

Oneida Extension Educators and Staff made 516 Direct Programming Contacts in the months of September and October; with 294 Adult Contacts and 222 Youth Contacts.

Health and Well-Being Educator, Laurel Parins, guest starred on Up North @ 4 (WJFW-12) on September 3rd and October 1st; which has a reach of 8,000-11,000 households per day and 148,000 website views per month. The next segment on Protein will air November 6, 2025.

Oneida Extension made indirect contact with 8,402 viewers through the Extension Oneida County Facebook and the Oneida County 4-H Facebook.

2025 Cumulative Total: 4,267

Contacts: 294 Adults and 222 Youth

2025 Cumulative Indirect Outreach: 65,528

September & October 2025

Positive Youth Development Oneida County 4-H

Anne Williams, 4-H Educator, .5 FTE

- ∞ Organized a youth-led Northwoods Explorers 4-H Club gathering where members managed business, recreation, and educational activities. The event fostered strong peer and adult relationships in a safe, welcoming environment and provided opportunities for youth to practice decision-making and essential life skills.
- ∞ Provided leadership and guidance for the Oneida County 4-H Leaders' Association as members reflected on recent programs and explored strategies for county-level 4-H initiatives. Discussions focused on program delivery, fundraising, budget management, and community representation. This forum enabled youth and adult volunteers to share ideas and strengthen local 4-H Youth Development efforts.
- ∞ Planned an interactive leadership and community engagement workshop for high school students at the Rhinelander Homeschool Co-op. Participants identified leadership traits, practiced team-building, set personal goals, and learned about opportunities through 4-H and UW-Extension. The workshop encouraged students to become confident, civically engaged leaders who contribute meaningfully to their communities.
- ∞ Provided guidance to adult volunteers leading 4-H Lego Robotics programs in Three Lakes. Efforts focused on equipping volunteers with tools and knowledge to engage youth effectively and safely in STEM learning through robotics.
- ∞ Supported student representatives of the Oneida County Youth in Governance Program and county board mentors to strengthen communication and create a welcoming environment during committee meetings. This initiative helped students build confidence, ask questions, and actively participate in governance discussions.
- ∞ Planned for the Oneida County 4-H Welcome & Recognition Event, hosted by the Oneida County 4-H Leaders' Association. At the event, 4-H members, volunteers, families, and county partners were welcomed and received recognition for achievements and efforts in 2024-2025.
- ∞ Facilitated a blanket-making workshop for youth members of the Northwoods Explorers 4-H Club, led by a youth leader, where participants created tie blankets to be donated. Through this service-learning effort,

youth practiced leadership and generosity while strengthening the 4-H values of community engagement and hands-on learning.

- ∞ Coordinated a series of gatherings for the 4-H Lego Robotics Rhinelander Challenge Team, where six youth in grades 4–8 engaged in hands-on STEM learning. Activities emphasized teamwork, problem-solving, and communication while addressing real-world challenges. The program fosters personal growth, confidence, and civic awareness, preparing participants to be thoughtful, engaged community members.
- ∞ Supported a club activity for youth and adult members of the Northwoods Explorers 4-H Club’s American Sign Language Committee, where participants practiced signing fall-themed words. Youth members then taught these signs at the October club gathering. The goal of the effort was to promote inclusive communication and youth leadership.



Jeremy Baker, member of the Stella Loons 4-H Club in Oneida County for 13 years, and currently the Senior Service Manager at Wisconsin Public Service and We Energies in Rhinelander, spoke at the Oneida County 4-H Welcome & Recognition event held in October.



Oneida County Youth in Governance Program student representative Parker Lee, right, sits next to his supervisor-mentor Robb Jensen during an Oneida County Executive Committee Meeting.



Members of the Northwoods Explorers 4-H Club teamed up for a creative challenge—designing their own towns complete with names, slogans, and unique features.



Youth members of the Oneida County 4-H Lego Robotics Challenge Team in Rhinelander discussed robot design strategy during a September team gathering.



During the October Northwood Explorers 4-H club gathering, members of the Northwoods Explorers 4-H Club's American Sign Language Committee took the lead by teaching fellow club members how to sign fall-themed words.



