



# Satellite



## Home & Community Education

Nov./Dec. 2013

By the time you read this our Fall Meeting will likely have been here and gone. Hopefully we have a President-Elect, Public Relations Person and someone to work on the HCE County Scrapbook. There were five of us who attended the State Conference in Manitowoc. It was a great time of learning and socializing with members from throughout the state. Members attending were JoAnne Fehrman, Sandy Wendorff, Carol Sybeldon, Shirley Mastey and myself. Nancy Schultz was there for one day. Maybe next year this is something that some of you might want to consider. There are funds available to help with the



cost of attending.

Our Fall Learn-In with Waupaca was another day of learning and socializing. It was disheartening not to have had a larger turn out. The evaluation sheets came back with a lot of positives from the day which ended with a lot of laughter listening to Mad Dog and Merrill. Of course the meal was wonderful and served by Sally and her staff.



This past year our monthly lessons were poorly attended with two of them being canceled because not

enough members signed up to attend. These lessons are made up from suggestions from you. We want all of you to be a part of this. If you have a suggestion and maybe someone who could present it, PLEASE let us know. You can notify the Extension Office or me. In November, Nancy Schultz, Carol Sybeldon and Sandy Wendorff will be working on the 2014 booklet. Any ideas would be welcomed from you, your club or an individual member. I am looking forward to 2014 and new learning experiences.

*Helen Raddant—President*

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## THE BEAMS — Submitted by: Bonnie Harrison



### CENTER I

**Kitchen Maids** – The ladies enjoyed listening to JoAnn and Carol share their experiences they had at the State Conference this year. Members are now planning for their annual Craft/Bake sale in November. OCT. The Craft/Bake sale is moving right along. Marion Voelz reported on her experience at the Learn-In. Christmas Party will be held at Bonnie’s house on Dec. 2nd. Elections were held and our new officers are Carol Sybeldon—President, Bonnie Harrison -- Vice President, Pat Arnold—Secretary and JoAnn Fehrman Treasurer.

**Red Springs** – Will be preparing Thanksgiving Dinners again this year for 9 to 10 families. This year they will give a monetary donation to Safe Haven of Shawano County in lieu of a Christmas gift exchange.

### CENTER II

**Learn – A – Lot** – Shared stories and thoughts on sunshine, health, exercise and safety. Club members also discussed the possibility of donating pack packs for kids. They had three members attend the Learn-In. OCT. Election of officers was held and the slate will stay the same for another year. Russia was picked as our International Country for 2014. Birthday Cards will be made on Oct. 28th for the vets at King.

**A-Z**—Florence Miller attended the Spring Event and Louise Zahn attended the Learn-In and both enjoyed it.

**Four Queens**—Will continue to donate to SAFPARC. Judy Tomashek had the lesson on Fire Safety along with a pop quiz. It was suggested that we have Mary Travis speak on recycling at our next meeting.

### CENTER II

**WISC** - Jeanette Pitt received a blue ribbon at the State HCE art show. Three members are planning to attend the Fall Council Meeting. They had four club members work at the “Bike the Barn Quilts Ride”.

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## Calendar of Events

### Nov.

- 3 Daylight Saving Time Ends
- 5 Election Day
- 3-9 Celebrate HCE Week
- 6-7 Strong Women-Strong Bones
- 11 Veteran's Day
- 24 Kitchen Maids Craft Sale
- 28—29 Thanksgiving—Courthouse Closed

### Dec.

- 6 Holiday Stroll –Downtown Shawano
- 24 Christmas Eve—Courthouse Closes at 11:45 am
- 25 Christmas Day – Courthouse Closed

### Jan.

- 1 New Years Day—Courthouse Closed

## November Special Interest

### Strong Women—Strong Bones

This program is for anyone who wants to attend. We won't have materials for the club unless you ask for them. You know that exercise is important for a healthy life style. In this Program we will talk about how exercise benefits bone health. Learn about "Strong Women - Strong Bones" on Nov. 6th & 7th.

