



July 2019

THE ONEIDA OBSERVER

A UW-EXTENSION MONTHLY UPDATE



Extension
UNIVERSITY OF WISCONSIN-MADISON
ONEIDA COUNTY

Oneida County UW-Extension Staff

POSITIVE YOUTH DEVELOPMENT
BY CARRIE KUBACKI



Youth Development Update

The Oneida County Teen Court continues to be busy into the month of June with an additional 11 youth and their families electing the teen court process. We continue to see a variety of cases, including tobacco and vaping, underage alcohol use and disorderly conduct. I want to give a huge shout out to our dedicated volunteer

youth panelists who are donating summer hours to continue the teen court program. I recently returned from the Global Youth Justice Conference where I gathered a great deal of information and recommendations for how to create and maintain a successful teen court. Over the next few months, I will continue to research these ideas and see how to best implement those that will have the greatest impact on our youth respondents and our youth panelists. Finally, I will continue to work with the youth panelists to update our teen court training materials so that we are ready to train our ten new Lakeland Union High School panelists once school begins in the fall. For a brief introduction to teen courts, please go to the following link: https://www.ojjdp.gov/mpg/litreviews/Teen_Youth_Court.pdf

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
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4-H UPDATE

4-H PROGRAM COORDINATOR
BY ANDREA RIPPLEY

Summer is the busiest time for 4-H! With day camps, summer camp and the fair I have plenty on my plate! This year I want to reintroduce the Cloverbud Day Camps back to Oneida County. These day camps are for youth in Kindergarten-third grade. This is a great opportunity to take 4-H for a test drive! In my other counties we had strong day camp programs that served many youth in the communities they were hosted in. I think Oneida County will greatly benefit from this programing!



Karly Harrison,
FoodWise
Coordinator

Terri Lindner,
FoodWise Educator

Merry Lehner,
Support Staff

Bonnie Tillmann,
Support Staff

MONTHLY UPDATE

COMMUNITY RESOURCES
BY MYLES ALEXANDER

Work on the local food system front continues slowly. Greg Lawless, an Extension food system specialist, was in the area. I organized a meeting with Greg, Brittany Beyer (Grow North), Rick Montgomery, owner of a financial technology company who's looking to invest in food processing infrastructure in downtown Antigo, and Kathy Martin, a goat dairy farmer and artisan cheesemaker near Eagle River. We all learned from each other. Greg was impressed by all the Northwoods food work. He will follow up with ideas for how he can assist further development.



Strategic planning for the Oneida County Fair continues. I am working with a subcommittee on the plan document. They are all now very busy with the fair. We will continue work in mid-August. The vision, mission, values, goals and strategies are ready for the full fair committee to review. The detailed action planning will take time.

Nicolet College continues to include me in their entrepreneurship planning. I participated in a review meeting and six hour planning meeting. Look for updates in local media.

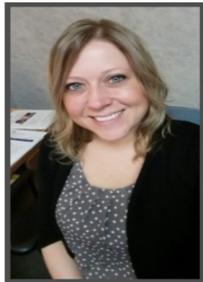
Work in Three Lakes for a Design Wisconsin Team visit continues. We decided to move the visit from spring 2020 to September 2020. My primary contacts are from the Three Lakes Community Foundation. They are recruiting two groups of people. One will plan the DWT logistics. The second will study the community and the literature about community development to facilitate successful implementation of projects.

Both groups will kick off before September.



HEALTH & WELL-BEING
BY SARA RICHIE

StrongBodies Programming Expands



We recently finished the first StrongBodies program in our fourth location in the county. Rhine Haus, a residential living facility for older adults and disabled adults in Rhinelander, recently started a program at their facility that is open to the general public. The instructor, Dana Wilson, is the activities coordinator for the Meridian Group at the Rhine Haus location. Wilson has been a wonderful partner over the past year and has shown great interest in Extension Health & Well-Being program efforts. Last Spring, I facilitated the Taking Care of You program for their residents. After that, Wilson and I worked together to develop an

implementation plan for the StrongBodies class at that location. With support of management, Wilson attended the facilitator training and the program is being offered free to participants. A new session of StrongBodies will start on July 8th and go until August 28th. Sessions are held at 10 am on Mondays and Wednesdays and are an hour long.

In addition to the Rhine Haus StrongBodies program, the Minocqua Public library has made the decision to get another facilitator trained to replace Peg O'Connell, whom recently took the Library Director position. The Minocqua Public Library has been invested in the program since 2015 and continues to be a valuable partner in expanding access to Health & Well-Being programming efforts in Oneida County.

If you know of anyone interested in training to become a facilitator for the StrongBodies program in an effort to expand access throughout Oneida County, please contact Sara Richie, Health & Well-Being Extension Educator at sara.richie@wisc.edu. A training is scheduled for this coming August in Phillips, WI. It's not often a training comes this far north, so it would be great to take advantage of it!

Chicken Fajita Food Prep Class a Success

FoodWise had its first food preparation class at Rhinelander Area Food Pantry on May 31st. During this lesson, participants first participated in a 30 minute food safety nutrition lesson, then a one hour food preparation lesson that continued focus on food safety as well as basic knife skills while preparing homemade chicken fajitas. A few quotes from participants include:



“Loved the class, it was informative, and fun”, “Really liked the food safety information, I can use this at home”, “I loved the class. Learned a lot about food preparation and how to do it safely.”

All five participants enjoyed the class and would recommend participation in FoodWise nutrition and food preparation classes to a friend. All participants were in agreement that they would sign up for more nutrition lessons provided by FoodWise.

FoodWise will continue to provide lessons at Rhinelander Area Food Pantry involving food preparation throughout the summer. Given the size of the kitchen facility, space is limited and lessons will be provided to the first eight individuals to sign up.

To learn more about food safety and the proper cooking temperatures of the foods you eat, please watch the following two minute video on how to use a food thermometer: https://spendsmart.extension.iastate.edu/video/use-a-food-thermometer/#video_player

CHICKEN FAJITAS

INGREDIENTS

- 1 pound** boneless, skinless chicken breast
- 2 teaspoons** chili powder
- 2 teaspoons** garlic powder
- 1 1/2 tablespoons** oil (canola or vegetable)
- 1** red bell pepper (thinly sliced)
- 1** green bell pepper (thinly sliced)
- 1** medium onion (thinly sliced)
- 6 (8 inch)** whole wheat tortillas
- 6 ounces** low fat cheddar cheese, shredded (optional)
- 1 cup** tomato, chopped (optional)
- Cilantro, chopped (optional)
- Jalapeno, sliced (optional)



INSTRUCTIONS

1. Freeze chicken 30 minutes until firm and easier to cut. Cut chicken into 1/4” strips. Place in a single layer on a plate. Wash hands, knife and cutting board. Sprinkle both sides of strips with chili and garlic powder.
2. Add oil to a 12 inch skillet. Heat to medium high. Add chicken strips. Cook about 3-5 minutes, stirring frequently.
3. Add bell peppers and onion. Stir and cook until vegetables are tender and chicken is no longer pink. (Heat chicken to at least 165 degrees F)
4. Scoop chicken mixture (2/3 cup each) onto tortillas. Top with your favorite toppings.