

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 & Nancy Schultz
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

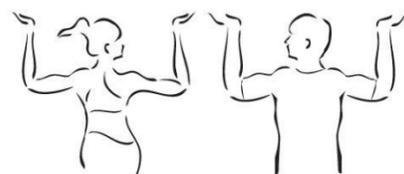
St. Anthony Church
430 Swanke Street, Tigerton
Mon /Thur 4:30 pm/-Regular Class
Debra Brandt

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

Hillcrest Primary School
Lower Resource Room #201-202
Use Lower Level Exterior Door
Mon/Wed – 4:30 pm – Regular class

If you are interested attending a class in Hatley at St. Florian's Parish please contact our office at 715-526-4863 or St. Florian's at 715-446-3085 and ask for Josie.

Lifting towards better health!!



FAMILY LIVING EDUCATION

Working for Wisconsin Families

Shawano County UW-Extension



Nov.—Dec.. 2018

New apprenticeship program creates a pathway for farmers to train and retain skilled workers

Published on **October 11, 2018** by [Kelsey Adams, Extension Communications and External Relations](#)

The principles and practices of farming are best learned as one would learn any other skilled profession: through experience and training by experts in the field. But recent demographic trends tell a different story. Nearly 75% of aspiring farmers under the age of 40 did not grow up on a farm, antiquating the traditional tale of knowledge transfer from experienced farmers to beginning farmers – an echoing theme amongst undergraduates in today's classrooms.

“Students wanted to know where they could find positive internships and training opportunities for hands-on learning,” said Julie Dawson, University of Wisconsin-Extension horticulture educator and UW-Madison assistant professor of horticulture. “This really brought out the need for a more comprehensive training program. We don't expect other skilled trades to learn their profession on their own, so it doesn't make sense for farmers to have to do so.”

The new Organic Vegetable Farm Manager Registered Apprenticeship program responds to these needs by providing accessible, hands-on training for beginning farmers who wish to pursue a career in organic agriculture. Inspired by the success of the Dairy Grazing Apprenticeship – the first registered agricultural apprenticeship in the country – the program was developed through a collaborative effort involving organic farmers, the Department of Workforce Development, FairShare CSA Coalition farmers, UW-Madison and UW-Extension.

“Apprenticeship is an excellent fit for vegetable farming because so much of how we learn to grow food – is by growing food,” said Claire Strader, UW-Extension Dane County organic

and small scale produce educator.

Informal internships and apprenticeships in organic vegetable farming have been around the United States for decades, yet established farmers struggle to find reliable, skilled farm workers to meet the fast-growing demands of the organic food market. Currently, many farms train employees through a variety of informal, non-standardized training methods.

This new apprenticeship fills an educational gap that is often a barrier to farmworkers who wish to pursue a career in organic agriculture. The program is the first of its kind in the nation, combining formal, on-farm experience with coursework delivered through the Wisconsin Technical College System.

“The classroom is the place where apprentices will be able to dig into concepts that are harder to learn in the field, concepts that will support and expand their on-the-job training,” said Strader. The two-growing season training follows a competency-based curriculum, carefully crafted with extensive input from farmers and other agricultural educators from across the state. Dawson and WTCS instructor Valerie Dantoin worked closely with two farmers to develop the course curriculum, which makes up about 10% of the program. Apprentices spend the remaining 90% in the field learning how to do every task an organic vegetable farm manager will need to do. Participants who complete the program are then ready to step into managerial roles, often on the farms where they apprenticed, or potentially start a farm of their own.

The program was reviewed and approved by the Bureau of Apprenticeship Standards on June 1, 2018. Dawson believes the formal recognition of the training as the first state-accredited



EDUCATIONAL OPPORTUNITIES



For more information on these programs or to register call the Shawano County UW-Extension office at: 715-526-4863 or 866-526-2128.

apprenticeship for organic vegetable farming in the United States is extremely valuable. "Right now, it can be difficult for beginning farmers to articulate what they have learned in various internships and jobs," explained Dawson. "A formally recognized program tells employers, loan officers, etc. what graduates know how to do," she continues. "This will facilitate better job opportunities and better access to capital, land and other valuable resources."

The program is leading the way to position future farmers for long-term academic and economic success. Since its early-June approval, several other states have shown interest in developing a similar apprenticeship program. The group is currently seeking federal recognition of the apprenticeship materials with the Department of Workforce Development, which would make them available to other states.

About fifty people gathered in Spring Green to attend the kick-off event held on August 29 to learn more about the program, celebrate the first farmer-apprentice pair, and take a tour of the organic farm site, Fazenda Boa Terra.

Down the line, Dawson, Strader and their teams will be involved in assessing – and improving – the program, including checking-in with apprentices and farmers on a regular basis, collecting formal evaluations of the program, and compiling feedback that can help guide program improvements. To find out how you can be involved as a farmer-educator or an apprentice, visit : <https://dwd.wisconsin.gov/apprenticeship/trades/ovfm.htm>

Contact: Julie Dawson, dawson@hort.wisc.edu

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.

Hillcrest Primary School—Shawano
Next class in November/December—Call for dates
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

Financial Planning and Alzheimer's

The ADRC is hosting a class regarding legal and financial planning for those with Alzheimer's disease and their families. Class will be held at the ADRC office in Shawano beginning at 1:00 pm, is free, and open to the public. Representatives from Hopper Law Office will be there to help answer any questions. Contact the ADRC to register by calling 1-855-492-2372.

SAM 25 Shelter

The homeless shelter opened on Nov. 1st. If you are or know of someone in need please direct them to the shelter. Check in is at 5:00 pm—9:00 pm. Check out is at 8:00 am. No pets are allowed at the shelter. But they will work to find a temporary home for the pet. Background checks will be performed on all guests.

Every Tuesday at the shelter they will offer resources from Noon to 2pm. This event is open to all community members. The shelter is always looking for volunteers and supplies you can go to their web site at: www.sam25.org. The shelter is located at 213 East Green Bay Street. 715-851-7252

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.

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

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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 within the community. If you have any questions or concerns e-mail Angie Wilber at iwanttoteach@hotmail.com or call/text to 715-851-6247.



~ 30th ~
Annual
Craft & Bake Sale
Sunday
November 18, 2018
9:00 am - 1:00 pm
Tilleda Town Hall

Sponsored by:
Kitchen Maids & Tilleda Timber Wolves

Lunch served by:
Tilleda Timber Wolves 4-H