**Nov 6 –Shawano Courthouse, 7:00 p.m. Room A/B**

**Nov 7–Bonduel, Zion Methodist Church, 1:30 p.m.**

### November Special Interest

Contact Person \_\_\_\_\_

Club \_\_\_\_\_

# Members Attending: \_\_\_ Shawano \_\_\_ Bonduel

Need materials for club \_\_\_#

## 25th Annual Kitchen Maids Craft Sale

The Kitchen Maids will be hosting their 25th craft and bake sale on November 24th from 9:30 to 2 p.m. at the Tilleda Town Hall in Tilleda. Lunch will be served by the Tilleda Timberwolves 4-H club. Admission is free. If you would like to rent a booth space for \$5 call JoAnn Fehrman at 715-787-4451. Tables are also available to rent.

## Pennies for Friendship

The total pennies collected this year was \$185.46! Thank you to all that saved your pennies.



## Like us on Facebook!!!!

Check out the Family Living Page on Facebook—search for "Shawano UW Extension —Family Living Program" and hit like. Since we are doing bi-monthly newsletters, watch for HCE updates, meeting times and any other information here! Plus, tips and hints of the season. Nancy and Kara are really excited to have a lot of "friends" on Facebook so if you are not a friend join now!!!



## Membership Drive

Before you know it, it will that time of year again where we will be looking for new members to join our organization! The WAHCE met in Oct. 2012 and they developed the "Outreach Challenge". This is an outreach program/project, which will include evaluation of participants and sharing of those results. They will be looking for the most useful, unique and creative program developed. The online instructions and application form will be on the WAHCE website.

According to the WAHCE membership report for the Central District, Shawano County has 110 members and 10 clubs. We have the second most members/clubs out of 9. Winnebago is at the top with 122 members with 13 clubs. That's only 12 members more than us! Hopefully with the membership drive we can catch up to Winnebago!



## Stitches of Love



Now is the time to get your club involved in the Stitches of Love Community Outreach Project. The close of this program will be August 1st, 2014. Last year they awarded \$100 to each of the three top reports. In the office we have the perfect project!!! They are called "sleep sacks" for babies and are easy to make. If you are interested in getting this project started at the County level please let Nancy or Kara know. We would like to have some samples made up in three different sizes. That way we can then supply the clubs with patterns.

Thank you

St. Martins Catholic Parish in Cecil wants to thank us for the donation of soup to their food pantry. Deacon Mike stated that "In the past month they served over 60 families and continue to see a demand for the immediate future. Your generous donation enables us to provide more to help these families. There is, unfortunately, a growing demand for assistance and we are most grateful for your help in meeting the needs of our community."



## It's that time of year again!

The Shawano Women of Today would like your help with the Salvation Army Kettle Campaign. They are once again looking for volunteers to man the kettles. The Kettle Campaign 2012 raised \$26,765, these funds were used right here for Shawano County families. The money provided food, clothing, summer camp opportunities, school supplies, rent, utilities and medical expenses. If you would like to help please call Sue Dionne at 715-853-9340. Bell ringing starts on November 22nd.

## News from the WAHCE Conference

Five of our HCE ladies attended the recent WAHCE Conference in Manitowoc, they were Helen Raddant, Sandy Wendorff, Carol Sybeldon, Shirley Mastey and JoAnn Fehrman. The following are reports from the ladies.

## A New Day for HCE

### Embracing Change

The recent Wisconsin Association for Home and Community Education annual state conference was held at the Holiday Inn in Manitowoc, WI. There were 352 women and men registered which included 7 Family Living Educators from throughout the state.

The local tours offered to participants this year included the Kohler Design Center and the Plymouth Wreath Factory; the Hidden Valley Farm and Woolen Mill and Abler Art Glass Gallery; Point Beach Energy Center, Lisa's Photo Quilting and River Edge Gallery.

The keynote address was given by Kathy Altergott from De Pere on "Humor, Hugs, and Healthy Nutrition." She had several enlightening handouts on healthy humor as well as a self-evaluation form to help members assess their own humor level.