Oneida County 4-H volunteer Steve Simmermaker listens as members of the High Tech Hodags 4-H Lego Robotics Challenge team asks him questions about their robot design.



Members of the Northwoods Explorers 4-H Club met twice in October to make blankets to be donated in November to a local cause to help people in their community.



Middle school students in the Oneida County 4-H Lego Robotics Challenge team in Three Lakes pose for a picture during a team session led by Anne Williams, Oneida County 4-H Educator.



A Northwoods Explorers 4-H Club youth member demonstrates campfire safety during the club's September club gathering, which was held outdoors.

"Thanks again Anne. This definitely wouldn't be possible for these kids without you and 4-H."

– Oneida County 4-H Lego Robotics Volunteer Leader

Positive Youth Development

Sharon Krause, Community Youth Development Educator, .5 FTE

- ∞ Supported an Open Mic Night that was planned, promoted, and led by Rhinelander High School's Raise Your Voice Club, where teens encouraged and celebrated peer performances. The evening fostered positive connections among youth, strengthening protective factors that contribute to mental well-being.
- ∞ Facilitated a full-day training for Oneida County Teen Court panelists. Youth participants explored restorative justice principles, learned about the local court system, practiced team-building and interviewing techniques, and engaged in discussions with a social worker about available social services.
- ∞ Coordinated a session for Rhinelander High School students focused on the Question, Persuade, Refer (QPR) method. Raise Your Voice Club members gained practical skills to recognize warning signs and respond effectively to peers in crisis.
- ∞ Contributed recommendations to ensure youth voices are included in the upcoming May Suicide Prevention Summit. Suggestions emphasized creating opportunities for high school coaches and youth-serving professionals to hear directly from teens about mental health concerns and strategies for suicide prevention. **This summit has the potential to reach 100-200 high school students, coaches, and professional mental health practitioners.*



TOP: Oneida County Teen Court panelists practice interviewing skills during their annual training on October 3rd.

RIGHT: Raise Your Voice Club members from Rhinelander High School perform during an Open Mic they planned and led on October 18, 2025.



Health and Well Being

Laurel Parins, Health & Wellbeing Educator, .73 FTE

- ∞ Led a community-focused program offering practical strategies to refresh daily routines, enhance mental clarity, and boost physical vitality. The series encouraged participants to align with the natural rhythm of the season – releasing habits that no longer serve them and embracing small, positive changes to support whole-person wellness. This program was recorded as part of the “Be Well” series for News Channel 12.
- ∞ Contributed monthly wellness articles for the ADRC newsletter, a resource for older adults featuring nutrition guidance and healthy living strategies. Each article provides actionable tips to promote balanced eating, active lifestyles, and habits that foster longevity and overall well-being.
- ∞ Facilitated a low-impact movement class designed to improve flexibility, strength, and overall well-being. A combination of chair yoga, seated and standing stretches, and resistance exercises were utilized. This class helps enhance mobility, balance, and posture in a safe and supportive environment.
- ∞ Managed the Virtual Strong Bodies class, an evidence-based strength training program designed to improve muscle strength, balance, and overall health from the comfort of your home.
- ∞ Facilitated Active Schools, an evidence-based movement and training program designed to help schools and youth programs create active, healthy environments where all kids can thrive. The curriculum focuses on integrating physical activity throughout the day – before, during, and after school – through fun, inclusive movement opportunities. It equips educators and leaders with practical strategies, games, and activities that build confidence, teamwork, and lifelong healthy habits.

Total Reach: 1400 Readers of the ADRC Newsletter; 11,000 households per day and 148,000 website views per month for Up North @ 4 (WJFW-12).

NOTE OF THANKS FROM COMMUNITY MEMBERS

“We are so thankful for all you’ve done to help us with our insect issue. It all makes sense. This means the world to us! It’s so stressful and embarrassing since we keep a clean house, yet your support and going the extra mile to help us has made us feel so much better.”
– Carole & Brian

“Thank you SO much for your help. I like these resources and will definitely include some of them. While my initial request was for help locating a speaker this information is helpful as well. Truthfully, your willingness to help and your responsiveness with trying to locate someone for us was truly refreshing. Thank you again for all you are doing for your community.” - Mary