



Learning for Life

January—March 2007



Extension Impact: Education Makes A Difference

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- Upcoming Events**
- April 19: 8:30– 3 PM
"Spring Fling: Day of Learning" Courthouse
 - May 3: Noon—4:00 PM
Operation Take Back Medication, Courthouse
 - May 10: Leadership
Waupaca County Graduation
 - May 17: 8am Evaluation
Workshop on Wellness
 - May 31: Market Animal
Quality Assurance Training,
Courthouse
 - June 3: Master Gardener
Plant Sale, Fairgrounds
 - June 14-15: 4-H Junior
Camp, Amherst
 - June 18-29: 4-H
Intermediate Camp, WI
Dells

Four County Supervisors Attend "Growing Wisconsin" Workshops

Thirty-four individuals from Waupaca County, including Supervisors **Steenbock, Sperl, and Peterson**, as well as Chairman **Koepfen**, recently attended "*Growing Wisconsin: A Workshop on How to Sustain Our Working Lands*". The educational workshop, held in Kimberly, was one of three one-day events sponsored by UW-Extension and the Department of Agriculture, Trade, and Consumer Protection. The other sites included Menomonie, Wisconsin (NW) and Oconomowoc Wisconsin (SE). The workshops were a follow-up to the two successful **Ultimate Land Use Study Tours** held last year. Over 600 people attended the Working Lands workshops representing 57 of 72 counties.

Participants learned about innovative agriculture development and working lands protection programs from several individuals

involved in implementation of them on the East Coast. One of the most pertinent points for Waupaca County was made by Ralph Robertson. Ralph is a retired dairy farmer who raises replacement heifers. He also manages the Agricultural Preservation Program for Carroll County Maryland. Ralph shared that these innovative and voluntary land protection programs can only become available to communities and farmers after they have developed a sound land use plan. Ralph said, "without a land use plan that promotes both urban and agricultural growth, none of these programs can be used".

During his presentation, Ralph held up a newspaper article printed on the day he left for Wisconsin. The headline read "\$70 million school does not need to be built". He argued, that because of a good land use plan and the voluntary programs his county uses, this growth was efficiently managed and taxes were saved. Ralph said, "Corn and soybeans don't require fire trucks, roads, schools, and police. Homes do."

Mike Koles



Impact of 4-H Arts and Communications Projects

Little Wolf High School was the sight of the 2007 Waupaca County 4-H Music, Drama, and Speaking Contest. Over 70 young people participated in this 4-H arts festival.

The 4-H Leaders' Association sponsors the festival, which features three grade divisions in the speaking contest and four categories in the music and drama contest. Eight club performances in drama, puppetry, skit or music made up the music and drama contest. Twenty-two members gave an original speech, read poetry, told a story or read prose in the speaking contest.

A recent statewide study on the impact of 4-H arts and communications programs in Wisconsin found that "children that participate in 4-H arts and communications projects gain important technical, communication, and teamwork skills." The members surveyed in the state study "reported that their work in 4-H helped them improve their individual performance and creativity skills, build good learning habits as they integrated feedback from judges and other experts, and bolstered their opportunities to become confident public speakers." (Erik Ernst, 4-H press release, March 25, 2007)

This has been seen locally with very consistent participation in arts and communications projects and programs. Over 200 young people are enrolled in these 4-H projects (visual arts, performing arts, and communications) in Waupaca County and

the Music, Drama, and Speaking Contest remains a very popular event each year. Waupaca County 4-H alumni and older youth often comment about the public speaking experience they receive in 4-H through arts and communications, demonstrations, counselor opportunities, emceeing events, 4-H promotion, officer positions in the club, and many other occasions. 4-H continues to be a valuable program for the youth and offers possibilities in a wide variety of interests.

Penny Tank



4-H Youth from Sandy Knoll 4-H Club, New London area enjoy their performance.

OPERATION: Take Back Medication



RESIDENTS of Calumet, Outagamie, Waupaca and Winnebago Counties can bring in their unwanted and expired medications free-of-charge on these dates.

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|-------|------------------|-------------------------------------|
| MAY 1 | 9 a.m. to 1 p.m. | Thompson Community Center, Appleton |
| MAY 2 | 9 a.m. to 1 p.m. | Oshkosh Senior Center Annex |
| MAY 2 | Noon to 4 p.m. | Chilton Senior Center |
| MAY 3 | 9 a.m. to 1 p.m. | Little Chute Civic Center |
| May 3 | Noon to 4 p.m. | Waupaca County Courthouse |

The proper disposal of medication can prevent accidental poisoning, environmental contamination and identity theft.

Household pharmaceuticals accepted during the drop-off include prescription and over-the-counter human and pet medications such as pills, capsules, ointments, liquids, sprays, drops, creams, inhalers, vials or any other drug no longer needed for its intended purpose. Please do not bring medical waste or needles. For more information or educational programs on this topic, contact Debbie Krogwold, Waupaca County Recycling Specialist at 715-258-6240 or Marilyn Herman, UW-Extension Family Living Educator at 715-258-6225.

