

THE ONEIDA OBSERVER

A UW-EXTENSION MONTHLY UPDATE

COMMUNITY RESOURCES
BY MYLES ALEXANDER

Monthly Update



The information about mining initiative work concluded the first week of November. I wrote thank-you notes to the Towns of Nokomis, Sugar Camp and Minocqua, and Nicolet College for contributing use of their facilities for public meetings. I also wrote thank-you notes to people that volunteered to facilitate table discussions and the experts that met for the issue mapping and helped us with information as advisory panelists. Bonnie is helping me sort through the documents Dan Kuzlik retained from his similar work in 2010

to determine what to include with my documentation.

I am catching up with work put on hold for the mining information initiative. Most important is returning to work on an Oneida County shared vision.

Grow North E.D. Brittany Bayer asked me to work with her on local food system planning. My K-State job was with the Center for Engagement and Community Development that ran the Rural Grocery Project. We trained for, and I co-led or led three local food system grass-roots strategic planning events. Our first meeting with producers and vendors is 18 December.

4-H Update

4-H PROGRAM COORDINATOR
BY ANDREA RIPPLEY

With winter setting in it might be a weird time to think about gardening! I have been busy working with the Crescent after School program to facilitate a Junior Master Gardeners Program through 4-H. Each week I bring a different plant related lesson to the youth with the eventual goal being that we plant seeds in the school garden come Spring. This program has been going well and the youth are engaging in the activities each week. Some of the lessons have included dissecting a seed, drawing a hamburger plant, planting clover seeds and learning about the parts of the plant that we eat!



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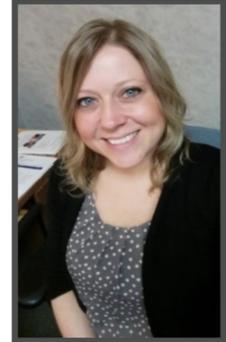
Merry Lehner,
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Bonnie Tillmann,
Support Staff

Looking to 2019

HELATH & WELL-BEING
BY SARA RICHIE

It's that time of year again – where we're working on wrapping up one year and looking to the next - all while being shocked it went by so quickly! 2018 has been a whirlwind for me and organizing my new position in a three county role. As I look to 2019, my goal will be to prioritize needs and programming based on impacts and gaps in services around the area. There has been a lack of financial education in our area since Northwoods Saves dissolved. Recently, interest and need from county partners in that topic has risen to the top. I have already started to work with the Department of Social Services in Oneida County to offer Money Matters (<https://fyi.uwex.edu/moneymatters/>), an online, self-paced program that their clients can use. They will complete the modules on their own and meet with me to review to receive a certificate of completion. I am really looking forward to expanding this to coaching for those individuals that need a little more intensive process in 2019.



I will also continue to work alongside county agencies focusing on improving the health of the area, including actively participating in Community Health Planning, the Coalition for Activity and Nutrition, coordinating the Oneida County StrongBodies program, and aligning prevention/education programs with community level work plans, such as Cancer Clear & Simple, Taking Care of You: Body, Mind, Spirit and other programs that focus on cancer prevention and chronic disease prevention and management. I will also continue to participate in the Trauma Informed Care team and other similar partnerships within Oneida County.



FOODWISE
BY KARLY HARRISON

Rhineland Head Start



For the first time in several years, UW-Extension FoodWise is partnering with Rhineland Head Start to provide a series of four nutrition lessons to Head Start students and a parent nutrition lesson. Nutrition Educator, Mary Stys, provided a lesson to Head Start parents on the importance of building a healthy plate using simple, affordable foods from all food groups. The group discussed how to stretch food dollars by planning meals, making a shopping list, checking store sales, and purchasing store brand vs name-brand products. Strategies for cooking quick healthy meals were also

discussed with the group, such as, preparing larger quantities of food on the weekends to have leftovers for a quick weeknight meal. Find recipes with fewer ingredients and prepare meals that kids and adults will both enjoy; not making a separate meal for each person. It was also discussed to involve kids in the family meal when it comes to washing produce, choosing the vegetable, and setting the table. Children attending Rhineland Head Start will begin nutrition lessons in January focusing on the importance of trying new foods and eating a rainbow of different fruits and vegetables.

For more information on how to plan and build a healthy plate using affordable foods please visit MyPlate – Healthy Eating on a Budget. <https://www.choosemyplate.gov/budget>