

Oneida County UW-Extension Staff

Lynn Feldman

4-H Youth Development Educator
County Department Head

Email: lynn.feldman@ces.uwex.edu

Myles Alexander

Community, Natural
Resources and Economic Development
Educator

Email: myles.alexander@ces.uwex.edu

Sara Richie

Family Living Educator

Email: sara.richie@ces.uwex.edu

Terri Lindner

Wisconsin Nutrition Education Program

Email: terri.lindner@ces.uwex.edu

Merry Lehner

Support Staff

Email: merry.lehner@ces.uwex.edu

Office

3375 Airport Road #10
Rhinelander, WI 54501

Phone: 715-365-2750

Website: <http://oneida.uwex.edu>

Facebook:

www.facebook.com/OneidaCountyUWEX



Happy Winter 2017!

4-H YOUTH DEVELOPMENT

Three Lakes Addresses Workforce Readiness

By Lynn Feldman
4-H Youth Development Educator
And Department Head
UW-Extension Oneida County



Workforce readiness encompasses providing youth with the knowledge and experience necessary to succeed as teens and adults in the world of work. Impacts go beyond the emotional, social, and intellectual growth of individual youth. Youth workforce readiness programs add to community economic sustainability. Youth develop and use these skills in their first teenage jobs, work on entrepreneurial projects in and out of school, and life skills and values that can aid them in attaining employment in the community after high school and in enhancing the quality life in that community.

Three Lakes town, school, and business people, have been working hard at growing their capacity to provide youth with extra events and activities adjunct to traditional school curriculum programs as a way to enhance their workforce readiness. In a couple of these programs, UW-Extension has had a networking, teaching, and/or facilitation role.

For the past two years, I have facilitated the Skynet Junior Scholars Astronomy program which connects students online with research telescopes around the world. Partnering with the Three Lakes elementary school counselor, Kirsten Margitan, the STEM (Science, Technology, Engineering, and Math) program has been offered to 5th-8th grade students. It meets once or

Continued on Page 2...

twice a year for a period of 4-6 weeks. In conjunction with the Skynet program last spring, a 4-H model rockets project was completed with county adult volunteer leaders. As with every Youth Development project in which I'm associated, careers are a focus as well as evaluation on common core life skills development.



4-H Model Rocket builders at Demmer Memorial Library in Three Lakes

This past summer an interest in forming a Three Lakes 4-H club developed. In collaboration with the youth librarian at Demmer Library, Stacey Orr, a new Oneida County 4-H club started in late November. After two meetings it has 19 youth and counting. In addition, eight adults have initiated or completed volunteer certification training. That is a great ratio of adults to youth. It makes it possible to have a variety of project groups and activities offerings possible for the future.

Finally, starting last spring, a group of business leaders connected with Ms. Orr and me to work on a workforce "softskills" teen workshop. One was held in June, and from that sprang a partnership with those leaders. Plus the Three Lakes high school counselor, Ryan Bock, the technology teacher, Steve Yahr are involved. Currently at least a dozen other business and town leaders presented a full-day workshop for workforce readiness for high school students last March.

The commitment and teamwork of the Three Lakes community in working on these programs exemplifies what can be done when people are connected, resources are supplied; and individuals' strengths are recognized, fortified, and utilized for the sake of positive youth development. I look forward to the coming year and what possibilities lie ahead for the youth of Three Lakes and the rest of Oneida County.

FoodWise

FoodWise: New Name of Wisconsin Nutrition Education Program (WNEP)

A successful nutrition education program has a new relevant name.

FoodWise, formerly known as WNEP, the Wisconsin Nutrition Education Program, has a long legacy of providing nutrition education to Wisconsin families and individuals with limited incomes.

Per Amber Canto, Family Living Educator, they wanted to move away from an acronym. We wanted to have an action-oriented name that reflects our purpose and intended outcomes, as well as focus on a relevant digital presence."

