

# Satellite



Home & Community Education

Jan./Feb. 2016



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Hello Everyone,

It seems hard to believe another year has passed. I know that I'm glad September and October are done with. From the start of September with the County Fair and then State Convention some of us were quite busy. We ended up making 300 plus cookies for table favors. After frosting and packaging we got them to Stevens Point with only 2 broken ones, I'd say that was quite remarkable. We did get a lot of compliments on the diamond rings we presented to each guest.

In October there was the District Meeting to plan and then the following week was the Fall Learn In with Waupaca which we hosted. Next was our Fall Annual meeting in November. Now that those three months are over we now look forward to the lessons planned for 2016. I've seen the list of information that we will learn about and I'd say the Committee did a great job. Our January lesson will be combined with a get-together with our 39 new members. You will be able to choose an afternoon or evening time to join us with our lesson on Salt Substitutes and meet the new members. I am looking forward to meeting the new members and welcoming them to our organization. Hopefully we will have a lot of existing members to make them feel a part of our group and enjoy the lesson also.

In the next newsletter we will have the information for the Brat Stand at Charlie's. It was decided at our Fall meeting to go with two shifts. In the May newsletter we will have a date for the Bake Sale at the Farmers Market. I always look forward to Spring Event, it is just a great time to visit with the other members and have a great meal. The Silent Auction items are always so wonderful. We really do have some creative people in our midst. Also in the planning stages is another International Night. This year there are a lot of Foreign Exchange students in the area.

In closing I would like to wish everyone a Merry Christmas and a Happy New Year!

Look forward to seeing all of you.

*Helen Raddant*  
*President Shawano County HCE*





# Calendar of Events

## Jan. 2016

- Jan. 1 New Year's Day—Courthouse Closed
- Jan. 4 Executive Board Meeting 5:30 PM
- Jan. 12 Salt Substitutes and HCE Orientation 1:30 & 5:30 pm

## Feb. 2016

- Feb. 3 & 4 Recycling and Upcycling—Leader Training
- Feb. 10 Ash Wednesday
- Feb. 14 St. Valentine's Day
- Feb. 15 President's Day

## Jan. 12th—Orientation for new members and

**"Salt Substitutes" P.O.O.L.**  
1:30 pm & a repeat session at 5:30 pm  
Shawano County Courthouse Room A

Join us for a Leader Training session on salt substitutes. Your body needs salt to work properly. Salt contains sodium. Sodium helps your body control many functions. Too much sodium in your diet can be bad for you. For most people, dietary sodium comes from salt that is in or added to their food. You will learn about what is available for substitutes. Alternatives will be given like Mrs. Dash and other herb, spices and seasonings.

Orientation for new HCE members or refresher for current members will be held along with the "Salt Substitutes". Come and find out what we have in store for 2016 and meet some of the 39 new individual members we have!

## February Leader Training Meeting

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

Club \_\_\_\_\_

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

## February Leader Training "Recycling and Upcycling"

This two part, one evening workshop will discuss why it is still beneficial to recycle and upcycling. Upcycling is the reuse of discarded objects or materials in such a way as to create a product of a higher quality or value than the original. Please send in the clip for your club or e-mail the office if you can not make the leader training but would still like the materials.

Feb. 3 – Shawano Courthouse, Room A/B, 5:30 p.m.  
Feb. 4—United Methodist Church, Bonduel 1:30 p.m.



## HCE Executive Board Meeting

**November 19<sup>th</sup>, 2015, 5:30 p.m.**

President Helen Raddant called the meeting to order and opened with Creed I. Sandra Smith made a motion to adopt the agenda and Sandy Wendorff 2<sup>nd</sup> the motion. Those attending were Helen Raddant, Nancy Schultz (FLE), Sandra Smith, JoAnn Fehrman, Carol Sybeldon, Sandy Wendorff and Janet Lane.

