engage older youth in leadership roles while all participants practice team building, connecting with others, decision making, and increasing personal responsibility.
- Forty youth, eight counselors, and nine adults from Portage and Waupaca Counties experienced overnight 4-H camp at the Central Wisconsin Environmental Station. Campers ranged from 3rd to 6th grade and the counselors were grades 8 and above. Three different counselor training sessions were planned to prepare the older youth for this responsibility and complete planning parts of camp. 4-H Is All the Buzz was the theme of camp and activities were designed around this. Youth experienced STEM, outdoor adventures, team building activities, and arts & crafts. One of the purposes of camp is to engage young people in leadership roles while learning about team building and mentoring. For most activities during camp, counselors were paired together and supported their group of campers in whatever capacity was needed.
- Campers reported feeling like their counselor treated them with respect and that their cabin group worked as a team. When asked on the evaluation what was the most important thing





they learned at camp, campers replied, *being kind and respectful, bees, teamwork, friendship, and archery*. With the addition of 6th graders to camp participation almost doubled in 2023 from 24 campers in 2022. Twenty-eight out of thirty-three campers who completed the evaluation survey indicated that they would return to camp another year.



Agriculture

Ken Schroeder, Agriculture Agent

- Nitrogen Optimization Project Update - Pre-Sidedress Soil Nitrate samples were taken June 5 and nitrogen sidedress treatments applied June 6, corn at V5 growth stage. Data loggers installed June 15 to record air temperature, humidity, rainfall and irrigation water, soil moisture, and soil temperatures. Treatment differences started showing up 10 days after sidedress and were more pronounced at 3 weeks after sidedress, corn at V9 growth stage.



- Hop Potassium Rate Research Project Update - fertilizer treatments were applied May 26 and June 23. Bines were $\frac{3}{4}$ way up the strings.
- UW-Hancock Ag Research Station Potato Field Day will be held Thursday July 13 from 1-4:30PM.



A Producer-Led watershed protection project for Mill Creek Watershed farmers, students, and local residents where they learn about and adopt soil and water conservation practices to reduce the environmental impact of agriculture.



A Producer-Led watershed protection project for the Tomorrow/Waupaca River Watershed farmers, agribusiness professionals, and area residents where they learn about and adopt soil and water conservation practices to reduce nitrates entering the groundwater and the overall environmental impact of agriculture.



Additional Agriculture work being conducted in Portage County

- A newsletter for farmers and agribusiness professionals where they learned about upcoming programs and topics including potassium and nitrogen in pasture management, single gene inherited traits in dairy cattle, managing transition cows on small farms and pest management on vegetable farms. The purpose of this effort is to work collaboratively to provide timely education for improving agricultural production with multiple county farmers and stakeholders. – *Matt Lippert, Wood County Extension, Agriculture Agent*



Denotes educational or planning efforts that work toward improving water quality in Portage County, Central Wisconsin, and the State as whole. While these efforts are highlighted in this report, there is more work being done by Extension to address water quality concerns outside of what is here. For more information about these efforts, or other efforts Extension has undertaken regarding water quality, please reach out to our office.

FoodWise

Mallory McGivern Nutrition Administrator; Michelle Van Krey, Healthy Communities Coordinator; Penny Schmitt, FoodWise Nutrition Educator



Welcome to our new FoodWise Healthy Communities Coordinator Michelle Van Krey. Michelle is serving as the Healthy Communities Coordinator for Clark, Marathon, Portage, and Wood Counties. She will work with the area FoodWise team and community partners to advance policy, systems and environmental changes to help to make the healthy choice, the easy choice. She graduated from the University of Georgia with a BS in Horticulture and has a passion for community building, public service and food security. She is excited to join the team and learn more about the counties in Area 7!

- A quarterly nutrition education series utilizing the MyPlate for MyFamily curriculum for adults with teenage children as part of the Children's Wisconsin Parents and Teens connecting series where they learn about incorporating healthy eating habits into the family routine, including family meals and eating more fruits and vegetables. The goal of this effort is to encourage healthy eating behaviors at home.
- A six-week nutrition education series for youth in summer school classrooms in McKinley Elementary where they learn about eating a variety of foods from MyPlate, label reading, the importance of breakfast, physical activity, and hand washing. The goal of this effort is to encourage healthy habits in school and at home.



- A quarterly nutrition education series utilizing the Around the Table curriculum for adults as part of the Portage County treatment court program where adults learn about analyzing their eating habits, planning meals within a budget and incorporating more fruits and vegetables into their routines. The goal of this effort is to encourage long-term healthy eating behaviors.

Human Development and Relationships

Sherry Daniels, Human Development and Relationships Educator

- A program for families and individuals, where participants learn how to create financial goals and gain money management skills. The goal of this program is to enable participants to prepare for and take charge of household financial situations that occur due to changes in income or unforeseen hardships.
- A 12-session virtual series (Aging Mastery Program) for seniors, where participants learn how to navigate longer lives through healthy eating, exercise, financial fitness, healthy relationships, medication management, and community engagement. The purpose of this program is to develop sustainable behaviors that lead to improved health, stronger economic security, enhanced well-being, and increased societal participation among seniors.
- A course for renters where participants learn how to find and apply for rental housing, understand their responsibilities as a renter, how to communicate effectively with their landlords, and manage housing expenses. Through this, homeless populations and those who have negative rental records are able to increase their ability to find and keep safe affordable housing, thereby increasing their stability and decreasing their reliance on public support.

Additional Human Development and Relationships work being conducted in Portage County

- A Question, Persuade, and Refer (QPR) suicide prevention training for the WUCMAA Suicide Prevention Project where they learned to recognize the warning signs of suicide, how to offer help, and how to get help and save a life. This effort was designed to save lives and reduce suicidal behaviors by providing innovative, practical and proven suicide prevention training. – *Jackie Carattini, Wood County Extension, Human Development & Relationships Educator*