There was such a variety of workshops that were offered during the time spent there. To name a few: "Feed Sacks - Yesterday's Cherished Fabrics", "The Honey Bee, an Amazing story", "Navigating Life's Journey", "Travel and Threat of Invasives in Wisconsin", "Cornhusk Dolls", "Change - Thriving and Surviving", "Meet Mother Nature and Living Green" and the list goes on.

Having had the opportunity to attend the WAHCE State Conference, I would like to strongly encourage members to attend next year. It is such a wonderful learning experience in addition to having the chance to meet and visit with HCE members from all over the state.

I would like to thank Shawano County HCE for allowing me to attend the conference. In addition, I was fortunate enough to be awarded a 2013 Memorial Leadership Scholarship presented by the WAHCE which will assist with expenses.

Carol Sybeldon

VP Community Outreach

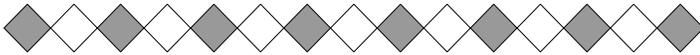


On Monday, September 9<sup>th</sup>, Sandy, Carol, Helen & I traveled to Manitowoc for the annual WAHCE State Conference. What a fun filled and educational 3 days! I started out with a tour of Hidden Valley Farm and



Woolen Mill and then on to Abler Art Glass Gallery where we watched as a candy dish was made from a blob of hot glass. Gorgeous! On Tuesday morning I attended two sessions. The first was “Feed Sacks - Yesterday’s Cherished Fabrics” and the second was “The Honey Bee, An Amazing Story”. The afternoon session was on “Meeting the Membership Challenge” and then on to the “Treasurer Workshop”. After our evening banquet we were entertained by *The Oak Street Boys* – a barbershop quartet. On Wednesday morning my first session was “Putting Up Herbs by Harvesting and Preserving” which was informative and tasty since they passed out samples of an herbed butter and dip. My final session was the POOL, “How to Help People in Crisis”, which was very enlightening. I would like to thank the whole HCE organization for the opportunity to attend the conference and share ideas and learn from the presenters and especially to learn from other HCE members from other counties. Thank you all!! And I encourage all of you to consider attending the conference next year.

JoAnn Fehrman



On September 9<sup>th</sup> five HCE friends headed out to Manitowoc for three days of fun and learning. Helen, Carol and I signed up for the Kohler Design Center and the Plymouth Wreath Factory tour. The first stop was at the Kohler Design Center, can anyone loan me a million dollars? I want to redo my bath and kitchen. What a place, all the different designs, wow! Then we went on to the Plymouth Wreath Factory, where they gave a demonstration on making wreaths from twigs and adding different silk flowers and leaves. What a big difference adding a few flowers and colors together makes.

The general session started on Monday night with dinner, Kathy Altergott was the keynote speaker. She was a great speaker that had us laughing and hugging by the end of the session. Every time she rang her special bell, we were to hug someone different. We got to meet a lot of people that night.

On Tuesday morning my first session was “Humor, Hugs and Healthy Nutrition” with Kathy Altergott wearing a pumpkin hat! If you thought on Monday night we hugged and laughed a lot, you guessed wrong! In this session we even got a little loud.

Everyone next door in the WAHCE Annual Presidents Meeting could hear us. We sure learned a lot in that session and one thing was letting go of stress! You need to remember don’t let people take you down and to stand up for yourself. We also put pressure on “ourselves” most times and that we need to relax. One of the main things Kathy said was “let go of all the things you have no control of in life and enjoy the times God has given you.”

Next it was off to a session on “Since Money Doesn’t Grow on Trees” with Holli Kirchner from Wisconsin Public Television. I learned different ways and ideas on how to get money for the Wisconsin Bookworms™ program to buy books. Holli was very happy with the article I gave her on how our program was in the local paper honoring our 10 year volunteer readers. She thought it was great how we were getting HCE and Wisconsin Bookworms™ out in the public. After lunch we had a group session. We got into groups and worked on “Meeting the Membership Challenges” for our county. The next session I attended was fun; it was called “Beyond the Books”. The speaker was Holli Kirchner of WPT. Holli is in charge of the Wisconsin Bookworm™ program for kids ranging in ages from 2 to 8 years old. After reading a few of the 2013-14 books, the ladies and I got to color to music and make a few different projects related to the books.

