



## 4-H Program/Community Youth Development Educator

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The Heart of the North (HON) legislative group is comprised of individuals from Barron, Rusk, Sawyer and Washburn Counties. This is the 11th year of HON bringing issues important to our region to the attention of elected officials and State Agencies in Madison. The group typically meets with State Legislatures and department personnel to explain and advocate for issues that are specific to our counties in Northwest Wisconsin. Donna Knuckey, Sawyer County 4-H and PYD Educator, is the co-chair for the youth component of HON. Currently recruitment is underway to get youth involved. A Full Delegate meeting will be held on October 25, 2022 at the Washburn County Government Center.



### Summer Camps!

**Day Camps in Sawyer County and Trails End Camp with Rusk County!**

#### Trails End 4-H Summer Camp

Sawyer County partnered with Rusk County this year and brought back 4-H Youth Camp at Trails End in Rusk County. The last session for 4-H Youth Camp was in 2019. 4-H camp at Trails End is for youth in grades 3-7. There were 25 campers, seven counselors and five adults. There was one youth that

attended as a camper and two youth that attended as counselors from Sawyer County. Even though the attendance for Sawyer County youth participation as a camper was down from 2019, this was the first time in many years that there were youth that were interested in being counselors. Camp counselors participate in several trainings prior to camp. To witness the counselors evolve into leaders was inspiring. Camp provided opportunities for team building skills, arts and crafts, music, games and other outdoor experiences. Evaluations from the camp confirmed the success of this year's camp and even more excitement to return for next year. Despite the low number of youth attending from Sawyer County, families reached out and shared interest in camp for the summer of 2023. Due to COVID and unknown allowances for in person camps, planning and release of dates of later than previous sessions and many families already had plans which affected the low turnout this year. To attend camp from Sawyer County, camp costs \$65 for each participant. If you are a 4-H member, campers pay half of the fee and the 4-H Leaders Board covers the remaining fees.

**Sawyer County 4-H Enrollment for the 2022-2023 Year has opened!**



## Pirate Day Camp

This is the 2nd year that Day Camps for Sawyer County youth were offered. Day Camps target Kindergarten through 5th grade. This year's theme was Pirates. Two camps were offered this year. One was held July 19th at Hatchery Creek Park in Hayward and the other camp was held July 21st at Doc Smith Park in Winter. Space was limited to ten participants. Pirate Day Camp experience included STEM, team building, crafts and games. There were seven youth from the Hayward area and seven youth from the Winter area that participated. Youth created pirate names, built a pirate ship out of cardboard and tape then measured the buoyancy of their ship using jewels as weight, had obstacle challenges to battle the other pirate crew, created catapults and went on a scavenger hunt. A parent stated on an evaluation that "their child was so excited by all of the activities offered and cannot wait until next year." The cost of the camp was \$10 per youth as lunch was provided by Extension. The 4-H Leaders Board had funding available for hardship.



**OPEN TO ALL YOUTH**  
NEEDS NOT BE 4-H MEMBERS TO JOIN THE FUN!

**MORS**  
Mentoring Our Rural Students

**TASTE OF 4-H**  
A SAMPLE OF 4-H FUN!

**WHO?**  
Anyone in Barron, Burnett, Rusk, Sawyer or Washburn Counties (or surrounding areas)

**WHEN?**  
October 4, 5, 6  
9:30 AM - 12:00 PM  
VIA ZOOM

**WHAT?**  
Come "taste" the different programs we have to offer!

**REGISTER ONLINE BY SEPTEMBER 16**  
w4online.com

**SOME SUPPLIES WILL BE PROVIDED AND CAN BE PICKED UP AT YOUR LOCAL EXTENSION OFFICE. A LIST OF ADDITIONAL SUPPLIES WILL BE PROVIDED PRIOR TO BEGINNING.**

**Coordinators & Contact:**  
Donna Knecht, Sawyer  
Sara Winkler, Burnett  
Katie Knecht, Washburn  
Lara Knecht, Rusk  
Lara Knecht, Sawyer

**MONDAY, OCTOBER 17**  
10:00-11:00 PM VIA ZOOM

**DI CASE GREENHOUSES**  
10:00-11:00 PM

**TUESDAY, OCTOBER 18**  
6:30-7:30 PM VIA ZOOM

**MISSION TO MARS**  
6:30-7:30 PM

**WEDNESDAY, OCTOBER 19**  
10:00-11:00 PM VIA ZOOM

**DIAMOND ART**  
10:00-11:00 PM

**THURSDAY, OCTOBER 20**  
10:00-11:00 PM VIA ZOOM

**TORY SOLVERS**  
10:00-11:00 PM

**FRIDAY, OCTOBER 21**  
10:00-11:00 PM VIA ZOOM

**ARCHERY**  
10:00-11:00 PM

**THURSDAY, OCTOBER 27**  
6:30-7:30 PM VIA ZOOM

**HEALTHY SNACKS**  
6:30-7:30 PM

*In collaboration with other county educators, Donna has been planning for virtual project lessons for youth in order to provide educational opportunities for youth to learn new skills. The month of October is full of educational opportunities!*

