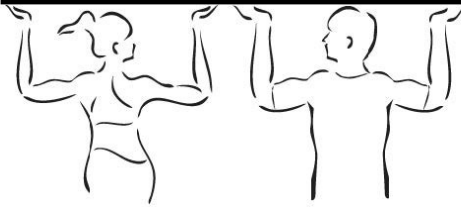


Strong Bones Program

The Strong Bones program will be continuing and we are adding and expanding to our class schedule. Currently we have the following classes set up for the spring but you can join at any time of the year. We would like to expand our program to the Western side of the county. If you are interested in becoming a Strong Bones instructor please contact our office at 715-526-6136. The next instructor training session is on October 10th in Wausau. The class is paid by the Shawano County UWEX.

Lifting towards better health!!



Summer Session will run from June 13th to August 26th. 2016

Summer Strong Bones Sessions:

Zion Lutheran Church
1254 S Union Street, Shawano
Mon/Wed 8:30 am – Regular class
Sue True & Carol Stern

Mon/Wed 8:30 am – Advanced class
Linda Olson

Tue/Thur 7:30 am – Regular class
Kara Skarlupka

Tue/Thur 7:30 am – Advanced class
Nancy Schultz

Sacred Heart Church
302 S Main Street, Shawano
Tue/Thur 3:45 pm – Regular class
Jeanne Kaczrowski

Total Fitness
203 E Green Bay Street, Shawano
Mondays 12:00 pm – Regular class
Sue True

St. Francis Solanus
724 Mader Street, Gresham
Thursdays 4:05 pm – Regular class
Sandy Schinke

Thursdays 5:15 pm – Regular class
Charlotte Schwartz

St. Paul Lutheran Church
240 E Green Bay Street, Bonduel
Mon/Fri – 7:30 am – Regular class
Kara Skarlupka

Clintonville Community Center
30 S Main Street, Clintonville
Mon/Thur – 1:00 pm – Regular class
Tami Buchholz

\$30 registration fee includes class materials
Minimum Class size is 15

Mohican Family Center
N8605 Oak Street, Bowler
Mon/Wed – 5:00 pm – Regular class
Peggy Lemke

At the present time you can attend the Mohican Family Center class free of charge. No excuses!!



FAMILY LIVING EDUCATION

Working for Wisconsin Families

Nancy Schultz, Family Living Education
Shawano County UW-Extension

July-August 2016



THE F.R.E.S.H. PROJECT

FOOD • RESOURCES • EDUCATION • SECURITY • HEALTH

➔ What is the F.R.E.S.H. Project?

The F.R.E.S.H. Project and its partners are working to lay the foundation for a healthier, accessible, and sustainable food system through assessment, education, and community engagement.

➔ Who is working on the F.R.E.S.H. Project?

The F.R.E.S.H. Project is a partnership between the Ho-Chunk Nation's Pac Haci Community, the Menominee Indian Tribe of Wisconsin, the Stockbridge-Munsee Community, the Shawano-Menominee Counties Health Department, the Shawano County UW Extension Office, the Wisconsin Nutrition Education Program for Menominee Nation/County and Shawano County, and the Shawano County Planning Department.

➔ Why do we need the F.R.E.S.H. Project?

Large portions of Shawano County, Menominee County, and the tribal lands are considered food deserts – places that have lower personal incomes and limited access to affordable, healthy food. Because of these higher rates of poverty and limited access, many people experience food insecurity – not knowing for sure if they'll be able to provide an adequate diet for themselves or their families.

➔ What is the F.R.E.S.H. Project going to be doing?

In order to address the problem of food deserts and insecurity in our communities, the F.R.E.S.H. Project first wants to better understand the problem. We'll be conducting surveys of people in our area, as well as grocery stores and farmers' market vendors, to create a clearer picture of the situation. From this data, the partners on the F.R.E.S.H. Project will develop a plan to help everyone have access to a healthy, affordable, and sustainable diet.

➔ What can I do to help?

