



Pepin Pacer

Pepin County 4-H Newsletter



Extension

UNIVERSITY OF WISCONSIN-MADISON
PEPIN COUNTY

Layout and Production by Gwen Prom
Edited by Marie L.B. Ritscher

June, 2022

Inside this issue:

Clubs/Meetings	2
Camp Kinnissippewa	4
Pollinator Packs	6
Photography Series	7
Spark Days	8
Cloverbud Camp	9
STEAM Day	9
Fair	11
YOCA	16
Space Academy	18
Activity Page	21

Extension Pepin County Staff

Extension Pepin County conducts educational programs and provides educational information in 4-H youth development, family living education and agriculture.

Marie L.B. Ritscher
4-H Youth Development and Nutrition Program Educator
E-mail: marie.ritscher@wisc.edu

Micheal Travis
Agriculture Educator
E-mail: micheal.travis@wisc.edu

Mary C. Wood
Family Living Educator
E-mail: mary.campbellwood@wisc.edu

Gwen Prom
Administrative Specialist
E-mail: gwen.prom@wisc.edu

Meg Ruff
Program Assistant
E-mail: meg.ruff@wisc.edu

Address:
740 7th Avenue West
PO Box 39
Durand, WI 54736
Phone: 715-672-5214
Extension Pepin County website:
<http://pepin.extension.edu/>
4-H Online:
<http://wi.4honline.com/>

Dear 4-H Friends and Families:

You know smiles are contagious, right? Have you ever thought about how your actions affect other people? Let's hope you have, because you (that's right ,yes, you) can make a big difference in someone's day without even knowing it!

Summer is a busy time of the year... a perfect time to show your best to the community. YOU are a 4-H member parent or leader. What a great reason to smile . So while you are out and about this month and every month we'd like to encourage you to remember how your actions, big and small, can affect your family, 4-H club members and leaders, and others in your community.

Do you help others? Do you go out of your way to pick up a piece of trash? Do you respect others in your club, community, country and world? Do you smile and say "Hi" to people you pass on the street? Does your face tell others that no matter how rough your day may be you are still happy to be alive? Do you try to make other people feel happy too?

Remember, because you are a part of 4-H, you represent 4-H to everyone you meet. Your positive and helpful attitude will demonstrate to others what a great organization 4-H is! And, hopefully, your great attitude will be so contagious that it will get passed on to yet another person. Summer is a great time to take advantage of all the wonderful 4-H opportunities- a perfect reason to be happy! Remember to be respectful of others and happy- you will see that it can make a difference!



Extension
UNIVERSITY OF WISCONSIN-MADISON



Marie L.B. Ritscher

Pepin County 4-H Youth Development

Every month we will hide a special symbol somewhere in that **month's Pacer**. If you are the first person to call (715) 672-5214 or email (gwen.prom@wisc.edu) the Extension Pepin County and tell us where that symbol is found you will win \$5 and be named in next **month's Pepin Pacer as the "4-H Fast Finder"**.

Good Luck Hunting!

This is this month's symbol :



DISCOVER 4-H CLUBS

Chippewa 4-H Club
Meets monthly on Sundays
Contact Club Leader for Information



I AM



4-H PROUD

Lima Lads & Lassies 4-H Club
Meets 3rd Sunday of the month.
1:00 p.m., Durand City Hall.

Pepin County 4-H Parent/ Leader Federation Meeting June 13 , 2022 4:00 pm Government Center, Board Rm #108, Durand

ALL Pepin County 4-H Parents, Leaders, and Youth Leaders you are welcome to attend the Parent/ Leaders Federation Meetings. Decisions are made at these meetings which affect all members and parents within our 4-H organization. Meetings are held in February, April, June, August, October and December, normally held at the Extension Office in Durand.

Take part in determining how the money raised is spent and what activities Pepin County 4-Hers will participate in. Your voice will be heard.

Yes, 4-H and Extension is open...to ALL people.

The University of Wisconsin-Madison Division of Extension non-discrimination policy is: Extension does not discriminate in the treatment of individuals in the admission or access to its programs and activities, in the provision of services, or services, or in employment.

