

Family Living in Oneida County

What is Family Living and what do I do?

By Sara Richie
Family Living Educator



Since starting this position almost two months ago, I often get the question, “What is Family Living and what do you do?” So, I thought I would answer that question here.

All families need support and resources to develop skills at critical points in their lives. As a UW-Extension family living educator, I can help communities explore effective responses to issues affecting families such as poverty, childhood obesity, prevention of child abuse, financial security and aging. I can also teach others about health, access to safe, nutritious food and parenting practices, with research-based education to support this.

Solid relationships with community partners are essential to family living programs’ effectiveness. When partners—local institutions, agencies and groups—coordinate services and programs and share resources and expertise, they are not only more cost-efficient—they are more effective.

are an excellent public investment in initiatives that are important to communities. These initiatives often work through the research-drive, community-based education family living provides.

As a family living educator here in Oneida County, I can engage people at all levels and support changes that benefit families. I can also lead strategic planning efforts, organize educational programs and help communities achieve goals in support of families.

By improving people’s lives, family living programs reduce the economic and social service costs to local government and make Wisconsin communities stronger. And when families have the skills and resources they need to care for each other, they are able to participate in and contribute to their communities.

For more information or for other UW-Extension Family Living Resources, visit <http://oneida.uwex.edu/family-living/>.

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UPCOMING WEBINAR

Understanding the Administrative Structure Options of County Government in Wisconsin

9-10 a.m. Monday, Feb. 16, 2015

Join Dan Hill, local government specialist with UW-Extension’s Local Government Center, for a one-hour webinar covering the three different choices counties have for organizing the administrative functions of county government, including an overview of the relevant state statutes. There will be time for questions.

Registration is free! Please register by 8 a.m. Monday, Feb. 16, by going online to www.wicounties.org/events/.



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PROGRAM
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The UW-Extension Local Government Center offers statewide programs.

For a complete list, visit:

<http://oneida.uwex.edu>

Youth Development in Oneida County

New 4-H drama program teaches life skills

By Lynn Feldman
4-H Youth Development
Educator



On Saturday, Jan. 24, a new Oneida County 4-H Drama project group held its first session. With

a focus on character and skit development, the youth engaged in several game-structured activities. By the end of the hour and a half session, the youth were able to list many types of characters, movements, and sounds that

they will be able to access quickly in their minds for future sessions. They also were able to “sculpt” a scene and combine forces with others to create a story from it.

A journal record of their work enabled them to set goals, remember their activities, and

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Wisconsin Nutrition Education Program

“Water! Milk! Carrots! Kiwi! Apples!”

Last month Oneida County Wisconsin Nutrition Education Program educators partnered with Pelican Elementary school, Crescent Elementary school, Koinonia (Antigo), WIC and Headstart to provide educational programs on making healthy food choices on a budget.

Ginger Zastrow, WNEP educator with UW-Extension Oneida County, shares a recent experience she had at Pelican Elementary School:

“Before one of the kindergarten activities, I asked a question to the students: ‘What do we need to stay healthy?’ They answered, ‘Water!’ ‘Milk!’ ‘Carrots!’ ‘Kiwi!’ ‘Shower and wash our hair!’ ‘Strawberries!’ ‘Wash our hands!’ ‘Food!’ ‘Chicken!’ ‘Apples!’

“I kept prompting students with clues until foods from all five of the food groups were listed. I then shared with the students a large MyPlate poster, from the USDA.

“After my program ended, the students received a take home message to share with their family and a pair of

glasses with two foods from either the Vegetable, Fruit, Dairy, Protein, or Grain food groups. The students were reminded that they needed food to stay healthy and that it is important to try a variety of new foods.

“The picture below is of the Pelican Elementary kindergarten class. The students had just finished learning about the five food groups and were showing off their smiles while wearing

their “Five Food Group” glasses.

“My goal, as a WNEP educator is to increase students’ knowledge of healthy foods. After the class concluded, the students were able to list several foods that will keep them healthy.”

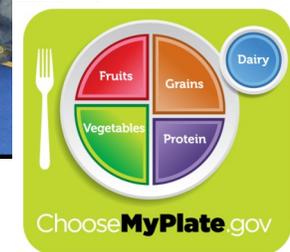
By the Numbers:

In January Oneida County’s WNEP educators reached a total of six agencies, taught a total of 68 nutrition lessons and reached 770 learners.



Above: Ginger Zastrow, WNEP Coordinator, stands behind a Kindergarten class from Pelican Elementary School.

Below: A visual of the MyPlate educational tool through the U.S. Dept. of Agriculture.



4-H drama program seeks to grow and expand

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dream possibilities for future Drama achievements.

The 4-H Drama project is designed to foster life skill development. At the end of each project session, participating youth are asked to evaluate the activities based on these five major life skills areas: creativity, self-direction, critical-thinking, communication, and respect.

Comments from those present at the first session included, “We learned that Drama means teamwork,” “We created,” “There was no judgment about who did better,” and “I had to make decisions.”

As with all 4-H projects, these four essential elements for positive youth development drive how the program is structured: the development of independent thinking, sense of belonging, mastery, and generosity.

In Drama, youth are not judged on their abilities, and everyone is given the chance to participate. An atmosphere is created where the youth are encouraged to try out new characters and skit situations. Mastery is accomplished through the hands-on experiential activities where youth develop confidence by working toward the goals they set. Generosity is demonstrated by youth helping others within their teams.

The Drama project group was developed as a result of area youth

expressing an interest in it.

Currently 10 youth are signed up in the project with two adult leaders. More youth, grades 3 on up, are welcome to attend the second meeting from 10-11:30 a.m. Saturday, Feb. 21, at the Oneida County Senior Center Building in downtown Rhinelander. This project will meet once a month until summer.

At that point, since it is youth driven, the participants will make the decision as to how and in what manner the group will proceed.

To keep up with 4-H events and activities, visit <http://oneida.uwex.edu/4hyd>.

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