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You can make a difference

Volunteers are a tremendous part of the impact Fit Oshkosh has in our community.

Volunteer contributions include: event planning, writing, research, library support, marketing, administration, database management, social media and project management, to name a few. Whatever your talent, we can likely put it to use.

We invite you to join us for volunteer training on Wednesday, January 17, at the Fit Oshkosh headquarters, 36 Broad St., Oshkosh.

This 3-hour required training is the first step to getting started. It is free and open to the public.

What:

Volunteer Training

Where:

Fit Oshkosh Headquarters
36 Broad St.,
Oshkosh

When:

Wednesday, Jan. 17
4:30 p.m.-7:30 p.m.

Space is limited and **registration is required**. Please contact us at 920-267-8687 or [email us](#) if you plan to attend.

Complimentary refreshments will be served.

Please consider sharing your skills and talents with us. They could really make a difference.

Come to the kick off

Come one, come all to the kick-off for our fifth Color-Brave Community Read featuring the book, *Deep Diversity: Overcoming Us vs. Them* by Shakil Choudhury.

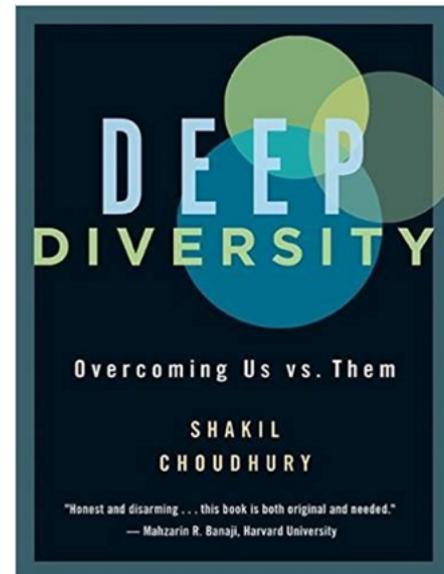
The event will be held Friday, January 12, at 5 p.m. at the Lunch Box Restaurant, 200 City Center, Oshkosh. Fit is excited to partner with Lunch Box owner Clark Muller.

At the event, volunteers will share readings from *Deep Diversity* as an introduction to the series of guided Color-Brave conversations that are scheduled for Tuesdays, January 16, February 20 and March 20 from 6:30 to 8 p.m. at the Fit Oshkosh headquarters, 36 Broad St., Oshkosh.

In *Deep Diversity*, Choudhury explores how our interactions with people who are different from us are influenced by things that are hidden. He shows that the “us versus them” attitude is an unfortunate but normal part of human experience.

The book is described as “gripping, fast-paced, and immediately practical,” by author Rick Hanson. He continues, the author draws on “heart-touching stories, research on the brain, and hard-won lessons from real-world interventions to offer useful approaches,” Shakil Choudhury helps us know ourselves better by knowing others better, for our own sake, and for the sake of our fragile shared world.”

Copies of the book will be available for purchase through Fit Oshkosh. Contact us at 920-267-8687 or via email at colorbraveconversations@gmail.com for further information.



What:

Color-Brave Read
Kick Off

Where:

Lunch Box
200 City Center
Oshkosh

When:

Friday, Jan. 12
5 p.m.

Kids and Cops b-ball game on WOSH

The third annual Kids and Cops Basketball game will be the topic of the Community Connection program on WOSH 1490 AM on Tuesday, January 9 at 8:20 a.m.

Fit's Executive Director, Tracey Robertson and Officer Tony Flaig of the Oshkosh Police Department will discuss the event on air.

This year, the event will be held for the first time at the new Menominee Nation Arena, home of the Wisconsin Herd on Saturday, March 10.

The successful program is designed to encourage positive engagement with police officers and youth in the community. Around 75 kids are expected to participate. They will get shirts, lunch and awards.

You can tune in live on the radio to WOSH 1490 FM or on the internet at <http://www.1490wosh.com> .

If you miss hearing the program you can listen to it from Fit's web page: <http://www.fitoshkoshinc.org/>

If you missed hearing any program you may listen to the recordings on the on the [home page](#) of our website under "community connections".

