

Oneida Extension Educators and Staff made 582 Programming Contacts in the month of August; with 477 Adult Contacts and 105 Youth Contacts. In addition to these contacts, FoodWise Educators reached 75-130 youth and families during an eight-week period between July 6th and August 24th during food distribution with The Hodag Food Wagon.

2023 Cumulative Total: 2,726

Contacts 477 Adults and 105 Youth

August 2023

Positive Youth Development Oneida County 4-H

Anne Williams, 4-H Educator

- Provided support and leadership to Oneida County 4-H youth and adults as they helped with weeding and pruning tomatoes at the Rhinelander Community Garden, which grows fresh produce for the Rhinelander Area Food Pantry. The goal of this effort was for youth to be actively engaged in making a positive contribution to their community.
- Offered ongoing guidance and support to an Oneida County 4-H teen, helping this individual plan to lead a 4-H program series for elementary-aged youth that incorporates activities geared toward developing public speaking and leadership skills, and in building confidence. Through this work, this individual will gain life skills related to project management, planning, and working with the community.
- Coordinated an opportunity for Oneida County 4-H youth and teens to speak to the Oneida County Conservation and UW-Extension Committee. The goal of this effort was to fulfill a request made by the committee chairman, and to provide an opportunity for youth to share their voice and gain life skills related to communication, leadership, responsible citizenship, and sharing.
- Provided support and leadership to youth and adults at a Northwoods Explorers 4-H Club year-end gathering. Club members voted on, and helped to coordinate the gathering during this past year. The goal of this effort was to create a safe, inclusive, and fun environment for youth to engage with each other and to continue to build positive relationship with caring adults.



A group of youth and teens from Oneida County spoke to the Oneida County Conservation and UW-Extension Committee in August about their experiences and participation in 4-H.



Youth and adults with the Northwoods Explorers 4-H Club helped with weeding and tomato pruning at the Rhinelander Area Community Garden, which grows up to 5,000 pounds of produce for the Rhinelander Area Food Pantry each year.



- A gathering of Northwoods Explorers 4-H Club took place, where youth led club business, played games, and participated in a hands-on activity that displayed all the ways their club incorporated learning, fun, community service, and group decision-making during the 2022-2023 4-H year. The goal of this effort was for youth to gain a sense of belonging and accomplishment in a safe, supportive, and welcoming environment.
- Provided support and leadership for youth and adult members of the Oneida County 4-H Leaders' Association where they discussed and planned county 4-H programs and ways of representing 4-H throughout the county.
- Ongoing planning for an Oneida County 4-H LEGO Robotics program for youth ages 7-10 in Rhinelander. The goal of this effort is to provide an opportunity for youth to explore their sparks (interests) in science, technology, engineering, art, and math, while being introduced to the 4-H program.

Positive Youth Development

Sharon Krause, Community Youth Development Educator

"I appreciate all the leadership opportunities you've given my girls. You put a lot of work into this group and it shows."

~ Lorraine (a parent appreciative for the Teen Court Panelist Trainings)

- Built a new partnership with the statewide school, Rural Virtual Academy. Students will be given the opportunity to learn about Teen Court systems, which will raise awareness of restorative justice. This partnership will offer wide-spread opportunities for justice-involved youth to serve as Teen Court panelists.
- A series of meetings with New Horizons Family Services in Rhinelander took place, where a staff training session was planned. A tribal partner and I will be educating and informing employees about the history and culture of Lac du Flambeau in order to increase effectiveness as they serve tribal youth and families. New Horizons has partnerships with Oneida and Vilas County Social Services Departments; offering parenting classes, substance use mitigation, coping skills, respite care for parents of disabled children, Comprehensive Community Service caseworkers, and other services through them.
- Attended a series of meetings with a current Oneida County Teen Court panelist from Rural Virtual Academy and the RVA's Activities Director; during the meetings we explored the possibility of recruiting more RVA students to serve as teen court panelists throughout the state. The student, Amelia Krajewski, will lead this effort, which could result in more area home school students participating in Oneida County Teen Court.

FoodWise

Allison Wilson, FoodWise Educator



- FoodWise Educators had a successful summer providing outreach to youth and families at the Hodag Food Wagon program; a partnership with the Rhinelander Area Food Pantry, YMCA of the Northwoods, and the Rhinelander District Library. Food was distributed on a weekly basis to 75-130 youth and families during the full run of the program. Wilson provided fun activities to the youth in attendance in an attempt to encourage healthy eating. She also supplied recipe and fact sheets that were distributed with the food bags and fresh produce, provided by the Rhinelander Community Garden, in order to encourage families to try new foods and vegetables.
- Wilson took part in a StrongBodies training session during the month of August, which she will utilize to facilitate a StrongBodies exercise program and nutrition education to low-income adults. She is working to partner with the ADRC, Food Pantry, and RhineHaus to establish classes for Spring/Summer 2024.

- Wilson assisted in facilitating a series of cooking classes with a colleague in Langlade County; they provided three lessons to teens at the Boys & Girls Club Teen Center in Antigo. They utilized a new curriculum, *Teen Cuisine*, to practice safe knife skills, food safety, learning some basics of cooking, and preparing simple snacks and meals with the teens. Altogether, they worked with a group of around 70 teenagers over a three week period of time. Wilson plans to use *Teen Cuisine* in the future with Oneida County youth.



FoodWise

Mary Stys, FoodWise Educator

- Coordinated and led a series of FoodWise nutrition lessons where 15 Rhinehaus residents attended. There were three lessons in all; each lesson included time for food preparation education, tasting new healthy foods, and discussing various topics, including, My Plate and Healthy plate eating patterns, making and tracking one simple SMART goal for healthy living, ways to savor and enjoy food, and the importance of a healthy digestive system.
- Stys also assisted at the Rhinelander Area Food Pantry, where she had direct/indirect contact with approximately 80 patrons per week.