On Wednesday morning I attended one of the POOL (Program, Outreach, Opportunity, Leadership) sessions, “Start with the Heart for Successful Relationships”. The presenter was Pam Peterson from Door County, I think this would be a great lesson for us in 2014. The last session was “Owls of Wisconsin” by Jim Knickelbine, Director of Woodland Dune Nature Center. He had pictures of different kinds of owls and talked about them. He also had taped sounds of every owl we talked about; it was very interesting to hear each one of the owls.

Then the “tired foursome” headed back to Shawano, with the hopes we’ll be able to help Nancy teach some of these sessions with you and your clubs.

Sandy Wendorff



I attended the conference with my daughter. We went on the Kohler Design Center and the Plymouth Wreath Factory tour. I thought the wreath making class was



very informative for a not so crafty person like myself. The session that I enjoyed most was called “Feed Sacks – Yesterday’s Cherished Fabrics”. This title couldn’t be more right. It brought back old memories of things we had as kids made from flower sacks, everything from dresses to underwear! The session was very interesting and you just felt good listening to Darlene Kronschnabel, the presenter. Another session that I enjoyed was “Change, Thriving and Surviving”. During this session they helped us understand that successful change needs planning, good communications and leadership. I found out that it’s ok to step aside and let someone else take over some of the events I had grown accustomed to doing every year. The food and friendship was wonderful. I even ended up meeting a group of ladies that I grew up with in Outagamie County. It was really nice to renew old friendships, something I would have never done if I had not attended the conference!

Shirley Mastey



### 2013 Annual Fall Learn-In

We now have another Fall Learn-In on the books. There were over 50 participants. Everyone attending had great time. Some comments offered where that Hankie Lady-Marti Matyska was interesting and that she brought back a lot of memories. Drugs and You with Tom Tuma brought out some very interesting but scary facts about the drugs problems in our area. Nancy Schultz shared some of her Strong Women—Strong Bones that she will be sharing at the November Special Interest class. While Jason Roe of the Orthopedic Spine Therapy shared his insight on balance and exercise. Of course Mad Dog and Merrill were a big hit! Everyone enjoyed the two grill-ologist with their fun and entertaining session. Once again no complaints on the lunch, Sally did a wonderful job. All in all a great turn out.

### 2014 Program Books & January

#### Project Lesson

Program books will be ready for pick up in January. We will contact the clubs when they are ready. We can make arrangements to deliver them to your club if necessary.

#### Shawano County HCE Executive Board Meeting September 17th, 2013.

Nancy Schultz asked about the Satellite. It was decided to print one for Dec. and beginning in Jan. to print it bi-monthly throughout 2014. She also discussed promoting HCE. A group in western Shawano County is interested in starting a group. Nancy said the display at the fair in the historical section was very well received.

The Bake Sale brought in \$355.25

The reports from the State Convention will be the Satellite and also given at the Fall Council Meeting.

Nancy Schultz said she would contact Tom Baron who is a planner for East Central WI to speak at the Fall Council Meeting. Matty Mathison was also suggested.

Discussion on a new HCE banner that will be placed at various events to promote our HCE organization. The banner will be at Witts Locker the day of the Bike the Barn Quilts.

We also talked about ideas to place on a muslin piece for a wall hanging depicting Shawano County. Some suggestions were items depicting the dairy industry, barn quilt square, maple syrup industry, Sundrop company, and the logging industry. Sandy Wendorff is going to contact Jim Leuenberger for possible patterns.

The proposed budget for 2014 was discussed.

There was much discussion on expenses for State Convention. It was tabled.

Registrations for the Learn-In continue to come in. Deadline changed to Sept. 22. Volunteers to provide quick breads for refreshments when people arrive at the Learn-In.

The next meeting for the Executive Board Meeting is Nov. 12 at 5:30 p.m.

