

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/Jackie Schmidt

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

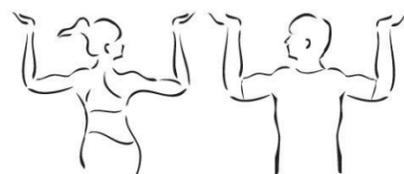
St. Anthony Church
430 Swanke Street, Tigerton
 Mon /Thur 4:30 pm/-Regular Class
 Debra Brandt

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!!



Working for Wisconsin Families

Extension Shawano County

HEALTHY FAMILIES AND COMMUNITIES



March—April 2019

Fight Against Human Trafficking

Below are excerpts from the Eye heart World web site article “A Message from a Survivor to You” dated 1/4/2019. Some of the content may be uneasy to read but Human Trafficking is happening all around us and everyone should be aware of it. If you would like the full article and any other information follow the link below.

<https://eyeheartworld.org/blogs/articles/a-message-from-a-survivor-to-you>

“A Message from a Survivor to You”

January is Human Trafficking Awareness Month, so we wanted to do something extra special. Like we say: "Awareness alone doesn't change anything, but nothing can change without awareness." Most of our awareness efforts messages are from the professionals on our Outreach Team based on their one-on-one experience with survivors. This month, though, we turned to the survivors themselves.

We asked survivors in Wisconsin and Alabama what they want the general public to know about human trafficking.

One survivor said, “Trafficking is real. It does happen, and most women do not want it and are forced to do it.”

Whether johns know it or not, when they buy sex, they are likely paying someone to sell their body against their will. Around the state, the country, and the world, human trafficking is all too real. Globally, human trafficking is a multi-billion dollar industry. In 2017 alone, the National Human Trafficking Hotline identified over 7,000 victims of sex trafficking in the US. We see some of these people up close. They drop into The Rose Center, they meet with our Outreach Team, and they commit to healing at The Rose Home.

A few survivors want the general public to know more about traffickers, also called "pimps". One survivor said, “Pimps are real and they are monsters. They put on a show at the beginning.” Another survivor said, “Pimps search for your vulnerabilities, once the high wears off, that is when the trafficker’s control really starts.”

Traffickers are master manipulators. They will spend time studying a particular target and determine what techniques they could use to exploit each individual. Often, they will build a trusting relationship with their target and give expensive gifts. Because of this careful grooming process, many victims believe it is impossible to leave their trafficker, even if they are not being physically confined. They use many forms of force, fraud, and coercion to convince victims to stay. Emotional abuse, physical abuse, and threats to victims or their family members are just some of the techniques that traffickers might use.

One survivor wants you to know, “I was scared.” Some traffickers, called “gorilla pimps,” use fear as a method of control and exploitation. Another survivor said, “I remember being just frozen in fear. I couldn’t move. It was like an animal in shock.”

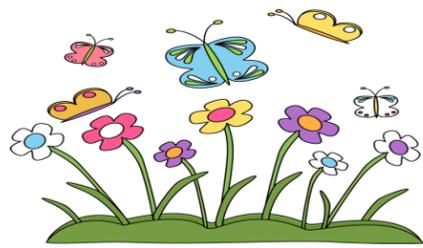
Shawano County Home & Community Education (HCE) invites the community to learn about the Fight Against Human Trafficking. Come and learn from Eye Heart World's Outreach Coordinator as she educates us about Human Trafficking that is happening in our state and community as well as what we as a community can do to help fight it. Awareness alone doesn't change anything, but nothing can change without awareness. #awarenessmonth

Please RSVP to March 19th, 2019, by calling the Extension Shawano County Office, Shawano, Wisconsin 715-526-4136

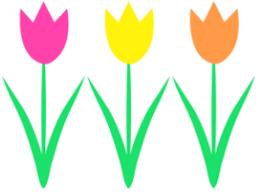
A free will donation to the event will be given to Eye Heart World and their Rose Home to help victims of Human Trafficking rebuild their lives.

Tuesday, March 26th
6:00 pm
Bondary Inn & Suites
Madison, Wis. Room
7811 River Bend Rd,
Shawano, Wisconsin

Thank you to our Community Partners helping to bring this Community Education Event to Shawano



EDUCATIONAL OPPORTUNITIES



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

Victims are also afraid of police. Traffickers tell their victims that they cannot trust law enforcement. Sometimes, unfortunately, this fear is valid; depending on state and local laws, victims of human trafficking can be arrested, jailed, and even persecuted. Victims may experience other types of fear, as well: fear that their side of the story won't be heard; fear of being deported, if they're not from this country; and fear for the safety of loved ones that their trafficker has threatened.

