

## Strong Bones

The Strong Bones program is in full swing and we are adding and expanding our class schedule. Currently we have the following classes set up for the fall 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.

### Fall Strong Bones Sessions:

**Zion Lutheran Church**  
1254 S Union Street, Shawano  
Mon/Wed 8:30 am – Regular class  
August 31<sup>st</sup> to November 18<sup>th</sup>

Mon/Wed 8:30 am – Advanced class  
August 31<sup>st</sup> to November 18<sup>th</sup>

Tue/Thur 7:30 am – Regular class  
September 1<sup>st</sup> to November 19<sup>th</sup>

Tue/Thur 7:30 am – Advanced class  
September 1<sup>st</sup> to November 19<sup>th</sup>

Mon/Thur 2:30 pm – Regular class  
August 31<sup>st</sup> to November 19<sup>th</sup>

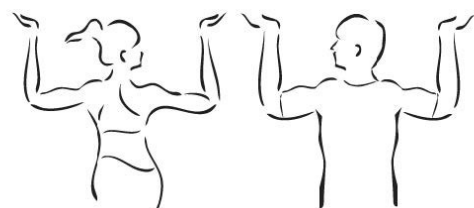
**Sacred Heart Church**  
302 S Main Street, Shawano  
Tue/Thur 3:45 pm – Regular class  
September 1<sup>st</sup> to November 19<sup>th</sup>

**Total Fitness**  
203 E Green Bay Street, Shawano  
Mon/Wed 12:00 pm – Regular class  
August 31<sup>st</sup> to November 18<sup>th</sup>

**St. Francis Solanus**  
724 Mader Street, Gresham  
Mon/Thur 5:15 pm – Regular class  
August 31<sup>st</sup> to November 19<sup>th</sup>

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

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



## Shawano Farmers Market And Mountain Bay Mid-Week Market Place



The Shawano Farmers Market will be held on Saturdays from 8am to Noon. June 20th through October 10th, 2015. The market has moved to Franklin Park at 201 S Washington Street. They will have fresh, local food! Live Music! Friends and Fun! THE place to be Saturday morning in Shawano! You can check out the Farmers Market on Facebook at Shawano Farmers Market.

**WEDNESDAYS**  
4:00 pm - 7:00 pm  
Starting  
June 11, 2014

**Mid-Week Market Place**  
Located on the Mountain Bay Trail off South Main Street in Shawano  
Vendors include Farmers, Crafters, and Local Businesses.

For Vendor Information please email or call 715-526-8823

mountainbayoutfitters@gmail.com  
www.mountainbayoutfitters.com

Like Us On facebook

## 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.

**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

Drop off and pickup is on the second Wednesday of the month from 4 to 7 pm



FAMILY LIVING EDUCATION

## Working for Wisconsin Families

Nancy Schultz, Family Living Education  
Shawano County UW-Extension

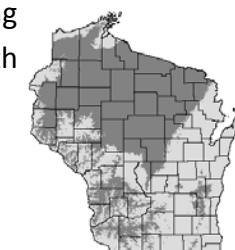
Sept. –Oct. 2015

## Guidelines for Using an Atmospheric Steam Canner for Home Food Preservation

The University of Wisconsin has published research which indicates that an Atmospheric Steam Canner may be safely used for canning naturally acid foods such as peaches, pears, and apples, or acidified-foods such as salsa or pickles, **as long as all of the following criteria are met:**



- ♦ Foods must be **high in acid**, with a pH of 4.6 or below. Either a Boiling Water Canner or an Atmospheric Steam Canner can be used to safely preserve foods high in acid.
- ♦ A **research tested recipe** developed for a boiling water canner must be used in conjunction with the Atmospheric Steam Canner. Approved recipes can be found in Extension publications [fyi.uwex.edu/safepreserving/](http://fyi.uwex.edu/safepreserving/) or from the National Center for Home Food Processing and Preservation: [nchfp.uga.edu](http://nchfp.uga.edu) The **booklet** accompanying the Atmospheric Steam Canner **can't be relied on** to provide safe canning instructions!
- ♦ Jars must be processed in **pure steam at 212°F**. The canner must be vented prior to starting the processing time until a full column of steam appears. A full column of steam (6-8 inches) should be observed venting from the hole(s) in the side of the canner during the entire timed process. Ideally, temperature should be monitored with a thermometer placed in the vent port, but the placement of jars in the canner may make this difficult. Some appliances come with a built-in temperature sensor in the dome lid and these appear to be accurate.
- ♦ Jars must be **heated prior to filling**, filled with hot liquid (raw or hot pack), and cooling must be minimized prior to processing. An Atmospheric Steam Canner may be used with recipes approved for **half-pint, pint, or quart jars**.
- ♦ **Processing time** must be modified for elevation. When processing at elevations over 1,000 feet, processing time is extended by 5 minutes. Roughly 40% of the state of Wisconsin is at elevation over 1,000 feet. Elevation for any address can be checked here: <http://www.daftlogic.com/sandbox-google-maps-find-altitude.htm>
- ♦ Processing time must be limited to **45 minutes or less, including any modification for elevation**. The processing time is limited by the amount of water in the canner base. When processing food, the canner **should not** be opened to add water. Regulate heat so that the canner maintains a temperature of 212°F. **A canner that is boiling too vigorously can boil dry within 20 minutes**. If a canner boils dry, the food is considered under-processed and therefore potentially unsafe.





