

SATELLITE



Home & Community Education

Jan./Feb. 2014

As I think about this last letter of 2013, I can only say "Where did 2013 go" and like myself I'm sure everyone is busy with either Christmas shopping or making all of the wonderful cookies and candies to serve throughout the holidays or to be given as gifts.

I for one enjoy baking all the wonderful favorites of family and friends. A new recipe I'm going to try this year is making home made marshmallows, so I will let you know next newsletter how that went.

On this past weekend I attended my grand-daughters ice skating Christmas Show and next weekend is her Sunday School program which I will attend. I know this is a highlight of my grand daughter to have me come and watch, and I'm sure many of you have the same outlook on that. So, as we plan our busy days and nights it is just all part of the Christmas Joy! Knowing

everyone is busy there also are ways to help those who may need a little extra for Christmas. I rang the bells for the Salvation Army at Wal-Mart the first day they started for this year and I have to say people were generous in helping out those less fortunate. As we continue with our Community projects for another year we are helping not just for the holidays but for the entire year.

I have seen the 2014 booklet and I'd say the girls have put together some interesting lessons for the new year. So hopefully everyone will attend these valuable lessons and share the information with your clubs or other people of whom it might be of interest to.

We are still in need of a President elect and someone to work on our Scrapbook. Remember there can be more than one person doing these

positions.

Looking ahead to the Fall and the State Meeting remember that it is a wonderful time of learning and meeting new people from around the state. As soon as we receive information in Spring this will be sent out to you. Please take the time to look over the lessons provided and think about going. Remember we do have funds available to help with the cost. Reimbursements depend on the amount of the people attending and we can car pool. Looking forward to seeing you at some of the lessons or just around town.

I hope everyone will have a Merry Christmas and a Joyous New Year!

Helen Raddant—President



THE BEAMS — Submitted by: Bonnie Harrison



CENTER I

Kitchen Maids – The ladies celebrated their 25th annual Craft and Bake sale in November. On Dec 2nd they gathered at Bonnie Harrison's house for their annual Christmas party. A decision was made in lieu of exchanging gifts next year they would collect money to donate to a charity of the group's choice. They purchased poinsettias for Marge Muck, John Brietenfeldt and Harvey Kucksdorf. A Holiday card was sent to former HCE member Gwenn Barber. A monetary donation was made to the Tulip Food Pantry.

Red Springs – These Ladies assembled 7 Thanksgiving Dinners and delivered them to those in need on Nov. 26th. Each member made 2 dozen cookies that were later packaged in to 12 baskets and delivered on Dec 12th. The Ladies celebrated their Christmas party on Dec 10th. At this time, a monetary gift was collected for the food pantry. A decision was made to donate to the church to show gratitude for the use of it to hold their meetings.

Beams are continued on Page 2





Calendar of Events

Jan.

- 1 New Year's Day
- 13 Strong Women-Strong Bones
- 20 Martin Luther King, Jr. Day

Feb.

- 5 & 6 Brain Fitness—Leader Training
- 7 American Heart & Wear Red Day
- 11 Executive Board Meeting @ 5:30 pm
- 14 St. Valentine's Day
- 17 President's Day

March

- 11 Getting Your Hearts Right- Leader Training

Courthouse Holiday Hours

The Shawano County courthouse will be closing at 11:45am on December 24th will reopen on December 26th with normal hours. The courthouse will be closed on New Year's Day and open for business on the 2nd with our normal hours.

February "Brain Fitness" LTM

Learn what things you should be doing to keep your brain healthy and fit as you age. Your instructor will be Nancy Schultz, Shawano County FLE.

Feb 5 –Shawano Courthouse, 6:30 p.m. Room A/B

Feb 6 –Bonduel, Zion Methodist Church, 1:30 p.m.



February Leader Training Meeting

Contact Person _____

Club _____

Members Attending: ____Shawano ____Bonduel

CENTER II

BEAMS—Continued

A – Z - Purchased 2 coats for kids. A sympathy card was sent to Louise Zahn in sympathy for the loss of her brother. The ladies celebrated their Christmas party on Dec. 10th at Luigis.

Bizi Belles - Decided to continue donating food to SAFPARC. Donations will also be made to Kathy House and Veterans Home in Milwaukee. Their Christmas celebration was Dec 15th. They collectively decided to donate to Toys for Tots and Maple Lane instead of exchanging gifts. They will reveal themselves to their secret sister through a card instead of a gift.