Further, Extension will not participate with organizations or in activities which discriminate on the basis of any of the legally prohibited categories of discrimination, which are: race, color, gender/sex, creed, disability, religion, national origin, ancestry, age, sexual orientation, pregnancy, marital or parental status arrest or conviction record, or membership in the national guard, state defense force, or any other reserve component of the military service. Consistent with the Americans with Disabilities Act, persons who need materials in alternative format or other accommodations should write or call the Extension Office. Individuals who need TTY access should call 1-800-947-3529.



4-H Fast Finder for the Month:

VAL CATARACT

**Congratulations for being our
4-H Fast Finder this month!**

**We hope you enjoy the
Pepin Pacer !**

In the month of April the Chippewa Club met at the Laura Ingalls Park in Pepin for a clean up day. The club members and parents filled over 10 garbage bags of leaves, rocks, sticks and trash to ready the park for spring and summer visitors. Attached is a group picture of the kids who volunteered. Our next meeting will be May 30.





4-H Camp Kinnissippewa has a new location in 2022! 4-H members from Buffalo, Pepin, Jackson, Trempealeau, and Pierce Counties will share this experience at the YMCA Camp Pepin!

Register via 4-H Online using the events tab at <https://v2.4honline.com/>

Instructions on how to register – [2022 Camp Event Registration Instructions](#).

A fun filled day with swimming, canoeing, kayaking, high ropes course, zip lining, archery, air rifle, campfires, games, teambuilding, environmental education, outdoor arts and crafts, and so much more!

This year's 4-H Camp Kinnissippewa will be for 4-H members who just completed 3rd-8th grade, with a track for 3-5 graders and a track for 6-8 graders.

Pepin County 4-H Parent Leader Federation has decided to pay the total cost (\$50) for active Pepin County 4-H members so it is **FREE!**

4-H campers will come home with all their materials and a special 4-H Camp Kinnissippewa cinch sack with our new logo on the front! 4-H Camp will only be one day in August 2022, but plans are already underway for a three day overnight camp in June in 2023.

Register now so our camp counselors can make plans and order supplies for our campers!

LIMA LADS AND LASSIES 4-H CLUB

The Lima Lads and Lassies monthly meeting was held on May 15th. We had many items to cover during the business portion of the meeting. Pollinator Activity Packs are available free of charge to our club members and many families have ordered one to help keep our environment going. One day summer 4-H camp will be happening this year after being cancelled the last 2 summers and the cost is free to our campers. The Buffalo County Fair will be happening Aug. 4 - Aug. 7. Online fair entry is open now through June 10. Club members are working hard on their projects. Please come to the fair to view the results of their efforts. The theme for the fair this year is "Meet Us Where Memories Are Made." The fair offers so many great activities to enjoy with your family to create those memories. The Durand Lions Club is having a Matching Donation Campaign for the Pepin County Food Pantry. Our club decided to support the pantry with a \$100 donation. On the flip side our club made "Thank You" cards to be sent out to businesses that have made donations to our 4-H program so we may continue to offer activities to our club members. It's the circle of life. It's all about supporting and helping each other for the improvement of our community! At the Pepin County Dairy Breakfast on June 11 at Auth Family Farms our club will be providing games for kids to play. We will be having a dessert/snack bag concession stand at the Music in the Park on July 27. During our business meeting the kids had snacks that were provided by Hannah, Nick and Leah. For the activity part of our meeting Hannah brought all the supplies to create our flower planter for our club's entry into the fair. With many hands helping putting it together didn't take long at all.





Join in to help pollinators in Wisconsin! Get your calendar and mark down **Wisconsin Celebrates Pollinator Week** from June 20-26, 2022 and visit the **Wisconsin Celebrate Pollinator Week** website:

<https://bit.ly/3Kqg8oT>

Wisconsin Celebrates Pollinator Week is dedicated to raising awareness about pollinators and their habitats through statewide and local activities and events. By increasing knowledge and adopting pollinator friendly practices, we can all help pollinators in Wisconsin and contribute to the national effort! National Pollinator Week is an annual event managed by the Pollinator Partnership to help spread the word about what we can do to protect pollinators.

