

Oneida Extension Educators and Staff made 816 Programming Contacts in the months of March and April; with 369 Adult Contacts and 447 Youth Contacts. Additionally, Oneida County 4-H members and members from Raise Your Voice Club separately appeared on Up North @ 4 (WJFW-12); which has a reach of 8,000-11,000 households per day and 148,000 website views per month.

2025 Cumulative Total: 1,543

Contacts: 369 Adults and 447 Youth

March & April 2025

Positive Youth Development Oneida County 4-H

Anne Williams, 4-H Educator, .5 FTE



Oneida County 4-H Junior Leaders worked on a challenge during their March gathering. The Junior Leaders learned how to give helpful and constructive feedback through some interesting activities, and continued working on developing their “spark” activities and started planning for future events.

- Provided support and planning assistance to the adult 4-H volunteer leader of the Oneida County 4-H Junior Leaders Club. The goal of this club is for older youth 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.



Oneida County 4-H members participated in a live interview for WJFW-12 Up North @ 4 in March. The youth showcased projects they worked on for the Oneida County 4-H Youth Creative Arts & Communication Expo, which took place on April 12, 2025 in Rhinelander.

- Oneida County 4-H members demonstrated projects they were working on, or have brought in the past, for the Oneida County 4-H Youth Creative Arts & Communication Expo on the WJFW-12 Up North at 4 Show. The goal of this effort was to provide an opportunity for youth to develop public speaking and communication skills, and to share their voice about topics and projects that are meaningful to them, expand their connections in the community, and to share about 4-H with the public. **WJFW-12 Reach: 8,000-11,000 households per day; 148,000 online views per month, or 4,935 views per day.**

- Continued developing the Oneida County Youth in Governance Program, in collaboration with the Oneida County Board of Supervisors and the School District of Rhinelander. The goal of this effort is to provide youth an opportunity in leadership development and youth empowerment through direct participation in Oneida County



Northwoods Explorers 4-H Club member Katie holds a picture of a thermometer and explains how her family collects sap, uses reverse osmosis to remove the water in the tree sap, and then boils it to make maple syrup.



Members of the Oneida County 4-H Junior Leaders met in April to continue planning for a public educational event they are leading in August. The group is led by 4-H volunteer Emily Ably.

government decision-making; provide real-life learning opportunities 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 a gathering of the Northwoods Explorers 4-H Club, where youth led club business, recreational activities, and education. 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.

- Planned coding workshops, a summer robotics day camp, and the Oneida County 4-H LEGO Robotics Program. The goal of these efforts is to provide opportunities for youth in grades 2-8 to participate in hands-on education, team building, and inquiry-based science learning within a positive youth development framework.

- Planned the Oneida County 4-H Youth Summer Theater Program for students entering grades 1-12 (public/private/homeschool). The goal of this effort is to provide a weeklong performing arts experience for students and an opportunity for them to make new friends, develop communication skills, and build confidence.

Positive Youth Development

Sharon Krause, Community Youth Development Educator, .5 FTE

- Organized a FREE Youth Night activity in downtown Rhinelander, where Raise Your Voice Club members assisted a social worker with staging an open mic event for her clients and other teens. The aim was to provide an opportunity for positive social interaction and to decrease stigma surrounding youth mental health issues. Youth engaged the audience on the stage with stand-up comedy, poetry readings, live music and singing, and story-telling.



RYV members led an Open Mic Night at ArtStart on March 29th.

- Planned for multiple screenings of the documentary “The Wisdom of Trauma” for adults and older teens in collaboration with Oneida County Coalitions, the Crandon School District, and the Waaswaaganing Institute for Indigenous Teaching and Learning. The goal is to reduce stigma surrounding mental health issues, especially those related to traumatic events.
- Coordinated a live TV interview on WJFW, where Raise Your Voice Club members discussed the club’s mission and an event they helped plan. The purpose of this activity was to encourage more families to get involved in a program run by Oneida County Social Services. **WJFW-12 Reach: 55,000 Facebook Followers**



Raise Your Voice Club members on the Up North at 4 set before going on the air; Thursday, March 27th.



Students analyze and discuss the Wisconsin Supreme Court debate with Judge Mary Sowinski on March 12th.

- Facilitated a viewing of the debate between candidates for the Wisconsin Supreme Court, where high school students had the opportunity to watch with Oneida County Circuit Court Judge Mary Sowinski. The objective was to educate students about the role of a Supreme Court Justice, the responsibilities of the candidates while campaigning, the election process, and how to analyze debates.



