



Oneida Extension Educators and Staff made 3,008 Programming Contacts in the months of July and August; with 2,782 Adult Contacts and 226 Youth Contacts.

2024 Cumulative Total: 6,299

Contacts 2,782 Adults and 226 Youth

July & August 2024

Oneida County 4-H

Anne Williams, 4-H Educator

The following educational programs took place in June 2024:

- Collaborated with the Oneida County Aging & Disability Resource Center (ADRC), where members of the Northwoods Explorers 4-H Club created educational flyers, wore purple, and spoke to adult attendees about how to stand up to elder abuse as part of the Oneida County ADRC's Elder Abuse Awareness event held at the ADRC in Rhinelander. The goal of this effort was for 4-H members to learn how individuals have the ability to age well, and how to reduce abuse with programs and services like law enforcement, community centers, and public transportation. 4-Hers were encouraged to think beyond themselves while practicing skills in community engagement and compassion.
- Coordinated an event where 4-H members of the Northwoods Explorers 4-H Club assisted nursing home residents in playing BINGO at Friendly Village Nursing Home in Rhinelander. The goal of this effort was to make new connections with people of a different generation, and to think beyond themselves while practicing skills in community engagement and compassion.
- Facilitated a weeklong 4-H program for youth entering grades 1-4. Students participated in hands-on activities related to science, environmental education, engineering, and art. The goal of this effort was for youth participating in the Youth Summer Adventure Program to continue learning in a safe and supportive space during non-rehearsal times. Youth experienced the wonder of nature



Five 4-H members with the Northwoods Explorers 4-H Club speak about elder abuse awareness during the Oneida County Aging & Disability Resource Center's Elder Abuse Awareness Event held in June 2024 at the ADRC.



4-H families in the Northwoods Explorers 4-H Club assisted residents in playing BINGO at Friendly Village Nursing Home in Rhinelander in June 2024.



12 youth from Oneida County and surrounding areas participated in the 2024 Oneida County 4-H Youth Summer Adventure Program, led by Sharon Krause, UW-Extension Oneida County Community Youth Development Educator.

and learned concepts in environmental stewardship; they developed problem solving skills through creating art and engineering projects.

- Coordinated an acting workshop for homeschool students entering grades 1-8. Participants explored the basic tools of an actor's trade - observation, memorization, concentration, and imagination in a fun way. Participants also received a backstage tour of the Nicolet Area Technical College's theater, led by Michael Effinger, the manager of the theater. The goal of this effort was to expand access to 4-H by strengthening new partnerships with families not previously engaged in 4-H, and to provide a free opportunity for youth to learn about the performing arts.
- Planned and coordinated a weeklong performing arts experience for students entering grades 1-12. The goal of this effort was to provide a weeklong performing arts experience for students, and an opportunity for students to make new friends, develop communication skills, and build confidence.



17 homeschool students from Rhinelander and Three Lakes participated in an acting workshop as part of the Oneida County 4-H Youth Summer Theater Program. Oneida County 4-H partnered with Missoula Children's Theater and the Wild + Free homeschool group in offering this workshop.



57 youth from Oneida County and surrounding areas participated in the 2024 Oneida County 4-H Youth Summer Theater Program held June 17-22 in Rhinelander.

For More Information Regarding Extension Programming in Oneida County, Check out Previous County Reports on our Website: oneida.extension.wisc.edu.



The following educational programs happened in July & August 2024:

- Coordinated and attended an event where 4-H families and members of the Northwoods Explorers 4-H Club in Oneida County assisted the Master Gardeners of the North in weeding the Plaza in downtown Rhinelander. Working alongside the Master Gardeners of the North provided youth with an opportunity to learn from experts about how to weed, how to identify weeds, and why the Master Gardeners continue to volunteer as adults within the community.
- Supported two youth leaders of the Northwoods Explorers 4-H Club in leading a hands-on youth activity for youth in grades K-8 at the Children’s Imaginarium during a 4-H Friday event, in partnership with Marathon County 4-H. The goal was for the youth leaders to get involved in a leadership activity, develop follow-through and responsibility, improve communication skills, and gain confidence.
- Coordinated an event where Oneida County 4-H members volunteered at the Oneida County Humane Society cleaning floors, doors, windows, dishes, and toys. The goal of the effort was for young people to develop the knowledge, skills, critical thinking and wise judgement needed to address community needs, and to learn the importance of helping their community and the significance of teamwork.



