



Extension
UNIVERSITY OF WISCONSIN-MADISON
WAUPACA COUNTY

Spring 2023

Extension Waupaca County

Extension Impact: Education Makes a Difference

4-H Super Saturday Project Day

By Penny Tank, UW-Madison Extension 4-H Educator for Waupaca County

Waupaca County 4-H Super Saturday is the largest project training held during the 4-H year and is an excellent example of youth and adults working together in the 4-H spirit. Both youth and adult volunteers taught over 35 classes. Close to 170 youth registered for Super Saturday. Tank and a committee of youth and adults work together to plan and coordinate the whole event. This includes determining the date and other logistics, brainstorming class ideas, contacting individuals to teach, handling the registration, getting supplies, setting up and helping the day of the event.

A spark is an area of interest or something that brings you joy. Through Super Saturday, members are encouraged to explore their sparks and maybe even discover a new spark! The planning committee discusses the variety of project areas they would like to offer to reach as many different interests as possible. Some classes from this year included forestry, ice fishing, cake decorating, juggling, crafts, painting, animal classes, woodworking, homemade hand salve, and the Sheriff Department K-9 unit. Tank also teaches new volunteer leader training during Super Saturday. A new addition this year was having the Manawa Rural Fire Department bring a fire truck during snack time for families to go out and visit.



Evaluations are being collected through a google form. Of those completed so far, on a scale of 1 to 5 (5 being very much), when asked if the participant was able to explore an area of interest (or a spark) during Super Saturday, the average score is a 4.7. When we asked what they found most valuable about Super Saturday, responses included “time spent together,” “learning and trying things I wouldn’t usually get to do,” “Variety of classes for anyone’s interests. Teachers were friendly and helpful,” and “The hands-on sessions that were age appropriate.”



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Waupaca County Life Span & Financial Security Programming Updates

By Tiffany Iliadis, UW-Madison Extension Life Span & Financial Security Educator for Waupaca County

It has been an exciting few months of learning about Waupaca County residents' needs around aging and financial well-being, while also meeting with individual community members and partner organizations. In addition to delivering a virtual presentation on scam prevention for seniors, I was also able to participate in the Waupaca County Caregiver Coalition Resource Fair and promote our upcoming programming, as follows:

Planning Ahead

Planning Ahead is a course that helps guide participants in planning for the end of life for themselves and others, as well as for those who have lost a loved one and are dealing with the accompanying transitions. This program is 7 sessions and will cover topics, such as handling financial changes, advance medical and legal directives, estate



planning, choices in end-of-life care, final wishes, and understanding grief. We will be offering this program virtually at the following times: Tuesdays and Thursdays from 12 p.m.-1:30 p.m.--7/18, 7/20, 7/25, 7/27, 8/1, 8/3, and 8/8.

Aging Mastery

Aging Mastery is a 10-week program created by the National Council on Aging that covers topics, such as healthy living, nutrition, exercise, sleep, financial fitness, medication management, and more.

Rent Smart

Rent Smart is a 6-session program that focuses on helping renters to build their knowledge and skills to be a successful renter. This course is currently offered virtually across Wisconsin counties ongoing.

Please contact the Extension Waupaca County Office at 715-258-6230 or contact me by email at iliadis@wisc.edu to RSVP or to learn more.

Extension Waupaca County Offers Dial Gauge Canner Testing

The Extension Waupaca County office is pleased to announce that Presto dial gauge canner testing is now available. This service is offered at no charge to members of the community.

Pressure canners manufactured by Presto, Maid of Honor, Magic Seal or National should be tested every year against a calibrated gauge to ensure that they are working properly. Pressure canning is the only way to safely can low-acid foods such as vegetables and meats, and the Waupaca County office offers this service to help home canners safely preserve the bounty of the harvest.

The University of Wisconsin-Madison Division of Extension takes great care to ensure that only trained staff administer this service. We are proud to announce that our very own Amy Ebert and Haley Nelson have completed the required training and are ready to provide this valuable service to the community.

It is important to note that only dial gauge canners have to be checked every year, and it is not necessary to test weighted gauge canners. Even dial gauges that are brand new should be checked before they are used. Consumers may bring in the dial gauge or, preferably, the lid of the canner with the gauge attached.

Please call 715-258-6230 to schedule an appointment for Presto dial gauge canner testing at the Extension Waupaca County office.