## Discover Wisconsin

At the end of June, 7th-10<sup>th</sup> graders embarked on a Discover Wisconsin trip that offered several opportunities to youth in Barron, Burnett, Rusk, Sawyer and Washburn counties. This two-day experience for 4-H members hosted opportunities for engagement in teambuilding, engineering, conservation, leadership and cultural activities to strengthen their understanding of the State of Wisconsin and their place in it now – as well as in the future! The purpose of this trip was to expose youth to areas of Wisconsin outside our 5 counties and surrounding areas. On this trip youth were able visit and tour **Project Einstein** at UW-Green Bay and participate in STEM projects and challenges. Youth also were able to challenge themselves and their peers on the **high rope and zip line** adventure park at New Zoo. In addition to the New Zoo Adventure Park, they visited the zoo portion and learned about the importance of preserving nature and protecting animals. Lastly, the cultural piece of the trip was spent at the **Menomonee Nations Cultural Museum** in Neopit, WI. New friendships were established as well as sparks were discovered about their own interests.



4-H Youth designed cardboard boats with the goal of holding the most weight.



## Community Resources and Development Educator

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### Tribes Lead! Educational Session in Menomonee Tribal Nation (June/July)



A program for Tribal Members held with the Menomonee Indian Tribes of Wisconsin where participants learned leadership development principles based on Native American Cultural teachings. The goal was to prepare tribal leaders for making positive changes in their community. In collaboration with Wise Council Members made up of tribal members from Michigan and Wisconsin, Tribes Lead! program was developed. This program incorporated cultural teachings and indigenous knowledge to help support an interconnected pathway for systems of governance, combating social and economic equities, and

addressing critical issues promoting culturally relevant leadership training for tribal communities. The Tribes Lead curriculum will be offered to tribal members in LCO Community in partnership with LCO Ojibwe University, in fall 2023.

*"...I would also like to thank all who played a part in making the listening sessions so successful. It was all I could hope for. Having the **UW Extension staff** guiding the process and providing us with the tools and staff to facilitate the sessions were awesome. "*

## TOWN OF Spider Lake

Extension Sawyer County and the Extension Local Government Center worked with the Town of Spider Lake to facilitate three separate listening sessions where 25 people were able to share their concerns, suggestions and points of view of what topics were important to be addressed by the Town Board. Over 50 people attended the sessions over a three month period.



**Real Colors** was offered to the Leadership Washburn County Course at Heartwood on September 15<sup>th</sup>. The 13 participants gained knowledge in their own temperament, and the importance of knowing themselves and their team while leading others.

**SAVE THE DATE: Real Colors** workshop planned to be offered to **Sawyer County employees** on November 15, 2022. The time is scheduled from 12:00 PM- 2:00 PM. Registration and more details will be emailed to the employees soon.

**Brown Bag Summer Workshop Series 2022**, was offered in summer. The workshops were offered in partnership with LCO Ojibwe University, UW- Madison Eau Claire and Brown & Kewaunee Counties. The four workshop sessions have been offered to 18 participants from the Northwest Region and included:

- 1: Basics of Grant Writing**
- 2: How to Conduct SWOT Analysis (Strengths, Weaknesses, Opportunities, Threats)**
- 3: Effective Virtual Meetings**
- 4: Basics of Facilitation**



## Grant Writing Workshop!

The Grant Writing Workshop is scheduled to be offered on **October 18<sup>th</sup>**, with colleagues from UW-Madison, Extension with 90 participants signed up. The workshop will be repeated on November 10 due to increased demand and the number of participants.



## FoodWise

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Earlier in the year, our FoodWise project area was approved to be a pilot project site for the **Walk With Ease** program, which is an evidence-based intervention through the Arthritis Foundation that has been proven to improve the quality of life of people with and without arthritis. This fall Kim is partnering with the Phoenix Villa Apartments to offer the program. Participants in this program locally have commented that they love the socialization when walking as a group, and that they felt more confident in their balance and strength. They also receive weekly nutrition lessons focused on topics related to nutrients as we age.

FoodWise Educator Kim Clark attended the Hayward Farmers Market to facilitate our **Discover Wisconsin Farmers' Markets** curriculum. This is an engaging curriculum that was offered to seniors and families who received vouchers to be used at the market. Discover Wisconsin Farmers' Markets is a guided tour curriculum designed to help familiarize Wisconsin residents to their local farmers' market. We love highlighting our wonderful local farmers market and supporting new locals to visit it and use their voucher money.

