



Extension

UNIVERSITY OF WISCONSIN-MADISON
MARATHON COUNTY

November 2022 Report

*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

- An educational session where youth 3rd grade and up learned about the importance of calcium in our diets, dairy foods, basic food safety skills in a kitchen, and cooked tostadas and a healthier version of fried ice cream. The goal of this effort is for youth to build confidence when cooking in the kitchen and to try new foods.
- An interactive educational session in partnership with H2N (Hmong Hispanic Communication Network) for 4-H youth in 7th grade and older, 4-H educators, and 4-H volunteers at 4-H Fall Forum 2022 that taught them how to make tamales and learned tips about working with Latinx communities. One of the goals of 4-H Fall Forum is to promote strategies for youth and adults to reach underserved and underrepresented groups.
- An educational session on Day of the Dead for youth in kindergarten and older at a local Wausau elementary school to expose members to the history of day of the dead, key components to the Mexican holiday, painted sugar skulls, and made marigold flowers. The goal of this effort was to engage youth in fun educational content about other cultures while sharing information about Extension programming in their communities.
- An educational session on Day of the Dead was presented to youth in kindergarten and older at the local Marathon City restaurant to expose members to the history of day of the dead, key components to the Mexican holiday, and painted sugar skulls.
- An educational session on Day of the Dead for adolescent youth at the local Boys and Girls club to expose members to the history of day of the dead, key components to the Mexican holiday, and painted sugar skulls.
- An educational session on Day of the Dead was presented to 4-H youth at the Marathon County Badger 4-H club to expose members to the history of day of the dead, key components to the Mexican holiday, and painted sugar skulls.
- A 4-H Leaders Federation development training for 4-H volunteers and youth to create plans to improve club engagement through connections and a properly planned meeting with business, education, and recreation in order to build a sense of purpose, engagement, and welcoming in their clubs and groups.
- A multi-county digital scavenger hunt (the 2022 National 4-H Goosechase) for 4-H members, families, volunteers, and leaders where participants worked as a team to complete missions related to 4-H. The goal was to engage Marathon and Wood Counties participants in fun, educational, and technology-based 4-H programming.
- A 4-H Teen Bowling party to engage youth in Marathon County that are in 7th grade or older. The goal of the event was for participants to work as a team, recruit new 4-H members, and offer a new type of 4-H event while partnering with a local business.
- An educational session where youth 3rd grade and up learned about the importance of reading a recipe, basic knife skills when cutting vegetables, and using naan bread to make a chicken flatbread. The goal of this effort is for youth to build confidence when cooking in the kitchen and to try new foods.



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Agriculture

Heather Schlessner, Dairy Agent

- Planning farmer biosecurity preparedness with Wisconsin Department of Ag Trade and Consumer Protection (DATCP) emergency services and animal health officials to improve economic sustainability for dairy and livestock producers following a foreign animal disease event.
- Planning for a dairy/ livestock production meeting for women farmers. The goal of this effort is to educate women farmers on various production methods, so that they can keep their farms profitable or implement new enterprises to keep their farm profitable.
- Planning for a regional summit for agricultural professionals, health care workers, and mental health care workers in collaboration with various community partners depending on the region of the state. The goal of this effort is to bring health care workers, mental health care workers, and agricultural professionals together to discuss resources and potential gaps in providing care to farmers relating to farm stress so that we can identify what gaps exist and how to fill these gaps with resources from across the state.
- A training for emergency response personnel in the Planning for Emergency Livestock Transportation Response (PELTR) course where they learned how to respond to incidents involving livestock trailers. The purpose of this program is to increase the effectiveness of emergency planning and the preparedness of local emergency response agencies.
- A statewide webinar series (Badger Dairy Insight) for dairy farmers, employees, industry representatives promoting the latest research based information.
- Planning for the bi-annual 2023 Midwest Manure Summit conference for farmers, consultants, engineers, and other agribusiness industry professionals. The goal of this effort is to show innovation, research, and solutions in handling dairy manure in an environmentally and financially sustainable manner so that farmers can protect the environment and community.
- 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 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.

FoodWise

Mallory McGivern, FoodWise Administrator

Gaonou Thao, FoodWise Educator

- A monthly nutrition/food demo series for Hmong elders participating in the Hmong American Center in Marathon and Portage County, 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.



