

NEWSLETTER



CRAWFORD COUNTY EXTENSION
JANUARY & FEBRUARY 2024

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WHO WE ARE

Crawford County Extension offers free to low-cost programming and events right here in Crawford County with the support of UW- Madison! We teach classes, host workshops, coordinate events, and more.

From parenting classes to small business development to 4-H, we always have local programming to offer.

Follow us on Facebook at Extension Crawford County Wisconsin and browse our website: crawford.extension.wisc.edu to learn more about what we have to offer you!

★ HOLIDAY HOURS ★

The Crawford County Extension Office is closed the following dates:

1.1.2024 New Year's Day

1.15.2024 MLK Jr. Day

SCAN HERE



**For More Extension
Programming**



Extension
UNIVERSITY OF WISCONSIN-MADISON
CRAWFORD COUNTY



Visit us at: crawford.extension.wisc.edu



Follow us on Facebook at: Extension Crawford County Wisconsin

★ **DID YOU KNOW?** ★

Crawford County Extension offers the following services:

Well-Water Test Kits

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Well-water test kits are available for pickup. The test kits can test for bacteria, fluoride, nitrate, and RUSH Nitrate. Administer the test at home and mail it to the lab. They are free to take but keep in mind, the Wisconsin State Lab of Hygiene will bill you for the test.

Plat Map Books

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2022 Plat Books are available to purchase for \$35 each. We accept cash, check, or card transactions (with a fee). Plat Books are updated every 5 years by the Crawford County Fair Coordinator. Keep in mind, you can access plat maps for free, online at crawfordcowi.wgxtreme.com

Equipment Rental

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We offer rentals on a handful of useful equipment, such as:

- Long Soil Probe
- Short Soil Probe
- Measuring Wheel
- Food Dehydrator
- Pressure Canner
- Hay Probe

Call ahead to see if the item is available.

Soil Sampling

.....

We offer soil sample bags for those needing to test their soil. We also offer informational documents, if needed. Your soil samples will need to be sent to UW-Madison's Soil and Forage Analysis Lab for processing. If you're curious about fees, we have a fees sheet available.

Pressure Canner Testing

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If you have a PRESTO pressure canner and would like to see if your gauge is accurate, call our office to schedule a gauge testing.

Your lid/gauge will be compared to our master PRESTO gauge.

Please call ahead to schedule a 5-10 minute testing appointment.

Conference Room Reservation

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We offer our conference room to groups looking for a large space to hold meetings and gatherings. If interested, you must call ahead to reserve a room AND fill out the Conference Room Agreement form. There are exceptions for certain meeting types. Call ahead for more information.

CALL US AT 608.326.0223 WITH QUESTIONS

COMMUNITY DEVELOPMENT

Sophia Eyer, Community Development Educator
sophia.eyer@wisc.edu

UPCOMING EVENT!

SIDE HUSTLE WORKSHOP

Tuesday, January 30th

The Idea Hub Accelerator is coming to Crawford County with TWO separate workshops: one in Gays Mills and the other in Prairie du Chien.

The Idea Hub can help turn your business idea into a business model! No prior experience required.



Scan the QR code or copy the link to register

<https://go.wisc.edu/19wh5l>

Gays Mills @ 1:00 P.M.

Gays Mills Community Commerce Center
16381 WI-131, Gays Mills, WI 54631

Prairie du Chien @ 5:15 P.M.

Crawford County Administration Building, Room 236
225 N Beaumont Rd, Prairie du Chien, WI 53821



Learn more about Extension's Community Development Institute by visiting extension.wisc.edu/community-development/ or by scanning the QR Code!



Amanda Griswold, Human Development & Relationships Educator
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FAMILIES & FINANCES

Parenting Aging Financial Wellness

FREE AND LOW-COST PARENTING CLASSES

Triple-P (Positive Parenting Program) For parents of children ages 0-12

These Triple P - Positive Parenting Program seminars and discussion groups will provide parents of children ages 0-12 with a toolbox of strategies to raise confident and healthy children, build strong family relationships, manage misbehavior, and prevent problems from happening in the first place. Participate virtually from the comfort of your own home and walk away with more knowledge and confidence as a parent! Attend any or all of the classes at no cost to you.

Classes are held every Tuesday, January 16-February 6, 2024.

You have the flexibility to attend either the 9AM-10:30AM class, or 6PM-7PM class.

Scan the QR code to register
or visit: go.wisc.edu/5v2z7x



Raising a Thinking Child For caregivers of children ages 4-7

This evidence-based workshop series will help you guide your child to solve common, everyday problems with decision making and communication skills using their thinking brain. It is a refreshingly practical curriculum that helps you help your child learn HOW to think, not WHAT to think, as they learn to resolve their own problems.

This 6 session series is appropriate for parents, caregivers, and early childhood educators. Educators can earn 12 continuing education hours via the Wisconsin Registry!

Classes are held Tuesdays, February 27-April 2, 2024.

Two time slots available: 9AM-10:15AM or 6PM-7PM.

