



*We teach, learn, lead, and serve,  
connecting people with the University of Wisconsin, and engaging with  
them in transforming lives and communities.*

## 4-H – Positive Youth Development

Holly Luerksen, 4-H Program Educator

Jasmine Carbajal, 4-H Associate Educator

What a summer it has been! Many 4-H opportunities were provided to the youth and families of Marathon County. While the programs were provided by our 4-H staff they were offered our community members at large. Over 1000 youth were reached by attending one or more of the summer programs. Look at this partial list of summer programs.

- College 4 Kids (UW Marathon County - Stevens Point Wausau Campus)
- Summer Camp (held at Northern Lakes Impact Center)
- Community Connections (Wausau School District Summer School)
- Herb Kohl Learning Journeys Washington DC Travel Experience
- County Wide Rabbit Project Workshops
- Fun In The Sun Pool Party
- Kids Summer Day Camp
- Marathon PPA Breakfast on the Farm
- Foodie Club
- Marathon County 4-H Day at the Wisconsin Woodchucks
- Kitchen Science (Marathon County Library - Stratford)
- Discover WI Travel Experience
- More Than Sprinkles Cookie Decorating Workshop
- Photography Mounting Workshop
- Good Thymes at the Fair Workshop
- Discover 4-H Activity Stations (WI Valley Fair)
- 4-H Camp Fire (WI Valley Fair)



*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 bi-weekly newsletters, Facebook page, and the Marathon County 4-H webpage for more information. Or contact our office at 715-261-1230.*

- A bi-weekly email newsletter for 4-H families where they learn about local, state, and national program opportunities and project resources. This effort is designed to increase communication while efficiently utilizing resources.
- A day camp for youth in grades K-3, where they learned about pollinators, tie dying, recycling, and group work through hands-on activities that included art, nature, science, and physical activity. Day camp helps youth find their sparks, enhance relationships, and foster engagement.
- A two-part series ("Kitchen Science") where 3rd-5th graders explored and learned the scientific method with various hands-on science experiments using ingredients found in a kitchen.
- A promotional event for youth and families where they explored a local pool in their community and met new people. The goal was to introduce new families to 4-H to help increase enrollment for 2023.



- A series of weekly educational lessons where youth 3rd grade and older explored foods found at their local Farmers Market, purchased food to support a local business, and cooked the food while learning and enhancing skills like using a knife properly, measuring ingredients, and food safety.
- A workshop for young people in grades 3- 12 where they learned how to decorate cookies working with different types of frostings and where they were introduced to careers related to cake decorating. The goal of this program is to support youth in exploring career pathways and for youth to try new skills.
- A travel experience orientation meeting for 4-Hers (and their parents) attending the Discover Wisconsin experience where they learned about making connections with the advisors, understanding expectations, and sharing travel information. The goal of this effort is to ensure a safe and productive experience.
- A training (Youth for the Quality Care of Animals) for youth where they learn about best practices for animal well-being, food safety, and being a role model and advocate for animal agriculture. The goal of this program is to ensure a safe and quality food product for the consumers and enable youth to sell animals at the county market sale.

## Agriculture

Heather Schlessler, Dairy Agent

- Planning for an animal handling program for EMS personnel in collaboration with District 8 Farm Bureau. The goal of this effort is to train EMS personnel how to handle various livestock animals effectively, so that they do not get injured when responding to a call involving Livestock.
- Planning for a survey of QuickBooks users in collaboration with other educators that are part of the North Central Extension Risk Management Education grant. The goal of this effort is to identify what areas of training are needed in QuickBooks, so those producers can have a better financial understanding of their farming operations.
- Planning for an Artificial Insemination course for dairy and beef producers. The goal of this effort is to provide cattle producers with the skills they need to breed cattle so that they can breed their own cattle and are not dependent on breeding companies.
- Planning for bi-annual Midwest Manure Summit for farmers, managers, agronomists, engineers, nutrient management consultants, manure haulers, consultants, and other agri-business professionals. The goal of this effort is to teach individuals the latest, unbiased, university-based research on manure handling technologies, so that they can improve environmental sustainability and increase farm business viability.
- Planning the 2022 Autumn Emergency Livestock Transport Response (PELTR) hybrid courses to increase economic sustainability of a local area's emergency plan for roadside incidents involving livestock trailers.
- A demonstration exhibit at Wisconsin Farm Technology Days where farmers and other attendees learned about beef x dairy crossbred calves and paired housing systems for young calves. The goal of this effort is to encourage humane livestock management and increase the value of surplus calves from dairy farms.
- Planning for the Agriculture Education area at 2022 Wisconsin Farm Technology Days, an outdoor trade show for farmers and rural communities to increase knowledge of Extension Agriculture programs in crops and soils, dairy, farm management, livestock, and horticulture.