Members of Rhinelander High School's Raise Your Voice Club stand on the steps of the Capitol in Madison before advocating legislators to increase funding for school-based mental health services.

- Facilitated and led an advocacy day in Madison, where Raise Your Voice Club members from Rhinelander and Lakeland Union High Schools presented legislative staff with data and personal stories in order to raise funding levels for school-based mental health services.
- Partnered with Lakeland Union High School staff to enter the lessons from an alternative education classroom into the school portal system. Administrators were then able to match the program with academic standards to help secure funding for the program and enable students to receive a regular diploma rather than a G.E.D.



- Organized and guided a group of Raise Your Voice Club members from Rhinelander and Lakeland Union High Schools on a field trip to Madison, where students received training in mental health in order to build their own resiliency, and to help peers by sharing information afterwards.



THOUGHTS FROM STUDENTS AFTER THEIR EXPERIENCE IN MADISON:

- Happiness can be cultivated through many ways, such as perspective and focus.
- It is possible to practice being happy, and that you can get better at it.
- Mindful doodling and doodling mindlessly are two different things to do.
- Mindful doodling can ease your stress in 6- 7 seconds, so anytime I'm stressed I can use doodling to calm down.
- All respondents said they were somewhat or extremely likely to spend more time in nature in the future.

TESTIMONIALS

"I'm really glad I went to Madison, and am proud of myself for saying something during the meeting. It wasn't as hard as I thought it would be, it was really more of a conversation. It was hard to share my diagnosis but I'm glad I did because I could tell it got their attention. I hope it makes a difference so other kids don't have to wait as long I did to get help. Nine months was way too long."

-Student in Raise Your Voice (RYV)

"It was interesting to see how campaign ads often use only part of the truth, not all of it. Both candidates were able to defend themselves against the attack ads we've seen so much of."

"I learned a lot about how objective judges are supposed to be, and lawyers in general. You really have to think about who to vote for because it comes down to trusting the candidates when they say they'll be non-partisan."

"The debate format was interesting, with the 2 moderators and 2 candidates all sitting at a small table. I think it helped the moderators stay in control, and the candidates for the most part were respectful. I think it was done more professionally overall than the national debates, where the candidates are standing and spread out. I think that makes them look more polarized than when they're sitting next to each other."

-Rhinelander High School Students

"The club members did a really nice job. It was neat to see the kids cheer each other on. I'd like to do more events like this with them."

-Social Worker

Health and Well Being

Mary Stys, FoodWise Educator, .50 FTE

- In March and April, nutrition lessons were facilitated at Rhine Haus, where residents learned about the health benefits and nutritional value of various fruits and vegetables, the importance of incorporating a variety of each into a well-balanced diet, and how to select the best produce based on seasonality. After the lessons, participants enjoyed a smoothie station, blending and sampling three different types of smoothies made from fresh produce provided by the mobile food pantry, including bananas, blueberries, pineapple, pears, and spinach. A low-carb option was also available.

Allison Wilson, FoodWise Educator, .60 FTE

- Provided continuous support to the leader and participants of the StrongBodies Program at Rhine Haus. Program meets twice a week with an average of 10 participants/session.
- Facilitated a round of nutrition lessons at NCES; reaching 3 classrooms and a total of 45 students.
- Engaged and participated in the March Meeting for the Oneida County Nutrition Coalition.
- Participated in the Healthy Kids Day event at the Northwoods YMCA on April 26, 2025. The event aimed to promote healthy living among families and children. At our booth, FoodWise educators engaged with attendees by sharing valuable nutrition facts and distributing handouts and informational pamphlets.

Laurel Parins, Health & Wellbeing Educator, .73 FTE

- Wrote a monthly wellness article for older adults that included nutrition tips and healthy living strategies to support aging, healthy eating, and lifestyle habits to promote longevity and well-being. **Total Reach: 1400 Readers of the ADRC Newsletter.**
- Created and led a presentation on nutrition for the residents of Milestone Senior Living, focusing on practical tips for balanced eating, hydration, and mindful food choices to support healthy aging, boost energy, and enhance overall well-being.
- Provided management, recruitment efforts, leadership, oversight, and participant retention strategies for the StrongBodies program and its volunteers in Oneida County. The goal of this effort was to increase health leadership capacity, create opportunities for civic engagement, and to expand the reach of the StrongBodies program to support creating healthier people and communities.
- Led a low-impact exercise class for older adults, where participants completed a number of seated and standing strength exercises, yoga poses, and mobility exercises to improve strength, range of motion, flexibility, and to help reduce the risk of injury.