



Oneida Extension Educators and Staff made 1,511 Programming Contacts in the months of September and October; with 695 Adult Contacts and 816 Youth Contacts.

2024 Cumulative Total: 7,810

Contacts: 695 Adults and 816 Youth

# September & October 2024

## Positive Youth Development Oneida County 4-H

### Anne Williams, 4-H Educator

- Facilitated a gathering of the Northwoods Explorers 4-H Club, where youth led club business, recreation, and education. The Northwoods Explorers 4-H Club places heavy emphasis on citizenship and leadership development, and helping youth explore sparks (interests). The Northwoods Explorers 4-H Club practices making group decisions by using basic parliamentary procedure (Robert's Rules of Order). In addition, club members practice public speaking skills by demonstrating a skill or a hobby. The goal of this effort was for youth to develop strong and supportive relationships with peers and caring adults in a safe, supported, and welcoming environment, and to be actively engaged in making group decisions while practicing life skills.
- Organized and facilitated an orientation for youth and families on the Oneida County 4-H LEGO Robotics Challenge Team to receive information about the 2024 Club Season and to review member expectations, as well as for team members to get to know each other and build their robot table. The Challenge Team will meet weekly from August through December. The season will end with all Explore and Challenge Teams coming together in December for a Team Festival to celebrate their accomplishments. The goal of this effort was to continue to build a solid foundation for youth to build positive relationships with the team leader and each other, gain a sense of belonging, and learn concepts in science, technology, engineering, and math through fun, exciting hands-on learning.
- Facilitated a training for four new Oneida County 4-H Volunteers using high-quality educational resources, including training on how to effectively work with youth, sharing resources that are available to volunteers, and recognizing and reporting child abuse and neglect. Through this effort, volunteers gain skills in teaching, leading effective meetings, developing communication skills, and how to provide youth with positive experiences in a safe and welcoming environment. In an effort to expand 4-H programming in Oneida County, the UW-Extension Oneida County office promoted the need for volunteers to lead a 4-H Junior Leaders Program and 4-H LEGO Robotics Clubs. Four caring adults from Oneida County expressed interest in the volunteer position. The Oneida County 4-H Educator met with each adult in person and provided individualized 4-H Volunteer Training. Additional adult 4-H volunteers has enabled Oneida County 4-H to expand its programming.



Oneida County 4-H youth participated in an apple-themed engineering activity during the first gathering of the Northwoods Explorers 4-H Club for the 2024-2025 year.



Members of the first-ever Oneida County 4-H LEGO Robotics Challenge Team painted a robot table that they put together during their first session.



- Planned and facilitated an event for residents of a local nursing home, where members of the Northwoods Explorers 4-H Club brought a "county fair" experience to the residents. The goal of this effort was for club members to gain experience planning and hosting an event, and to have an opportunity to interact, share experiences, and learn from people of an older generation, thereby helping to foster mutual understanding, respect, and empathy.



Members of the Oneida County 4-H Northwoods Explorers 4-H Club put on a "county fair" experience for Friendly Village Nursing Home residents in August 2024. 4-Hers offered games and prizes, exhibits, small animals, and fair food. Twenty residents participated, and fun was had by all!



A group of Oneida County 4-H members spoke to members of the Oneida County CUW Committee about their experiences in 4-H.

- 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 provide an opportunity for youth to share their voice and gain life skills in communication, leadership, responsible citizenship, and sharing.
- Provided leadership and support to members of the Oneida County 4-H Leaders' Association as they reflected on 4-H events and activities that have occurred, as well as discussed ways to conduct county-level 4-H programs with youth, raise funds and manage a budget to support 4-H programs, and represent 4-H throughout the county. The goal of this effort was to provide a local forum for youth and adult volunteer leaders to discuss ideas and provide input to enhance 4-H Youth Development programs at the county level.
- Planned a pen pal program for 4-H members and senior citizens in Oneida County in collaboration with the Oneida County Aging and Disability Resource Center. The goal was for 4-H youth and ADRC-selected elders to write to each other regularly for 8 weeks, with a meet-and-greet at the end of the program, in order for youth to increase their compassion and understanding, develop skills in patience, delayed gratification, and communication, and potentially learn about a topic that sparks an interest in learning more. It would also help to prevent and/or reduce social isolation among elders in the community.



On the left: Oneida County 4-H members look for a specific flower that Tom Jerow, Rhinelander Food Pantry Community Garden curator, asked them to find in the garden.  
  
On the right: Mary Stys, Oneida County Extension FoodWise Educator, asks 4-Hers a question about cucumbers, which was eventually added to a salsa they made using produce from the garden.



- Provided support and leadership for Oneida County 4-H youth who, along with residents of the Rhine Haus Apartments, received a tour of the Rhinelander Area Food Pantry Community Garden and helped pick produce used to make garden salsa, which was shared by all participants. The goal of this effort was for youth to be actively engaged in making a positive contribution to their community, receive nutrition education, and to make new connections to places in their community, such as a local apartment building for seniors and persons with disabilities.
- Organized and facilitated 11 gatherings of the Oneida County 4-H LEGO Robotics Challenge Team, where youth in grades 4-8 participated in hands-on education, team building, and inquiry-based science learning with a positive youth development framework. The goal of this effort was for youth to build positive relationships with the team leader and each other, gain a sense of belonging, and learn concepts in science, technology, engineering, and math through fun, exciting hands-on learning.
- Organized an event where 4-H youth leaders led hands-on demonstrations and activities on a variety of topics for youth and families at the Rhinelander District Library. The goal of this effort was to increase public awareness of Oneida County 4-H, offer 4-Hers an opportunity to practice leadership and communication skills, and to promote “sparks” exploration among youth.
- Led three hands-on Oneida County 4-H Workshops at the Project North event, where youth attendees participated in a 4-H Lego building program. The goal of this effort was for youth and families to learn about Oneida County 4-H and to gain interest in a STEM-related spark through fun, exciting hands-on learning related to waste management and sustainability.



