

Oneida Extension Educators and Staff made 638 Programming Contacts in the months of November and December; with 298 Adult Contacts and 340 Youth Contacts.

2023 Cumulative Total: 3,551

Contacts 298 Adults and 340 Youth

November 2023

Positive Youth Development Oneida County 4-H

Anne Williams, 4-H Educator

- Provided leadership for the Oneida County 4-H LEGO Robotics "Explorers" Club for youth ages 7-10.
 - Youth worked as a team to create their own team LEGO model using creativity and coding. The goal of this effort was for youth to discover a real-world challenge, practice basic coding skills, develop the life skills of teamwork, communication, decision-making, and critical thinking, as well as communicating their ideas to others.
 - Youth combined the basic stage model with the motor and hub and applied all their coding and building knowledge to create their own stage. The goal of this effort was for youth to discover a real-world challenge, learn basic coding skills, develop the life skills of teamwork, communication, decision-making, and critical thinking, discuss what "impact" means, communicate their ideas with others, and explore what places in their community are designed to be accessible to all people.
 - Youth explored motor coding blocks. The goal of this effort was for youth to discover a real-world challenge and opportunity, learn basic coding skills, develop life skills of teamwork, communication, decision-making, and critical thinking, discuss what inclusion is, and communicate their ideas with others.
 - Youth created their team poster, completed their team model, and chose speaking roles for their presentations. The goal of this effort was for youth to prepare for sharing about their team journey and practice the life skills of teamwork, communication, decision-making, and critical thinking.
- Participated in a series of discussions with high school principals, county board supervisors, and Extension colleagues on the possibility of starting a Youth in Governance Program, where teens would attend County Board meetings to learn about local government and provide youth perspectives to inform adults during decision-making processes.
- Provided leadership for a gathering of the Northwoods Explorers 4-H Club where youth led club business, recreation, and education. The goal of this effort was for youth to develop strong and supportive partnerships



A team of 4-Hers work on creating their team model as part of the Oneida County 4-H LEGO Robotics "Explorers" program held each week at the Rhinelander District Library.



Members of the Northwoods Explorers 4-H Community Club practice using Robert's Rules of Order while discussing club business during their November gathering.



with adult volunteers in a safe, supported, and welcoming environment, and to be actively engaged in making group decisions and practicing life skills.

- Provided leadership for a 4-H Club Officer Training for the Northwoods Explorers 4-H Club where youth leaders participated in hands-on leadership activities. The goal of this effort was to empower youth in the 4-H Club setting to take active leadership roles in their elected position while enhancing life skill development, such as, leadership, decision making, problem solving and communication, as well as be better prepared to successfully navigate their officer position.
- Provided guidance and support for an Oneida County 4-H teen leader who led a "Build Confidence!" Program for 4-Hers in grades 1-4. Youth participated in hands-on activities related to confidence, positive affirmations, mindfulness, friendships, and social skills. The goal of this effort was for participants to gain confidence, recognize their strengths and abilities, learn concepts of mindfulness and resiliency, and observe role modeling by a teen leader.
- Provided support for the 4-H volunteer leader of Oneida County 4-H "Learn to Sew" program for youth in grades 3-12 in Minocqua. The goal of this effort was for youth participants to learn sewing machine basics and to develop the life skills of leadership, responsibility, teamwork, a positive attitude, critical thinking, problem-solving, and a sense of self-worth.
- Provided guidance and program planning support for an adult 4-H volunteer who will be leading a 4-H sewing program for youth in grades 3-12 in Minocqua. The goal of this effort is to ensure the volunteer has an understanding of the roles and responsibilities, best practices when working with youth, and available resources.



Oneida County 4-H teen leader Eva Hetland throws a ball to a 4-H member as part of the hands-on activity on social skills during a "Build Confidence!" 4-H program Eva led in November.



Oneida County 4-H teen leader Eva Hetland introduces a hands-on activity about positive affirmations and self-talk to a group of younger 4-Hers during a "Build Confidence!" program she led in November.

Positive Youth Development

Sharon Krause, Community Youth Development Educator

- Research is being done on the feasibility of offering school-based Teen Court Sessions, where elementary school students would be referred to the Teen Court process without receiving a citation in order to reduce the number of youths involved in the Circuit Court System. The PYD Educator is currently reviewing the research and collaborating with other Teen Court Leaders to determine next steps.
- The PYD Educator participated in a series of discussions with high school principals, County Board Supervisors, and Extension colleagues on the possibility of starting a Youth in Governance Program, where teens would attend county board meetings to learn about local government and provide adults with youth perspectives, in order to inform adults during decision-making processes. The Educator is gathering information and data to design and develop a program that will specifically meet the needs of Oneida County.

Health and Well Being

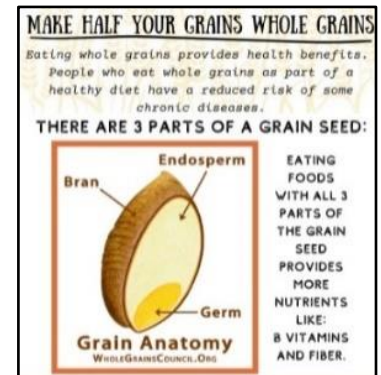
Laurel Parins, Health and Well Being Educator

- Developing relationships and partnerships with the ADRC, Oneida County Health Department, Minocqua Library, and other local entities. The goal of these efforts is to have a deeper understanding of community assets and needs pertaining to health.