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- A monthly nutrition/food demo series for Hmong women participating in a domestic abuse support group through The Women's Community 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. Participants learn how to incorporate cultural foodways with healthier choices, like replacing white rice with a healthier whole grain in traditional recipes.
- FoodWise team members from Marathon, Clark, Portage and Wood Counties joined a carrot harvest hosted by the United Way's Marathon County Hunger Coalition. Over 1,000 lbs of carrots were donated by Red Door Family Farm in Athens, and volunteers harvested, washed, and packed carrots that will be donated to local food pantries.
- A monthly Healthy Eating class 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 their intake of fruits, vegetables, and whole grains and increase their willingness to try or prepare new foods.
- FoodWise team supported local Boys and Girls Club Trunk or Treat event by handing out clementines, children's books and flyers for upcoming events.



Horticulture

Janell Wehr, Horticulture Educator

- A class for participants aged 55+, where participants learned the basics of landscape design principles. The goal of this effort was to increase participants' well-being through successful gardening.
- A presentation for the general public where participants learned best practices in planning sensory gardens for specific audiences, including an emphasis on co creation and universal design. The goal of this effort was to empower individuals with resources and best practices in garden outreach.



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- A presentation for Dodge County Master Gardeners, where participants learned the importance of genetic diversity, the definitions of the terms heirloom, open pollinated, hybrid and GMO through the seed stories of these crops. This effort is designed to increase awareness and knowledge of resources to address environmental contamination and pollution.
- A class for members of the Mosinee community, where participants learned the requirements when planting bulbs for forcing, including the chilling process. The goal of this effort was to increase participants' well-being through successful gardening.
- A class for participants aged 55+, where participants learned the requirements when planting bulbs for forcing, including the chilling process. The goal of this effort was to increase participants' well-being through successful gardening.
- An online webinar for consumer horticulture audiences across the state where participants learned about growing requirements for common gift plants, including how water and humidity can impact plant health.
- An educational session on Day of the Dead for youth in kindergarten and older at a local Wausau elementary school to expose members to the history of day of the dead, key components to the Mexican holiday, painted sugar skulls, and made marigold flowers. The goal of this effort was to engage youth in fun educational content about other cultures while sharing information about Extension programming in their communities.
- An in person horticulture course where Marathon County Master Gardener Volunteer Trainees learn the fundamental principles of integrated pest management based gardening. The goal of this course is to increase awareness and knowledge of resources to address environmental contamination and pollution due to overuse of horticulture chemicals in urban and suburban environments.
- 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 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.



Natural Resources

Kris Tiles, NRI Program Manager

I'm very excited to announce that we have a new Central WI Natural Resources Educator based in Wisconsin Rapids. We welcomed Anna James in late October. She will be working with various groups to address nonpoint source water quality issues. This will include working with EPPIC, Common Ground, Central Wisconsin Farm Profitability Conference, and the Central Sands Groundwater County Collaborative.



Anna began her natural resources career in 2020, as Water Resource Specialist for Adams County Land & Water Conservation. During her time as Water Resource Specialist, Anna developed and supported citizen science groups, watershed restoration projects, producer-led watershed initiatives, and water quality monitoring efforts. Anna holds a Bachelor of Science degree in conservation management from Upper Iowa University. In her off time, Anna enjoys hunting, fishing, camping, and many other outdoor activities, but you can find her at her happiest when she is watching the sunrise from a duck blind!

Please feel free to reach out to Anna and welcome her at anna.m.james@wisc.edu

Upcoming Programs

- 4-H December Programming – [Information at marathon.extension.wisc.edu/projects/programs/](https://marathon.extension.wisc.edu/projects/programs/)
- FoodWise Healthy Eating Series – Contact Gaonou Thao at gaonou.thao@wisc.edu
- Caring for December Plants – December 8, 6pm at the Mosinee Community Education Center or December 14, 1pm at The Landing at Woodson YMCA.

Jason Hausler <i>Area Extension Director</i>	Janell Wehr <i>Horticulture Educator</i>	Kathy Johnson <i>Administrative Assistant</i>
Heather Schlessor <i>Dairy Agent</i>	Mallory McGivern <i>FoodWise Administrator</i>	
Holly Luerssen <i>4-H Program Educator</i>	Gaonou Thao <i>FoodWise Educator</i>	
Jasmine Carbajal <i>4-H Associate Educator</i>	Kris Tiles <i>NRI Program Manager</i>	