

# THE ONEIDA OBSERVER

A UW-EXTENSION MONTHLY UPDATE

POSITIVE YOUTH DEVELOPMENT  
BY CARRIE KUBACKI



## Youth Development Update

Oneida County Teen Court continues to run at both Lakeland Union High School and Rhinelander High School sites. We had eight more youth respondents participate in teen court in April. I am working to recruit more volunteer panelists and will postpone Oneida County Teen Court Training until the summer or early fall so that we can have enough panelists at both school sites. Rhinelander will have enough returning panelists; however, all but one of Lakeland's current panelists are graduating seniors, so I am working with school staff and administration to recruit more younger students for next year.

I will be attending the 22<sup>nd</sup> Annual Global Youth Justice Training June 18-20 in Las Vegas. The focus of this year's conference is on teen courts, and I am excited to attend to learn more about teen courts, program management and sustainability options, which I will use to develop a strategic plan for my teen court work throughout Oneida County. The following is a link to the Global Youth Justice which is an international nonprofit corporation and leader in youth and volunteer-led juvenile justice diversion programs: <https://www.globalyouthjustice.org>

## 4-H UPDATE

4-H PROGRAM COORDINATOR  
BY ANDREA RIPPLEY

4-H has a great scholarship program for youth interested in attending one of the many educational experiences or camps. This year we have updated our policy to allow applicants the opportunity to gain workforce readiness. We have updated the application to include why youth are applying for the scholarship and also have an interview with some of our volunteer leaders. This helps them gain interview experience in a safe environment, so when they are ready to apply for a job they have already interviewed before. I look forward to seeing this program grow along with the youth who participate in it!



## Oneida County UW-Extension Staff

**Steve Nelson,**  
Area Extension  
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**Myles Alexander,**  
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**Sara Richie,**  
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**Karly Harrison,**  
FoodWise  
Coordinator

**Terri Lindner,**  
FoodWise Educator

**Merry Lehner,**  
Support Staff

**Bonnie Tillmann,**  
Support Staff

## MONTHLY UPDATE

[COMMUNITY RESOURCES](#)  
BY MYLES ALEXANDER

The UW undergraduate local food system summer internship is posted. I have promoted the position locally. To date, we do not have any applicants.

Ronald Wirtz, Regional Outreach Director of the Federal Reserve Bank of Minneapolis, will speak at the Northwoods economic summit or another event this fall. Mr. Wirtz will spend a few days talking with Northwoods business and community leaders.



Strategic planning for the Oneida County Fair continues. A subcommittee is working on the plan document. We meet about every week.

Following the workshop on entrepreneurial thinking led by Gary Schoeniger of the Entrepreneurial Learning Initiative at Nicolet College, I was asked to attend a train-the-trainer workshop with Toni Van Doren, from Nicolet, at a northern Iowa community college, May 6–8th. The college is paying all my expenses.

I began to prepare to work with the Wisconsin County Forests Association board and member county forest administrators to update their strategic plan. Former Lincoln County CNRED educator now an Area Director, Art Lersch, worked with them on the initial strategic plan and first update. WCFA is located in Rhinelander. On the April 30th, I learned they need to postpone the process to begin in fall rather than May.

Conversation continues with Three Lakes leaders. We expect to host a Design Wisconsin Team visit in spring 2020. Three Lakes people are recruiting for an implementation readiness group. I will work with the group beginning in June to prepare to facilitate successful implementation of projects in Three Lakes.

As part of the exploration of a common vision project, I began the Institutional Review Board process at the University. IRB approval makes possible academic research reporting. That is of interest to Extension and University of Wisconsin, not us in Oneida County. The review proved to be unworkable for community work. Therefore, I withdrew. The IRB application was helpful to detail more of the common vision project plan.



[HEALTH & WELL-BEING](#)  
BY SARA RICHIE

## ASSET MAPPING



On April 22nd, along with Michelle Gobert from Extension Forest County, I facilitated a Community Capitals Assets Mapping exercise with the Trauma Informed Care Team around Youth Mental Health in Forest, Oneida and Vilas Counties. Partners from all three counties, across multiple sectors that serve our youth population, gathered at the Oneida County Law Enforcement Center. Michelle and I gave an overview of Community Capitals Asset Mapping and the four areas that foster Positive Youth Development, Generosity, Independence, Mastery and Belonging. The Community Capitals Framework focuses on seven resources that directly affect the health and well-being of the community:

- Natural Capital: Natural resources, including the quality of air, land and water; biodiversity.

Continued from Page 2—Sara Richie—Asset Mapping

- Human Capital: Population, education, skills, health, creativity, youth, diverse groups.
- Cultural Capital: Values, heritage, stories and traditions, recognition, celebration.
- Social Capital: Trust, networks in the community, group membership, cooperation, common vision and goals, leadership, acceptance of alternative views, diverse representation.
- Civic/Political Capital: Civic engagement of youth, increased voting, youth having an authentic voice in community issues and problem solving, level of community organization through the use of government, the ability of government to garner resources for the community.
- Economic/Financial Capital: Tax burden/savings, state and federal tax monies, philanthropic donations, grants, contracts, investments, loans, poverty rates, housing, transportation, infrastructure, telecommunications and hardware, utilities, buildings.
- Built Capital: Buildings and infrastructure in a community: schools, roads, water and sewer systems, utilities, health systems, technology services and infrastructure.



There were close to 35 participants at the meeting and we broke them into 5 groups. Each group had time to discuss each of the seven community capitals (Natural, Human, Cultural, Political, Financial, Built and Social Capital). The groups came together after each community capital was discussed and added anything they felt may have been missing and commented on any overlap. Once the activity was complete, participants shared their overall goal for this team - What do you want our communities to look like in 5-10 years when it comes to youth mental health? was the question asked. A report is being generated with the data collected and the Trauma Informed Team will decide from there where to put their efforts. The idea is to focus on and enhance or expand existing resources.



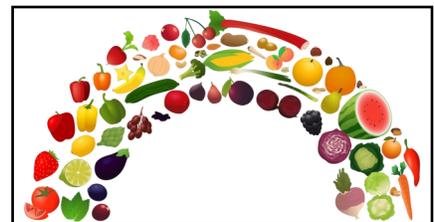
FOODWISE  
BY KARLY HARRISON

### EAT A RAINBOW OF FRUITS AND VEGETABLES



Rhineland school district 1st and 3rd graders learn about the importance of eating a rainbow of different fruits and vegetables throughout the day. Colorful fruits and vegetables provide a wide range of vitamins, minerals, fiber, and phytochemicals your body uses to stay healthy and energetic, help maintain weight, protect against aging, and reduce risk of some cancers and heart disease. Lessons in 1st and 3rd grade focus on different fruits and vegetables and their colors, the benefits of eating each color, how to include colored fruits

and vegetables in snacks and meals, and taste testing new fruits and vegetables. A quick overview of the different color categories of fruits and vegetables are:



**Blue/Purple:** Healthy aging and memory health

**Yellow/Orange:** Heart, vision, and immune health

**Green:** Vision, bone/teeth, and immune health

**Red:** Heart and memory health

**White:** Heart health and may lower blood pressure and cholesterol