FoodWise, University of Wisconsin-Extension's nutrition education program, is a federally funded effort that seeks to empower Wisconsin residents with limited incomes to make healthy choices to achieve healthy lives and reduce health disparities.

FoodWise worked in 66 of 72 Wisconsin counties in 2016. FoodWise employs a combination of tested educational strategies designed to help people choose healthy foods and active lifestyles.

FoodWise nutrition educators work out of county Cooperative Extension offices and in collaboration with state and local partners.

To learn more, visit the [FoodWise website](#) or contact your local [UW-Extension county office](#).

Community & Economic Development

Leadership: No Pain, No Gain

By Myles Alexander
Community, Natural Resources &
Economic Development Educator
UW-Extension Oneida County



Last month I wrote leadership is “knowing where to go and showing others the way, and then getting there. Leaders help us see the vision and describe the goals we want to reach.” That evening I went home where a magazine on my table had been open to “Why Leaders are a Pain” since February.

Really? I wanted to tell the author, “Leaders are not a pain!” Cities, towns and counties, businesses, community organizations, schools and churches all need leaders. It is hard enough to encourage people to take leadership positions with telling them they will be a pain.

Then I reread the article. Leadership is only necessary if an organization is going somewhere, if it wants to do more than survive. To figure out the changes needed for a successful future and setting goals to get there is a pain. To avoid that pain, people in leadership often try to manage the current situation. My definition of management is “to figure out how to achieve goals and support others in that work. It may feel safer to manage the present rather than lead into the future. But old goals do not lead to success.

“The world as we have created it is a process of our thinking. It cannot be changed without changing our thinking.”

— Albert Einstein

Leaders also are a pain because they encourage us to face the facts. If the facts point to decline, leaders push and pull us to turn off a road that now leads to failure and find a new direction. When I am comfortable with my complaints about the way things are, a leader calls my bluff. “What would you like things to be like? What would it take to make that happen?”

To lead us through the pain of change, leaders accept that pain before the rest of us. As a leader begins the work of change they run into others’ human preference for what is familiar. The pain drags on for everyone until the leader finds a way for people get out of their comfort zone and see a new future.

“What is right is not always popular and what is popular is not always right.”

— Albert Einstein

How can leaders not be a pain? When we follow the facts, see the need for change, see the possibilities for a better future, and accept the challenge to change we see hope rather than pain. Our own change pain is more tolerable because we have hope for the new future.

Anyone is a leader who takes stock, sees things are not going well, and speaks up with an invitation to make a change for the better. “No pain, no gain,” sums it up pretty well. The next time someone makes you squirm with an analysis of what is not working well and offers a suggestion of how things can be better, think about it. Shake out the squirm. You may have found a leader.

“Why Leaders are a Pain” by William H. Willimon, in *Christian Century*, V133, N4, February 17, 2016. Willimon’s insight came from *Leadership*

Family Living

A new year, a new healthy you?

By Sara Richie,
Family Living Educator



UW-Extension offers tips for eating healthy on a budget

Many people make a New Year's resolution that focuses on living a healthier lifestyle,

but fall off track for a number of reasons. One reason may be because people believe that eating healthy is expensive. That is not always the case.

Sara Richie, Oneida County Family Living Educator, states that "Recent information from the U.S. Department of Agriculture, Economic Research Service indicates that when we compare the average portion sizes of healthy foods to foods high in solid fat, added sugars or salt, healthy foods are often less expensive. For example, a medium apple costs less than a standard-size candy bar." Richie suggests choosing foods that give the greatest bang for your buck and calories. "Carrots, cabbage, frozen veggies, and fruits in season are great examples of low-cost vegetables and fruits that are also low in calories," she says. "The challenge is in knowing when foods that are low in calories but packed with nutrients are a good buy and how to make the most of limited food dollars."

Here are some suggestions that families can use to stretch their food dollars and enjoy a healthy diet.

Make half your plate fruits and vegetables.