Flour Queens - Judy Tomashek shared what she learned at the Fall Council meeting. They thought the sleep sac project for "Stitches of Love" was a good idea. On Dec 16th they celebrated their Christmas party.

Learn – A – Lot – Gathered together and made over 300 Birthday cards to be sent to the VA home. A decision was made to make a monetary donation to Ronald McDonald house in Milwaukee. On Dec 16th they wrapped gifts for Maple Lane. Louise hosted their Christmas celebration this year.

CENTER III

WISC - Joyce and Jeanette are reading again for the Wisconsin Bookworms™. Joyce has a new pen pal in Nova Scotia. Lap robes are being assembled for Maple Lane for Christmas by them and St. Paul Quilters. Joyce hosted the annual Christmas party on Dec 10th. Several members may be interested in Nancy's exercise class, two already attend in Bonduel.

Landstad Ladies - Same officers will hold positions for the upcoming year except Janet Lane will be president and Carrie Kolaski VP. Donated items to the local pantry for "Make a Difference Day". The ladies will provide soup and baked goods for a craft show on Dec 7th. They purchased coats, hats and mittens for "Coats for Kids". The Ladies made a donation at "Make a Difference Day" to help those in need in the Bonduel area. For Christmas, they adopted a family with 4 children and provided toys and food for them. Also, a monetary donation was made to Safe Haven. In 2014 they will pick one charity and help them throughout the entire year. On Dec 3rd they celebrated Christmas at Antlers. December 9th they held a bake sale. They also made up bags of goodies for neighbors that were in need of some Holiday cheer on Dec 13th.



Like us on Facebook!!!!

Check out the Family Living Page on Facebook— search for “Shawano UW Extension —Family Living Program” and hit like. When the scholarship forms are available on the website . Facebook will be one of the ways that we let you know.

Stitches of Love



Most of the clubs have picked up the “sleep sac” pattern from the office. Hopefully it is going well. There is some material at the Extension office for you to use. It a knit fabric and the colors are not to exciting.

2014 Program Books & January Project Lesson

Club presidents and Individuals, if you have not picked up your 2014 Program book and the January “Green Cleaning” materials, please stop in at the extension office or we can make arrangements to deliver them to your club if necessary.

\$350 HCE Scholarship

The Shawano County HCE Scholarship submittal deadline has been moved to April 15th. Eligibility requirements for this scholarship are that the student must have completed one semester at a Wisconsin university, college or technical college, maintain a 2.5 GPA, be enrolled as a full-time student. Preference is given to applicants of Shawano County HCE family members. The application as well as the links for other HCE Scholarships will be on the Family Living page of our web site.
<http://shawano.uwex.edu/family-living/hce/>

Strong Women—Strong Bones

Strong Women-Strong Bones was introduced to you at the Learn-In and then again at the November Leadership training. This program is an evidence-based training program developed by the Hancock Center at the Friedman School of Nutrition Science and Policy at Tufts University. The program includes weight training, flexibility, and balance activities. The exercises are safe and effective for men and women of all ages.

People with health concerns such as arthritis, heart disease, osteoporosis, diabetes and back pain often benefit the most from an exercise program.

Starting January 13th and running through April 2nd Nancy Schultz will be leading the training sessions. Sessions will be held at the Zion Lutheran Church in the Fellowship Hall which is in the lower level from 8:30 am to 9:30 am. There is a \$25 fee associated with the class. There will be a Personal Assessment Day on January 6th that you will need to make an appointment for. If you are interested in this please contact Nancy Schultz at 715-526-6136.



What can you do for HCE??

At a recent Central District meeting in Merrill, I spoke with Betty Anne Tubbin, our WAHCE president regarding offices and committees in our county. She was surprised to discover that we do not have a "Marketing" or "Membership" chairperson.

A "Marketing" chair would extend awareness of the benefits of WAHCE and Shawano County HCE through publicity of our programs and activities. She/he would also market promotional material to establish an identity for WAHCE and Shawano County HCE with members and the public.

A "Membership" chair would provide leadership in recruiting new members and forming new clubs, promote WAHCE through cooperation with other organizations having the same goals, and help make members aware of the Association's membership status and the importance of their role in recruiting new members.

