



Oneida Extension Educators and Staff made 727 Programming Contacts in the months of January and February; with 408 Adult Contacts and 319 Youth Contacts.

2025 Cumulative Total: 727

Contacts: 408 Adults and 319 Youth

January & February 2025

Positive Youth Development Oneida County 4-H

Anne Williams, 4-H Educator

- Facilitated a gathering of the Northwoods Explorers 4-H Club to provide a platform for youth to lead club business, engage in recreational activities, and participate in educational sessions. The Northwoods Explorers 4-H Club emphasizes citizenship and leadership development, encouraging members to explore their “sparks” (interests) and develop essential life skills. In 4-H Community Clubs, families come together on a regular basis for the purpose of helping young people gain life skills, make new connections, and have fun. The meeting commenced with the youth president calling the session to order, adhering to basic parliamentary procedures as outlined in Robert’s Rules of Order. Youth club members also had opportunities to practice public speaking skills during the gathering by demonstrating a skill or a hobby. 4-H's hands-on approach is proven to grow life skills like confidence, independence, resilience, and compassion through stages, and are then developed through hands-on learning. The primary goals 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.



Youth 4-H club members lead a club gathering, using basic parliamentary procedure to guide group decision making.



Oneida County 4-H Junior Leaders played a fun game during their January gathering.

“Thank you! It was so fun and my son really enjoyed it! I think it helped him come out of his shell a bit.”

-4-H Parent (commenting on Northwoods Explorers 4-H Club Gathering experience)

- Provided support and planning assistance to the adult 4-H volunteer leader of the Oneida County 4-H Junior Leaders group. The goal of this group is for youth and teens to learn to plan, organize, and lead various activities and projects, enhancing their leadership abilities; engage in community service projects which helps them understand the importance of giving back and fosters a sense of civic responsibility; develop skills such as teamwork, problem-solving, and public speaking; and create well-rounded individuals who are prepared to take on leadership roles in their communities and beyond.



- Planned for an event where members of the Kiwanis Club of Rhinelander learned about Oneida County 4-H and had opportunities to ask questions. The goal of this effort was to build a connection with an organization that Extension Oneida County does not currently partner with, leading toward having greater impact on the communities 4-H serves.
- 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.
- Facilitated a service learning event for members of the Northwoods Explorers 4-H Club, where 4-H youth met with the director of the Rhinelander Area Food Pantry and helped distribute food to people in need. Through this effort, young people learned how a food pantry supports communities by addressing food insecurity and providing essential services.
- Provided planning and education for 4-H volunteers as they prepare to lead 4-H Lego Robotics clubs in Three Lakes. The goal of this effort was to prepare adults with information about volunteering with UW-Extension Oneida County and about the 4-H Lego Robotics program before taking the next step in completing 4-H volunteer training.



Melissa, food distribution coordinator at Rhinelander Area Food Pantry, instructs 4-H members how to prepare boxes and carts for food pantry clients. Other 4-H members helped clients by reading labels, retrieving food items from hard-to-reach places, moving fresh produce towards the front of the shelves, and letting people know what food was available and in what quantities.



4-H members of the Northwoods Explorers 4-H Club's "Service Learning Committee" met with Maureen Parkes, director of Headwaters, Inc. (far right), where they asked questions, observed two employment services provided there, and interacted with the clients. The youth will share with their club about what Headwaters, Inc. does and about the kinds of services adults with disabilities can receive there.

- Coordinated planning for an Oneida County Youth in Governance Program for high school students in collaboration with the Oneida County Board of Supervisors and the School District of Rhinelander. The goal of this effort is to provide an opportunity for youth leadership development and youth empowerment through direct participation in Oneida County government decision-making; provide real-life learning opportunities for youth in the functioning of local government; and bring a direct youth voice to community issues and concerns while fostering the development of confident leaders.
- Facilitated an event for the Northwoods Explorers 4-H Club's "service learning committee," where youth 4-H members met with the director of Headwater Inc., received a tour, and asked questions about how 4-H members can help adults with disabilities in their community. The goal of this effort was for the 4-H members to share what they had learned with their club to increase awareness about adults with disabilities in their community.

Check out previous County Reports on our website: oneida.extension.wisc.edu



Positive Youth Development

Sharon Krause, Community Youth Development Educator

- Led the planning and preparations for an educational travel experience for youth leaders to UW-Madison where Raise Your Voice Club members from Rhinelander and Lakeland Union High Schools attended a Badger Talks lecture in order to learn more about mental health, and to conduct an experiment about Seasonal Affective Disorder. The goal of this effort was to provide an opportunity to learn more about mental health, specifically strategies on building resiliency and coping skills while dealing with stressful situations. It will also provide youth an opportunity to collaborate for future event planning by generating connections and improving communication, while learning more about UW-Madison and the resources provided for individuals across the state.
- As a follow up from the educational travel experience, the PYD Educator will support youth in planning events in Oneida County, allowing them to share their knowledge and build youth resiliency within their communities.

Health and Well Being

Mary Stys, FoodWise Educator

- Facilitated nutrition lessons at Rhine Haus, where participants learned about the health benefits of consuming beans and made homemade black bean brownies to try.

Allison Wilson, FoodWise Educator

- Facilitated and taught a 5-week course in nutrition lessons at Crescent Elementary School that reached 164 students in nine classrooms. A total of 45 lessons were taught with 1,575 minutes of instruction time. Lesson material covered the five food groups, trying new foods, eating more fruits and vegetables, the importance of healthy growth & development, reading nutrition labels, where food comes from (farm-to-plate), mindful eating, food safety & handwashing, and limiting sugary beverages.
- Supported and substituted for a StrongBodies Leader at Rhine Haus.
- Wrote an application for a UW-Madison Award/Grant in support of the Hodag Food Wagon. The Community University Partnership Award provides recognition and support for exemplary and impactful collaborations between community organizations and UW-Madison faculty and staff.

Laurel Parins, Health & Wellbeing Educator

- Facilitated and led the Sit and Be Fit Program in Minocqua. Sit and Be Fit is a low-impact movement class designed to improve flexibility, strength, and overall well-being. Using a combination of chair yoga, seated, and standing stretches, and resistance exercises, this class helps enhance mobility, balance, and posture in a safe and supportive environment. Regular class attendance includes about 25 participants.
- Planned and facilitated the Winter Wellness Presentation, which focused on nourishing bones through seasonal nutrition and movement. As winter brings colder temperatures and less sunlight, it's essential to support bone health, mobility, and overall well-being with the right foods and exercises. The session covered key nutrients for bone strength, simple ways to stay active indoors, and practical tips for maintaining wellness throughout the winter months.
- Continued recording "Be Well" Series for News Channel 12 and contributing articles for the ADRC Monthly Newsletter, significantly extending outreach efforts. Providing practical health and wellness advice to the community, covering topics such as nutrition, exercise, and mental health. Initiative is aimed to foster a healthier more connected community.