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Community & Economic Development

What is the University of Wisconsin-Extension?

The story behind the name

By Myles Alexander

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



December was my second month working as a University of Wisconsin-Extension Educator here in Oneida County. I met more people and organizations.

I learned more about the strengths and resources in this county. Many of the strengths and resources I bring to Oneida County have roots in the beginning of Extension. So, what is the University of Wisconsin-Extension?

The story begins in the 1830's with a political movement for the creation of agriculture colleges in each state. Representatives and educators in Michigan and Illinois led the effort. U.S. representative Justin Smith Morrill of Vermont first introduced a bill in 1857. President Abraham Lincoln signed the final Morrill Act on July 2, 1862. You can read the complete text online at <https://www.law.cornell.edu/uscode/text/7/301>.

The act provided for sale of land to fund the endowment, support, and maintenance of the colleges. The mission of the colleges is to teach subjects related to agriculture and the mechanic art, plus scientific and classical studies and military tactics. The greater purpose was to promote the liberal and practical education of the industrial classes, or what we now call the "blue collar" part of the work force.

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State legislatures used Morrill Act money to create the land grant universities. The University of Wisconsin-Madison is the Wisconsin land grant university.

The next national development was the Hatch Act of 1887. This federal legislation funded experiment stations in cooperation with the land-grant colleges. The purpose of experiment stations is to conduct research for science-based agriculture and home economics.

The last major federal legislation was in 1914. The Smith-Lever Act provided federal funding for the three partner partnership still in place: state,

county and the federal government.

This history reminds me:

- My job is to bring research-based knowledge to bear on the needs and aspirations of people in Oneida County.
- We have numerous colleagues in Wisconsin and all other Extension systems in the nation.
- We do this work together.

Next month I will look at the history of the University of Wisconsin-Extension in Wisconsin. Meanwhile, should we meet, be ready to tell me what the best thing going in Oneida County is. Where is it? And, who is behind it?

Youth Development

Youth Learn Acceptance

By Lynn Feldman

4-H Youth Development Educator
UW-Extension Oneida County



In November of 2015, in collaboration with a guidance counselor Rhinelander High School, I took five high school Diversity Club students to the annual Youth as Partners in Civic Leadership Conference, a University of Wisconsin-Extension sponsored event, at the Upham Woods Outdoor Learning Center near Wisconsin Dells.

As listed on its website, “The mission of the Youth as Partners in Civic Leadership Conference is to advance youth voice in Wisconsin by increasing the capacity for youth and adults to share civic leadership in local communities, schools and organizations. We advocate for a youth voice and build mentoring, networking and learning opportunities.”

Funds for the trip were provided through scholarships awarded to Diversity Club by the University of Wisconsin Women’s Association as well as the YPCL planning team.

Three of the students who went on the trip

had attended the conference in 2014. At that time, they presented a breakout workshop session on activities they had led at Rhinelander High School in an effort to raise awareness to the issue of bullying and create a climate of inclusiveness and acceptance. They expressed interest in attending the conference again in an effort to further the networking connections they had made with other groups and to increase their communication and leadership abilities by again leading a breakout session.

An evaluation by participants of the breakout session led by RHS students showed that 76% of them gained skills or knowledge that they could use in their community. The results of the RHS students’ conference evaluation showed that all of the students increased their communication



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skills, ability to partner with others, knowledge about leadership, and understanding on how to change school climate. Individual evaluation comments included “I have always struggled with public speaking, and I feel like I have somewhat overcome some of my fear this weekend” and “The opportunity to go to YPCL should be given every year as I’ve seen it change not only the people that go but the societies that we participate in”.