This summer Kim worked with the **Lac Courte Oreilles Boys and Girls Club** to provide an 8-week nutrition education summer series for youth and teens where students learned about making and preparing healthy food and beverage choices, with recipes like homemade oatmeal packets that they could take home and have for breakfast on another day. Through these lessons students built up their confidence and independence by being empowered to practice their kitchen skills.



Bingocize is another pilot program that is being offered in partnership with the Lac Courte Oreilles ADRC. In this ten-week program, Elders engage in an evidence-based health promotion program that strategically combines the game of bingo, health education, and exercise. The goal is to increase functional fitness, healthy eating, and social engagement.

We also continue to offer a monthly series of nutrition lessons to help Elders overcome barriers to eating healthy and staying active. In this **Cooking and Moving** program, Elders observe a cooking demonstration, get a tasting, participate in healthy living education.



In partnership with our FoodWise colleagues in Ashland, Bayfield, Burnett, Douglas, and Sawyer Counties we started another 12-week virtual StrongBodies option in September for Sawyer County. StrongBodies is a physical activity program for middle and older adults where participants improve strength, balance, and flexibility, and receive nutrition and health education. The goal of this effort is for participants to stay healthy, prevent injury, and socially connect. A unique way we adapted the program for this session to meet the needs of potential attendees with limited internet access was to collaborate with the Winter Public Library to livestream our class on the screen in their activity room for community members in Winter. We have hand and ankle weights there for them, and they can socialize with each other and maybe check out some library books! A reflection of the popularity of this hybrid program is that we have 66 people registered to participate. We are so happy to be offering this opportunity to our community members, who are clearly eager for physical activity options.



## Area Extension Director

Lori Baltrusis

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I hope you can appreciate the highlights your educators are sharing with you this quarter. Not everything makes it to the report, but the educators are always willing to share more of what they are doing to serve Sawyer County anytime you need more information.

We have a new Assistant Dean! Jason Hausler began his new role in September. He is my new supervisor and can be reached at [Jason.hausler@wisc.edu](mailto:Jason.hausler@wisc.edu). He looks forward to learning more about Sawyer County in the near future.

Your educators also serve on statewide teams - serving our great state! And we are always impressed by their contributions. Coming up this month is our internal Civil Rights Review, so we've also been busy preparing documents and presentations for the review team. They will be in our Area October 24<sup>th</sup> and 25<sup>th</sup>.

We remain thankful for our partnership with you and are always interested in hearing more from you about how to best serve Sawyer County!

## Other Ways Extension is Serving Sawyer County:



An accessible open house for community members to learn about birds and for forest service staff to learn about principles of designing accessible programming was offered. The purpose of this event was to make the outdoors more inclusive by promoting inclusive programming practices and supporting community members as they develop skills to increase independence in the outdoors. Upham Woods Staff and local extension staff arrived at the **Northern Great Lakes Visitor Center** ready to engage with community members and forest service staff. The plan for the day was to engage people in morning bird observing by giving participants the option of a birding stroll along the 1-mile ADA-accessible trail or seated bird observing by the bird feeders. The afternoon then consisted of indoor sensory activities where participants could spend time exploring birds with different senses through bird artifacts, like feathers and skulls, to touch, iPads to listen to bird sounds, and binoculars to look at birds. People wandered in and out throughout the day.



**Parents Forever Class:** Every other month, Missy Bablick (Barron) and Danette Hopke (Washburn) continue to offer a 3-hour online class for parents in a legal court case for divorce, placement change, child support or paternity. Parents learn about the effects of family transitions on children and how parents can minimize problems for their children through cooperative co-parenting strategies. When divorced parents can cooperate or have a business-like approach to co-parenting, their children are far more likely to do better and not experience lasting negative effects of divorce. Because the course is offered virtually, Sawyer County residents can participate in this court ordered class.

## Connecting Children and Parents in Justice-involved Families



*The Literacy Link* brings evidence-informed literacy and learning opportunities to young children with parents or caregivers involved in local correctional systems. We partner with jails, criminal justice organizations, libraries, and others to:

- foster healthy family relationships by promoting positive, literacy-focused interactions between children and their justice-involved parents and caregivers

- promote language and literacy skills in children by creating literacy rich

experiences in jail and justice settings that extend into the home.

Participants learned about the importance of reading aloud for healthy child development, school readiness and parent/child bonding. *With Jail turnover, this program has been more difficult to offer on a regular basis. We look forward to continued involvement with jail administration in the future.*

Find out more about  
Literacy Link by clicking  
[here](#)