These two offices may very easily be combined into one, as is the case in our Central District. JoAnn Fehrman and I were recently appointed to share this position on the District level.

Please consider getting more involved with your Shawano County HCE. We encourage anyone who has an interest in helping set up a "Marketing/Membership" position to call Nancy Schultz at the Courthouse at 715-526-6136 for more information. We would love to welcome you as the newest member of the Shawano County HCE Executive Board.

Carol Sybeldon—District Co-Membership/Marketing Chair



Other Opportunities For You....

There still are opportunities available for you at the County level. They are Bus Trip Coordinator, Public Relations, Scrapbook and International chairs. You may think you don't have the time to devote to these positions, but any time spent is beneficial to our organization. If you would like more information or have questions please call the office at 715-526-6136.

HCE Annual Fall Council Meeting October 29th, 2013 Shawano County Courthouse

The annual meeting was preceded by a pot-luck supper which began at 5:30 p.m.

At 6:15 p.m. we had a program presented by Tom Baron, Associate Planner, East Central Wisconsin Regional Planning Commission working with Transform Wisconsin. Shawano was one of 30 communities awarded Transform Wisconsin grants. The purpose of the program is 1) to reverse Shawano County's health ranking of 63 out of 72 counties: 2) partner with organizations to elevate existing work that promotes physical activity: 3) Identify gaps, barriers, and needs to enhance a safe and accessible area for physical activity: 4) create additional recreational opportunities for all age groups: 5) improve long-term of Shawano County residents. Their goal for 26 months is to make physical activity more accessible for everyone in the community and schools.

President Helen Raddant opened the meeting with Creed 1 and welcomed everyone. The agenda was approved. The minutes of our 2012 annual meeting were read and approved. Treasurer JoAnn Fehrman gave the treasurer's report. Joyce Natzke moved and Judy Tomashek seconded the motion to place the report on file for review. JoAnn reported the membership includes 10 clubs, 98 members and 15 individual members for a total of 113 members.

Nancy Schultz, Family Living coordinator, thanked all HCE members for all the work they do for the community and reported the possibility of 2 new clubs forming – a group in their 20s and also some just retired. Nancy also asked for involvement in a

Homeless Task Force which has been meeting Thursdays at the Zion Church. A suggestion was made to do an informational program on the Breakfast Club.

Helen Raddant reported that 46 attended the Learn-In. It was a good program and good food. Waupaca County plans the Learn-In 2014. Helen reminded everyone that all HCE members can be on the Learn-In Committee.

Members from the 7 clubs present reported activities they had done throughout the year. Sandy Wendorff reported on Moving & Grooving and gave certificates to the 5 participants this year. She also reported on Wisconsin Bookworms™ The program was recognized for 10 years of participating. There were 29 readers during that time. She is attending a meeting Saturday for readers in the program.

Carol Sybeldon, JoAnn Fehrman and Sandy Wendorff reported on the HCE Conference and workshops they attended...visiting a woolen mill, art gallery, attending meetings on feed sacks, honey bees, preserving herbs, sustainability – planning for the future, start with the heart for success, owls and treasurer's workshop.

Registration report: 21 people, 7 clubs and 5 individual members.

New Business: JoAnn Fehrman presented the budget for 2014. Sandra Smith moved and Sandy Wendorff seconded to accept. Motion passed.

Group projects were discussed for 2014: baby booties, sleep sacks, hats, carrier covers, SAFPARC. There were volunteers to make some sleep sacks. Flannel and patterns will be available from the office by Friday. A suggestion was made to have a work day or demonstration how to make them.

Suggestions were requested to fill positions for President Elect, Public Relations and Scrapbook. The new president will take over in 2015.

Carol Sybeldon moved and Helen Raddant seconded using our Pennies For Friendship to purchase lifetime water filters.

Education Forecast: Carol Sybeldon, Sandy Wendorff and Nancy Schultz will review suggestions for programs for next year. Reminder of International Program speaker. Be sure to send in registration for upcoming lessons early enough so they can know if there will be enough attending to hold training.



Center I is responsible for the 2014 Annual Meeting. Center II plans the Spring Event. A thank you to Center III for organizing tonight's meeting.

The meeting closed with Creed 2.