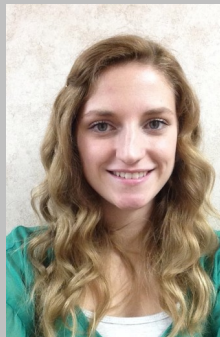
As a result of action plans created while at the

conference, Diversity Club members have set themes for the school year months around which they are in the process of developing interactive school activities. They plan on connecting with a Racine youth group to extend that group’s campaign to curb underage drinking, and they have been invited to serve as student representatives on Rhinelander High School’s Positive Behaviors Interventions and Supports committee.

Wisconsin Nutrition Education Program

How to choose your soup

By Karly Johnson
*Wisconsin Nutrition Education
Program Coordinator
Oneida & Langlade Counties*



January is National Soup Month. Soup is a great dish that can be served as an appetizer, side dish, or entrée and can be tailored to be spicy, sweet, or savory to please any palette.

Some soups can be loaded with calories and sodium ruining your healthy eating plan. Follow these simple tips to keep your soups nutritious. Watch out for sodium! Purchase low sodium varieties of canned soup. When making your own soups choose low sodium broths and experiment with herbs and spices to add more flavor. Read the nutrition facts label. By reading the nutrition fact label you can determine the serving size and the amount of sodium, fat, and sugar in the soup.

Choose healthier substitutions. To decrease your fat and calorie intake choose broth based soups over cream based soups, and garnish soups with low fat cheese, sour cream, or Greek yogurt instead of the whole fat versions. Use whole wheat noodles, barley or brown rice instead of refined products to increase the nutritional value.

HAVE YOU TESTED YOUR WATER?



Musty odors, red-brown stains on plumbing fixtures, bathtub rings—all these are unpleasant signs of water quality problems, but usually not of harmful contaminants in the water. Contaminants that may threaten our health are usually not discernible by the senses. Drinking water can contain nitrate, bacteria, and pesticides at levels which cannot be tasted or smelled, but which can be hazardous to health.

The University of Wisconsin–Extension in Oneida County offers water testing kits for sale to homeowners (for private wells and public water supplies). Each kit costs \$3 and includes a testing bottle, information about available water testing options, instructions on how to collect the water sample and a package to ship the sample in.

Your sample results, along with an interpretation of your results, is sent within 10 working days after the lab receives the sample. Office staff can assist you in this. UW-Extension recommends private well users test their well every year to ensure safety.

Wisconsin Master Gardener Volunteers

Want to be a Master Gardener? Here's your chance!

By Merry Lehner

Support Staff, Master Gardener
UW-Extension Oneida County



If you're interested in improving your gardening skills and becoming a community leader through volunteering, consider becoming a Master Gardener Volunteer. Master Gardener Volunteers in Oneida County provide horticulture education, community service, and environmental stewardship for the community in affiliation with the University of Wisconsin Extension. Training to become a Master Gardener Volunteer will be hosted in Oneida County from March 8, 2016 through August 9, 2016. The cost is \$105, which includes 36 hours of training, a training manual, and one year memberships at the state and local level. Classes will meet every other Tuesday evening from 5:30 to 8:30 p.m. at the UW-Extension Office of Oneida County, located in the Lower Level of the Airport, 3375 Airport Road, Rhinelander, WI 54501.

A flipped classroom approach will be used for training. Students will watch video lectures at home, and class will be a time for students to inquire about the lecture content, test their skills in applying knowledge, and interact with one another in hands-on activities. Topics include: botany, soils, woody ornamentals, herbaceous ornamentals, entomology, plant pathology, weeds, lawn care, vegetables, fruits, and backyard wildlife. For students who do not have access to a computer, accommodations to watch the videos can be made in the UWEX office during normal business hours.

Interested participants are required to attend a short orientation about the Master Gardener Volunteer program on Tuesday, February 23, from 5:30 to 6:30 p.m. at the UW-Extension Conference

Master Gardener Level I Training

Date: February 23, 2016

Cost: \$105

Contact: Merry Lehner

Phone: (715) 365-2753

Email: merry.lehner@ces.uwex.edu

Room, 3375 Airport Road, Rhinelander, WI, 54501 in the Conference Center, located in the lower level of the Airport. Registration material (which includes a Volunteer Agreement, Consent to Background Check, and \$105 payment) can be obtained and submitted that evening.