One survivor needs you to know, "Many women don't have a place to lay their heads and have to survive and run away from other abuse and trauma."

Human trafficking is not the only injustice in our world. Unfortunately, a lot of these injustices feed into one another like a vicious cycle. Experiencing or witnessing domestic abuse might change a person's perception of abuse. If they become more tolerant of abusive behavior, they become more vulnerable to traffickers.

Runaway youth and homeless people are at a higher risk of engaging in "survival sex," or sex acts in exchange for basic needs like food and shelter. Poverty and prejudice can create dangerous situations that make trafficking look like the best available option. It's important to remember that in these cases we can't blame victims of trafficking. We have to blame the societal conditions and individuals that led them there.

One survivor wants to tell you, "It begins with the lifestyle you were raised in and you get stuck in that mindset."

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

Plant Disease & Invasive Plants

On March 29th (Friday) from 2 to 4pm at the Shawano City/County Library. Brian Hudelson from the UW-Plant Disease Diagnostics Clinic will be presenting on the Top 10 Diseases that affect trees, herbaceous ornamentals and vegetable diseases. Alix Bjorklund will also be joining Brian. Alix is from the Timberland Invasives Partnership (TIP) and will be discussing invasive species in and around our area and what to watch for and how to eradicate them.

If you are interested in this seminar please RSVP to Extension Shawano County at 715-526-6136

Youth Mental Health First Aid

Why Youth Mental Health First Aid?

Youth Mental Health First Aid teaches you how to identify, understand and respond to signs of mental illnesses and substance use disorders. This 8 hour training gives adults who work with youth the skills they need to reach out and provide initial support to adolescents (ages 12-18) who may be developing a mental health or substance abuse problem and help connect them to the appropriate care. Anyone working with youth will benefit from this training.

What does this training cover?

- ⇒ Common signs and symptoms of mental illness in this age group including: anxiety, depression, eating disorders, attention deficit hyperactivity disorder (ADHD), common signs and symptoms of substance use, how to interact with an adolescent in crisis, how to connect the adolescent with help.

When and where is this training?

- ⇒ Monday, March 25th, St. Johns Church Tigerton
- ⇒ Thursday, April 18th, Shawano Courthouse
- ⇒ Training is FREE through grant funds
- ⇒ Limited to 30 participants

Register at:

<https://goo.gl/forms/YM2AoamuB7kEKTk2>

For more information call 715-526-6136

For more information on the WWF: Contact the Extension Shawano County 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 Extension 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.

2019 Spring Garden Conference

24th annual conference sponsored by Northern Lights Master Gardeners Association and U.W. Extension - Marinette County

2019 Spring Garden Conference

Saturday, March 30
8:00 a.m. - 3:30 p.m.

UW Green Bay
Marinette Campus

Cost: \$40

Includes morning refreshments, 4 educational sessions, and homemade lunch

Brochures available at:

- Local libraries
- The UW-Extension office in the Marinette Courthouse
- On-line at <http://marinette.uwex.edu>
- NLMGA on Facebook
- Or call UW-Extension at 715-732-7510

Pre-registration required by March 18th (No signing up on conference day)

Purses for a Purpose

PURSES for a Purpose

TUESDAY April 9 2019

PROCEEDS TO BENEFIT BOYS & GIRLS CLUB OF WISCONSIN

PURSE AUCTION DOORS OPEN AT 5 PM

THE MAIN EVENT 206 LENIKE STREET, CECIL

HEAVY HORS D'OEUVRES AND CASH BAR

\$30 ONLINE TICKET SALES ONLY: Purchase tickets at www.bgshawano.org Reserve table for 8 for only \$250

FOR MORE INFORMATION CONTACT JILL WHITEMAN: 715.304.9896 | jill4t@gmail.com

ACCEPTING DONATIONS OF NEW OR GENTLY-USED HIGH-END **HANDBAGS, CLUTCHES & TOTES** TO DONATE, PLEASE CONTACT THE NUMBER ABOVE

DROP OFF LOCATION: SHAWANO COUNTY CHAMBER OF COMMERCE 1263 S. MAIN ST., SHAWANO