



# Satellite



Home & Community Education

Jan. – Feb. 2017

## *PLEASE READ INPUT NEEDED FROM ALL MEMBERS*

At our Fall meeting it was discussed about doing the Spring Event on a Saturday. Time would likely be 11:30 a.m. to 3:00p.m. Since nothing was resolved we need answers before the Committee starts planning the event early in February. All Individual members will need to call with a yes or no if you want it on Saturday. The Clubs can discuss it and have the President call with your input. Please call Helen Raddant at 715-526-2919. If I'm not home just leave me the message, with club name and yes or no. Your timely consideration of this is really important. We will then have the information of when the Spring Event will be in the March/April newsletter.

Thanks in Advance.



Merry Christmas and Happy New Year!!!!

As I start this on the 12th we have snow on the ground, so we will at least have a White Christmas. 13th: However this frigid weather is not welcome other then someone made the comment (at least we don't have mosquito's). The 15th: Not liking snow storm Baily which is to arrive tomorrow into Saturday. Hopefully the bad weather won't last long and we will all have safe travels for Christmas and all our families will be together. So safe travels and enjoy the family time. I'm sure by now all clubs have ended activities for the year with possibly a Christmas get together. Hopefully your clubs are making plans for 2017. We worked on the lessons and hopefully you will all find them of interest and attend. There is a lot of time spent setting them up and preparing the hand-outs. Remember more then one member can come to the lessons. Be sure and let the Extension office know if you are attending so we can have enough hand-outs ready. Also if you want to pick up the information call ahead so that it will be ready for you. 715-526-6136. This past weekend I attended my grand-daughters Ice Skating Christmas Show in DePere. It's amazing to see how many and how young some of the performers are. This weekend the 16th -18th is her first competition in Maplewood, MN., I usually go along but on the 18th I'm going to see my favorite musical The Sound of Music at the PAC in Appleton. But there are more competitions in the next three months for me to attend. I'm sure most of you have Christmas programs to attend whether it is for your family or just that you enjoy Christmas programs. The 20th I have my grand-daughters band concert at the Weider Center. I am looking forward to that and then I will spend the night in Green Bay. It was great to have another person join us at State Conference this year, please give some thought to attending the 2017 Conference which will be in Wisconsin Dells, dates are September 11th to the 13th. Remember we do have scholarship money available. We will again be having an International Night, more on this in the next newsletter. Before you know it the Spring Event will be here. So Merry Christmas to all of you and a have Joyous New Year.

*Helen Raddant*

*President Shawano County HCE*



## Calendar of Events

### Jan. 2017

- 1 New Years Day
- 2 Courthouse Closed
- 16 Martin Luther King, Jr. Day

### Feb. 2017

- 1 & 2 Brain Fitness
- 2 Groundhogs Day
- 14 Valentine's Day
- 29 On the Move & In the Groove starts



### Leader Training

**February 1st & 2nd, 2016**

### Brain Fitness (P.O.O.L.)

"Keeping your brain fit as you age". Keeping mentally fit as we age is important to every one of us. Come and learn ten activities that have been proven that each of us can do to improve and strengthen our brain health.

Nancy Schultz, Shawano County, FLE

### February Leader Training Meeting

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

Club \_\_\_\_\_

# Members Attending: \_\_\_\_ Shawano 5:30 pm, Feb. 1st

# Members Attending: \_\_\_\_ Bonduel 1:00 pm, Feb. 2nd

## January Handout

The January lesson will be on "Diet & Depression/ Healthy Snacks". Food choices can have an impact your frame of mind. Learn about the many variables associated with diet and mood, including the way in which dietary patterns, specific foods, and nutrients can impact our brain and mood.

If you are interested in this topic and would like the handouts please contact the office and we will send them out with the 2017 Yearbooks.



## Club Paperwork

Just a reminder that some of our clubs/individuals do not have their (or parts of it) into JoAnn or the UWEX office. Please turn it in as soon as possible so we can get our member listing for 2017 completed.



## 2017 Program Books

Program Books will be ready for pickup in January. We will contact the clubs when they are ready by email/phone call. We will make arrangements to deliver the books to your club if necessary.