FoodWise

Terri Kolb, FoodWise Coordinator

- Development of a regional Food Pantry Network in collaboration with FoodWise, consisting of partners that provide services and resources related to accessing emergency, supplemental and locally grown food and meal services, as well as other basic needs. The goal of this group is to create opportunities to communicate and collaborate on food access issues and opportunities in the region.
- Development of a partnership with the Hunger Task Force of Wisconsin and FoodWise to collaboratively work on food access for income eligible older adults in Areas 3 and 4. The goal of this effort is to increase healthy food access of nourishing foods.



FoodWise

Mary Stys, FoodWise Educator

- Rhinelander Head Start class completed four fun interactive nutrition activities and tasted new healthy foods.
- The pilot mobile food pantry continues to offer residents easy access to healthy food and education through Rhinehaus, RAEP, and Oneida County UW Extension FoodWise.

Copy of a flyer handed out to 3rd grade students at Pelican Elementary School during FoodWise in-school programming.

December 2023

Positive Youth Development Oneida County 4-H

Anne Williams, 4-H Educator

- Provided extra support for the 4-H volunteer leader of the Oneida County 4-H "Learn to Sew" program for youth in grades 3-12 in Minocqua, where participants made a drawstring bag. The goal of this effort was for youth participants to learn sewing machine basics and to develop life skills that include leadership, responsibility, teamwork, critical thinking, problem solving and a sense of self-worth.
- Participated in research and brainstorming with an Oneida County Supervisor for an Oneida County Youth in Governance program for area teens where participants will gain knowledge of youth voice and community engagement through positive youth development practices. The goal of this effort is to encourage youth community service and civic involvement.
- Planning for a 4-H program for youth in grades 3-8, in collaboration with Old School Arts & Learning Center, where youth will learn visual and fiber art techniques led by knowledgeable community members. The goal of this effort is for young people to gain basic knowledge of these art forms, gain confidence expressing themselves through various art forms, increase their connections to caring adults in their community, and create a useful item that can be used, given to others, or sold.



Oneida County 4-H volunteer, Jill Cullen, helps 4-H members learn how to thread a sewing machine during the first session of Oneida County 4-Hs "Learn to Sew" program held in Minocqua.



Oneida County 4-H LEGO Robotics Club members presented their final team model and poster to an audience of family members and friends at the Rhinelander District Library in December. Nate Sheppard, local media/technology business owner, served as the guest community member who asked the 4-H participants questions and provided feedback.

- Provided leadership for Oneida County 4-H LEGO Robotics "Explorers" Club, where youth ages 7-10 presented in front of an audience their team poster and model, and answered questions from a guest community member who works in a field related to what the teams were learning about. The goal of this effort was for youth to share what they learned about their team journey, what was rewarding and challenging, and how it applies to their life.
- Provided leadership for the Northwoods Explorers 4-H Club for 4-H youth and their families where youth led club business, holiday-themed recreation, and education. The goal of this effort was to provide a place for young people to gain leadership and citizenship skills, offer programming that follows youth program quality principles with a focus on youth belonging, and foster developmental relationships with caring adults.
- Provided extra support for the 4-H volunteer leader of the Oneida County 4-H "Learn to Sew" Program for youth in grades 3-12 in Minocqua where participants made an apron. The goal of this effort was for youth participants to learn sewing machine basics and to develop life skills that include leadership, responsibility, teamwork, critical thinking, problem solving and a sense of self-worth.
- Attended a listening session with a 4-H volunteer where the volunteer shared information about past 4-H experiences and addressed future needs. The goal of this effort was to listen to the volunteer to better understand what the volunteer needed to be successful in their 4-H role and determine how to best support this individual.
- Provided leadership for the Northwoods Explorers 4-H Club's visit to a local nursing home, where club members gave a group of residents' hand-made holiday cards and blankets as gifts. The goal of this effort was for youth to have an increased awareness of community needs and of individual contributions to the larger society.



Instead of planning a gift exchange for each other, youth members of the Northwoods Explorers 4-H Club brought donations for local nursing home residents. The club members then met at the nursing home the following week and handed each resident in the memory care unit a blanket gift and homemade holiday card. They also sang a song.



4-H youth participants in the "Learn to Sew" program learn from local caring adult volunteers how to make an apron.

Right: An Oneida County 4-H member shows off her finished fabric coaster made during the first session of Oneida County 4-Hs "Learn to Sew!" program held in Minocqua.



Positive Youth Development

Sharon Krause, Community Youth Development Educator

- Participated in a series of discussions with County Board Supervisors, school staff, and Extension colleagues concerning the development of a Youth in Governance program, where high school students will participate in Oneida County committee meetings in order to provide opportunities for youth-adult partnerships so local leaders can mentor and learn from young people.
- Raise Your Voice Club members at Rhinelander and Lakeland Union high schools are planning events for January, where they will educate peers about Seasonal Affective Disorder (S.A.D.) and facilitate positive messaging on campus to help combat seasonal mild depression that can occur during the darkest months of the year. Research shows teens are susceptible to S.A.D.
- Distributed resource materials to New Horizons Family Services, where staff will watch and debrief the documentary "Dawnland" to better understand how government policies caused historical trauma among Native American tribes. This is a follow-up activity to a staff training led in September. New Horizons works closely with several counties' social services departments and has expanded to Lac du Flambeau.
- Participated in research and brainstorming with an Oneida County Supervisor for an Oneida County Youth in Governance program for area teens where participants will gain knowledge of youth voice and community engagement through positive youth development practices. The goal of this effort is encouraging youth community service and civic involvement.