Extension

UNIVERSITY OF WISCONSIN-MADISON  
MARATHON COUNTY

# August 2022 Report

## FoodWise

Gaonou Thao, FoodWise Educator

- Monthly nutrition/food demo series for Hmong women participating in a domestic abuse support group where participants taste new foods and learn healthy ways to prepare them. The purpose of this program is to improve the quality of their families' diet and increase their ability to manage their food resources.
- Monthly nutrition/food demonstration for adults with limited incomes where participants learn to improve the quality of their families' diet and increase their ability to manage their food resources. The goal of the lessons is for participants to increase eating more fruits, vegetables and whole grains and increase their willingness to try or prepare new foods.

## Horticulture

Janell Wehr, Horticulture Educator

- Planning and revising an online course for consumer audiences (home gardeners) where participants learned fundamental knowledge of Wisconsin horticulture with an emphasis in Integrated Pest Management. The goal is to increase decision-making and problem-solving skills, improve the productivity / health of gardens and landscapes, and to implement gardening practices that have a positive impact on the environment.
- A therapeutic horticulture program (Gaining Ground Garden) for Marathon County residents with court mandated community service hours, where participants learned gardening skills to increase the use of positive self-management practices (self-care and wellbeing activities).
- A weekly therapeutic horticulture program (Green Team) for Marathon County Veterans, where participants learned gardening skills to increase the use of positive self-management practices (self-care and wellbeing activities).
- A social media outreach campaign for consumer gardeners in Wisconsin, where Facebook and Instagram users engaged with Extension resources, including the UW-Madison Extension Horticulture Topic Hub publications and YouTube videos. This effort is designed to increase awareness and knowledge of resources to address environmental contamination and pollution (due to overuse of horticulture chemicals in urban and suburban environments).
- Planning for a multi county educational program series for community gardeners. The goal of this effort is to increase gardeners' knowledge, promote best gardening practices and provide university based resources to community gardeners, which improves the health and productivity of their garden plots.
- A virtual and in-person weekly educational series (Extension Wellness) for Central WI residents where participants learn a variety of topics to improve overall well-being and health. The purpose of this series is to increase overall well-being and health of residents through programs on financial, nutrition, horticulture, and behavioral health education.



## Natural Resources

Kris Tiles, Regional Natural Resources Program Manager

- Implementation of the Wisconsin Tree Farm Field Day for WI woodland owners in collaboration with the Wisconsin Tree Farm committee, the WDNR, etc. The goal of this effort is to engage woodland owners in forest management so that WI woodlands will be conserved into the future.
- An Extension Forestry booth at Farm Tech Days for WI farmer woodland owners, where participants learned about agroforestry and were connected with their county service foresters.

## Upcoming Programs

- Extension Wellness Series – 2022  
<https://marathon.extension.wisc.edu/horticulture/therapeutic-horticulture/>
- Romaine Calm and Garden On  
<https://marathon.extension.wisc.edu/2022/02/16/learn-to-garden/>
- FoodWise Healthy Eating Series  
Please contact Gaonou Thao at [gaonou.thao@wisc.edu](mailto:gaonou.thao@wisc.edu)
- Marathon County 4-H Enrollment  
<https://marathon.extension.wisc.edu/4h/join-4-h/4honline-enrollment/>

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