



Satellite



Home & Community Education

March 2013

Wow! What a snowy Winter so far. I for one have had enough of this white stuff for this Winter. I am very fortunate to have a son close by to keep me plowed out. However, there has been 3 days when driving was just bad because of either ice and blowing and drifting of snow that he chose to take me to work and again bring me back home. So again, I say how important family and friends are when you need a little extra help.

It's great to have Linda back as our FLE even if it is only for a short while. Carol Sybeldon is working on an International Night in April. The past couple of years we have had some interesting speakers, and the pot luck meal before hand has proven to have been successful. We usually did have some food items in conjunction with the Country that the speaker was from. For those of you who participated last year with "On the Move and in the Groove," we are again going to be

involved and will also again provide some cash donations for the top 5 places. Knowing how important exercise is to us, hopefully we will get more participants this year. So get grooving everyone! And we are also aware of how important diet is also. So let's make it a healthy year. Hopefully everyone has gotten information on the February lesson. Due to bad weather, the Shawano lesson was canceled.

On April 9th we will be having our first meeting with our new Central District. Looking forward to meeting new people. As of now I believe it is just Sandy Wendorff and myself that are going. But remember anyone can attend. We are still part of the Counties hosting the State Conference in Manitowoc September 9th thru 11th. So soon we will be making table favors for some of the meals. Plans are being finalized to what we will be doing. At this time Carol Sybeldon,

Sandy Wendorff, JoAnn Fehrman and myself are signed up to attend. If you have never attended a State Conference they are very rewarding as far as learning new things and also meeting new people from around the State. Just a reminder there are scholarships available to attend. Look for more information in the Satellite.

We will soon be planning the Fall Learn-In with Waupaca County, which this year we are hosting, so any ideas on topics and speakers are welcome. Also if you would like to be on the Committee please let me know.

Our next Executive Board meeting is March 11th at 5:30 at the Courthouse. Please join us if you would like, don't have to be a Committee member to come. Hopefully Spring will be here soon. Looking forward to tulips blooming.

Helen Raddant

Shawano County HCE President

Calendar of Events

March

- 5 Leader Training, SCMS Room 156
- 10 Daylight Savings Time Begins
- 15 Shawano Co. HCE Scholarship Due
- 17 St. Patrick's Day
- 29 31 Good Friday/Easter

April

- 1 Jones-Lee, Ardith McDowell scholarship forms due
- 9 Central District President's Meeting, Green Lake
- 20-27 Money Smart Week
- 25 International Program

Save the Date!



Our 2013 Spring Event will be held on Monday, May 6th at the North Star Casino.

Chicken & beef tips dinner will be served family style. Center I is planning a fun evening with the theme: Pots and Blooms. (Goes with the State Art Show Contest.)

Cost is \$15.00. Register by April 29th. There will also be a Silent Auction. The value of your club's donation should equal \$2.00 per member, same applies to individual members. We've always had a great variety of items. Keep up the good work.





Shawano County HCE Executive Board Meeting January 14, 2013 Shawano County Courthouse, 5:30 pm

The meeting was called for order by President Helen Raddant. We opened with Creed I. She then welcomed back Linda Olson as our interim FLE. Those present were: Helen Raddant, Sandra Smith, JoAnn Fehrman, Carol Sybeldon, Sandy Wendorff,, Carna Zimmerman, and Linda Olson.

The minutes of our last meeting were approved as printed in the Satellite. Treasurer JoAnn Fehrman gave her report and it was placed on file. There was no correspondence.

Center II Chairperson Sandra Smith noted her report of the clubs in her center were in the January Satellite. Sandy Wendorff reported on the new Central District which is made up of 9 counties. Linda stated that she is temporary and comes in a couple days during the week to help until a full-time FLE is hired. She will probably be here until March and is currently working on the February leader training. Sandy Wendorff talked about the press release for Bookworms. There could possibly be quotes from readers and kids. Everything is going good. Amy's last day in the UWEX office is January 18. She will be working in another office in the courthouse. April 25th is International Day and Carol Sybeldon is working with the Literacy Council on a speaker. May will be our Spring Event and Center I is in charge. Those that wish will again be participating in "On the Move and in the Grove" from March 3 thru May 24. We are to send our completed forms to Sandy Wendorff. The State Conference will be in Manitowoc September 9-11. The planning committee met in Shawano for their first planning session. Shawano County HCE will be making tray favors. The display at the Shawano County Fair will feature HCE. Clubs are to gather pictures, news items, etc. and drop them off at The Extension Office as soon as possible. Information for the next Satellite is due Feb. 15.

Our next meeting is March 11 at 5:30. We closed with Creed II. **Submitted by Carna Zimmerman**

Cultural Arts Show & Contest

There has been a bonus category added to the Cultural Arts Registration Form - **19. Decorate a Flower Pot.** Last year our "Shoe" contest was greeted with a lot of excitement and participation. We decided to do it again with another theme. This year we are going to try to decorate a flower pot.

Note: There is a size restriction. *The bonus category is just for fun!!* Start with a flower pot - our title is "Sunny Side Up".

