

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.

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!

A new class has 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

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

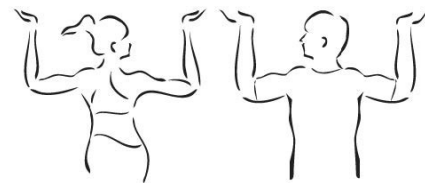
St. Paul Lutheran Church
240 E Green Bay Street, Bonduel
Mon/Fri – 7:30 am – Regular class
Kara Skarlupka

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

Shawano County UW-Extension



March—April 2018



Invasive Stink Bug Moves In On Homes: Homeowners Can Prevent Invasion By Smelly Insect

With the advance of the brown marmorated stink bug across the United States, Wisconsin researchers are working to detect when and where their populations will reach nuisance or agricultural pest levels in the state. Traps have been placed to monitor for brown marmorated stink bugs in wooded areas (where the bugs overwinter), in urban areas (where they gather looking to overwinter in houses), in apple orchards, and in vegetable and field crops. Fifty-one traps have been maintained since June 2016 and are being monitored through the end of October.

The brown marmorated stink bug is an invasive species of agricultural and urban importance, so it is essential to keep track of its occurrence and expansion in Wisconsin, and to provide an early warning system to help protect crops and prevent home invasions. Indeed, where it is more established on the East Coast and Mid-Atlantic regions, this bug is a major agricultural pest and is found in extremely high numbers inside homes and businesses. Out east, it destroys apples, pumpkins, soybeans and corn, and feeds on many other crops and ornamental plants.

The bug has been in Wisconsin for about six years and it is not yet causing problems for farmers, but could in the near future. In fact, brown marmorated stink bug adults were caught in traps in a couple apple orchards and a pumpkin patch in Dane County in early October, making this the first official report of brown marmorated stink bugs on agricultural crops in Wisconsin. Apple, pumpkin, soy and other fruit and vegetable growers should scout for the brown marmorated stink bug by inspecting crops and neighboring vegetation, as well as keeping an eye out in barns and other heated outbuildings.

Throughout most of the summer, few brown marmorated stink bugs were caught in the monitoring traps set as part of a research collaboration by the University of Wisconsin-Extension, the Wisconsin Department of Agriculture, Trade and Consumer Protection and the Integrated Pest Management Institute of North America. However, in late September the insects began turning up in urban traps in the Madison area — about five insects per trap per week. Those densities are still low compared to other states out east, but is significant compared to the lack of the bugs all summer. In the summer, they probably fed on ornamentals, as they were observed in Madison on cotoneaster, dogwood and grasses. They may also have taken advantage of homegrown vegetables, but no one reported seeing them in vegetable gardens.

Adults are starting to gather on window screens of houses in an attempt to enter buildings. They are looking for places to spend the winter, such as inside warm houses, and so are moving from their summer feeding habitat to congregate in urban areas. High numbers of brown marmorated stink bugs are not expected to invade Wisconsin houses this winter, but in the mid-Atlantic region of the U.S., the bugs can enter buildings by the hundreds or thousands. Bugs should not be crushed because they will produce a strong offensive smell that can linger for days.

Although numbers of the brown marmorated stink bug are still low, all homeowners should start thinking about keeping their houses bug-free using the following guidelines:

- Install weather-stripping under and around doors.
- Put a screen over the top of the chimney.
- Caulk or otherwise seal cracks around windows, crawlspaces or other potential entry spaces.
- Knock small numbers of the bugs into a container of soapy water to kill them; vacuum large numbers of bugs inside a house.



Brown marmorated stink bugs on crops or inside a house can be identified by the shield-shaped body, which is a half-inch to five-eighths of an inch long, with multiple shades of brown, and with characteristic dark and light bands on its antennae. The University of Wisconsin-Extension published a guide with images.

Anyone finding a suspected brown marmorated stink bug can take a picture with a coin in the frame for size reference, and email the photo to janet.vanzoeren@ces.uwex.edu.

Christelle Guédot is the fruit crop entomology specialist with the University of Wisconsin-Extension and UW Fruit Program, and an assistant professor in the UW-Madison Department of Entomology. Janet van Zoeren is a fruit crops associate with the University of Wisconsin-Extension. This article is adapted from an item originally published in Wisconsin Fruit News, a publication of the Fruit Crops Team.



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

Shawano County Beekeepers Meeting

Thursday, March 15, 2018

6 pm until 7:30pm @ Glas Coffee House

Topic: 101 Beekeeping Class taught by Josh and Emily Jensen from J & E Apiary

Please RSVP at: shawanocountybees@gmail.com



HCE Home & Community Education



Essential Oils

March 6th at 5:30 pm
Hillcrest Primary School
Upper Resource Room

Guest speaker is Sandy Bocik owner of "Maxiums Salon & Wig Boutique". She will share with us the "magic" of essential oils. Please call ahead to reserve your spot at 715-526-6136



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 will when parents cope will.
- 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 call Shawano County Extension at 715-526-6136 or email ka-ra.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.

Who Gets Grandma's Yellow Pie Plate?

Shawano Community Middle School Library

Fee \$5.00/\$10.00
Monday, April 23rd
6:00 pm to 8:00 pm

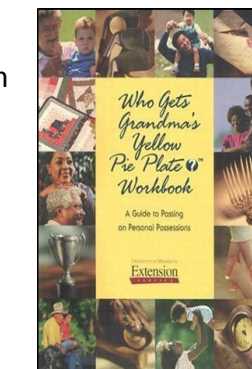


There can be powerful messages in who gets what. Planning ahead allows for more choices, the opportunity for communications, and fewer misunderstandings and conflicts.

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 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. To register contact the Shawano Community Education department at 715-526-2192 ext 3202.

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 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.



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.