Minutes of the last meeting were approved after corrections. The Treasurer's report was given and put on file. For correspondence the Bizi-Belles received a thank you for helping with the Bike the Barn Quilt. An article on HCE was in the Shawano Evening Leader recognizing members being in HCE 55 years or more. Sandra Smith thanked HCE for being invited to the Bookworms training at the District meeting. Sandy S made a motion to donate to Jean Pensis for the Leader Dog Program and Janet L 2<sup>nd</sup> the motion.

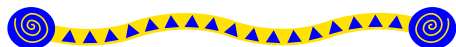
Center Chair I: Carol S. updated us on the Kitchen Maids working and getting ready for their Craft Sale on Sunday, November 22<sup>nd</sup>; they will adopt a family and take table favors to Oakhaven. Nov. 18 they will pay bingo at Oakhaven. Some attended the SAM 25 open house and are making plans to provide a meal. From Center II, Sandra S. said the Flour Queens baked for the Annual meeting, discussed SAM 25 for a donation, reviewed food safety preparation and had a cranberry lesson. Learn-A-Lot is working on picking a country for International Night, paid dues and has the same officers. Bizi-Belles discussed the District



Meeting, Fall Learn-In and had a pamphlet and lesson on cranberries and are helping a family from Belle Plain. For Wisconsin Bookworms Sandy W. read to Menominee College.

Nancy's time: 1) received 28 new members with a Strong Bones membership drive, 2) received a grant for Food accessibility and security in Western Shawano County and another grant was received for the Strong Bones program. In December Stockbridge will start a Strong Bones program.

For New Business we went over the proposed 2016 Yearbook. For International Night Shawano has 4 Foreign Exchange students, Wittenberg has 2 and Bonduel has 1. For our membership drive, since we have 28 new members we want to have an informational meeting in Jan., perhaps 2 meetings—one in the day and one at night and also have a mini-lesson. We also discussed people to contact for our lessons. For old Business we discussed making Infant Carrier Covers and who could use them. SAM 25 needs diapers—all sizes and crock-pots donated. Next meeting will be Jan. 4<sup>th</sup>, 2016 at 5:30. Closed with Creed II and meeting adjourned.



## 2016 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! The February issue of the UPDATE will feature the Central and Northwest Districts. If you would like to submit an article or pictures the deadline is Jan. 1st. 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

## News from the State Treasurer

Two cuts have been made to the WACHE budget, the first being the Wisconsin Bookworms™ subsidy of \$100 to each county and the second is the Jones-Lee \$1,000 scholarship, both longstanding traditions of WAHCE.



## Strong Bones Program

The Strong Bones Program will start a new session the week of January 4th. Check out the WWF for more information on the program.



## "Reflections on the Waters That Are Never Still"

There are copies of this book at the UWEX office for your clubs to check out. Just stop in and pick one up. We have 3 copies for your reading pleasure.



Thankfully  
not yet!



## Scratch as Scratch Can Be!

Marquette County—Keeping Current

My mother never let me do much in the kitchen, except things like making vegetable salad, or stirring the gravy so it wouldn't be lumpy. As a result, my cooking knowledge and ability was practically non-existent when I got married. But, I did remember mother mentioning once to her many friends that she'd made cakes, pies and such from scratch.

With mother's delicious cakes in mind, my first trip to the grocery market was to buy some scratch. I found the aisle of baking items, starch, sugar, flour and chocolate but, no sign of scratch did I see. I was sure it would not be with the pickles or mayonnaise, or in the meat department.

I asked a clerk if they carried scratch. He looked at me rather oddly and finally said, "oh, you'll have to go to the store at the corner of Colfax and Wadsworth."

When I got there, it turned out to be a feed store. I thought this rather off, but I guess cakes are food so I went in and said, "I'd like to buy some scratch", when the clerk asked me how much I wanted, I suggested pound or two. His reply was, "how many chickens do you have?" "It only comes in 20 pounds." I really didn't understand why he mentioned chickens but, I had heard my mother say that she had made some chicken casserole from scratch so I bought 20 pounds and hurried home, delighted with my purchase.

