Wisconsin Nutrition Education Program

From classrooms to fairs, Nutrition Educators are there

By Ginger Zastrow
Wisconsin Nutrition Education Program Educator

Sharing what we know

As a representative from the University of Wisconsin-Extension Oneida County, I participated in the Rhinelander Community Resource Fair, sponsored by WI Facets, the Crescent Parent Advisory Council, and the School District of Rhinelander Pupil Services, held on March 3 at Crescent Elementary.

I spent several hours building relationships and networking with community partners, answering questions and handing out brochures, business cards and flyers.

Coordinator, Pearl Thompson stated, “All in all we had 56 people walk through the doors for our event. I think this is a great start and pretty good considering the weather! We hope to have our fair again next school year and we will host the event on a ‘family night’ so the families are already there to start in addition to the invites to the general public.”

Students appreciate us

Oneida County Wisconsin Nutrition Education Program Educators taught 61 events in two counties, Langlade and Oneida in March. Agencies reached were Antigo Alternative high school, Rhinelander Head-start & WIC, Pelican Elementary school, Koinonia of Rhinelander, Elcho Elementary and Northwoods Charter Elementary School.

A student from Mrs. Tomm’s classroom at Elcho School District was anxious to greet me with a healthy gift. His comment was, “I was bringing apples for the class and gave one to Ms. Ginger because, after all, she is the nutrition teacher and why not be generous!”

Another student from Mrs. Kincaid classroom said to me, “Remember those banana chips you brought in for us to sample? Well, we had those at my grandma’s house.”

As I was leaving the school for the day, three students from last year’s Mrs. Klemme and Mrs. Tomm’s classroom ran up in excitement and said, “You have us addicted to rutabagas! We love them!” “Yah!” another student replied.

Yes—we can do that

When our nutrition program was asked by three partnering agencies, (Northwoods Charter, and Pelican and Crescent Elementary schools), to participate at a 4K Parent Activity Night on Feb. 26, we gladly accepted. WNEP had a table with handouts and an activity game for the participants. Attending the 4K/Parent Activity Night were 26 parents and 24 youth. Partner agencies handed out free jump ropes, free bottled water and a free granola bar to all participants.

Contact Ginger Zastrow, WNEP Educator, at 715-365-2750 or by email at ginger.zastrow@ces.uwex.edu
Greetings!
I am the interim Community, Natural Resources and Economic Development agent for Oneida County. Although I’m new to this side of the Extension desk, I’ve worked with Extension staff all over Wisconsin for many years in different capacities, from the “macro level” (such as the small business development centers) down to the individual or “micro level” services (have you ever had your garden soils analyzed?).

I’ve been on the job for only a little over two weeks now, so I am still getting the lay of the land, both in terms of the local community and the statewide organization. But as the “interim” tag suggests, I’ve had to hit the ground running. I’m continuing the work of my predecessor, Tim Brown, working with local actors who have been passionate in developing the public-private partnerships necessary to expand broadband access to all residents and visitors of Oneida County.

Working closely with the University of Wisconsin-Extension cohorts from across the state, we’re also beginning discussions with multiple community organizations at improving University of Wisconsin-Extension outreach from both directions. I adhere closely to the “Teach, Learn, Lead & Serve” model, but the learning should go in both directions. That means having open, frank conversations, laying down the groundwork for successful partnerships, and finding ways for communities to bring us in, preparing University of Wisconsin-Extension staff to contribute effectively and for audiences to get the most return for their time. I don’t want to just “reach out,” I want to be “invited in.”

To get the ball rolling, I plan on hosting many more community conversations both large and small over the coming months. At the University of Wisconsin-Extension, we strive to bring the resources of the University of Wisconsin system to where you live, and I take that cause literally.

This summer, I will be out and about all over Oneida County, finding where people eat, work, play, get healthy, find spiritual growth... simply to have that conversation. You can’t know what’s going on from the basement office.

Per the sublime radio interviewer Alex Chadwick: “...there are so many people with stories and willing to tell them if you ask.” You can view his interviews here: www.musarium.com/interviews50 cents.

Over the next few months I’ll be doing a lot of asking. Have something to ask me? Give me a call or email anytime. Joel Knutson can be reached by phone at 715-365-2750 or by email at joel.knutson@ces.uwex.edu.