–Know when fruits and vegetables are in season or a good buy. For example, tomatoes are in season in the summer and oranges are a good buy in the winter.

–Frozen and canned vegetables and fruits may be less expensive than fresh, especially when the fresh varieties are not in season. Choose frozen vegetables without sauces, and fruits canned in juice to reduce fat and sugar.

–Buy only the foods that your family will eat before they spoil. Throwing away food is equivalent to throwing away money. This advice is especially important when purchasing perishable foods such as fresh fruits and vegetables.

–Consider buying fruits and vegetables that are



less than perfect. A growing number of grocers sell imperfect produce such as ripe bananas, oddly shaped potatoes or yellowish cauliflower for a price lower than their more attractive counterparts.

–Keep fruits and vegetables where they can be easily seen. For example, put fruit in bowls on tables or countertops so they are more visible and more likely to be eaten. Cut up vegetables like carrots, cucumbers and green peppers when you bring them home so they are readily available as snacks and can be used in recipes when time is tight.

–Grow some of your own vegetables. Even a few tomato plants in containers on a porch can yield a bounty of tomatoes in the summer.

Choose 100 percent whole grain cereals, breads, crackers, rice and pasta.

–Brown rice, oatmeal, and unsweetened whole-grain cereal bought in bulk is usually a good buy. Look for whole-grain breads (especially day-old items) tortillas and whole-grain pasta that are a good price.

–Compare Nutrition Facts on food labels, as well as prices, to find the best nutrition buy for your money. For example, the Nutrition Facts for a store brand whole grain breakfast cereal and name brand whole grain breakfast cereal might be the same, even though the name brand might cost more.

–Be willing to spend a little more time preparing foods. In most cases, the more processed a food is, the more it will cost. For example, popcorn that is already popped or in a convenience form usually costs more than popcorn that needs to be popped in a kettle or popcorn popper.

Vary your protein sources—eat seafood and beans.

–Canned tuna, canned pink salmon and some frozen fish are usually a good buy. Tuna salad, salmon patties and fish tacos are a quick and tasty way to eat fish.

–Dry beans and peas (black beans, black-eyed peas, kidney beans, lentils, pinto beans, split peas) are a great buy whether purchased dry or canned. Drain and rinse canned beans with water to remove about half of the sodium.

–Use dry beans in place of some or all of the ground meat in recipes. Cooked lentils are a great meat extender or substitute for meat in spaghetti sauce and meat loaf. Similarly, cooked pinto beans work well in burritos, enchiladas and tacos.

For more information, see “[Healthy Eating on a Budget](#)” and a [video](#) about the cost of healthy foods from NutritionFacts.org. For more information on Family Living Programs at Oneida County UW-Extension, contact Sara Richie at sara.richie@ces.uwex.edu.

DNR Newsletter Announces 2017 First Day Hike

Contacts: Brigit Brown, 608-219-1295 or Paul Holtan, 608-267-7517 or 608-235-2126

For people looking to start their New Year's resolution for better health can begin by participating in any of a dozen DNR First Day Hikes that will be held at Wisconsin State Park properties on January 1.

On a First Day Hike, visitors can enjoy walks through diverse, beautiful natural areas, led by park staff or volunteers. Most hikes include additional activities such as campfires, naturalist guides, wildlife tracking. Hot beverages are offered after the hike. A 2017 Wisconsin state park admission sticker is required for entrance into the parks for these events. Lapham Peak and Pike Lake units of the Kettle Moraine State Forest are waiving the sticker requirements.

All 50 states are participating in the sixth annual event that invites families and friends to celebrate the New Year amid the sights, sounds and wonder of our natural world..

Last January 802 participants hiked 2,300 miles at 9 different Wisconsin state park properties.



shutterstock - 239246260

For more Information go to the Department of Natural Resources website, dnr.wi.gov, and search keyword [First Day Hikes](#), keyword, [get outdoors](#).