Left: Ethan Blue (middle, kneeling), computer sciences professor at Nicolet Area Technical College and adult team helper, watches as a robot designed by 4-H members autonomously stops and turns as part of the Oneida County 4-H Lego Robotics Challenge Team.

Middle: An Oneida County 4-H youth shows the robot design he created while practicing programming skills as part of the Oneida County 4-H LEGO Robotics Challenge Team.

Right: Members of the Oneida County 4-H LEGO Robotics Challenge Team gathered for their second session of the season, and were introduced to Scratch coding basics. Youth participants also discussed their team innovation project, participated in a team building activity, and started building some of their mission models.

- Wrote and submitted a project proposal to Leadership Oneida County on behalf of a newly formed Rhinelander Performing Arts Center planning group. The goal was to provide the group with additional support from Leadership Oneida County participants so that a needs assessment or community scan can be conducted to help this planning group make better-informed decisions.



Dr. Colette Kaya, a math and physics professor at Nicolet Area Technical College, leads the Oneida County 4-H High Tech Hodags Club in a brainstorming session for the team's Innovation Project. The team also received a tour of Nicolet College's engineering lab.

Members of the Oneida County 4-H High Tech Hodags Club gathered in the first week of October to work on their Innovation Project and to solve robot game missions. Also pictured is Dr. Ethan Blue, a professor at Nicolet Area Technical College, who helped by providing problem solving mentorship for the 4-Hers.



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## Positive Youth Development

### **Sharon Krause, Community Youth Development Educator**

- Coordinated a successful funding opportunity for Raise Your Voice Clubs at Rhinelander and Lakeland Union High School, where we wrote grant applications for each club in order to pay for fees and travel expenses for a speaker at a community event; fund transportation for club members to attend a conference or training; and purchase mental health materials to be distributed on campus. Together, the grants total \$9,050, with the clubs combining \$5,000 towards special events. The goal is to educate youth and the community about mental health issues, and to reduce stigma about getting help.
- Facilitated and led a training for Oneida County Teen Court panelists, which included a session with the director of the Oneida County's Coordinated Services Team (CST), where students learned about county-based juvenile justice and social services systems, as well as the role of a CST in helping with struggling youth. Panelists are now more familiar with local agencies and are exploring possible new sanctions to help Teen Court respondents and their families.



## Health and Well Being

### **Allison Wilson, FoodWise Educator**

- Led strength training classes (StrongBodies) through the summer to fourteen residents at Rhine Haus low-income apartments. Residents are eager to continue holding classes in the future. The activities director at Rhine Haus is planning to become a StrongBodies leader and attend the required training. Residents have seen improvements in strength and balance since the start of the class in June.
- Taught nutrition lessons to 1<sup>st</sup>, 3<sup>rd</sup>, and 5<sup>th</sup> grade students at Central Elementary School, with over 100 participants each week.
- Participated in the annual Harvest Hoedown Fundraiser for the Rhinelander Area Food Pantry with Mary Stys and Terri Kolb. This year, we brought the “Smoothie Bikes” for participants to try out. Individuals pedal the bike to engage the blender attached to the frame of the bike to create their own smoothies that they got to sample and enjoy afterwards. Educators had the opportunity to highlight the importance of physical activity and ways to increase fruit and vegetable consumption. Participants also enjoyed an activity that taught the different sugar amounts found in everyday beverages. Educators provided participants with a variety of smoothie recipes that they could create easily at home.

### **Mary Stys, FoodWise Educator**

- Participated in the Rhine Haus Mobile Food Pantry and the Rhinelander Area Food Pantry weekly distributions to continue to supply fresh produce from local Wisconsin farms and from the RAFF Garden.
- Provided education to food pantry recipients on how to prepare, store, and choose new vegetables and herbs to enjoy. Some suggestions were kohlrabi, eggplant, kale, and others.
- Facilitated a nutrition lesson at Rhine Haus, where participants learned about the health benefits of consuming beans, made a homemade hummus, and participated in a lively game of Food Safety BINGO.

### **Laurel Parins, Health and Well Being Educator**

- Organized and facilitated Mind Over Matter, a Healthy Bowels, Healthy Bladder workshop designed to give women the tools they need to take control of their symptoms. 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.
- Organizing a School Wellness Program for staff in collaboration with MHLT. The goal is to support staff in physical, mental, and nutritional wellbeing education and resources, so that they have the tools to feel physically and mentally well and therefore will be better able to serve the students.
- Organized and led a low-impact exercise class for older adults, where they completed a number of seated and standing strength exercises, yoga poses, and mobility exercises to improve strength, range of motion, flexibility, and to reduce the risk of injury.

