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4-H YOUTH DEVELOPMENT

Taking Care of You Program Starting Off Strong

By Lynn Feldman

4-H Youth Development Educator
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“Taking Care of You” is an educational program designed to give participants skills and tools they can use to address stress in their lives. A research-based curriculum, the program comes from Missouri Extension and was introduced to Wisconsin Extension a little over a year ago. Created as an adult-focused curriculum, my goal is to adapt the program for youth audiences. During the past year, I used pieces of the program for camp counselor training, as a seminar at Youth Conference in Madison, and for Teen Court respondents.

Prior to working on the program for a youth audience, I wanted to teach the whole eight-hour curriculum to adults to see how it flows. In January, I ran the program with 12 workshop participants who met four nights, two hours a night. Discussions, as directed in the curriculum, centered on how to become more self-aware of times when stress is impacting life; how to calm the anxious mind; the relationship between spiritual, mental, social, and physical health; ways to create more life satisfaction; ways to help address situations that are out of personal control; and how changing thoughts can change emotions. Take home tools included mindfulness activities; personally developed joy, gratitude, and value lists; and charts for working on specific stressful situations.

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Overwhelmingly, the evaluations at the end of the workshop series indicated that the participants gained with respect to knowledge. Behavior change was noted by many, and most indicated that they felt better prepared to address stress in the future. The results of a verbal group reflection showed that participants felt the group format made them feel supported.



Prior to the start of the January workshop series, there were already 15 on a waiting list for another round of the same program. While I had only planned to teach the program once before working on a youth adaptation of the curriculum, I felt the need to address the waiting list. I again taught the program during the month of March. Since the March workshop series started there have been approximately 15 more people who have shown interested in a future workshop series.

After teaching the full program twice for adult audiences, I'm now ready to train others to facilitate the program, since the original workshop I attended about "Taking Care of You" was designed as a "Train the Trainer" workshop. My goal is to host a one-day program hopefully by Fall. I also wish to teach the full curriculum to maybe one of the Teen Court panels in the county, so that those youth leaders can assist in adapting the program for a teen audience. When these two goals are met, "Taking Care of You" can then be a regularly offered program for both adults and youth groups in the area.

Family Fishing Fun Day

Free! 9 a.m. to noon
Saturday, June 2, 2018
Hodag Park Boat Landing, Rhinelander

- Boat and depth finder demos
- Leeches and live bait
- Name that fish game
- Knot tying
- Fish cleaning
- Let's Go Fishing! Boat Rides
- Learn how to cast
- Aquatic Invertebrate
- Children's activities
- Minnow races
- Boating safety
- Meet your local conservation warden
- Artificial bait and spinners
- Aquatic invasive species
- Pine Lake Fire Dept. demonstrations
- DNR fish net demo

The first 150 youth participants receive a FREE fishing equipment item!!



Community & Economic Development

Participatory Budgeting: Local Government Budgeting Outside Little Boxes with Numbers

By Myles Alexander

Community, Natural Resources & Economic Development Educator
UW-Extension Oneida County



Participatory budgeting (PB) is a democratic process in which community members decide how to spend part of a public budget. Taxpayers work with government to make some of the budget decisions that affect their lives.

First developed in Brazil in 1989, there are now over 1,500 participatory budgets around the world. Most are at the city level, for the municipal budget. PB is also used by counties, states, housing authorities, schools and school systems, universities, coalitions, and other public agencies.

Basic Process:

1. residents brainstorm spending ideas,
2. volunteer budget delegates develop proposals based on these ideas,
3. residents vote on proposals, and
4. the government implements the top projects.

For example, if community members identify street lighting as a priority, their delegates might develop a proposal to determine where new street lamps are needed and what street lamps to use. The residents would then vote on this and other proposals. If they approve the street lamp proposal, the city pays to implement it.

Participatory budgeting is established in nine of 50 Chicago wards. PB is used to budget a portion of Aldermanic Discretionary Funded capital projects. In the first five years \$10.3M was allocated and 4,154 people participated each year. The process runs from October through May. Anyone can make a proposal. Ward stakeholders develop the proposals. Ward residents age 16 and over may vote. For more about PB in Chicago visit: <http://www.pbchicago.org/>.

The not-for-profit Participatory Budgeting Project assists with 80% of the PB projects in the US and

Canada. Since 2009 they have worked with 114 elected officials and 564 community partners to engage over 300,000 people in 22 cities to decide how to spend \$238,000,000 on more than 1532 community projects.ⁱ The New York State Education Department now recommends PB as part of the curriculum. There are youth PB programs in New York City, Boston and Phoenix.

Some Wisconsin communities made their own people friendly budget changes. Burlington changed the budget document to lead with narrative mission, goals, and accomplishments. The city council makes decisions based on policies related to the budget. Citizen Budget Partner groups work with the city to develop and track parts of the budget. For more information download the City Administrator's 2013 presentation (<http://www.lwm-info.org/DocumentCenter/View/85>).

The City of Eau Claire convened a public forum in 2008 to help develop the budget. Reduced state aid and the Great Recession led to difficult decisions.ⁱⁱ The forums began with an explanation of the budget history and current problem. It concluded with small group discussion of three questions:

- What could the City do to streamline or make City services more efficient?
- What services should the City consider reducing or eliminating?
- What services should be paid for through user fees or charges?

Like checkbooks and credit card statements, budgets are the result of values based decisions. What does your local government budget tell about what is important in your community?

ⁱ <http://www.participatorybudgeting.org/>

ⁱⁱ www.ci.eau-claire.wi.us/home/showdocument?id=1897

Family Living

UW Extension's Role in Creating Healthy Communities

By **Sara Richie**,
Family Living Educator

Eating well and staying active are important keys to good health. Yet for many, putting these positive behaviors into action can be a challenge. Studies show that 33% of Oneida County's population is considered obese, while 23% report engaging in no leisure-time physical activity. Ten percent of Oneida County's population is considered to be food insecure, which means they lack reliable access to food.



UW-Extension programs make a difference. Developed using university research, these educational programs promote health and wellness by helping individuals and families eat well, stay active and make well-informed decisions about health behaviors. Health & Well-being educators also work alongside community partners to create and support community environments that promote health and wellness. Serving as a trusted resource, Health & Well-being educators bring university-based research to community collaborators, working together on solutions. Leading community coalitions that create positive community change is a hallmark of University of Wisconsin Extension programs. When families and communities thrive, the entire state benefits through savings in health care costs, increased productivity of Wisconsin's workforce and improved quality of life for all Wisconsin residents.

Here in Oneida County, the Health & Well-being Educator works closely with the Chronic Disease Prevention Coalition and Oneida County Coalition for Activity and Nutrition (CAN!), to implement evidence-based strategies that promote healthy lifestyles. She also facilitates educational programs that encourage healthy lifestyles,

provides the knowledge and resources for participants to lead healthier lives, and supports the larger community level changes that Oneida County CAN! is working to address. In addition to coalition work, the Health & Well-being Educator facilitates and coordinates the Oneida County StrongBodies program, facilitates Cancer Clear & Simple, participates in Community Health Improvement Planning, as well as facilitates healthy living programs around nutrition and food safety.



On April 10th, there will be a kick-off meeting for Oneida County CAN! at the Oneida County Health Department at 3p.m. If you or anyone you know is interested in improving the health of our community, feel free to attend. The coalition will be working on its annual plan in alignment with the Forest, Oneida, and Vilas County Community Health Improvement Plan. For more information, contact Health & Well being Educator, Sara Richie at: sara.richie@ces.uwex.edu.