

### Strong Bones Program

The Strong Bones program will be continuing and we are adding and expanding our class schedule. If you are interested in becoming a Strong Bones instructor please contact our office at 715-526-6136. The next Strong Bones training will be in Appleton on June 1st.

We have set up a new class structure, you no longer need to join at the beginning of a session. You can purchase an annual membership at \$140.00, \$70.00 for a semi-annual and \$35.00 for a quarter or 12 weeks. You can join at any time you wish!

On May 1st a new class started in Tigerton, if you would like to start out with a new class this is the one to go to!! Since there is limited space, please call the office to reserve your spot. JOIN NOW!!!!



**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 & Advanced class  
Kara Skarlupka & Nancy Schultz

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

**Total Fitness**  
**203 E Green Bay Street, Shawano**  
Mon/Wed 12:00 pm – Regular class  
Sue True

**St. Francis Solanus**  
**724 Mader Street, Gresham**  
Mon/Thur 4:05 pm – Regular class  
Sandy Schinke

**Peace Lutheran Church**  
**N6315 County Road D, Tilleda**  
Mon/Thur 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

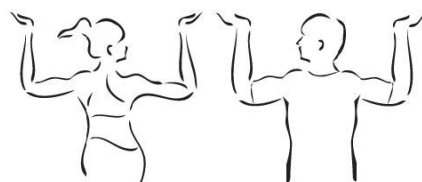
**Pulaski Senior Center**  
**486 S Augustine St. #14**  
Tue/Thur —7:30 am—Regular class  
Kitty Kaari/Karen Barnes

**Holy Family Church**  
**202 N Ellms Street, Wittenberg**  
Mon /Thur 4:30 pm/-Regular Class  
Deb Bahr

**St. Anthony Church**  
**430 Swanke Street, Tigerton**  
Mon/Thur – 4:30 pm – Regular class  
Debra Brandt

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

Lifting towards better health!!



FAMILY LIVING EDUCATION

### Working for Wisconsin Families

Nancy Schultz, Family Living Education  
Shawano County UW-Extension



May/June 2017



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

FOOD • RESOURCES • EDUCATION • SECURITY • HEALTH

The F.R.E.S.H. Project has now moved to its next phase. A core group has been established with JoAnne Schedler and Kim Ihrcke as co-chairs of the F.R.E.S.H. Project. The F.R.E.S.H. Project's vision is food systems which promote healthy diets, increase food security and strengthen the community. F.R.E.S.H. Project is working toward building a network of local producers and volunteers to increase access to local food and plan projects. We have created a strategic plan to guide our efforts.

Our first project is to expand the “Share the Bounty” Program. Share the Bounty currently has 6 locations throughout the county where anyone can drop off their excess produce to help people in need. We would like to expand this program by establishing more drop-off sites and start a “Grow a Row” program encouraging people to plant extra in their gardens for donations to the program.

Some of our future projects would be to establish a “Double your Bucks” program. This program would double Foodshare dollars to purchase fresh food from local farmers' markets, making it more affordable for low income households. Another project would be to establish a directory of local produce growers and other value-added food items that sell directly to consumers (such as farm stands or on-farm sales). One of our major long range goals is to have a mobile farmers market to increase access to fresh food in food desert areas in the county, areas with low household income and limited access to food.

All of these projects are in the infancy stage and we are looking for volunteers that might be interested in working on one of these projects. If this is something you would like to get involved in, please contact JoAnne Schedler at 715-787-4788 or Kim Ihrcke at 715-853-9946, you can also visit the web site [www.thefreshproject.org](http://www.thefreshproject.org).







# 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.

## Community Programing

### Intro to Canning and Food Preservation



This class will provide an overview of canning procedures and the science behind them. Learn the difference between water bath and pressure canners and when to use each. This is a great "introduction" class for new canners or those who may need a refresher. Instructors: Linda Olson, Master Food Preserver and Nancy Schultz, Family Living Educator, Shawano County UWEX.