Pollinators in Wisconsin and around the world are facing population declines for many reasons. You can get involved in a lot of ways! Learn more about pollinators in our free webinars, order your own Pollinator Activity Pack, find pollinators and habitat in a scavenger hunt, create artwork for our poster contest, participate in local activities and use the resource library to help pollinators in your own yard and community. By creating pollinator friendly habitats, reducing or eliminating environmental contamination from pesticides, and spreading the word about pollinators with your communities, we can all contribute to pollinator conservation.

[Click here to visit the official website of Wisconsin Celebrates Pollinator Week](https://bit.ly/3Kqg8oT)

Take & Learn | VLC



PHOTOGRAPHY SERIES

Participate in any or all Sessions

All Ages and Abilities Welcome



You Take Control: Camera controls and settings

June 7, 4:30PM Zoom - Instructor: MaryBeth Wohlrabe

Learn about how to use your camera and what settings and features to use for what settings and situations. The session will provide a general overview of all cameras and settings and then allow for some individualized troubleshooting. Please have your camera ready to trouble shoot and learn with. (Recommendation: participate in the zoom on a separate device than you would use for camera).



Skills Sessions: Beginner, Intermediate, Advanced

June 20, June 23, June 28 via Zoom

Learn skills for your level of photography practice. Each session will include a 20-minute lesson. The rest of the hour, the instructor will give feedback about youth photos. Youth will have the chance to submit their own photos before the session.

Beginner Photography Skills: Shifting your (camera) perspective

June 20 | 4:30PM | Zoom, Instructor: Ciera Ballmer

Intermediate Photography Skills: Using Natural Light and Reflections in your Photos

June 23 | 4:30PM | Zoom, Instructor: Makayla Mashlan

Advanced Photography Skills: Photo Prints and More

June 28 | 4:30PM | Zoom, Instructor: MaryBeth Wohlrabe

Register Today!

<https://go.wisc.edu/i59ar8>





4-H SPARK DAYS

3 ONE-DAY CONFERENCES
3 UW CAMPUSES
3 TRACKS- WHAT SPARKS YOU?


Join us for 4-H Spark Days! These one-day conferences across three UW Campuses will each feature a different track to fuel your sparks.

Each day includes hands-on sessions, career pathway exploration, great speakers, meeting new 4-H friends from around the state, and fun.

Choose one, or more, that sparks your interest!

REGISTRATION OPENS MAY 2

First come, first served

Receive updates and a registration reminder through our email list 

<https://go.wisc.edu/uarr89>



UW RIVER FALLS, JUNE 20

Agriculture & Animal Science

Explore your sparks and discover career options you may not have considered. Meet faculty and students to learn more about programs and majors in the Colleges of Agriculture, Food and Environmental Science, and more. Experience the campus lab farms, learn about the UWRF college experience, and participate in hands-on sessions.



UW MILWAUKEE, JUNE 21

Urban Agriculture/City Sparks

Explore unique programs and majors, including Urban Agriculture, Film, Architecture, Freshwater Sciences, Library Sciences, and more on the UW-Milwaukee Campus! Meet people from local community organizations, professionals in different career fields, college students from UWM and MATC, and youth from across the state. You don't want to miss this!



UW MADISON, JUNE 22

Arts & Culture

Explore your creative side and how to create a creative life post-high school. Workshop choices include theater arts, dance, photography, and media. Led by Wisconsin 4-H Arts Team, Drama Company, and other community partners.

LEARN MORE HERE:

[HTTPS://H4.EXTENSION.WISC.EDU/OPPORTUNITIES/STATEWIDE-EVENTS-AND-OPPORTUNITIES/4-H-SPARK-DAYS](https://h4.extension.wisc.edu/opportunities/statewide-events-and-opportunities/4-h-spark-days)