# 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.

- ♦ Cooling of jars must occur in **still, ambient air**. Cooling is important for safety. Jars should be cooled on a rack or towel away from drafts. Jars should not be placed in the refrigerator to hasten the cooling process.

Questions? Contact the Shawano County UW-Extension office—Nancy Schultz 715-526-6136

## Free Car Seat Check

Saturday, September 5th from 10 AM to 2 PM there will be a car seat check at the Super 8 Motel Parking Lot at N5649 Airport Road, Shawano. If you are a new parent, grandparent, or transport kids on a regular basis, come and have your car seat checked by a Certified Child Passenger Safety Technician.

Bring the car seat you would like checked, the child who uses it, and the vehicle it is installed in.

More info at: <http://shawanoambulance.com>

## Bike The Barn Quilt Ride

Bike Shawano County-Wisconsin's Barn Quilt Capital!

September 26th, 2015, is the day for the 3rd Annual Bike the Barn Quilt Ride. It will start at 8 am with registration and a light breakfast at Memorial Park in Shawano. Scenic routes, varying from 5-70 miles will showcase these beautiful 8'x 8' quilt squares with fall colors, family friendly, guided routes available, something for all ages and skill levels. Cost: \$25 single/\$50 family prior to 9/19/15. Ride includes maps, continental breakfast, sag wagon, lunch and incentives. For more information you can contact Nancy at 715-526-6136 or check out the web site at [www.shawanopathways.org](http://www.shawanopathways.org)—1-800-235-8528

## 2015 Fall Learn-In

If you are interested in learning new things come and join the Shawano County HCE for a day of learning on October 27 from 9 to 3 PM at The Main Event in Cecil. The day's lessons will be on Understanding Personalities, Mohican Women-Matriarchs, Strong Bones, Leader Dogs for the Blind and The Secret Language of Birthday Flowers. The cost for the day is \$15 and this includes the meal of Pepper Steak and buttered mushroom, vegetable and beverage. If you are interested in attending please call the office for more information at 715-526-6136

## Farm News

The Shawano County Forage Council will once again be hosting Corn Silage Dry Down Days August 26th through September 23rd at AgVentures, LLC in Shawano.

On September 9th, UWEX is hosting a Start "Em Right, Raise "Em Right calf workshop at Birling Bovines (N8128 Town Hall Road in Black Creek). For more information call the Brown County UWEX offices at 920-391-4610.

Also in September there will be the Ag Lenders Conference in Kimberly (Sept. 11th) and Shawano County Forage Council Fall Field Meeting (mid to late September). You can call the Shawano County UWEX office for more information.

## Shawano Community Education

The Shawano Community Education will be offering 5 preservation classes starting in July and running through October. The fee for the preservation classes will be \$8 per session. Instructors will be Linda Olson and Sandi Kane both of whom are Master Food Preservers and Nancy Schultz, Shawano County UWEX Family Living Educator and Kara Skarlupka also from the Shawano County UWEX offices. Topics will include:

- Canning Tomato Products  
Tuesday, September 6th, 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. This class was rescheduled from August.

- Canning Apple Products  
Wednesday, Sept. 23rd, 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. \$5 ingredient fee to instructor.

All classes will be held at the SCMS in Room 1001 or at the SCHS kitchens.

## Cranberries



Come and join us for a guest speaker coming to Shawano to tell us all about Cranberries and the Cranberry industry here in Wisconsin. Tom Lochner the Executive Director of the WSCGA will be at the Shawano County Courthouse Rooms A & B from 5:30 to 6:30 pm. Mr. Lochner will tell us about the cultivating, harvesting, health benefits and recipes for everything cranberry! This will be a very informative session. It will be hosted by the Shawano County HCE. If you would like more information or to RSVP please call the Shawano County UWEX office at 715-526-6136.

## "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 and Amie Beyersdorf, Hillcrest School Counselor. 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.

The class runs every Thursday starting Sept 17 and running through Nov 5, 2015. Cost is \$15 which will be returned if you attend all the classes.

## Vitamin D

Find out about the importance of Vitamin D in your diet. Learn what foods contain Vitamin D, if you are getting enough and what are some effects of Vitamin D on your health. This class is held in conjunction with the Shawano County HCE (Home, Community & Education). The class will be held on Oct. 7<sup>th</sup> at the Shawano Courthouse, room A/B at 5:30 – 6:30 pm and then again on Oct. 8<sup>th</sup> at the Zion Methodist Church in Bonduel from 1:30 to 2:30 pm. There is a \$3 charge for non HCE members. For information please contact the Shawano County UWEX offices 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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