## UPDATE Subscription

The UPDATE is a good way to see what is going on around our state in HCE! If you are interested in an UPDATE subscription you can purchase one year for \$8.00 or two years for \$15.00, Mail your check to:

WACHE Inc.  
c/o Marcelline Protheroe, UPDATE Editor  
N6131 22nd Drive, Wild Rose, WI 54984



## On the Move and in the Groove

We are starting a new year for On the Move and in the Groove. Start keeping track of your physical activities. Record 1 point for each 20 minutes of activity. For Example: 1 hour = 3 points. Dates are Feb. 29th to May 27th, 2017. Send completed sheets to Sandy Wendorff at W7382 Anderson Ave, Shawano. Prizes for top 5 will be given at the Annual Fall Meeting. The form is included in this newsletter.



## \$350 HCE Scholarship

The Shawano County Scholarship is due on April 15th. We encourage everyone and all relatives of current HCE members to apply for this scholarship but preference will be given to applicants of Shawano County HCE family members. The applicant must live in Shawano County. They must maintain a 2.5 grade point average and be enrolled as a full-time student. The \$350 scholarship will be paid after completion of 1 semester at a university, college or technical college here is Wisconsin. The application can be found online at [www.shawano.uwex.edu](http://www.shawano.uwex.edu) under the Family Living – HCE tab or you can stop in at the office to pick up an application. The winner will be notified toward the end of April and will be honored at the Annual Spring Event.



## UW Colleges & Extension “Tap Into It” Campaign

UW Colleges and Extension resources and programs enhance the overall quality of life for nearly 200,000 Wisconsinites every day. Each one has a story—about a class that opened doors, a program that inspired, or a community partner who earned their

trust. And every one of those stories can have a positive impact on the future of UW Colleges and Extension.

**What are YOU thankful for?** Tell us how the people and programs of UW Colleges or UW-Extension have helped you learn, grow, or succeed. Visit <https://uwex.org/> to share your story!



## Get Ready for Leftovers

*Originally published November 2016 by the American Cleaning Institute*

[http://www.cleaninginstitute.org/clean\\_living/plastic\\_food\\_containers.aspx](http://www.cleaninginstitute.org/clean_living/plastic_food_containers.aspx)

The holiday season brings holiday feasts. And that means lots of delicious leftovers! Whether packing tomorrow's lunch or sending your guests back home with a few yummy treats, make sure you're storing your food in the right containers to preserve freshness and avoid spoilage. Once you've finished eating, be sure to know whether to clean and reuse or toss.

### Plastic Food Containers Clean or Toss?

If your plastic food container can't hold its shape in hot water or the microwave, then you may need to toss (or recycle) it. This is true of most containers that are meant to transport food, such as takeout containers, and those that you purchase food products in, such as yogurt containers. These types of containers are designed for a one-time use only. If the container is a keeper, make sure it is clean for the next use.

### Wash

- ◇ Remove any leftover food and rinse in hot water
- ◇ Wipe extra grease with a sponge or paper towel
- ◇ Wash in the sink with dish soap and warm water, or put it in your dishwasher's top rack
- ◇ You may want to add a plastic booster (put it where you would add a rinse aid)
- ◇ Dry your container using a kitchen towel or on the low-heat cycle in the dishwasher

### Remove Stains

- ◇ You may need to take extra steps to remove remaining stains



- ◇ Put your plastic food container on the kitchen counter and leave in the direct sun for a few hours
- ◇ Soak containers using a mild bleach solution of 2 teaspoons of bleach per gallon of water, and be sure to drain and dry thoroughly before use
- ◇ For containers that stink, try a baking soda and water scrub (1 teaspoon of baking soda with one cup of water), or you can also try undiluted vinegar
- ◇ Be sure to wash the container after any of these stain removal steps
- ◇ If the stain won't budge throw the container away!

### Avoid Future Stains

You can prevent stains before they happen by spraying the inside of the container with an unflavored cooking spray. If you are not using the container for cooking, you can line the container with foil or plastic wrap.

### Cleaning Matters Tip:

Tomato stains are stubborn, so refrain from microwaving tomato sauce in plastic containers!

### Try Different Kinds of Containers

While plastic food containers are most common, try mixing it up with sturdier glass containers. Glass is more sturdy and less likely to stain or degrade over time. Consider decorating glass jars with fun holiday designs to send your guests home with delicious leftovers with a festive twist.

first Christmas, I started a gum chain garland that grew as our family and tree got bigger. Several years later, for Christmas, our daughter Karin made a nativity set out of toilet paper rolls in Sunday School. That one served us well until I received my current ceramic set.

When our girls entered school, we decided to buy a computer but then didn't have enough money for a computer desk. We made one out of a door and two file cabinets. The hole for the doorknob was used to pass the cords under the desk.

