

THE ONEIDA OBSERVER

A UW-EXTENSION MONTHLY UPDATE

COMMUNITY RESOURCES BY MYLES ALEXANDER



Mining Initiative

October was the peak public engagement time for the information about mining initiative. We held four public deliberative forums.

A preliminary binder of documents was sent to each library in the county the week of October 8th. The same information was uploaded to the PlaceSpeak website. The final 247 page binder (including cover, table of contents, bibliography) was sent to each Town Clerk, the three libraries, two Town of Lynne bars, and the City of Rhineland Clerk. Each supervisor and the Mayor of Rhineland received a USB drive with a PDF of the binder contents.

The PlaceSpeak website (<https://www.placespeak.com/en/topic/6104-information-for-oneida-county-about-mining/#overview>) has 26 registered users. There have been over 1,000 views. The discussion section of the website has six question threads.

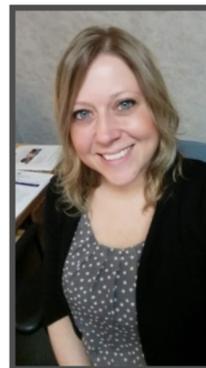
To provide information about mining does not answer the questions people have. The only information about current mining technology and Wisconsin regulation we have is from the Flambeau Mine, which has very different site conditions than the Lynne deposit. Information gleaned from other mines and other sites can be used to develop scenarios that inform decision making, but that is not the research-based approach of this initiative.

I continue to follow up on questions posted to the website and gather additional research and fact-based information.

Revisiting Needs in Oneida County

Recently, I received a request for financial education/coaching from the Oneida County Department of Social Services. As county needs and program interests change over time, this request urged me to explore this program need in Oneida County a little further. Over a year ago, Northwoods Saves, a financial education non-profit organization that worked with people in our area, dissolved due to lack of funding. Some of the programming efforts were absorbed by another local agency, but they do not have the capacity to serve people outside of their own clientele. This means that our office has nowhere to refer those in need, and we have received several requests since Northwoods Saves dissolved. On November 5th, I will be meeting with the Oneida County Dept. of Social Services to look deeper at their need and work with them to create a referral system for financial coaching that would require clients to participate in one-on-one coaching in order to help them prioritize their spending and help them to create personalized budgets. Many of these referrals will be families or individuals that have or are receiving financial assistance from OC DSS to pay utilities, etc. The intent is to work with these individuals so that they are able to pay their own bills moving forward. Due to time constraints, financial coaching will only be offered to those referred by another agency, such as OC DSS. I have also received requests from Habitat for Humanity in the past and will reach out to them when this would be available. The next training is in March 2019. I look forward to being able to fill this gap in services, as there is no other agency in the county offering free financial coaching to individuals in need.

HELATH & WELL-BEING BY SARA RICHIE



Oneida County UW-Extension Staff

Steve Nelson,
Area Extension
Director

Myles Alexander,
Community Resource
Educator

Sara Richie,
Health & Well-being
Educator

Andrea Rippley,
4-H Coordinator

Karly Harrison,
FoodWise
Coordinator

Terri Lindner,
FoodWise Educator

Merry Lehner,
Support Staff

Bonnie Tillmann,
Support Staff

4-H UPDATE

4-H PROGRAM COORDINATOR
BY ANDREA RIPPLEY

This month I have been focusing on the needs of the 4-H program in the county. At the beginning of October, I sent out a survey to ask members what they enjoy and some of the things they might want to change. Receiving feedback has been difficult but I have been trying to broaden my reach to get as many people to take it as possible. My goal is to have at least 20 people from Oneida take the survey. Currently I only have 7 responses for the county which I don't feel is a good representation of our numbers. Last year there were 101 youth involved in the county so I know I can get more responses.



With this survey I plan to create a program people will be interested in. I have been reading the responses and brain storming about the topic. There are some good suggestions in there and I intend to use them. I have also sent out a survey about a possible addition to the shooting sports program. This one has received 14 responses and gives me an idea of whether or not I should pursue the creation of this program. If anyone is interested in adding to my surveys feel free to take them! I have them linked below.

Shooting sports:

<https://www.surveymonkey.com/r/TQQL6GW>

Program Survey:

<https://www.surveymonkey.com/r/D9BS6VP>



FOODWISE
BY KARLY HARRISON

Positive Results of FoodWise Programming at Central School



Every year FoodWise Educator, Terri Lindner, provides a series of five nutrition lessons to students at Central Intermediate School. Our lessons focus on the importance of fruit and vegetable consumption, choosing healthy snacks, trying new foods, and incorporating physical activity into their daily lives. Fiscal Year 2018 was the first year that our program was able to evaluate and measure behavior change of our programming. The students were asked to complete a survey before the first lesson, after the last lesson in the series, then again three months after our programming. Two of the questions asked were, how often they eat vegetables and how often they eat fruits. Using our surveys we found that 5 out of 145 (2.7%) of students were eating at least one vegetable per day, after the five lessons we found

that 52 out of 158 (32.9%) were eating at least one vegetable per day, and three months after our program 46 out of 117 (39.3%) of students continued to eat at least one vegetable per day. We also received positive results when asking about fruit consumption. When asked how often they eat fruit, 15 out of 145 (10.3%) responded every day, after the five lesson series 67 out of 158 (23.4%) students responded that they eat fruit every day, and three months following our programming 54 out of 117 (46.2%) responded that they eat fruit every day. Many students still are not consuming the recommended two servings of fruit and three servings of vegetables, but it is a step in the right direction. It is important for youth to consume the recommended servings of fruits and vegetables daily. Individuals who consume the recommended servings of fruits and vegetables tend to have an overall low-calorie, low-fat, and high-fiber diet. Adopting a healthy diet early on is important to reduce the risk of becoming overweight/obese and developing chronic diseases, such as, hypertension, heart disease, and type 2 diabetes. There are many opportunities to help guide the youth and adults in our community to make healthy lifestyle choices. Please see the following link for ideas on how to increase fruit and vegetable access and consumption at the individual and community level.

<https://www.dhs.wisconsin.gov/publications/p0/p00507e.pdf>