Cloverbud 4-H CAMP

July 25, 2022

Tourist Park, Mondovi

9:00am - 3:00pm

\$5 for 4-H members
entering K-3 grade



STEAM DISCOVERY DAY

Science - Technology - Engineering - Art - Math

July 12, 2022

Cochrane-Fountain City School
9:00am - 3:00pm

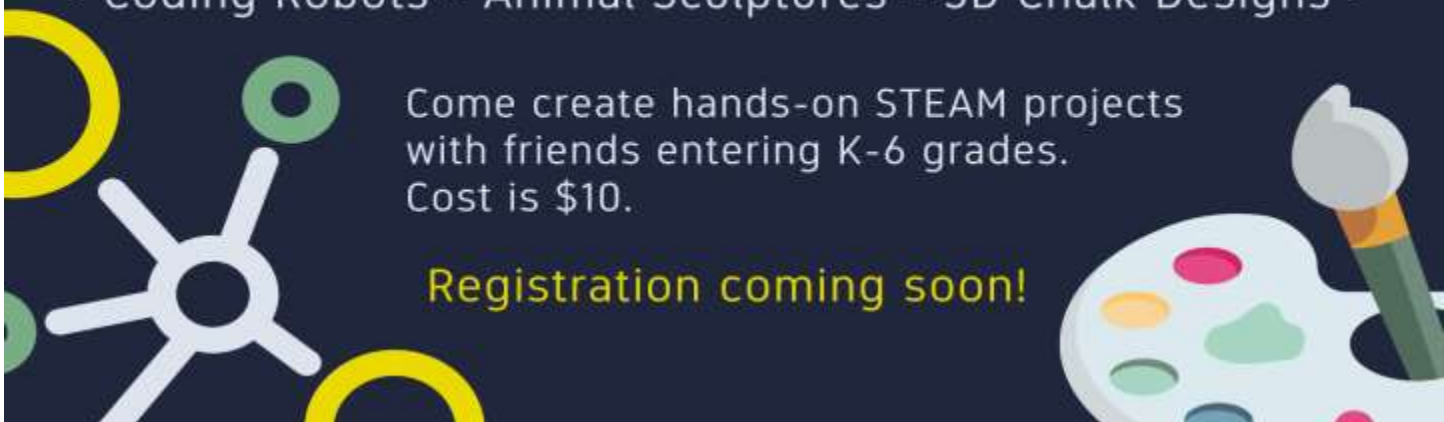
July 14, 2022

Mirror Lake Park, Mondovi
9:00am - 3:00pm

Hydraulics - Architecture - Electricity - Natural Canvas Art
- Coding Robots - Animal Sculptures - 3D Chalk Designs -

Come create hands-on STEAM projects
with friends entering K-6 grades.
Cost is \$10.

Registration coming soon!



The 2022 Clothing Revue will be on Wednesday, July 13, 2022 at the Marten Center in Mondovi. Judging will start at 6:00pm. The Clothing Revue will close with a Style Show. Be sure to enroll in your entries on FairEntry.



Sewing is more than just making an item; it teaches youth to sew while learning about textiles, construction techniques, and design principles. If you are interested in this project, you may want to check out the resources from the 4-H National Sewing Website at <https://4-h.org/parents/curriculum/sewing/>

2022 Foods Revue and Decorated Cakes Contest will be held on Wednesday, July 20, 2022 at the Marten Center in Mondovi. Judging will start at 6:00 pm. Don't forget to enroll in your Foods Revue exhibits on FairEntry!



Join the Biotechnology Center every Wednesday night for Wednesday Nite @ The Lab! Each week features a speaker teaching about different science topics. These talks are available statewide and will be held on Zoom for the foreseeable future. Come join us!

See <https://science.wisc.edu/wednesday-nite-at-the-lab/> for the schedule of topics and registration links.

Badger Talks is pleased to present a LIVE series of talks on topics that intend to inspire, delight, and pleasantly distract in a time we are all needing positive experiences. Tune in to hear experts on a variety of interesting and engaging topics. For more information see:

<https://badgertalks.wisc.edu/badger-talks-live/>





**2022 Buffalo/Pepin County Fair Dates:
August 4-7, 2022**

The 2022 Fair Theme is:
Meet us Where Memories are Made

Link to FairEntry – <http://buffaloco.fairentry.com>

**Buffalo/Pepin County Fair Entry Dates
May 15 - June 10, 2022**

*Start your entries early so you have time to make
revisions if you have incorrect or missing information!
Entries for the 2022 Fair exhibits made by
exhibitor since the close of the 2021 Fair*

2022 Junior Fair Premium Book Coming Soon !

[Buffalo/Pepin County Fair Exhibit Guide](#)