Submitted by
Sandra Smith

HCE Executive Board Meeting November 12th, 2013

The meeting was called to order by President Helen Raddant. Those present were; Sandy Wendorff, Jo-Ann Ferhman, Carrie Kolaske, Sandra Smith, Helen Raddant, Carna Zimmerman and Nancy Schultz, FLE.

The agenda was adopted.

A motion was made by Sandra Smith to approve the minutes as printed in the Satellite, seconded by Helen Raddant, motion passed.

The Treasurer's report was given and placed on file. There was no correspondence.

Committee Reports:

Center Chairs - Carrie reported on her center and told what they were doing. Sandra Smith reported that her report was in the current Satellite.

Coordinators - no report.

Bookworms - Sandy attended a conference "Learning & Discovery in a Technological World". She also read today.

Nancy's Time - Nancy talked about her "Strong Women - Strong Bones" classes that she will be starting in January at Zion Lutheran Church. She needs at least 8 to have a class. Also, she would be willing to have a class in Bonduel and western Shawano County if there is enough interest. Nancy mentioned that there was to be a meeting regarding the homeless at Zion on Thursday 11/14 at 5:30 and encouraged people to attend.

HCE Banner - discussion was held regarding ideas for the banner. Nancy will check with an individual about designing our part of the banner.

New Business:

It was decided to reimburse Sandy for attending the meeting for ikids.

The date for setting up the 2014 Program Book was set. Keep January as a hand-out lesson.

Discussion was held about covering expenses for State Convention attendees, but not the tours.

The time for the lessons at the Courthouse in 2014 was to be 6:30 p.m.

Center II is in charge of Spring Event.

The next meeting of the executive board will be February 11, 2014 at 5:30 p.m.

The meeting closed with Creed 2 and adjourned at 6:45 p.m.

Submitted by Carna Zimmerman, Secretary

New Year's Resolutions: What Does It Take to Stick to Them?



January is a time that many of us begin to rethink our habits. Many people make resolutions such as losing weight, being active, and eating healthier. Unfortunately, only 40-45% of Americans that make New Year's resolutions each year actually **STICK** to those resolutions after 6 months. How can this be?

The reality is that some resolutions are doomed to fail from the start. Too often, resolutions are simply **unrealistic**. Try these tips for setting a **realistic** goal:

1. **Set a SPECIFIC goal.** "I will eat one more piece of fruit each day" is much easier to measure than "I will start eating more fruit." Making a goal **specific** and **measurable** makes it easier to stick with.
2. **Set a SUSTAINABLE goal.** Resolutions are easier when they are doable in the long run. Goals that eliminate entire food groups or call for large increases of a healthy food frequently fail. For example:
 - ◇ **Unrealistic:**
 - ◇ "I'm not eating any grain foods (bread, pasta, rice, cereal) until I lose weight"
 - ◇ "I will increase my vegetable intake from 1 cup to 8 cups per day."
 - ◇ **Realistic:**
 - ◇ "I will fill ¼ of my plate with a whole grain food for at least one meal per day"
 - ◇ "I will fill half my plate with fruits and vegetables for at least one meal per day."



3. **Make your goal ENJOYABLE.** Finding something fun about your resolution makes it much easier to stick to, and it gives you an incentive to continue. For example:

- ◇ **If you want to eat more fruits and vegetables, make it fun by picking a new fruit or vegetable each week (fresh, canned, or frozen). Focus on kinds you've never tried. You may find a new favorite!**
- ◇ **If you want to limit soda, have fun experimenting with healthier drinks. Try different water mixtures by squirting in citrus (lemon, lime, orange) or adding a splash of 100% fruit juice. Or reward yourself with new flavors of unsweetened tea or coffee.**

4. **Do activities that you LIKE, and start small.** If you're trying to be more physically active, do something you like to do. If you don't like running, a resolution to run a marathon probably won't go very far. Find something you like and take it one step farther:

- ◇ **If you like to dance, rent a Zumba video from the library, or take ½ hour to turn up the music and dance each day (this is a GREAT thing to do with kids!)**
- ◇ **If you want to strengthen your body, consider joining the STRONG WOMEN, STRONG BONES program starting on January 13, 2014. See information in the newsletter about the program.**
- ◇ **If you want to walk more, don't think of it as exercise. Think of it as a time to clear your head and relax after your long day, to get fresh air, or to get out and look at the scenery.**

5. **Neglecting your resolution for one day, one week, or even one month does not mean you have failed.**

Slip-ups are part of retraining your brain into a new way of thinking. It's normal to mess up or give up a few times when trying to make a change. Don't beat yourself up about it—just jump right back in!