4-H families with the Northwoods Explorers 4-H Club in Oneida County assisted the Master Gardeners of the North on July 2 by weeding the Plaza in downtown Rhinelander.



LEFT: Oneida County 4-H members hold donations they brought in to the Oneida County Humane Society. The 4-Hers volunteered for nearly 2 hours cleaning floors, windows, dishes, and toys.



RIGHT: An Oneida County 4-H youth leader and her parent, a volunteer, pose in front of a nature-themed activity the youth leader led at 4-H Friday at the Children’s Imaginarium in Wausau in July 2024.



Positive Youth Development

Sharon Krause, Community Youth Development Educator

- Coordinated and planned a week-long day camp for 10-14 year olds at the YMCA of the Northwoods, where Iowa 4-H's Ricochet curriculum was utilized in order to develop leadership skills in the areas of leadership attitude, communication, decision-making, and stress management. Youth completed the three levels in the curriculum and also completed a community service project at a state forest, and visited a homeless shelter.

Ricochet Camp youth removed Common Tansy from the trailhead of Holmboe State Forest, an old growth reserve.

Sharon Krause partnered with the YMCA of the Northwoods to offer the Ricochet curriculum for a week of their Youth Enrichment Camps.



"I AM HAVING SUCH A GOOD TIME THIS WEEK! IT'S REALLY FUN AND I'M LEARNING A LOT ABOUT HOW TO BE A STRONG TEAM MEMBER."

-11 YEAR OLD PARTICIPANT, RICOCHET CAMP

Health and Well Being

Terri Kolb, FoodWise Coordinator

- Supported a health-focused coalition on mental health and suicide prevention, where individuals and agencies come together to empower people through education and resources. The goal of this effort was to extend community partnerships, expand capacity, and increase collaborative efforts to support healthy choices regarding social and emotional well-being
- Developed and coordinated an emergency food network comprised of individuals and agencies within the local communities (Hunger and Food Pantry Network). The goal of this network is to identify and share local successes, conditions, the challenges related to emergency food distribution, and to identify appropriate responses that can be addressed collectively.
- Coordinated a series of strength training sessions (StrongBodies) for adults within the community. Participants engaged in regular, progressive strength training and health education in order to improve their physical and mental health, and to enhance their social connectedness.