My next problem was finding a recipe calling for scratch. I went through every page of my lovely "Better Homes and Gardens Cookbook" given as a wedding present but, didn't find one recipe requiring scratch. Subsequently, I spent hours in the nearby library to end my search. No luck. There I was with 20 pounds of scratch and no recipe.

When I opened the bag of scratch, I had some doubts that a beautiful fluffy, moist cake could ever result from such hard looking ingredients but, then I was sure that with the addition of liquids

and the use of heat, the result would be successful. I had no need or desire to mention my problem to my husband as he had suggested earlier in our marriage that he liked to cook, and would gladly take over that department. One day when I was raving about his chocolate pie, he proudly acknowledged that he had made it from scratch. So I was assured it could be done.

Now as many of you know, being a new bride is pretty scary, especially when three meals a day are on one's mind all the time. During the first week, I learned that our muffins, waffles, pancakes, pies, and even cakes and lemon pudding he made from scratch. I was sure that he had bought a 20 pound bag of it, too. But, I couldn't find where he stored it. I checked my own supply which I kept hidden in the bedroom closet behind all my clothes but, it was still full.

The mystery continued but, I was never one to give up or reveal my problem. The biggest jolt came one day when I heard a friend bragging to my husband that he'd built his house from scratch. In quick succession I heard numerous acquaintances say that they'd made dresses, Halloween Costumes, even jackets from scratch, in addition to their numerous desserts and pastries.

At this point I was almost ready to give up because all the world seemed to know everything about scratch except me. But, pride kept me silent. If paper can be made from wood, and glue from horse's hoofs, maybe wood or cloth could be made from scratch.

But, the detective in me was getting weary, so I decided to try a different approach. One day when my husband was doing nothing in particular, I said "Honey, I wish you'd teach me how to bake a cake from scratch." He got out the flour, sugar, eggs, milk, shortening, chocolate, and baking soda, but, there was no sign of scratch. I watched him carefully blend it all together, pour it into the pan, then put it into the oven to bake. An hour later, when we were eating the cake, he couldn't understand my asking, "Honey, why don't we raise a few chickens?"





## Apricot Cranberry Bread

Diane Roth—Milwaukee, WI

2 cups all-purpose flour  
1 cup sugar  
1 to 2 tsp. grated orange peel  
1 1/2 tsp baking powder  
1/2 tsp baking soda  
1/2 tsp salt  
1 large egg  
3/4 cup water  
1/4 cup vegetable oil  
1 cup fresh or frozen halved cranberries  
1/4 cup apricot preserves

1. In a large bowl, combine flour, sugar, orange peel, baking powder, baking soda and salt. In a small bowl, beat egg, water and oil; stir into dry ingredients just until moistened. Fold in the cranberries.
2. Pour into a greased and floured 9x5-in loaf pan. Cut apricots in the preserves into small pieces; spoon preserves over batter. Cut through batter with a knife to swirl. Bake at 350° for 65 to 70 minutes or until a toothpick inserted near the center comes out clean. Cool for 10 minutes; remove from pan to wire rack.

## Berry Nut Tarts

Lena Ehlert—Vancouver, BC

1/2 cup butter  
1 pkg. (3 oz.) cream cheese, softened  
1 cup all-purpose flour

### Filling

1 1/2 cups packed brown sugar  
2 tbsp butter, melted  
2 large eggs, lightly beaten  
2 tsp vanilla extract  
2/3 cup finely chopped cranberries  
1/2 cup chopped pecans

1. In a small bowl, beat butter and cream cheese until creamy; gradually add flour and mix well. Cover and refrigerate for 1 hour or until easy to handle.
2. Cut dough into 12 portions. Press onto the bottom and all the way up the sides of greased muffing cups. In a large bowl, combine the brown sugar, butter, eggs and vanilla. Stir in the cranberries and pecans. Spoon into prepared crusts.
3. Bake at 350° for 25 to 30 minutes or until edges are golden brown. Cool for 5 minutes before removing from pan to a wire rack to cool completely. Store in the refrigerator.