2022 Buffalo County Fair Judging Schedule

Wednesday, July 13, 2022

6:00 pm Clothing Revue Roger Marten Community Center, Mondovi, WI

Wednesday, July 20, 2022

6:00 pm Foods Revue Roger Marten Community Center, Mondovi, WI

Saturday, July 16, 2022

10:00 am Cat Show Fairgrounds, Mondovi, WI

Small Animals

(following Cat Show)

1:00 pm Dog Show Fairgrounds, Mondovi, WI

Saturday, July 23, 2022

9:00 am Horse show Midnight Rider's Arena, Mondovi, WI

Thursday, August 4, 2022

Fairgrounds, Mondovi, WI

10:00 am Cloverbud and Explorers

2:00 pm Poultry

5:00 pm Flowers and Houseplants

5:00 pm Plant and Soil Science - Crops

5:00 pm Plant and Soil Science - Garden

5:00 pm Natural Science

5:00 pm Swine

5:00 pm Clothing

5:00 pm Animal Science

Friday August 5, 2022

Fairgrounds, Mondovi, WI

9:00 am Beef

9:00 am Exotics (near Rabbit/Poultry barn)

9:00 am Rabbits

9:00 am Family Living and Child Development

9:00 am Home Environment

9:00 pm Knitting and Crocheting

9:00 am Photography

9:00 am Foods and Nutrition

9:00 am Woodworking and Electricity

9:00 am Mechanical Science

9:00 am Cultural Arts

9:00 am Communications

9:00 am Health Social & Political Science

9:00 am Computers

9:00 am Demonstrations & Communication Arts

9:00 am Youth Leadership

9:00 am Booths

12:30 pm Meat Goats

1:00 pm Sheep

Saturday August 6,

Fairgrounds, Mondovi, WI

8:30 am Dairy Goats

9:00 am Dairy

Wednesday August 10, 2022

Gunderson Food Service, Mondovi, WI

9:00 am Carcass Judging

Thursday August 11, 2022

Gunderson Food Service, Mondovi, WI

7:00 pm Carcass Show



Meat Animal Educational Requirements 2022 YQCA Online Training

All animal exhibitors, with the exception of Equine, Cats & Dogs, must complete the Youth for the Quality Care of Animals (YQCA) training each year. Wisconsin State Fair and other national exhibitions will require certification in YQCA for participation in events. The training must be completed by July 1. The new platform is now open, please book mark this site as it will be your go-to site to learn about YQCA at www.yqcaprogram.org. On the More Info/Parents & Youth page, you'll find help documents detailing the steps to getting your YQCA ILT certification, web-based training certification, and test-out certification. You'll notice a major change to the account structure – the opportunity to create a parent account and add children, essentially creating one family account for all your YQCA needs.

Additional Educational Experience:

All meat animal exhibitors must attend one education session ***in addition to*** the Youth for the Quality Care of Animals (YQCA) training every year in order to be eligible to sell their animal(s) at the Buffalo County Fair. For more details, please review items 2 and 3 in the Buffalo County Junior Livestock Committee Sale Rules located on the Fair webpage

After completing the Meat Animal Second Educational experience, click on the following link to access the Google Form to complete your additional educational requirement form: <https://goo.gl/forms/HwJDXZNBd4BesxB2>



WI 4-H STATE DOG SHOWS

(AGILITY, SHOWMANSHIP,
OBEDIENCE, AND QUIZ BOWL)



Save the Date
**SEPT. 30, OCT. 1, &
OCT 2, 2022**

**HOSTED BY DANE CO. 4-H DOG PROJECT
AT THE JEFFERSON CO. FAIRGROUNDS**



Wisconsin Poultry Shows, Exhibitions Suspended Due to Highly Pathogenic Avian Influenza

FOR IMMEDIATE RELEASE: April 8, 2022

Contact: Kevin Hoffman, Public Information Officer, (608) 224-5005, kevin.hoffman@wisconsin.gov

MADISON, Wis. – In an effort to prevent the spread of highly pathogenic avian influenza (HPAI), the Wisconsin Department of Agriculture, Trade and Consumer Protection (DATCP) is suspending all poultry shows, exhibitions and swap meets statewide through May 31, 2022.