“County Government & YOU!” will be offered to the public from 4:30-5:30 p.m. Tuesday, May 19, prior to the monthly Oneida County Board meeting held at 6 p.m. at the Oneida County Courthouse in Rhinelander. This public education session will cover the most basic aspects of Oneida County government, with a special focus on information public can receive from the Oneida County government website.

For more information, call the UW-Extension Oneida County office at 715-365-2750.

Tim Brown, former UW-Extension Oneida County Educator, presents at the County Government & YOU! held last November.
On April 30 four Oneida County 4-H youth and a 4-H parent, along with University of Wisconsin-Extension office assistant Anne Williams and I, will head to Madison for the day to participate in Capitol Connections.

The Capitol Connections concept was taken from the annual Wisconsin Associated County Extension Committees (WACEC) conferences that used to be held in Madison. This year’s one-day Capitol Connections event will include WACEC members, friends, 4-H members, volunteers, Resource Advocacy Network members, staff members and community partners.

During the morning hours all participants will come together for presentations related to University of Wisconsin-Extension goals and value. The afternoon is reserved for county group meetings with state legislators where the team can provide personal stories about how University of Wisconsin-Extension programming has impacted lives, learn about government structure, and can take the opportunity to thank the legislators for their work and support.

The youth going on this trip have already made appointments with our state representatives Tom Tiffany and Rob Swearingen. In preparation for their trip, they are surveying families throughout the county to gather testimonials about the impact of 4-H programming. They are responsible for compiling the information and presenting it in written format as well as verbal during their visits.

The University of Wisconsin-Extension’s stated purpose is to connect people to the University of Wisconsin and engage them in transforming lives and communities. Its underlying values include community, discovery, inclusiveness, relationships, and respect.

Extension staff is expected to teach, learn, lead, and serve. In Oneida County that includes being a resource for Master Gardeners, soil testing, water testing, plant and insect identification, 4-H Youth Development, Family Living, and Community (including natural resources and economic development).

Additional feedback related to all University of Wisconsin-Extension programming areas (not just 4-H) that the youth can relay to our legislators is appreciated.

Please consider taking a couple of minutes to answer the two questions listed above. You can fill it out online, by email or by calling.

The team going to Capitol Connections will be representing all of Oneida County and the trip is a wonderful example of a positive youth development activity.

Contact Lynn Feldman at 715-365-2750 or by email at lynn.feldman@ces.uwex.edu.

An EEO/AA employer, University of Wisconsin-Extension provides equal opportunities in employment and programming, including Title IX and American with Disabilities (ADA) requirements. © 2006 by the Board of Regents of the University of Wisconsin System.
In partnership with the Oneida County Department on Aging, the University of Wisconsin-Extension is bringing a new strength training program to the Oneida County Senior Center starting this May.

StrongWomen, Strong Bones is an evidence-based strength training program developed by Dr. Nelson and her colleagues at Tuft’s University and is widely used throughout the country, including several active programs throughout Wisconsin.

The StrongWomen Program was developed using scientific research to show the impact of strength training programs on older women. The benefits of strength training for older women have been studied extensively and include:

• Increased muscle mass and strength
• Improved bone density and reduced risk for osteoporosis and related fractures
• Reduced risk for diabetes, heart disease, arthritis, depression, and obesity
• Improved self-confidence, sleep and vitality

Although the StrongWomen program has targeted mid-life to older women, it is not exclusively for women. Men are able to join in and reap the benefits of the progressive resistance training, balance training, and flexibility exercises that the program offers.

Oneida County Senior Center’s Strong Bones program will incorporate a number of exercises, working several different muscle groups during each session. The exercises include a combination of dumbbells, ankle weights and body weight resistance, along with a 5-10 minute warm-up and cool down during each session.

Strong Bones is a 12-week program, two days a week, for one hour sessions. In order to get the full benefits of the program, a participant must commit to attending the program in its entirety.

An information session will be held at 10:30 a.m. Tuesday, April 14, at the Oneida County Senior Center. Please join us and learn more about the benefits of the Strong Bones program.

For more information contact Sara Richie at 715-365-2750 or by email at sara.richie@ces.uwex.edu; or contact Stephanie Schroeder at 715-369-6170.