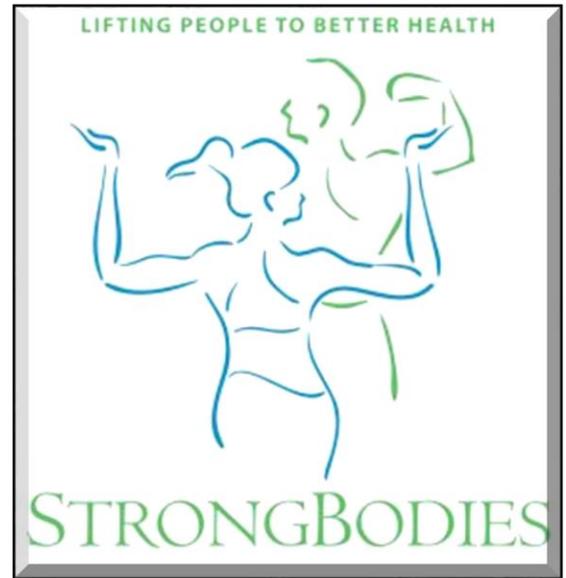
Allison Wilson, FoodWise Educator

- Coordinated and led a series of StrongBodies Classes at Rhine Haus in Rhinelander. StrongBodies is a strength training program for older adults, and it was offered twice a week throughout the summer, along with weekly nutrition lessons. The residents at Rhine Haus were excited for the class, as they have never had an exercise class offered within the complex. Noticeable improvement in strength, balance and flexibility of the participants has been noted. The goal is to train the Rhine Haus Activities Director as a StrongBodies leader to continue the momentum and to reach more residents.
- Coordinated, planned, and executed a health and cooking class for teenagers in the new Teen Lounge at the YMCA of the Northwoods. Participants learned how to make recipes using ingredients received from the Hodag Food Wagon, they received lessons on mindful eating and on how to build a healthy relationship with food.
- Participated in the Hodag Food Wagon every week in July and August at the Rhinelander District Library. Provided a weekly recipe using ingredients from the weekly food bags and offered samples of the weekly recipe to participants.



LEFT: Hodag Food Wagon distribution at Rhinelander District Library on August 22, 2024. Allison Wilson's son helped serve samples to participants.

BELOW: Mealtime Conversation Jars made with teens during the health and cooking class at the YMCA of the Northwoods.



**Mary Stys, FoodWise Educator**

- Assisted with the mobile food pantry distribution, where 40 individuals received assistance in choosing healthy foods and how to prepare those foods, in an effort to offer residents easy access to healthy food and education through Rhinehaus, Rhinelander Area Food Pantry, and Oneida County UW Extension FoodWise.
- Provided education and support to 15 participants that attended 4 nutrition lessons as a part of the *Around the Table* series. Participants learned how to read nutrition and ingredient labels on food boxes. They learned about the benefits of eating a rainbow of colored fruits and vegetables. They also prepared and enjoyed several food choices, such as zucchini bites and refrigerator pickles. Participants also entered into the Smoothie Olympics, where each participant made a smoothie using ingredients from the food pantry bags.
- Assisted in a tour for Rhinehouse residents to view the Rhinelander Area Food Pantry, where they received a tour of the garden and made and enjoyed garden salsa with the garden coordinator Tom.
- Assisted with the Rhinelander Area Food Pantry bi-monthly distribution; assisted individuals in choosing foods and taught them ways to prepare the foods chosen.

Laurel Parins, Health and Well Being Educator

- Facilitated *Mind Over Matter: Healthy Bowels, Healthy Bladder* program. This workshop is designed to give women the tools they need to take control of their symptoms. Scientific studies show that attending this workshop reduces or even cures symptoms for many women! *Mind Over Matter: Healthy Bowels, Healthy Bladder* is a 3-session workshop for senior women that includes information, group activities, and simple exercises to do at home.
- Facilitated and led the *Sit and Be Fit* Program. This gentle, yet effective, fitness class is designed for all fitness levels and incorporates various techniques to improve strength, balance, and flexibility. This class uses yoga, seated and standing stretches, and strengthening exercises using bodyweight and resistance loops, all while seated or supported by a chair. Whether an individual is looking to enhance their strength, mobility, or simply stay active, *Sit and Be Fit* provides a safe, supportive environment to move with ease and confidence.
- Coordinated and led a School Wellness Program Open House booth to promote health and well-being for school staff and students. Interacted with approximately 100 parents and school staff. The initiative for a School Wellness Program at MHLT was designed to support the well-being of educators and school administrators, helping them feel their best in both mind and body. Provided workshops, movement sessions, and mindfulness practices tailored to the unique challenges of school life using a holistic approach. The goal is to provide avenues for stress relief, increased energy, and a better work-life balance, and this program will offer tools to enhance physical health, mental clarity, and emotional resilience. By prioritizing wellness, school staff can create a healthier, more positive environment for themselves and their students.
- Participated in a speaking engagement with a local friendship sorority group in Minocqua on Healthy Eating and Active Living and discussed how participants can come back to the basics of health and wellness to have a positive impact on their bodies and minds.
- Participated in the "Be Well" series for News Channel 12 in July, with plans to continue participation as part of an ongoing series. "Be Well" is a wellness series dedicated to empowering individuals to lead healthier, more balanced lives. Each segment focuses on practical tips for improving physical, mental, and emotional well-being, featuring expert insights and easy-to-implement strategies. Whether it is fitness, nutrition, or stress management, "Be Well" provides the tools to help individuals thrive in all aspects of life.
- Wrote articles for the ADRC Monthly Newsletter that focused on how nutrition can support healthy aging by offering practical advice tailored to the needs of older adults. From nutrient-dense meal ideas, to tips on staying hydrated and boosting energy, each article provides easy-to-follow guidance to help seniors maintain vitality and well-being through balanced, thoughtful eating.