Wednesday, June 7 at the SCHS in Room 1001  
6:00 pm – 8:00 pm — Fee: \$8.00  
Plus \$5 ingredients fee to instructor.

### Jams & Jellies

This class will provide information and tips for making jams, jellies, preserves, conserves, and marmalades. These are all fruit products that are jellied or thickened. These soft spreads are fun to prepare and add class, as well as character, to any meal. They also make excellent gifts. Instructors: Linda Olson, Master Food Preserver and Nancy Schultz, Family Living Educator, Shawano County UWEX.

Wednesday, June 21 at the SCHS in Room 1001  
6:00 pm – 8:30 pm—Fee: \$8.00  
Plus \$5 ingredients fee to instructor.

### Pickling Vegetables

We will make dilly beans. This boiling water canner method for preserving green beans is quick and fun. Recipes will be given out for the dilly beans and other pickled foods. Instructors: Sandi

Kane Master Food Preserver and Nancy Schultz, Family Living Educator, Shawano County UWEX.

Wednesday, July 20 at SCHS in Room 1001  
6:00 to 8:30 pm - Fee \$8.00  
Plus \$5 ingredients fee to instructor.

If you are interested in signing up for any of these preservation classes please contact the SCE program at 715-526-2192 ext 3202 or register online at [www.shawanoschools.org](http://www.shawanoschools.org)



## Bridge the Gap

Bridge the Gap is a 501c3 non-profit organization right here in Shawano County that provides therapy, grants, life and daily skills, swimming lessons, teen groups, young adult groups, adult groups, school assistance, employment support and summer camps to those who are within the Autism spectrum and with other disabilities.

Bridge the Gap, Inc. has a community special needs outreach center located right here in Shawano they also service people in need in our surrounding counties. Bridge the Gap has been helping families since 2008, giving financial assistance to families in the entire state of Wisconsin.

Bridge the Gap is sustained on community generosity through donations. Lesley LaLuzerne is the Founder & President of the group. Board members are Bobbi Jo Wnuk, May Anne Dobbs,

Dawn Novitski, Tiffany Rondou, Charlotte Skala and Cari VanGheem. This group of ladies is doing wonderful things to help "Bridge the Gap for Autism". Please consider a sponsorship or in-kind donation. All money will be used for providing the community with the fore mentioned programming. If you would like more information or have questions, please give Lesley a call at 715-526-3791 or checkout their website at [www.bridgethegapforautism.org](http://www.bridgethegapforautism.org).



## Grandma's Yellow Pie Plate



This workshop shows 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. Planning ahead allows for more choices, the opportunity for communications, and fewer misunderstandings and conflicts. Instructor: Nancy Schultz, Family Living Educator, Shawano County UW-Extension and Linda Olson.

May 17th—6 to 8:00 pm—SCMS Room 103— Fee \$5  
Plus \$10 material fee paid to instructor at class.

If you are interested in signing up for this class please contact the SCE program at 715-526-2192 ext 3202 or register online at [www.shawanoschools.org](http://www.shawanoschools.org)



**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/> • 711 for Wisconsin Relay

An EEO/AA employer, University of Wisconsin-Extension provides equal opportunities in employment and programming, including Title VI, IX and ADA requirements. Persons with disabilities who require alternative means for communication of program information (Braille, large print, audiotape, etc.) should contact Nancy Schultz, FLE UWEX-Shawano County. Requests for reasonable accommodations for disabilities or limitations should be made prior to the date of the program or activity for which it is needed. Please do so as early as possible prior to the program or activity so that proper arrangements can be made. Requests are kept confidential.

## Shawano Community Dinner

The "Shawano Community Dinner" is always held on the fourth Tuesday of the month 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. If you have any questions or concerns e-mail Angie Wilber at [iwanttoteach@hotmail.com](mailto:iwanttoteach@hotmail.com) or call/text to 715-851-6247.