DATCP had already suspended poultry exhibitions in Jefferson County after a commercial farm was confirmed with HPAI. [Minnesota](#), [Iowa](#), [Illinois](#), and [North Carolina](#) are just some of the states that have implemented similar restrictions on poultry events.

Poultry owners and those working with poultry are strongly encouraged to continue practicing [strict biosecurity](#) to protect their flocks. When possible, poultry owners are asked to keep their flocks indoors to prevent contact with wild birds.

Signs of HPAI in infected birds include:

Sudden death without clinical signs

Lack of energy or appetite

Decrease in egg production; soft, misshapen eggs

Purple discoloration of wattles, comb, and legs

Difficulty breathing

Runny nose, coughing, sneezing

Stumbling or falling down

Diarrhea



To report increased mortality or signs of illness among domestic birds, contact DATCP at (608) 224- 4872 (business hours) or (800) 943-0003 (after hours and weekend). Reports also can be emailed to datcpanimalimports@wisconsin.gov.

Additional resources

[DATCP: HPAI in Wisconsin domestic birds](#)

[Wisconsin Department of Health Services: Avian influenza and humans](#)

[Wisconsin Department of Natural Resources: Avian influenza and wild birds](#)

PEPIN COUNTY DAIRY PROMOTION

TOWN & COUNTRY 2022 DAIRY BREAKFAST

*Pancakes, Pepin County Real Maple Syrup,
Sausage, Cheese, Fried Cheese Curds, Pudding,
Ice Cream, Juice & Milk*



SATURDAY, JUNE 11 | 6:30 AM - 11 AM

AUTH FARMS

W7623 CTH-ZX ARKANSAW, WI 54721

COST: FREE-WILL DONATION



Check out our Facebook page for the most up-to-date information
Find the farm 1.5 miles southwest of Eau Claire



BUFFALO & PEPIN PROGRESSIVE AGRICULTURE Safety Day

June 23
2022

Register online

<https://go.wisc.edu/qvazwz>

8:30am - 11:30am

Buffalo County Fairgrounds, Mondovi
Open to students in Grades K-8
(with different tracks for students in
K-4 and 5-8)

Safety topics include:

- First Aid
- Mental & Behavioral Health
- ATV/UTV
- Kitchen Tools
- Cautious Campfires
- Chemical Safe Handling
- Farm Safety
- Personal stories of resilience after injury
- Animal Care

Google Registration Form for community youth not participating via their summer school, Cochrane-Fountain City 4-H Afterschool, or Mondovi Community Youth Center is available at: <https://go.wisc.edu/qvazwz>

All youth must complete the release and consent form and return before June 10, 2022. Download the release and consent form at: [2022 Release Consent Form Ag Safety](#)

SUNNY JUNE

by Lenore Hetrick

June is a short word.
 That's why I like it.
 It is easy to spell and easy to say.
 And isn't it fun
 To play in the sun
 That June shines on us each summer day?
 I am as sorry
 As I can be
 When bright, lovely June has gone away.



APPRECIATING THE POWER OF PLANTS

Plants make our world go 'round.

Find out what makes them tick

Intended for Grades 6-8



DISSECT A FLOWER

Learn about what the role of different flower parts and how pollinators assist with plant reproduction.

Intended for Grades 2-8



WHAT YOU
PLANT TODAY
YOU WILL HARVEST
T O M O R R O W

2023 Wisconsin 4-H Advanced Space Academy

**Registration
Opens
July 1**

Activities Include:

- High / Low Ropes Course
- NASA Simulators
- Russian Language Lessons
- Scuba Diving
- Fighter Jet Simulators
- Advanced Rocketry
- Meeting NASA Engineers
- Land, Air, and Sea Robotics Training
- STEM Challenges
- Simulated Space Mission
- International Space



UW-MADISON EXTENSION

University of Wisconsin, U.S. Department of Agriculture and Wisconsin counties cooperating. An EEO/AA employer, Extension provides equal opportunities in employment and programming, including Title VI, Title IX and American with Disabilities (ADA) requirements.

Advanced Space Academy explores college and career preparation through an immersive experience in science, technology, engineering, and math. Trainees undergo a variety of astronaut training exercises, engineering challenges, and team-building activities, all culminating in an extended duration simulated space mission.



