

## THE ONEIDA OBSERVER

A UW-EXTENSION MONTHLY UPDATE



### **New Positive Youth Development/ Health & Well Being Educator**

The University of Wisconsin Extension, Langlade and Oneida Counties is pleased to announce that as of January 14, 2019, Carrie Kubacki has become their new Positive Youth Development/ Health & Well Being Educator.

Carrie is coming back to UW Extension after serving for a time as the interim Family Living Educator in Langlade County. Extension is very excited to have her back.

In this multi-county educational role, Carrie will provide guidance and coordination to Oneida County's Youth in Governance, Restorative Justice and Prevention educational programming. In Langlade County, Carrie will focus on health and well-being programming. Strengthening families through various means, educating the public about poverty in communities, and mindfulness sessions (stress reduction) are just some of the types of programs she will be developing and implementing.

Carrie is a graduate of UW Eau Claire and holds a Master of Science Degree from North Dakota State University. She also served as school counselor for 15 1/2 years in the Unified School District of Antigo. Other recent work experiences include positions with Aspirus Langlade Hospital and the Boys and Girls Club of Langlade County.

Please feel free to welcome Carrie to the county or to ask her youth development or health and well-being related questions by emailing her at [carrie.kubacki@ces.uwex.edu](mailto:carrie.kubacki@ces.uwex.edu) or by calling her at either 715-365-2750 (Oneida) or 715-627-6236 (Langlade).

### **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

**Carrie Kubacki**  
Positive Youth  
Development  
Educator

**Karly Harrison,**  
FoodWise  
Coordinator

**Terri Lindner,**  
FoodWise Educator

**Merry Lehner,**  
Support Staff

**Bonnie Tillmann,**  
Support Staff



## 4-H Update—Rabbit Project

4-H PROGRAM COORDINATOR  
BY ANDREA RIPPLEY

Where has January gone? This last month has been crazy busy with programs, travel and planning camp! On January 13<sup>th</sup> I was



lucky enough to host a Rabbit Project meeting in Rhinelander to help answer questions about showing and general rabbit care. Langlade County's rabbit project presented the event with Holly and Abby Lurssen presenting on judges perspectives. It went better than I expected and I had five different counties in attendance! Forest, Marathon, Langlade, Oneida and Vilas counties came to expand their rabbit knowledge. This was a great turn out and we have growth plans for the future. Some of the topics that were discussed were rabbit pedigrees, how to select a project rabbit, common diseases, what to have in your rabbit tool box and what judges look for in a rabbit. In the future we will be

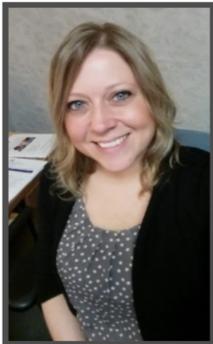


teaming up with Langlade County again to do a showing clinic. If you have questions about this event or have ideas for future events feel free to email me at

[andrea.ripple@ces.uwex.edu](mailto:andrea.ripple@ces.uwex.edu).



HEALTH & WELL-BEING  
BY SARA RICHIE



## Spring Programming Efforts

This spring I will be trained in Financial Coaching and am hoping to do outreach with other agencies to provide programming in this area. I am already working with the Oneida County Department of Social Services for referrals. In addition to referrals, I would like to partner with Head Start to provide their Financial Capability programming for parents, reach out to Partners in Education regarding the Mad Money programming for high school students and potentially work with W2 again. In addition to Financial Capability programming, I will continue to work with the Community Health

Improvement Planning process and Coalition for Nutrition and Activity efforts, as well as, coordinate StrongBodies at the Oneida County Senior Center, Minocqua Public Library, Ascension St. Mary's and our new location, Rhine Haus.

I will be following up with Mary Rideout on the recent community Trauma Informed Care Meeting that took place on January 28<sup>th</sup> and see how Extension can support this effort even more moving forward.