There are many ways you can help this important effort. You can support a local farmers market, share this information about the F.R.E.S.H. project, or learn more about food insecurity and hunger in our community – see our website at <http://www.plan4health.us/?p=2510>. **But most importantly, you can complete a survey!** If you want to get a copy of the survey, or want more information about the F.R.E.S.H. Project, you can contact:

Casey Mitchell

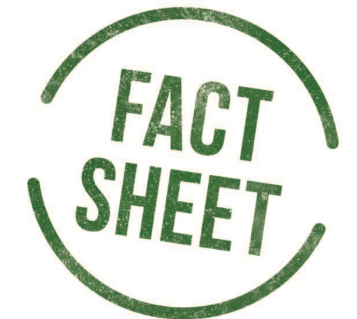
casey.mitchell@co.shawano.wi.us
(715) 524-2321

Dan Robinson

dan.robinson@co.shawano.wi.us
(715) 524-2321

Nancy Schultz

nancy.schultz@co.shawano.wi.us
(715) 526-6136





EDUCATIONAL OPPORTUNITIES



For more information on these programs or to register call the Shawano County UW-Extension office at: 715-526-6136 or 866-526-2128.

Share the Bounty

Share the Bounty will soon be starting up again hopefully with abundant produce!! The drop off and pick up sites will be:

SAFPARC— 218 E Richmond St. from 9 to 11:30 am, M/F
Goodwill—300 Lakeland Rd. from 9 to 9 pm, M/Sat. and 9 to 7 pm Sunday
Wittenberg Community Center—208 W Vinal Street
Drop off and pickup, M/Th, 8 to 5 pm (when open)
St. Martins Church—407 S Warrington, CECIL
Drop off, 4th Tuesday, 9 to 1 pm
Pickup, 4th Tuesday, 1 to 4 pm
Bonduel Community Food Pantry—240 E Green Bay Street, BONDUEL St. Paul Lutheran Church. Drop off 2nd Mon. to Wed. of the month from 8—3 pm at the Church office. Pickup is the 2nd Wednesday from 4 to 6 pm.
St. Michael Food Pantry—N816 Hwy 47/55– Keshena Drop off: 1st & 3rd Mondays—11—1 pm & 1st & 3rd Tuesdays 11—2 pm
Pickup: 1st & 3rd Tuesdays—1 –3 pm



Farmer's Markets are in full Swing!

Get out and visit the Farmer's Markets in your area! They are all across the county . Stop in and see what type of fresh produce is available. Most markets will run through the end of September or into October.

Shawano Farmers Market—Saturdays from 8 to Noon

200 Block of Division Street—Franklin School lot.

Kehtekaewak Farmers Market—Keshena, Thursdays in the SDI Parking Lot from Noon to 6 pm

Many Trails—At the Little Star Gas Station Parking Lot in Bowler on Highway A. Fridays—Noon to 5 pm (July 1st)

Shawano Community Dinner

The next “Shawano Community Dinner” will be held on Tuesday, July 26th at the First Presbyterian Church in Shawano. The church is located at 100 Presbyterian Street across from the post office. Serving begins at 5:30 pm and usually runs until 7 pm. The dinner is free, and open to anyone who wishes to enjoy a hot meal. There is no church service, and the dinner is always varied as it is served by various volunteer groups with in the community. It is ALWAYS held the 4th Tuesday of each month, with exception to December it is held on Christmas Day. Any questions or concerns people have you can e-mail Angie Wilber at iwanttoteach@hotmail.com or call/text to 715-851-6247.

Raising A Thinking Child

If you are a parent of a 4-7 year-old and your child has experienced any of the following:

- Temper tantrums
- Difficulty making or keeping friends
- Impatience or interrupting
- Not listening

Then the Raising a Thinking Child workshop may be just right for you! This evidence-based workshop series will help you guide your child to solve common, everyday problems by communicating with your child.

Participants will learn:

- To give their children skills to solve their own problems and think about the consequences through fun games
- How to help kids care about and understand their own and others' feelings

This program is facilitated by Nancy Schultz, Shawano County UW-Extension Family Living Educator. It is a refreshingly practical curriculum that helps you help your child learn how to think, not what to think. Through 8 weekly classes, along with interactive, fun activities for you and your child to do at home, you will learn ways to help your child think in new problem-solving ways.

