



NEWS FROM EXTENSION

UW-MADISON DIVISION OF EXTENSION BROWN COUNTY



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Extension April Facebook Giveaway!

Extension Brown County is giving away a 24 ounce Brown County tumbler with a snap-fit lid and straw, a drawstring bag, pen, magnet, and Burpee seeds! All you have to do to enter into the drawing is to go to our [Facebook page](#).

Winner will be notified on April 30th via Facebook messenger and items will be available for pick up at our office in the Brown County Government STEM Innovation Center on the UWGB Campus.

Feel free to include a picture sharing Spring's arrival in Brown County!

Simply go to our [Facebook page](#) to participate!



The flyer features a background image of a woman in a white shirt and a straw hat standing in a field of wildflowers. The text 'April Facebook Giveaway' is prominently displayed in a large, serif font. In the bottom right corner, there is a photograph of the giveaway items: a red drawstring bag with the Extension Brown County logo and contact information, a black 24-ounce tumbler with a lid and straw, and several packets of Burpee seeds. The text 'Win:' is followed by a list of items: 24 Ounce Tumbler, Drawstring Bag, Pen, Magnet, and Burpee Seeds (Sunflower, Painted Daisy, Cosmos, Garden Bean, Summer Squash, Carrot, Pumpkin, Pea). Below this, the text 'Earn Entries by:' is followed by a list of actions: COMMENT (1 entry), TAG of a friend (5 entries), and SHARE onto your page (10 entries). The top left corner of the flyer includes the text 'UW-Madison Division of Extension Brown County' and two small logos.

UW-Madison Division of Extension
Brown County

April Facebook Giveaway

Win:

- 24 Ounce Tumbler
- Drawstring Bag
- Pen
- Magnet
- Burpee Seeds: Sunflower, Painted Daisy, Cosmos, Garden Bean, Summer Squash, Carrot, Pumpkin, Pea

Earn Entries by:

- COMMENT: What are you observing to know SPRING has arrived?! (1 entry)
- TAG of a friend (5 entries)
- SHARE onto your page (10 entries)

Extension Brown County
2019 Technology Way
Plymouth, WI 54981
920-391-4610
www.browncountyextension.org

April Giveaway Flyer

magnetic

may

madness

Date: Wednesday, May 12, 2021

Time: 5:30 - 7:30 PM

Age: 3rd - 7th Grade

Cost: \$15.00/person

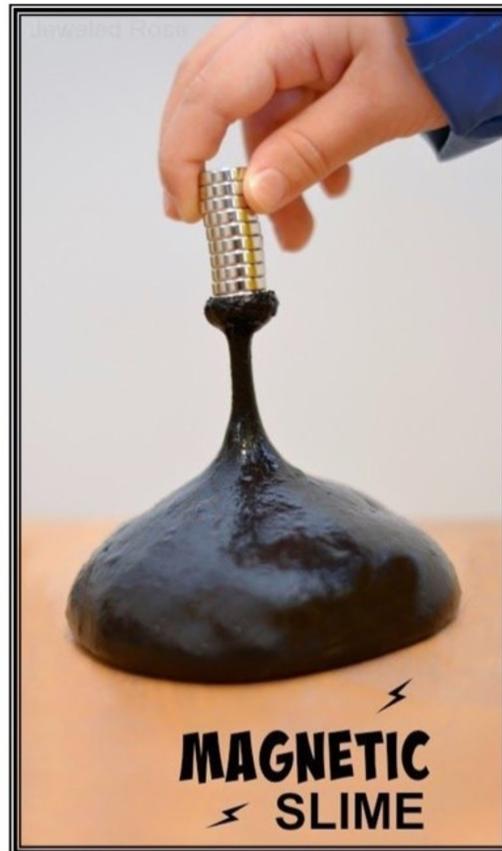
Financial assistance available

Max: 12 Participants

One of our most popular programs.

REGISTER EARLY!

Do you like playing with slime? Would you like to bring your slime to "life" using the power of Magnetism? Magnetic May Madness is BACK! Come join us and explore magnetism and electricity by making your own magnetic slime, homopolar motor and electromagnetic train.



This course will be held in person, socially distanced with masks and following CDC guidelines. Register fast—we are limiting this to 12 participants for additional safety and spacing.

RSVP due May 5th by creating an account at <http://wi.4honline.com/>

Select your county of residence when creating an account, and click on "Events" to register.