## Cranberry Flax Pumpkin Bread

Canola oil spray

1/2 cup whole-wheat pastry flour  
1/2 cup unbleached all-purpose flour  
1/2 cup ground flaxseed  
2/3 cup packed light brown sugar  
1 tsp. baking soda  
1/2 tsp. salt  
2 large eggs  
1 cup canned pumpkin  
1/4 cup canola oil  
1/2 cup unsweetened applesauce  
1/4 cup 100 percent apple juice  
1/2 tsp. ground cinnamon  
1/2 tsp. ground ginger  
1/4 tsp. ground nutmeg  
1 cup dried cranberries

Preheat oven to 350 degrees. Lightly coat 8 x 4-inch loaf pan with canola oil spray and set aside.

In large bowl, combine whole-wheat pastry flour, all-purpose flour, flaxseed, sugar, baking soda and salt and set aside. In medium bowl, lightly beat eggs. Whisk in pumpkin, canola oil, applesauce, apple juice, cinnamon, ginger and nutmeg. Stir in dried cranberries. Add wet ingredients to dry ingredients, mixing until all dry ingredients are incorporated into batter. Do not beat or overmix. Pour batter into prepared pan.

Bake for 50-60 minutes, until wooden toothpick inserted into center comes out clean. Cool in pan on wire rack for 10 minutes. Remove bread from pan and continue cooling on rack.

## Tart Quick Bread

Karen Czechowicz—Ocala, FL

1 1/2 cups all-purpose flour  
3/4 cup sugar  
1 tsp baking powder  
1/4 tsp salt  
1/4 tsp baking soda  
1 large egg  
1/2 cup orange juice  
2 tbsp butter, melted  
1 tbsp water  
1 1/2 cups fresh or frozen cranberries, halved

1. Preheat oven to 350°. In a large bowl, combine first five ingredients. In a small bowl, whisk egg, orange juice, butter and water. Stir into dry ingredients just until moistened. Fold in cranberries.
2. Transfer to an 8x4-in loaf pan, coat with cooking spray and sprinkle with flour. Bake 45-50 minutes or until a toothpick inserted near the center comes out clean. Cool 10 minutes before removing from pan to a wire rack.





# **Beams**

## **CENTER I**

**Kitchen Maids** – Adopted a family to gift through “Crusades for Kids” this Holiday Season. Made Thanksgiving table favors for Oakhaven where they played BINGO on Nov 16<sup>th</sup>. A discussion was held about occasionally making a meal for SAM25. Their Christmas party was celebrated on Dec 6<sup>th</sup> at Bonnie’s home.

## **CENTER II**

**Bizi Belles** - The Christmas Party has been scheduled for Jan. 10th at the Gathering. Sandy Smith will make the donation delivery to SAFPARC, she also gave a report on the Annual Meeting. They will be making a monetary donation to charity in lieu of a gift exchange. A donation to SAM25 and the Curt Retzlaff family will also be given.

**Flour Queens** - A donation for SAFPARC were collected. Barb baked bread for “Bike the Barn Quilt”. One hundred seventy six bikers attended. Women will be donating to SAM25 instead of buying hostess gifts throughout the year. Held their Christmas party at Grandma Sophie’s.

**Learn – A – Lot** – Were blessed with two new members, Priscilla King and Joanne Elliott. A donation was made to Ronald McDonald House in Milwaukee. A celebration of Christmas was held on Dec 17<sup>th</sup> with a potluck meal. Everyone was to bring something to donate to SAM25.

## **CENTER III**

**Landstad Ladies** – Janet shared about the fall council meeting she attended. A donation was made to the food pantry and a few members were going to work there. Held a Thanksgiving potluck dinner on Nov 13<sup>th</sup>.

**WISC** - Names for Secret Pal were drawn. A report was given on the Annual Meeting, everyone liked the 55 plus awards presentation.

