

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 715-526-4863.

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!

You do not need to wait until a new quarter starts. Strong Bones is a self paced class and you can start any time!

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

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

Holy Family Church
202 N Ellms Street, Wittenberg
 Mon /Thur 4:30 pm/-Regular Class
 Sally Korbisch

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

Shawano County UW-Extension

July—August 2018

Volunteers in Horticulture

**2018
 Master
 Gardener
 Volunteer
 Training**

What is a Master Gardener?

A Master Gardener is a VOLUNTEER with the University of Wisconsin-Extension to help educate the public about gardening and natural resources.

It's not about knowing everything about gardening. It's about learning to ask the right questions and knowing how to look up information from appropriate resources.

Being a Master Gardener is about helping deliver meaningful community programs to improve the well-being of individuals and communities, to protect natural resources, and to help keep fresh fruits and vegetables on the table.

It's about working in tandem with UW-Extension staff and other volunteers to make a difference in the places we live, learn, and work.

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Level I Master Gardener Volunteer Schedule: Fall 2018

- Sept. 13 Introduction to the MGV Program and Plant Biology and Morphology
- Sept. 20 Soils and Fertilizers
- Sept. 27 Vegetable Crops
- Oct. 4 Fruit Crops
- Oct. 11 Lawn Care
- Oct. 18 Woody Plants
- Oct. 25 Herbaceous Perennials and Annuals
- Nov. 1 Composting
- Nov. 8 Using Native Plants and Backyard Wildlife
- Nov. 15 Plant Propagation
- Nov. 29 Weed Management and Invasive Plants
- Dec. 6 Entomology and Plant Diseases
- Dec. 13 Test completion, correction, and celebration.





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.

Sessions are on Thursday evenings, beginning September 13th through December 6th, from 6 to 9 p.m. Most sessions will have either a hands-on or an outdoors portion, *so please dress appropriately*. Sessions one through 7 will be held at the Shawano Cty, Courthouse, sessions 8 through 13 will be at Hillcrest School. The cost for the 13 weeks of class is \$150.00.

Registration and payment needs to be returned to the UWEX office by August 15th, but the class may be filled prior to that date, please return your form/payment as soon as possible. If you have questions or would like the registration form, please call Kara Skarlupka at the Shawano County UW-Extension office (715)-526-4863. You can also e-mail questions to kara.skarlupka@co.shawano.wi.us.

Dear Gardener:

The Master Gardener Volunteer program is designed for those who want to learn more about gardening in order to share their knowledge with others. **It is a program to train horticultural volunteers who will assist UW-Extension in sharing horticultural information with the public.**

It is not a general gardening class.

The sessions build on your knowledge base of general horticultural topics, while providing opportunities for interaction and discussion of locally-oriented issues within the main topic.

What are the certification requirements?

Master Gardener Volunteer certification involves attending at minimum 11 of the 14 training sessions, volunteering 24 hours of related community service, and completing a take-home exam.

What does the fee cover?

What you are paying for is the instructional materials utilized during the course. The instruction is repaid by the volunteer hours you perform during or after course completion.

How will the program be delivered?

Course materials will be delivered via interactive discussions & presentations, hands-on skill development, small group tasks, and other activities. Specialized sessions will be taught with guest speakers. Students should dress to go outside or to work with plants/soil most sessions.

More information at:

<http://wimastergardener.org/>

Wolf River Master Gardeners

The 2018 Shawano County Library classes presented by UW Extension Wolf River Master Gardener Association. All classes start at 5:30 pm till 6:30 pm.

August 6th—House Plants

September 10th—Planting Bulbs

October 1st—Raspberries

Classes will be held at the Shawano County/City Library at 128 S Sawyer Street, Shawano

Who Gets Grandma's Yellow Pie Plate

Wednesday, Oct. 3rd

6:00 pm to 8:00 pm

SCMS Room 103

Fee: \$5

Plus \$10 materials fee paid to instructor at class.



There can be powerful messages in who gets what. Planning ahead allows for more choices, the opportunity for communications, and fewer misunderstandings and conflicts. This workshop contains 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.

The \$10 material fee, paid to the instructor at class, pays for the workbook. If couples take the class only one workbook is needed.

You will find this workshop helpful as you consider

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 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.

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.

Instructor: Kara Skarlupka, Shawano County Healthy Families and Communities Coordinator.

2018 Youth Tractor Safety Training



Any 12-15 year-olds who may need to drive any type of farm machinery on a public road in Wisconsin should be attending this training. Others are welcome to attend the course, but only those older than 12 will receive certification. Those 16 years old and older without a valid driver's license can also utilize this training to be legal to drive farm machinery on public roads. The state mandates 24 hours of training for this program. **Wednesday, July 25th is testing day and all participants MUST be in attendance.**

The cost of this 4 day training is \$35, the dates are Mondays & Wednesdays, July 16,18,23 and 25 from 9 am to 3:15 pm at the Pound Town Hall in Coleman, WI. Deadline for class is July 13th. The \$35 payment should be mailed to Marinette County UW-Extension, 1926 Hall Avenue, Marinette, WI 54143.

For more information contact Scott at 715-732-7510.

Parent's Forever—Co-Parenting Class

A class for parents in the process of divorce, already divorced, or never married but separating.

Topics of discussion include the effects of divorce, how you can help yourself and your children cope better during this stressful transition, how to co-parent so that everyone in the family recognizes how to keep children from being put in the middle, communication skills that can help you and your child(ren) lead happier, less stressful lives.

How do these classes help families?

- The single best predictor of a child's well-being is continuing, meaningful involvement with both parents.
- Children cope well when parents cope well.
- Children do best when they are not caught in the middle.
- Children need a support system.
- These classes can help you help your children.

To Register

Complete the registration form. You can get one from the County Clerk of Courts, or by calling Shawano County Healthy Families & Communities Coordinator at 715-526-4863 or email kara.skarlupka@co.shawano.wi.us

After receiving your registration form and \$15 fee, we will confirm your class date and time.

Childcare **will not** be provided.

Shawano County Court House, Room A

July 10th and 12th

5:30 pm to 7:30 pm

Fee \$15.00

Facilitator: Kara Skarlupka

Healthy Families & Communities Coordinator

**Resources provided by the

University of Minnesota Extension