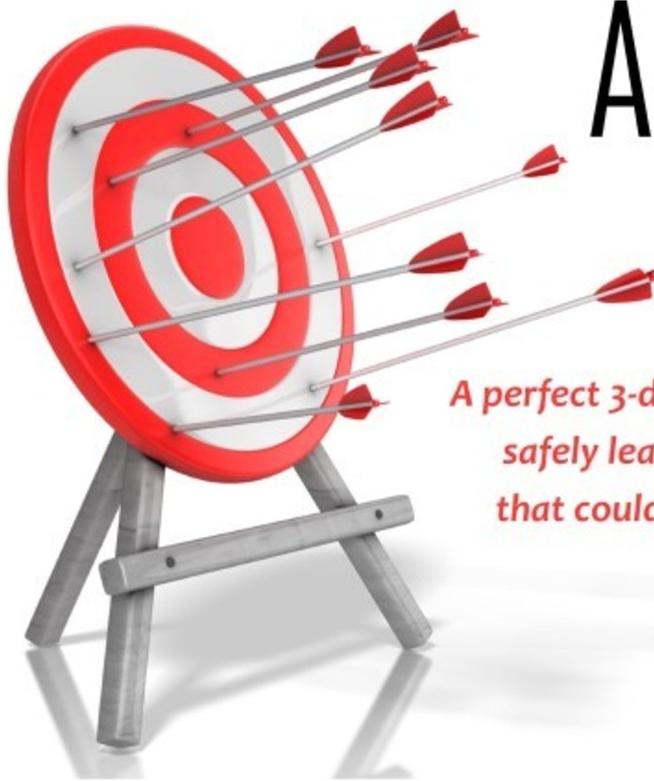
Questions with registration? Contact 4h@browncountywi.gov or 920-391-4654



An EEO/AA employer, University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming, including Title IX and American with Disabilities (ADA) requirements.



[Register Here](#)



ARCHERY 101

A perfect 3-day course for beginners to safely learn the basics of a new skill that could turn into a lifelong sport!

June 14-16, 2021

9:00 - 11:00 AM

**Open to youth
grades 3 & up**
Must be at least 8 years old

- ⇒ Registration includes all three dates and attendance is mandatory the first day to participate in the next two days.
- ⇒ Course is limited to 16 participants.
- ⇒ Payment must be submitted to secure spot.
- ⇒ Questions? 920-391-4654 or 4h@browncountywi.gov

\$16.00 Per Person

STEM Innovation Center

(@UWGB—2019 Technology Way, Green Bay)



RSVP due June 7th by creating an account at
<http://wi.4honline.com/>



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[Register Here](#)

Nonprofit Leader Conversations

Extension and UW-Green Bay have partnered to offer resources to Brown County area nonprofits. To learn more



about these resources, [click here](#). One of these resources is facilitating a conversation for nonprofit leaders to talk about issues that affect their operation and ability to provide services in the community. Extension and UW-Green Bay are offering these conversations at no cost to participants, but registration is required. Below are the topics and dates of the next two Nonprofit Leader Conversations.

Thursday April 15, 2021 9-10am Diversity, Equity and Inclusion

As a society, awareness grows around issues of DEI. Most of us want to improve our organization's culture and practices. What changes have you made to your service delivery, your board, your policies, your culture regarding DEI? What would you like to do? What ideas do you have to share? We welcome Dr. Corey King, Vice Chancellor, UW-Green Bay Division of University Inclusivity & Student Affairs, as our guest discussant for this session.

[Register here!](#)

Thursday May 6, 2021 9-10am Advocacy and Engagement

We're influenced from beyond our walls by the federal, state, and local policies that affect the work we do. Learn how you can create positive change, what advocacy activities are permitted for 501c3 nonprofits, and what strategies you can use to promote policies and legislation that support your clients and your organization. Share the strategies you've pursued, what's worked, and what challenges exist. Join our guest discussant Jeff Okazaki of the Humane Society of Jefferson County and bring your ideas, questions, concerns, and insights.

[Register here!](#)

[Register Here](#)

Community Gardens Remote Plot Registration Began April 15

Interested in growing your own food? This summer, rent a community garden plot for your whole family to enjoy from the Brown County Community Gardens Program. For a small fee (\$10-\$45 annually), you can rent a garden space for the entire summer, where you can plant, grow, and harvest whatever you want. Cut your grocery bill, get more fresh fruits and vegetables, and have fun as a family! Find out more about the 12 garden sites at browncountycommunitygardens.org. Organizations and groups are also welcome to rent space.

Registration went live on Thursday, April 15, at 8am. Community members can submit an application to rent a plot at browncountycommunitygardens.org or by calling (920)391-4660 and leaving a voicemail. Plots will be reserved on a first-come, first-served basis. Questions? Contact browncountycommunitygardens@gmail.com or (920)391-4660.