The meeting closed with the reading of Creed II.

Submitted by  
Sandra Smith





# Potpourri—A sharing page of your ideas, recipes, jokes, stories



## Thanksgiving 8000 Calorie Poem

May your stuffing be tasty,  
 May your turkey plump,  
 May your potatoes and gravy  
 Have nary a lump.  
 May your yams be delicious  
 And your pies take the prize,  
 And may your Thanksgiving dinner  
 Stay off your thighs!  
 - Anonymous

Greetings!

Nancy and Kara would like to wish all of the HCE Members a Happy Thanksgiving and a wonderful Christmas season this year. We also wish everyone a happy a joyful New Year. We are excited to see what 2014 brings for HCE!

Nancy & Kara



## Snowball

By—*Shel Silverstein*

I made myself a snowball,  
 As perfect as could be,  
 I thought I'd keep it as a pet,  
 And let it sleep with me.

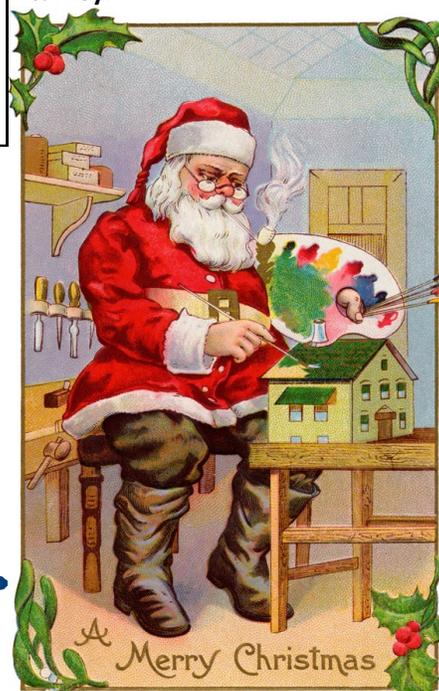
I made it some pajamas,  
 And a pillow for its head,  
 Then last night it ran away,  
 But first - it wet the bed!

*"Thanksgiving dinners take eight-  
 een hours to prepare. They are con-  
 sumed in twelve minutes. Half-  
 times take twelve minutes. This is  
 not coincidence." -Erma Bombeck*

Why does Santa have 3 gardens?  
 A: So he can ho-ho-ho.

What do snowmen eat for break-  
 fast?  
 A: Snowflakes.

How can you make a turkey  
 float?  
 A: You need 2 scoops of ice  
 cream, some root beer, and a  
 turkey.



## Soup or Sauce (SOS) Mix

### Ingredients

- 2 Cups powdered non-fat dry milk
- 3/4 Cup Cornstarch
- 1/4 Cup instant chicken bouillon (reg. or low Sodium)
- 2 Tbsps. dried onion flakes
- 2 Tsp. Italian seasoning (optional)

### Directions

Combine all ingredients in a recloseable plastic bag, mixing well.

### Yield

Equal to 9 (10.5oz) cans of cream soup

### Storage

Store in closed plastic bag or air-tight container until ready to use. It does not have to be refrigerated.



# What's happening with HCE!



## New Leaders!

At the recent Central District Fall Meeting two of our own accepted positions at the district level. Carol Sybeldon and JoAnne Fehrman are now co-chairing the Membership/Marketing committee.

Congratulations to both!

## Art Show Contestants

Jeanette Pitt and Ruth Pahlow showed their items at the Spring Fling, the items then moved on the WAHCE convention.



## Friend of the Fair

Sandy Wendorff was one of the recipients of the Friend of the Fair award congratulations.



## 2013 Fall Learn-In

Mad Dog and Merrill were a big hit at the 2013 Learn-In.

# What's happening with HCE!



## Bike the Barn Quilts Ride

Volunteers from various clubs volunteered to work the different stations for the BTBQ ride.



## Farmers Market Bake Sale

Marion Voelz and Carol Sybeldon working the bake sale.

I would like to keep this page going so if you submit photos of your meetings and activities, I would appreciate it! Kara