Adapted from: <http://waukesha.uwex.edu/family-living-education/nutrition-education-program/nutrition-topics-and-recipes/new-years-resolutions-what-works/>

Save the Date

The annual HCE Bake Sale will be at Charlie's County Market on April 24, 25 and 26th, 2014.

Wisconsin Bookworms™ Impact Report 2013



Excerpts from "The Informer" newsletter.

Situation: Reading to young children helps them develop a love of reading, along with enthusiasm for learning. Yet, children from families with limited incomes may not have the opportunity to own many books. The Wisconsin Bookworms Program™ is an effort to provide free books to children, with the hopes that families of young children become involved in reading to their children.

Response: Working in partnership, University of Wisconsin Cooperative Extension Family Living Programs, Wisconsin Public Television, and the Wisconsin Association for Home and Community Education (WAHCE), are bringing the program to more than 50 counties and over 6,000 children annually.

Outcomes: Over 50,000 free books have been given out this year to children. The three most important components of the Wisconsin Bookworms™ Program are providing new books for children to take home, reading volunteers for classrooms, and classroom and parent activity suggestions. Sixty-five percent of the families have used the activities given to their child at home with them. Parents have reported positive changes as a result of Wisconsin Bookworms™ Program:

- * 89 percent talk more often with their children about books
- * 81 percent read to their children more often, and
- * 50 percent visited the public library more often

Parents say the Wisconsin Bookworms™ Program provides resources that are not available from anyone else, giving their children a variety of free books and activity sheets and the experience of having someone read to them.

Without the help of our wonderful volunteers reading to our young ones, this program would not be as successful as it is.

Thank You to the Volunteers!



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



Greetings!

Now that the Holiday Season is in full swing, we hope that you take time for yourselves and remember some of your own Holiday memories and share them with your families

Nancy & Kara



When the Holidays are over you can try this easy bake recipe.

Enchilada Casserole

- 1 Pound Ground Beef
- 1 Package Taco Seasoning
- 1 Cup Sour Cream
- 1 Can Cream Of Chicken Soup
- 1 1/2 Cup Shredded Cheddar Cheese
- 10 Flour Tortillas
- 1/4 Cup Milk

Preheat oven to 350°. Brown meat and add taco seasoning. In a bowl mix sour cream, soup and 1 cup of shredded cheese. Add 3/4's of the mixture to the meat. Spread in tortillas and roll. Place in 9 x 13" greased baking dish. Mix milk into remaining 1/4 of the sauce. Pour over tortillas in dish and sprinkle with remaining 1/2 cup of cheese. Cover and bake for 30 -45 minutes. It is ready to eat after it has cooled.

Bear In There

from the book

"A Light in the Attic" (1981)

By: Shel Silverstein

There's a Polar Bear

In our Frigidaire--

He likes it 'cause it's cold in there.

With his seat in the meat

And his face in the fish

And his big hairy paws

In the buttery dish,

He's nibbling the noodles,

He's munching the rice,

He's slurping the soda,

He's licking the ice.

And he lets out a roar

If you open the door.

And it gives me a scare

To know he's in there--

That Polary Bear

In our Frigidyaire.



What's happening with HCE!



The Bizzi-Bells held their Christmas Party on Dec. 3rd. In attendance were: Front Row (L to R): Inez Muraski, Judy Pahlow, Barb Meyer, Sandy Smith, Ruth Pahlow. Back Row (L to R): Mae Retzlaff, Mary Zahn, Miriam Durkey, Verdell Krueger, Barb Risenberg



The Landstad Ladies Christmas Party was on Dec. 15th at Antlers in Bonduel. In attendance were: Left Side (B to F): Julie Vomastic, Sarah Vomastic, Carrie Kolaske, Denise Meisner, Joy Mueller. Right Side (B to F): Janet Lane, Judy Grall, Elaine Moeller, Katie Sprangers, Rozanne Zernicke, Eila Matheas.



The Landstad Ladies held their bake sale in the "Milkhouse". Even though it was cold out they still had a great time.



Holiday Bags with Poinsetta's made up by the Landstad Ladies.