[View the flyer for more information!](#)

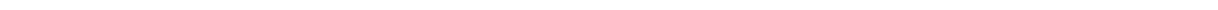
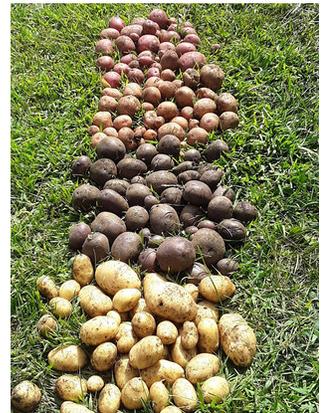


Planting for a Purpose and Free Seed Potatoes Available

The Brown County Community Gardens Program and Green Bay Packers Give Back are again partnering to encourage gardeners to donate fresh garden produce to local pantries through their Planting for a Purpose program. 2020 was the program's best year to date, with participants reporting over 8,000 pounds of fresh produce donated. Sign up today to pledge to donating some of your 2021 harvest to an area pantry. We'll send reminders and tips throughout the season, as well as provide a free garden giveaway. [Signup is available here.](#)

Planting for a Purpose is also again working with Wisconsin Certified Seed Potatoes to offer free seed potatoes. Any gardener willing to donate at least half of their potato harvest to a food pantry can [sign up for free potatoes \(May pickup date, TBD\) here.](#)

Thank you for helping everyone have the fruits and vegetables they need!



EIGHT WAYS TO WELLNESS:

Discover the Dimensions for a Healthier You



<p><i>Friday, April 23</i></p> <p>Occupational Well-Being 8:30—9:30 am</p> <p>Physical Well-Being 10:00—11:00 am</p>	<p><i>Friday, April 30</i></p> <p>Intellectual Well-Being 8:30—9:30 am</p> <p>Environmental Well-Being 10:00—11:00 am</p>	<p><i>Friday, May 7</i></p> <p>Spiritual Well-Being 8:30—9:30 am</p> <p>Emotional Well-Being 10:00—11:00 am</p>	<p><i>Friday, May 14</i></p> <p>Financial Well-Being 8:30—9:30 am</p> <p>Social Well-Being 10:00—11:00 am</p>
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Join us Friday mornings for **Eight Ways to Wellness: Discover the Dimensions for a Healthier You!**

Wellness is often categorized into several interconnected dimensions. It's a holistic integration of physical, mental, and spiritual well-being. During this 8-session interactive series, you'll learn more about each of the eight dimensions along with ways to help find a personal harmony with the dimensions that are most authentic for you.

Register for this FREE Zoom event at:

<https://forms.gle/jcHXrVMoRPERRc8d7>

For questions, contact Selena Freimark, Health & Well-Being Educator with Extension St. Croix County, at selena.freimark@wisc.edu or 715-531-1947.



Extension
UNIVERSITY OF WISCONSIN-MADISON

Register Here

Join us and begin planning **AHEAD**

Join our free series.....

Thursdays, May 13-June 24, 2021 at 10:30 am

Carol Bralich & Jane Jensen

Human Development & Relationships Educators

Limited spots available. Register by May 3, 2021

Registration link: [https://forms.gle/](https://forms.gle/UjTTSkbo3QJqEsid8)

UjTTSkbo3QJqEsid8

Advance directives, home finances, estate planning, and arriving at decisions for the end of this life

Planning AHEAD was created to address most aspects of end-of-life planning. There are a total of 7 modules examining health care wishes, financial responsibilities, legal requirements and documentation, distribution of personal property, end-of-life decisions, dealing with grief, and the emotional ramifications of all of the above. The program is designed both for those who want to prepare for their own passing to make things easier for family members and for those who have or are in the process of losing a loved one and are dealing with the transition.

This course features a planning packet to help make manageable the tasks associated with end-of-life decisions. The worksheets and handouts will guide you through what actions to take when and will break tasks into pieces so that the financial, healthcare, and other decisions don't feel so overwhelming.



planning **AHEAD** COURSE MODULES



Getting Ready



Home Finances



Advance Medical &
Legal Directives



Estate Planning



Choices in End-of-Life Care



Final Wishes



Understanding Grief



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[Register Here](#)

The Benefits of Being Grateful That You May Not Know About

The people at The Tremendous Collective created this charming, informative video about the power of gratitude. Expressing appreciation and being thankful can reduce depression, lower blood pressure,

increase energy and happiness, and even prolong your life! Gratitude also increases the feel-good neurotransmitters dopamine and serotonin and helps you deflect those negative thoughts. So why not celebrate minor accomplishments, perform small acts of kindness, and appreciate the small things? [Watch this short video on gratitude benefits.](#)



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extension@browncountywi.gov

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