



## Gaining Grounds Garden Update

Gaining Ground Garden is a therapeutic horticulture program that serves justice involved individuals with court mandated community service hours and individuals within the drug court program. Participants gained basic horticulture skills that can translate into green industry vocations, while working through the UW-Madison Extension Health and Well-being Institute Behavioral Health Program curriculum, Highlights of Taking Care of You (adapted for justice involved audiences). The HTCY curriculum introduced participants to emotional regulation skills which they practiced while working in the gardens. Participants shared that they were able to use these skills in difficult situations outside of Gaining Ground program time, in particular, responding rather than reacting during group therapy discussions. One participant shared how he looked forward to caring for plants. "It's going to give me something to look forward to. Knowing that it's growing because I'm taking care of it. I'm going to remember my hands patting down the soil. It's going to give me something to think about, help me keep my mind off other things."

Projects in the 2022 growing season included maintaining the Extension Teaching Garden at 212 River Drive. The Gaining Ground crew also worked at the women's sober living home at 1311 3rd St, adding raised beds for vegetables, strawberries, and raspberries, a perennial herb garden, and improving the perennial beds in the landscape. Beds were also added to the ATTIC Services facilities for cut flower production in 2023. To date, participants have reported 240 hours of community service through the Gaining Ground program in 2022.

Want to learn more? Contact Janell Wehr, Horticulture Educator, at [janell.wehr@wisc.edu](mailto:janell.wehr@wisc.edu).



## New FoodWise Administrator

Mallory McGivern is serving as the FoodWise Nutrition Administrator for Clark, Marathon, Portage and Wood Counties. She will work with Area 7 Nutrition Educators and community partners to provide direct education to help to make the healthy choice, the easy choice. She graduated from UW-Stevens Point with a BS in Sociology and has a passion for health, food security and food equity. She is thrilled to join the team! You can reach Mallory at 715-261-1248 or [mallory.mcgivern@wisc.edu](mailto:mallory.mcgivern@wisc.edu).

## Marathon County Ag News



- **Farm Stress Summit** - Heather is part of the planning team for the regional Farm Stress Summits. The goal of the Summits is to build empathy between Ag service providers, healthcare, and mental healthcare workers. The Summit aims to identify resources that are needed to provide farmers with the mental health services they need and to provide those that work with farmers information about resources that exist across the state. Look for more information soon!
- **Planning for Women in Agriculture** programs has begun! The Women in agriculture program will be held at the Mead Wildlife Center on February 14th and will include production agriculture, diversification, and farm management topics. Do you know someone that could benefit from this? Please let them know or connect with Heather at [heather.schlesser@wisc.edu](mailto:heather.schlesser@wisc.edu).



## Marathon County 4-H News

We have been on the go! Check out these recent 4-H activities!

Want to participate in upcoming 4-H programs like the 4-H Foodie Pop Ups, pet costume contest, National 4-H Week Activities, Fall Forum, camps, travel experiences? Stay tuned to our [Facebook page](#), [bi-weekly newsletters](#), and the [Marathon County 4-H website](#) for more information. Or, contact our office at 715-261-1230.

## Clover-Kaboom

Saturday, October 15, 2022 was our first monthly Clover-Kaboom workshop for youth in 5K-2nd grade. October's theme was fun with pumpkins. We tackled some pumpkin trivia, painted and decorated a pumpkin spider, made a pumpkin decoration out using a thread spool, and worked with a partner to create a pumpkin tower. Based on the evaluations youth attending engaged in new friendships and learned new information about pumpkins. The November workshop's theme is Being Grateful. Do you know a youth who would like to attend?



## 4-H Foodie in Edgar

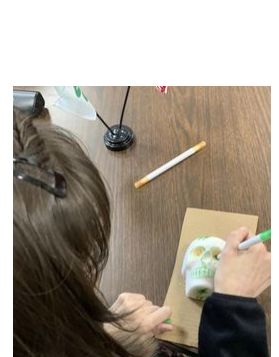
4-H Foodie was held on October 18th, 2022 in partnership with Edgar High School's Family and Consumer Science teacher, Mrs. Federwitz. 4-H Foodie is a space that helps youth in Marathon county in 3rd grade and up build confidence when cooking in the kitchen and allows them to try new foods. They learned about the importance of reading a recipe, basic knife skills when cutting vegetables, and used naan bread to make a chicken flatbread. It's also a great way to meet new friends! Keep an eye out for the next Foodie Pop-up!



## Community Companions

On Tuesday, Oct 19, 2022, Jasmine and Holly had the privilege of attending the Community Companions 4-H Club for adults with disabilities. Twelve members attended the meeting. Jasmine shared her heritage with a cultural marigold honoring a loved one who has passed away by painting a sugar skull. They also created colorful marigold flowers to decorate their home with. Jasmine and Holly will return in November for another fun engagement lesson.

Community Companions is a Home and Community Education Club for adults with disabilities. The club is run like a 4-Hclub. The goals are community service, education and leadership. Yearly members are elected to the offices of President, Vice President, Secretary, and Treasurer. Each meeting starts with the 4-H Pledge and the Pledge of Allegiance. Meetings may consist of a craft project, a guest speaker, a community service project or other activity. We meet the third Tuesday of each month at 3:30 p.m. for one hour. The meetings are held Opportunity Inc. 388 River Drive, Wausau. New members are always welcome.



### DID YOU KNOW?

Extension-Marathon County colleagues submit a monthly report to the Extension, Education and Economic Development Committee regarding their efforts? You can access those reports via the [committee meeting archives](#).

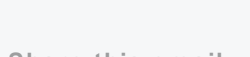
## Upcoming Extension Programs

Below are some upcoming programs that Extension-Marathon County colleagues are helping to lead. Feel free to join the conversations or send to others that may be interested.

- **Fall into Winter Gardening** - Don't miss out on the last two sessions! *Protecting Young Trees* and *Maintaining Festive Houseplants*. Registration is required. <https://hort.extension.wisc.edu/mini-webinars-for-gardeners/>
- **FoodWise Healthy Eating Series** - This is a monthly lesson in nutrition with a short food demonstration. Income limits apply and registration is required. Please email [Gaonou Thao](mailto:Gaonou.Thao) for more information.
- **Heirloom Biographies** - Mosinee Community Education. November 10, 6-7:30pm. Contact Michelle Pozorski 715-693-2550, Ext. 3696 [mpozorski@mosineeschools.org](mailto:mpozorski@mosineeschools.org) to register. [https://www.mosineeschools.org/community/Comm%20Ed%20News\\_Sept-Dec22Classes\\_web.pdf](https://www.mosineeschools.org/community/Comm%20Ed%20News_Sept-Dec22Classes_web.pdf)
- **All Dressed Up and Nowhere to Grow - Landscape Design 101** - The Landing, November 9, 1pm. Contact The Landing to register. 715-841-1855 [https://www.thelandingwausau.com/files/ugd/2cd6fc\\_9a534ae47c7d46e4aeaf1d2776ba71e8.pdf](https://www.thelandingwausau.com/files/ugd/2cd6fc_9a534ae47c7d46e4aeaf1d2776ba71e8.pdf)

<https://marathon.extension.wisc.edu/>

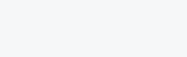
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