What:
Community
Connection

Where:
WOSH 1490 AM

When:
Tues., Jan. 9,
8:20 am

Visit our
website

WOSH 1490 FM

The game is on!



Last month, we told you about the *Black History Flash Cards* available through our Color-Brave Lending Library .

The news this month is that a beta test has been run on the new *Black History Flash Cards Game* , which is sure to stimulate interesting conversations.

The game was devised by Adrian Chandler, a Fit Oshkosh high school student volunteer.

Adrian is in 11th grade at Chandler High School in Phoenix, Arizona. He won the Diversity Leadership Alliance Youth of the Year award for his active participation in promoting significant leadership diversity in the community.

Adrian developed the game when, having looked at his mom's flash cards, he decided it would be more fun to interact with people when reviewing the accomplishments of the people featured, rather than just using the cards as a study feature.

Teams are challenged to identify people, events, and historical movements that highlight the importance of black history for things that we may not only have forgotten, but may never have known in the first place.

We found playing Adrian's game resulted in a lively and engaging game night. We also learned a lot! And so can you: from cowboys to astronauts to educators, activists, artists

and entertainers.

Thanks, Adrian.

Our Color-Brave Lending Library has available the set of cards and game guidelines. Come in and check it out.

Radio show brings diversity to local radio

A program called *Real Gospel Radio Oshkosh 101.9 FM* has become one of the most popular shows on WOCT.

The program is broadcast on Wednesdays at 1 p.m. and Sundays at 7 p.m. and is live streamed. The radio station has continually seen a spike in the number of listeners on the station's website .

Fit Oshkosh's executive director, Tracey Robertson, is the show's producer and host.

Growing up in Chicago, she could tune into three Gospel radio stations, one of which is nationally renowned. She loves Gospel music and says, "Producing the show ministers to my soul and is also therapeutic for me."

"This is one of the most listened-to programs by our internet audience," said Jake Timm, media services coordinator at Oshkosh FM. "New people—not our typical audience—tune into the station before and after the show. That means that, in addition to Tracey's show, people hear other content before and after *Real Gospel Radio* and find out what our station is about."

She developed *Real Gospel Radio* to help the station represent People of Color in the their program schedule.

"I haven't seen another program like it," Timm said. "It is refreshing. Tracey is awesome."

Anyone, anywhere around the world, can link to the program at <http://www.oshkoshmedia.org/1019FMListenLive.aspx>

What:

Real Gospel Radio

Where:

WOCT 101.9 FM

When:

Wednesdays at 1 p.m.
Sundays at 7 p.m.

**Oshkosh Media
website**

Grants support Color-Brave Project

Fit Oshkosh has received two grants to fund an art show entitled "Color-Brave Photo Project: Black and Brown faces a new narrative," which celebrates People of Color who live in Oshkosh.

A major grant of \$9,900 from the Wisconsin Humanities Council and a \$7,500 Community Impact Grant from the Oshkosh Community Foundation will support the art

show.

The exhibition includes 20 framed photographic portraits with stories about each subject. The stories will be compiled in a book and videos will be produced for social media. It is estimated that the project will impact a significant number of people of all ages throughout the Fox Valley. It will travel to 10 locations, beginning with the Paine Art Center and Gardens' grand opening reception on April 19 at 5p. There will be guided Color-Brave Conversations at each location.

“The goal of this project is to overcome false ideas about why People of Color live in Oshkosh,” Tracey Robertson said. “A widely-believed narrative is that People of Color come here exclusively from the ‘hoods’ of Milwaukee or Chicago or that they have moved here ‘because of the prison’. The last example is the most damaging, and that's the narrative I am most interested in shattering. Not only because it does not lend itself to the inviting community we hope to some day be, but also because data from the prison indicates that it's absolutely false.”

In addition to the Paine, the exhibit will appear in several locations throughout the region including Marion University in Fond Du Lac, First Congregational Church Oshkosh and the University of Wisconsin Oshkosh and the Appleton Public Library.

A full schedule of locations will be accessible on our website, online and throughout the communities once it is finalized. Stay tuned.

Fit Oshkosh, Inc.
920-267-8687
colorbraveconversations@gmail.com
fitoshkoshinc.org

See what's happening on our social sites:



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