The deadline to apply for the program is Tuesday, March 1, 2016. Refunds may be received less processing and handling fees prior to the first day of class; no refunds will be made after class begins.

For more information, contact Merry Lehner at (715) 365-2753 or merry.lehner@ces.uwex.edu.

About Master Gardeners

The Master Gardener program is an all-volunteer organization sponsored by the University of Wisconsin-Extension. Master Gardeners are trained volunteers who aid University of Wisconsin-Extension staff by helping people in the community better understand horticulture and their environment.

Any resident of Wisconsin 18 years or older is eligible to be a Master Gardener Volunteer. Potential Master Gardener Volunteers should be interested in horticulture, dependable, unbiased and open-minded, and willing to help people with their horticultural concerns. Participants are expected to provide volunteer service to their community. Participants in the program must complete the general training class, pass an open book examination, sign the Volunteer Agreement, and volunteer a minimum of 24 hours within one year of completing the coursework to become a Certified MG. All this training is worth it!

Family Living Programs

High Tech Kids parenting blog used by 3 local districts

By Sara Richie

Family Living Educator

UW-Extension Oneida County



This spring semester marks the third year of the eParenting®: High Tech Kids Blog Project. Last Spring semester, James Williams Middle School participated and this year, Minocqua, Hazlehurst, Lake Tomahawk (MHLT) Schools, Three Lakes and James Williams Middle School (JWMS) will be participating in the project.

Every week during the spring semester, parents will receive short, research-based educational articles about parenting their 9-14 year old effectively in the digital age.

Currently, many programs about digital media designed for parents focus on potential negative effects (for example, cyber-bullying and online predators) and how parents can protect their children. While these programs are valuable, they ignore the many positive aspects of digital media, such as its ability to contribute to child development, enhance the parent-adolescent relationship and provide tools to strengthen

What is eParenting?

eParenting® is an innovative program initiative from University of Wisconsin-Extension Family Living Programs. The goal of eParenting® is to empower parents in their use of digital media as a powerful and positive tool supporting their parenting role.

parenting skills. eParenting®: High Tech Kids Blog project does just that.

The final email in the series that went out to parents shared a link to a survey for parents to give their input on the weekly emails, blog articles, additional resources and the delivery process. One hundred percent of parents that responded to the survey from James Williams Middle School liked receiving the emails from their school.

One JWMS parent stated that “They [eParenting® emails/blog posts] are another layer of involvement, which there can never be enough of.” Another JWMS parent stated that “They [eParenting® emails/blog posts] are a reputable resource for good information.”

The survey results also showed that 67% of respondents felt that the eParenting® website was easy to navigate and 33% shared information they learned with other parents or family members. The eParenting Project runs from Jan. 11 until May 18 and has been offered to all schools in Wisconsin that partner with their local UW-Extension office.

This year, UW-Extension eParenting®: High Tech Kids Blog Project has also been expanded to include schools in Texas through Prairie View Texas A & M University Cooperative Extension.

For more information on the eParenting®: High Tech Kids Project, please contact Family Living Educator, Sara Richie at (715) 356-2750 or by email at sara.richie@ces.uwex.edu. To read previously posted eParenting Blogs, go to: <http://fyi.uwex.edu/eparenting/>

eParenting®

Here is an example of what parents receive from their participating school over the course of 16 weeks:

Don't laugh at a youth for his affectations; he is only trying on one face after another to find a face of his own. – L. P. Smith

Figuring out “WHO AM I?” is an important piece of teenage development. This identify formation is a time when teens “try on” new ideas, experiences and beliefs. The things your teen likes or dislikes are often the face he chooses to show the world as he figures out his personality. [Click to read more.](#)