If you are interested in this class that will be offered the Fall of 2016 please call our office to register.

The fee is \$15 per family and refundable at the completion of the class. Scholarships are available. For more information or to register please call the Shawano County UWEX offices at 715-526-6136.

Shawano County HCE

Upcoming activities sponsored by the Shawano County HCE are “Caregiving Tips for Elderly& Disabled” on October 5th at the Shawano County Courthouse at 5:30pm.

We will cover everything from in home care to institutions, finance, estate planning, living wills, POA for health & finance and caregiving coalitions. \$3.00 fee for non-HCE members.

On November 2nd at the Shawano County Courthouse (5:30 pm) and a repeat session on November 3rd at Zion Methodist Church in Bonduel (1:30 pm) the HCE will be hosting “Food Label Lingo” . In this presentation participants will learn to identify all the different parts of the food label such as nutritional value and safety and quality. The information and resources gained will help you speak *food label lingo* with family and friends.

Shawano Community Education Classes

- **Pickling Vegetables**
Wednesday, July 20th, 6 to 8:30 pm

You will be making Dilly Beans. This boiling water canner method preserving green beans is a quick, fun food preservation method. Fee \$8 and \$5 ingredients fee to be paid to the instructor.

- **Canning Tomato Products**
Tuesday, August 17th, 6 to 8:30 pm

Tomatoes are probably the most popular home canned food. Canned tomatoes are excellent for preparing chili suppers, spaghetti sauces, casseroles and an endless variety of meal accompaniments. Information will be shared on canning tomatoes and salsa. Fee \$8 and \$5 ingredients fee to be paid to the instructor.

- **Canning Apple Products**
Wednesday, Sept. 28th, 6 to 8:30 pm

This class we will provide information and tips for canning fruits safely. Canned applesauce and apple pie filling are excellent ways to preserve those apples from your apple tree. The boiling water canner method will be used to preserve these apples for delicious treats all winter long. Fee \$8 and \$5 ingredients fee to be paid to the instructor.

- **Canning Venison & Dehydrating Meats/Produce**
Wednesday, October 12th, 6 to 8:30 pm

Home canned meat is tasty, tender and easy to use. You will learn techniques for canning meat including the use of a pressure canner. You will also learn how to safely make jerky and how to dehydrate your produce. Each participant will take home a booklet with recipes and directions for each topic covered at class. Instructors: Nancy Schultz, Family Living Educator and Kara Skarlupka, Family Living Support Staff from the Shawano County UW-Extension. Fee \$8 and \$5 ingredients fee to be paid to the instructor.

- **Who Get's Grandma's Yellow Pie Plate?**
Wednesday, October 19th, 6 to 8:30 pm

Passing on Personal Possessions. This workshop will show a step-by-step process to passing on personal possessions. It is designed to be an effective tool for a variety of family groups working to make decisions in different situations.

You will find this workshop helpful as you consider inheritance issues following a death or a family crisis, during a move to an apartment or nursing home, as you prepare a will, or when you carry out the wishes of a loved one. There can be powerful messages in who gets what. Fee \$5 and \$12.50 materials fee to be paid to the instructor.

Strengthening Families

This proven program brings parents and their youth ages 8-10 together in highly interactive sessions that improve parenting skills, build life skills in youth, and strengthen family bonds. Over the course of 7 weekly 2-hour classes that begin with a shared meal, parents and youth enjoy individual and shared activities including: large and small group discussion, role playing, positive communication skill building, family bonding, problem solving skill building and participant bonding.

The program will run from every Tuesday starting on October 18 and ending on November 29, 2016. The program will run from 5:30 to 7:30 pm. There is not a fee for this program.

If you know anyone that would be interesting participating in the program, please contact the UW-Extension at 715 526-6136.

*For more information on the WWF: Contact the Shawano County UW-Extension Office,
Room 101—311 North Main Street, Shawano, WI 54166*

• 715-526-6136 • <http://shawano.uwex.edu/> •

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