Marilyn Herman

Get Movin' and Improve Your Health



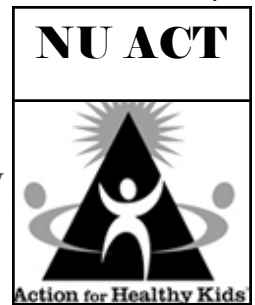
Have you been thinking about getting into the exercise habit, but are having a hard time finding an enjoyable activity that is easy to complete and fits into your busy schedule? Try one of the many activities promoted through

Movin' Communities and listed on the web at <http://waupaca.uwex.edu>. Trying a new activity can lead to a lifelong habit that will improve your heart health, help you maintain or lose weight, enhance your mental sharpness and give you more energy throughout the day! All you have to do is be active for 30 minutes or more a day, 5 days or more per week. That's only 150 minutes per week! This is what the Center for Disease Control (CDC) has found through research will make a difference for a healthier lifestyle and longer life.

Movin' Communities has been initiated by UW-Extension and DHHS with the help of many other county and community partners. It is one of the programs that **NuAct** (Waupaca County Nutrition and Activity Coalition) and **WOW** (Working on Wellness) are

sponsoring to encourage more active lifestyles. County departments, local schools, libraries, city recreation departments and even businesses are encouraging participation. These programs promote opportunities for residents to make healthier choices by being active.

Individuals can begin participating in Movin' Communities at any time. For easy access to the forms and information visit our UW-Extension website at <http://waupaca.uwex.edu/> Enter your score card for a weekly drawing of chamber bucks.



Connie Abert

Start building more physical activity into your life.

UW-Extension Master Gardeners Continue Growing



Master Gardeners Help Support Local Food Pantries

Currently, Blonde has twenty people enrolled in the twelve week training program held weekly, January through April at Clintonville High School featuring live audio/video presentations from horticulture specialists at UW-Madison via the statewide BadgerNet fiber optic system. In addition to the 36 hours of classroom training this winter, participants will also need to provide 24 hours of volunteer service during the coming year to become certified as a Waupaca County UW-Extension Master Gardener.

Master Gardener (MG) volunteers are local residents from all areas of the county, interested in gardening or landscaping and trained by UW-Extension Horticulture specialists. In exchange for this training, participants agree to volunteer through the local UW-Extension MG organization. Greg Blonde, Waupaca County UW-Extension Agriculture Agent, helps with training and serves as advisor to the local UW-Extension MG organization.

In 2006, sixty-one local UW-Extension MG volunteers provided over 6,000 hours of community service and education across the county. That equals three free full-time employees! Examples of their work include: children's gardens in three communities; presentations for organizations on the growing problem of invasive plants; providing local food banks with garden produce, sharing information on how to grow a garden; and helping coordinate displays and judging activities at the Waupaca County Fair.



Local UW-Extension Master Gardener Volunteers and Waupaca Children's Garden Participants

Greg Blonde

Waupaca County UW-Extension

Waupaca County Courthouse

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We're on the web:

<http://www.uwex.edu/ces/cty/waupaca/>



Learning for Life

Our Mission: To extend the knowledge and resources of the University System to the people of Waupaca County and Wisconsin.

Our Vision: To serve Wisconsin's educational network, engaging the people of Waupaca County and our communities in positive change.

UW-Extension offers equal opportunity programs and employment.

Waupaca County Board Supervisors

UW-Colleges and UW-Extension Chancellor Wilson Tours Waupaca County

On March 15 the newly appointed Chancellor David Wilson stopped at three locations in Waupaca County to talk with community members about citizen needs, UW-Extension educational programs and their impact.

In Marion at the Family Resources Center Chancellor Wilson learned about Family Living and Youth program impacts that address self employed and business wellness, youth alcohol and drug abuse, senior risk of over-medication use, and research based parenting programs.

At the Chancellors stop in Clintonville, local officials and community members shared the impact of Comprehensive Planning, the Ultimate Land Use Study Tour and the Growing Wisconsin Workshops. They discussed how Extension educational efforts have not only impacted the agriculture industry in Wisconsin but every business and resident of their local community and county.

The Chancellors last stop was in Waupaca with lunch and an informative discussion with youth and adults about county programs and youth in board opportunities in 4-H and our local government. These county information visits are a part of the Chancellor efforts to meet Wisconsin residents that Extension serves and hear first hand about the impact of Extension programs.

Citizen Advisory Committee Scheduled For April 26

The next CPAG meeting is scheduled for April 26th at Manawa City Hall beginning at 7 p.m. At the last meeting in February participants identified county and community issues or challenges. In April CPAG members and faculty will discuss how current Extension educational programs address some of the issues identified.

Additionally the group will brainstorm what other programming opportunities are possible for Extension or community partners that could best address these current needs. Feel free to join us.

Call Connie Abert, at the UW-Extension office, 715-258-6230, to RSVP.

Connie Abert



UW Colleges and UW-Extension Chancellor David Wilson, UW-Extension Central District Director Sue Buck and Assistant Program Leader for Agriculture David Williams listen closely to citizens at the Marion Family Resource Center during his recent program impact tour through Waupaca County.