Grades: 10th—12th graders as of January 1, 2023

Dates: January 21—27, 2023

Location: US Space and Rocket Center in Huntsville, Alabama

Cost: \$1,650.00 / youth (Deposit of \$825.00 is due by October 1, 2022)

Lodging: Youth will stay at a hotel in Milwaukee, WI the first night. During the rest of the program youth will stay in the Space Camp dormitory.

Meals: All meals will be included in the price.

Transportation: Youth will fly to and from Space Camp from Mitchell Airport in Milwaukee, WI

Registration: July 1-31, 2022 through 4-HOnline. Registration is on a first come, first serve basis. There are only 32 spots available.

More information: Contact Joshua Goede at 608-269-8722 or joshua.goede@wisc.edu



WHY YOU SHOULD CONSIDER BEING A YOUTH MENTAL HEALTH FIRST AIDER

59.4%

of Wisconsin Youth have experienced depression, anxiety, self-harm or suicidal ideation in the past 12 months

1 in 5

Youth live with a mental health condition



Youth Mental Health First Aid is designed to teach parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, and other caring citizens how to help an adolescent (age 12-18) who is experiencing a mental health or addictions challenge or is in crisis. Youth Mental Health First Aid is primarily designed for adults who regularly interact with young people.

Sign up for a **FREE Youth Mental Health First Aid Training** at <https://wirose.wisc.edu/community-programming/>

Virtual Youth Mental Health First Aid

First Aiders will complete a 2-hour, self-paced online class, and then participate in an Instructor-led Zoom Meeting. Limited to 20 adults.

Upcoming Trainings

All trainings start at 9:00am and end at 3:00 pm

• June 20, 2022

Who should be trained?

- Teachers
- School staff
- Coaches
- Camp counselors
- Youth group leaders
- Parents
- Adults who work with youth



Trainings are offered through the Wisconsin Rural Opioid and Stimulant Engagement (WiROSE), funded by SAMHSA to address opioid and stimulant prevention, intervention, and recovery. WiROSE is a project of the Extension Health and Well-being Institute. An EEO/AA employer, University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming, including Title VI, Title IX, the Americans with Disabilities Act (ADA) and Section 504 of the Rehabilitation Act requirements

WHY YOU SHOULD CONSIDER BEING A MENTAL HEALTH FIRST AIDER



On average

123

people die by suicide each day

1 in 5

people live with a mental health condition



Mental Health First Aid teaches you how to identify, understand and respond to signs of mental illness and substance use disorders. This training gives you the skills you need to reach out and provide initial support to someone who may be developing a mental health or substance use problem and help connect them to the appropriate care.

Sign up for a **FREE Adult Mental Health First Aid Training** at <https://wirose.wisc.edu/community-programming/>

Virtual Adult Mental Health First Aid

First Aiders will complete a 2-hour, self-paced online class, and then participate in a 6.5-hour, Instructor-led Zoom Meeting.

Upcoming Trainings:

1-day Trainings:

• [June 6, 2022 9 AM to 3:30 PM](#)

2-day training is also available

• [June 29th AND June 30th 12:30-3:30 PM](#)



Trainings are offered through the Wisconsin Rural Opioid and Stimulant Engagement (WiROSE), funded by SAMHSA to address opioid and stimulant prevention, intervention, and recovery. WiROSE is a project of the Extension Health and Well-being Institute. An EEO/AA employer, University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming, including Title VI, Title IX, the Americans with Disabilities Act (ADA) and Section 504 of the Rehabilitation Act requirements



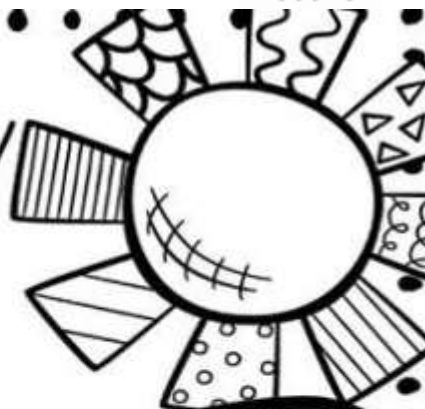
Wisconsin

Activity Page



Wisconsin

i'm ready for



SUMMER

FUN