As our girls got older, we took up camping for our summer vacations. Fire starters were made by placing dryer lint in cardboard egg cartons and adding old crayons or candles that had been melted. We also used an old fireplace grate to make campfires more quickly and more efficient. This was especially handy when the fire pit was wet from rain. Clothesline space was on short supply, so we used the plastic hanger with clips to hang more towels and clothes in less space (these are also used to dry delicates at home). Small tackle boxes were used for a first aid kit and a place to store fillet knives, soap, mosquito spray, batteries, matches, and other small items to keep them organized and dry. A milk crate and a large plastic storage box became our camp kitchen.

When I moved up here from the valley, I joined HCE to get to know people. We had many projects that could be referred to as upcycling. We made table favors for nursing homes out of egg cartons, thread spools, toilet paper rolls, and many other items. How many of you upcycled bird seed bags to make reusable grocery bags or beach totes?



### Upcycling

*Authored By: Pat Arnold, Shawano County HCE  
Originally presented at Shawano County's HCE Leader  
Training, February 3 & 4, 2016*

My experiences with upcycling, or as I referred to it, repurposing, began in my childhood. How many of you remember making a trinket box out of Popsicle sticks or a loom for creating potholders made out of a wooden thread spool with 4 nails? For many of us, upcycling was a necessity or a way of making do with what we had. My mom always talked of making clothes (even underwear) and towels out of flour sacks.

After my husband and I got married and had kids, upcycling became a more meaningful undertaking. Our

### Calling all Used Greeting Cards

Just a reminder that the Learn-a-Lot Club would like all your used cards if your going to just be throwing them away. No need to take them apart. They use different parts and make new cards for the Vet's at King in Waupaca. Can leave them at the Extension office or can be dropped off at Joyce Souba's home at 1026 S. Lincoln Street, Shawano. Take them to side door.



# **Beams**



## **CENTER I**

**Kitchen Maids** - The ladies reported another successful craft/bake sale in November. Prepared, delivered and ate a meal with SAM25. Donated food/snacks to SAM25 and made a monetary donation to the TULP food pantry. Christmas gifts were purchased for a family adopted through WTCH.

**Red Springs** – Made Thanksgiving dinners for shut-ins in the Community. They will make a donation to Love Lites in December. Celebrated Christmas at Luigis.

## **CENTER II**

**Bizi Belles** - Mae gave the lesson on Caregiving Tips for the Elderly. They delivered groceries to SAFPARC. They will have their Christmas Party in January. In lieu of exchanging gifts this year they will make a monetary donation to Veterans home at King.

**Flour Queens** - Decided to let their hostess of the meeting for the month determine if it will be held in home or restaurant. Members all donated money toward supplies for SAM25. This donation took place of holiday gift exchange.

**Learn – A – Lot** –Collected and donated a basket full of goodies to Safe Haven. Their countries to study next year are Australia and New Zealand. Celebrating Christmas this year with a donation to the club of what the cost of dinner at a supper club would be.

## **CENTER III**

**Landstad Ladies** - Enjoyed a Thanksgiving meal together before their November meeting. Socks and underwear were purchased for the clothes drive at the school. A basket was made for a benefit. A monetary donation will be made to 8 charities.

An EEO/AA employer, University of Wisconsin-Extension provides equal opportunities in employment and programming, including Title IX and ADA requirements . Persons with disabilities who require alternative means for communication of program information (Braille, large print, audiotape, etc.) should contact Nancy Schultz, FLE 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.





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**Wisconsin Association for Home and  
Community Education, Inc\***

**On the Move and in the Groove** (individual)  
**February 29 to May 27, 2017**

Get moving with HCE members from across the state. Record 1 point for each 20 minutes of activity. For example: 1 hour = 3 points. Give this report to your County Coordinator who will complete the County Combined Report.

Name of County: \_\_\_\_\_

Individual \_\_\_\_\_

Dates	Sun.	Mon.	Tues.	Weds.	Thurs.	Fri.	Sat.	TOTAL WEEK	RUNNING TOTAL
Feb 29 – March 4									
March 5-11									
March 12-18									
March 19-25									
March 26- April 1									
April 2-8	..								
April 9-15									
April 16-22									
April 23-29									
May 30-6									
May 7-13									
May 14-20									
May 21-27									
								<b>TOTAL POINTS</b>	

Return to:

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W7382 Anderson Avenue  
Shawano, WI 54166  
715-526-2710