Waupaca Children's Garden Program

By Christi Gabrilska, UW-Madison Extension FoodWise Coordinator for Calumet, Outagamie, Winnebago & Waupaca Counties

Hailee Paul, UW-Madison Extension FoodWise Educator for Waupaca County

FoodWise was approached by two Master Gardeners with a proposal to move the children's garden program to the underutilized community garden located on the ThedaCare property. This idea was brought back to the Living the Waupaca Way coalition, managers of the garden, and they accepted this great idea. In the past, the Master Gardeners held a children's garden program at Swan Park and registration was offered through Park and Rec and the program had a cost.

After applying for a "Growing Together" garden grant, FoodWise was granted funding to help generate sustainability for this program. With the funds, lumber, soil, seeds and plant starters will be purchase from local businesses.

This program will be offered to any families with children ages 1st grade to 5th grade this summer! FoodWise is advertising and encouraging participation of this program to their target audience who have limited resources as it is **FREE** for all! Children will learn where their food comes from by planting, maintaining, and harvesting their own square-foot garden and take home the produce for their own use. There will also be designated garden beds planted for the children to experience giving back to their community and produce will be given to local pantries.

Each week's program will include about 45 minutes of garden work and then the library will be present to read a story, FoodWise will do a nutrition lesson some weeks, and then there will be other special guests to facilitate activities/crafts/recipe demos/etc. The schedule is full with involvement from community partners such as 4-H, Waupaca County Solid Waste & Recycling, Waupaca Arts Hub and Waupaca Area Public Library.

FoodWise looks forward to bringing access to fresh produce into more homes in the Waupaca area and to collaborate with fantastic partners to complete a successful program overall.



WAUPACA
Children's Garden Program

COME GROW WITH US

Living the Waupaca Way is teaming up with the Waupaca County Master Gardeners and several community partners to offer a **FREE** summer-long children's garden program. Children will learn where their food comes from by planting, maintaining, and harvesting produce to **keep** from their own square-foot garden. Each week will include special guest, activities and themes.

WHO
This program is geared toward children in 1st-5th grade. They must be accompanied by an adult.

WHERE
The Waupaca Community Garden across the street from ThedaCare Waupaca located at: 913 Riverside Drive, Waupaca, WI

WHEN
The program is 10 weeks long and will run from June 1 - August 10 with a Saturday morning meet-and-greet and a Thursday evening planting session.

SUMMER SCHEDULE:
Saturday, May 20 9:30- 11am - Meet and Greet & Planning
Thursday, June 1 3pm - 6pm - Planting
Friday, June 9 9:30 - 11am - First Session
Remainder of classes - Thursdays 9:30am - 11am June 15- August 10

SIGN UP HERE BY MAY 1ST

Space is limited! Call or email Hailee at 715-258-6261 or hailee.struck@wisc.edu or scan the QR code to register.

SCAN HERE



ThedaCare. WAUPACA AREA PUBLIC LIBRARY. WAUPACA COUNTY MASTER GARDENERS. Living the WAUPACA WAY. UW-MADISON EXTENSION FOOD WISE



Extension

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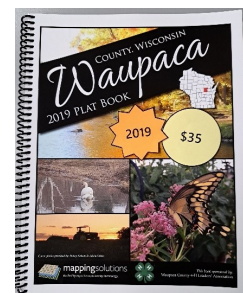
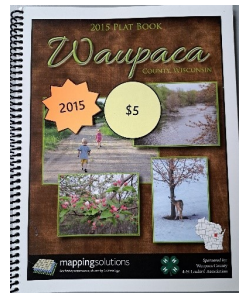
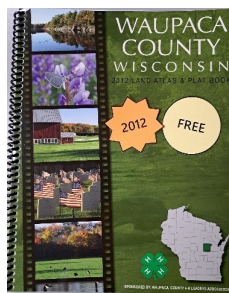
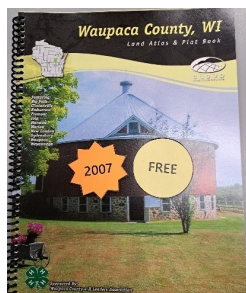
Haley haley.nelson@wisc.edu

NEW 4-H Sponsored Plat Book Coming Summer 2023

The Waupaca County 4-H Leaders' Board is excited to announce that they are again partnering with Mapping Solutions to make a new 2023 Waupaca County Plat Book benefitting the 4-H program. This new edition will be available in the **summer of 2023** and will cost \$35.00 each.

Plat books are an important fundraiser for the Waupaca County 4-H program to provide support for a wide variety of opportunities for youth across the county. Funds go toward supporting the youth involved in 4-H, from camps to project learning opportunities to educational experiences in the state, nation, and even the world!

Below are pictures of previous plat books that are available from the Waupaca County Extension Office at the Courthouse in Waupaca. Stop by to get any of these plat book editions and watch for announcements when the new 2023 book is here for purchase.



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