Scan the QR code to register
or visit: go.wisc.edu/p8jo72





Amanda Griswold, Human Development & Relationships Educator
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FAMILIES & FINANCES

MORE PARENTING OPPORTUNITIES

RAISING WISCONSIN'S CHILDREN CONFERENCE!

Join a free, online conference designed for parents, caregivers, educators and families. You'll get practical, positive parenting ideas from experts and explore how to help children grow.

9:00 am || Boosting the Benefits of Screen Time: Choosing High-Quality Shows and Apps for Young Children
10:15 am || Creating Gender Affirming Homes for ALL Children
11:30 am || Mirror, Mirror on the Wall: Nurturing Positive Body Image in Kids
12:45 pm || Healthy Sports: Strategies to Encourage Participation and Avoid Specialization for Youth Athletes
2:00 pm || What We Know About Social Media Use and Adolescent Mental Health
3:15 pm || Meditating Parents: How to Train Your Mind to be More Present, Resilient, and Appreciative

Scan the QR
code to register
or visit: go.wisc.edu/0ksg42



January 9, 2024
9AM-4PM (Online)

RAISING WI'S CHILDREN

Join us for free monthly classes as part of the Raising Wisconsin's Children series. Connect with other parents. Get practical, positive, research-based parenting ideas. Help children grow. And don't miss our parenting conference on January 9th!

January 9, 9:00AM – 4:00PM: Raising Wisconsin's Children Conference
February 14 starting at 1:00PM: Speaking Your Child's Love Language

Scan the QR code to register
or visit: go.wisc.edu/2wgm3m



FOCUS ON FATHERS

A father's role is critical to a child's healthy development. This connection builds a strong foundation in language, critical thinking, physical skills, social and emotional learning, and so much more! Join us and other fathers and father-figures for a Zoom series to explore parenting tips and learn ways to strengthen your relationship with your child. Attendance at all sessions is not required. Join us for one, several, or all sessions!

The Focus on Fathers schedule of sessions will be held on the following dates from 8:00-9:00 PM.

Scan the QR code to register
or visit: go.wisc.edu/754637





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FAMILIES & FINANCES

CO-PARENTING CLASSES

PARENTS FOREVER™

Parents Forever™ is an educational program for parents that are separating, divorcing, or changing custody of their children.

This course may meet the requirement for court mandated co-parenting classes for divorcing parents. Please confirm with your county before registering.

**Next Class: Wednesday, January 17,
11:30AM-3:00PM through ZOOM**

Scan the QR code to register
Or visit: go.wisc.edu/2544n1



RESILIENT CO-PARENTING

A series of topic-specific classes designed for parents or caregivers raising children together while living apart.

Join us for any or all of the following Zoom sessions, offered on the first Thursday of each month from 7 - 8pm CST

**Upcoming Classes: “Families Fighting Fair”
Thursday, January 4, 7:00PM on ZOOM**

**“Successful Stepfamilies”
Thursday, February 1, 7:00PM on ZOOM**

Scan the QR code to register
Or visit: go.wisc.edu/l4p71e



STRONG COUPLES

Free Relationship Help For Couples in All Life Stages

This program is for couples together six months or longer in all life stages. This educational program is NOT counseling. The program teaches couples to use tools that improve their relationship.

The Strong Couples Program is:

- Six self-paced online modules. Topics include communication, commitment, problem-solving, and fun and friendship.
- Five brief video calls with a trained coach.

IT'S FREE- JOIN AT ANY TIME!

Register at: go.wisc.edu/cc2vvd
Or scan the QR code to register





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FAMILIES & FINANCES

FINANCIAL CLASSES

MONEY MATTERS- LIVE- CREDIT AND DEBT CLASSES

FREE weekly sessions all February via Zoom.

Tuesday nights from 7PM-8PM.

February 1: Tech check-in; pop in any time between 7PM-8PM

February 8: How to Get & Read a Credit Report, 7PM-8PM

February 15: Credit Score Basics, 7PM-8PM

February 22: How to Build Good Credit, 7PM-8PM

February 29: Strategies to Get Out of Debt, 7PM-8PM

Visit this link to register: go.wisc.edu/6r0cu0



Or Scan Here!



RENT SMART- FOR CURRENT OR FUTURE RENTERS

Rent Smart aims to:

- Give you confidence in your ability to find and maintain affordable housing along
- Understand the application and screening processes used by landlords
- Teach you the rights and responsibilities of being a tenant

Join us Wednesdays and Fridays in February, 9AM-10AM.

February 7, 9, 14, 16, 21, and 23.

Visit this link to register: go.wisc.edu/Rentsmartregister



Or Scan Here!

CONTACT US

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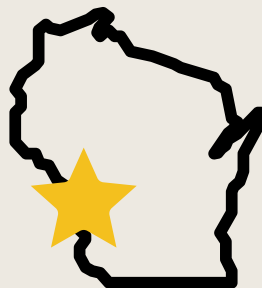


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<https://signup.e2ma.net/signup/1971791/1914829/>



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