RECIPES FROM THE HODAG FOOD WAGON

MIX & MATCH STIR FRY

INGREDIENTS

- ¾ cup sauce (see reverse for ideas)
- 4 teaspoons vegetable oil, divided
- 1 pound uncooked protein or 12 ounces cooked (about 2 cups), cut bite-sized (see reverse)
- 3 cups vegetables, fresh, frozen or canned, cut bite-sized (see reverse)
- 4 servings cooked grains, ready to serve (see reverse)



INSTRUCTIONS

1. In a medium bowl, mix together the sauce ingredients and set aside.
2. Add 2 teaspoons oil to a large skillet over medium-high heat.
3. Add the uncooked protein and stir until cooked, about 5 to 7 minutes, and then set aside in a bowl. If starting with cooked or canned protein, have it ready.
4. Add 2 more teaspoons oil to the skillet. Add the vegetables and stir to cook, starting with harder vegetables such as broccoli and carrots. (If needed, add 1 to 2 Tablespoons water to keep the vegetables from sticking to the pan.) After the vegetables have begun to soften, add the faster-cooking vegetables such as cabbage and corn. Cook until all are nearly done.
5. Stir the sauce and pour over the vegetables in the skillet.
6. Bring to a light boil and cook 1 to 2 minutes until thickened.
7. Gently mix in the protein and cook until heated through.
8. Serve the stir-fry over cooked grains.

SAUCE - TRY ONE OF THESE:

- Soy-ginger: 2 Tablespoons brown sugar, 2 Tablespoons low-sodium soy sauce, 2 Tablespoons cider vinegar, ½ cup water, 2 teaspoons cornstarch, ¼ teaspoon ground ginger and ½ teaspoon garlic powder. For more spice, add ⅛ teaspoon red pepper flakes or hot sauce.
- Peanut: Add 2 Tablespoons peanut butter to the soy-ginger sauce.
- Curry: Add 2 teaspoons curry powder to the soy-ginger sauce.
- Fresh Tomato and herbs: 1/2 to 1 cup chopped tomato, 1 Tablespoon chopped herbs such as cilantro or basil, 1/2 teaspoon garlic powder, 1/4 teaspoon each salt and pepper. Add this sauce with the protein and do not boil.

INGREDIENT IDEAS:

- Protein - try chicken, beef, pork, seafood, tofu or cooked beans
- Vegetables - use any mixture you have on hand
- Grains - try rice, pasta, bulgur, quinoa or polenta

Source: <https://foodhero.org/recipes/mix-and-match-stir-fry>



UW-MADISON EXTENSION



FoodWise education is funded by the USDA Supplemental Nutrition Assistance Program - SNAP and Expanded Food and Nutrition Education Program - EFNEP. An EEO/AA employer. University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming, including Title VI, Title IX, the Americans with Disabilities Act (ADA) and Section 504 of the Rehabilitation Act.



ZUCCHINI PIZZA BOATS

INGREDIENTS

- 2 medium or 3 small zucchini
- ½ cup tomato based pasta sauce
- ½ cup shredded mozzarella cheese
- 2 Tablespoons parmesan cheese

INSTRUCTIONS

1. Rinse fresh vegetables under running water before preparing.
2. Heat oven to 350 degrees F.
3. Cut each zucchini in half lengthwise. Use a spoon to gently scrape out soft, seedy center of zucchini.
4. Place zucchini halves in a small baking dish. Spoon pasta sauce into zucchini halves. Top with mozzarella and parmesan cheeses.
5. Bake for 25 to 30 minutes or until zucchini can be pierced with a fork and cheese is bubbly and brown. Serve warm.
6. Refrigerate leftovers within 2 hours.



Source: <https://foodhero.org/recipes/zucchini-pizza-boats>