Here are the rules to enter:

1. All entries will be made up to fit in the judge's box - no larger than 12" high x 8" wide and 8" deep.
2. The display for your creation is of your choice.
3. You can use any media for decorating your pot.

All entries will be judged at Shawano Spring Event and the winner will be turned in with the other entries and will be put on display in the conference center.

This will not be a judged category - the pots will be voted on by those attending the conference. Each person will receive a "vote slip" in their packets when they register for the 2013 WAHCE State Conference. It will be up to all attending to choose the best-looking entry. We hope all counties will join in the fun.

You should have received the complete list of the Cultural and Textile Art Show Guidelines with the program book. Each county can enter 12 items. We will do judging and selection of the items at the Spring Event. Bring your item and completed registration form.

February Leader Training

Due to snow storms, the Cutting Back and Keeping Up LTM was cancelled. If your club would like the materials, they will be available at the March 5th LTM.





March Leader Training: Gluten Free Cooking & Living

Come and learn about gluten-free cooking and living (This is a one-time only class).

Do you or someone you care about need to follow a Gluten free diet? Do you struggle to think about what to make for a meal that is gluten free? What is the difference between Celiac Disease and Gluten intolerant? Participants will get ideas about eating, living and entertaining gluten free. Taste some of the best gluten free products and recipes. Everyone at the class will go home with a packet of gluten free recipes, tips and coupons for local dining places that offer gluten free choices!

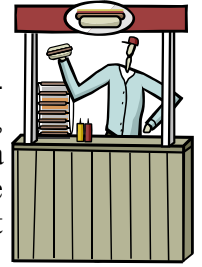
**March 5- Shawano Community Middle School
Room 156, 6:30-8:00 p.m.**

<p>MARCH LEADER TRAINING Gluten Free - March 5</p> <p>Contact Person _____</p> <p>Club _____</p> <p># Members Attending: _____</p>
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On the Move & In the Groove March 4 - May 23, 2013

Join the WAHCE challenge to get active. Use the chart in this Satellite to record your activity. You get 1 point for each 20 minutes of activity. You choose what to do. The top 5 individuals will receive \$10 from Shawano County HCE. Challenge your club members to get active! The completed forms can be sent to Sandy Wendorff, W7382 Anderson Ave., Shawano, WI 54166 or the Shawano County Extension Office. **NOTE:** Forms should not be sent to the name at the bottom of the form. Sandy will send all the forms to her in a group from Shawano County.

Brat Stand Schedule



We are scheduled at the County Market Brat Stand on May 2, 3, & 4th, 2013. PLEASE sign-up to work a shift. The work isn't hard if we have enough help. We will be serving hot dogs, brats, hamburgers and soda. Please complete the following or call the UWEX office at 715-526-6136 with the information. The proceeds of this fundraiser go to Wisconsin Bookworms.

International Night

**April 25th—Courthouse, County Board Room
6:30 p.m.**

Bonnie Mendoza Erickson and her daughter Nicole Rivera are from Santa Marta Colombia. They came to the United States because of Bonny's marriage to Leaf Erickson. Bonnie worked in business administration in Colombia. She studied at the University of Magdalena. While working in Colombia she worked with the agricultural field of business.

Nicole is 22 years old. She is a graduate of Santa Marta High School. After high school she took a short "Seafood Class" and some other courses online.

Both ladies are taking English Classes through Shawano County Literacy Council at the library. Nicole had some English in her country prior to coming to the U.S. They have been involved in an English class for one year. The ladies are very proud to tell you they are American USA Residents. In the next two years they will be applying for their citizenship.

<p>International Night</p> <p>Contact Person _____</p> <p>Club _____</p> <p># Members Attending: _____</p> <p style="text-align: center;"><i>Register by April 22nd</i></p>
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POTPOURRI

A sharing page of your ideas, recipes, jokes, stories, etc.

ENGLISH

By Dr. Richard N. Brogh

I take it you already know
Of tough and bough and cough and dough?
Others may stumble, but not you
On hiccough, thorough, slough and through.
Well done! And now you wish, perhaps
To learn of less familiar traps?

Beware of heard, a dreadful word
That looks like beard and sounds like bird.
And dead! It's said like bed, not bead,
For goodness sake, don't call it deed.
Watch for meat and great and threat.
They rhyme with suite and straight and debt.
A moth is not a moth in mother,
Nor both in bother, broth in brother.

And here is not a match for there,
Nor dear and fear for bear and pear,
And then there's dose and rose and lose –
Just look them up – and goose and choose.
And cork and work and card and ward,
And font and front and word and sword.
And do and go, then thwart and cart.
Come, come, I've hardly made a start.

A dreadful language? Why, man alive,
I'd learned to talk it when I was five,
And yet to write it, the more I tried,
I hadn't learned it at fifty-five.

ONE LINERS

- *Don't let your worries get the best of you; remember, Moses started out as a basket case.
- *Many folks want to serve God, but only as advisors.
- *It is easier to preach 10 sermons than to live one.
- *The good Lord didn't create anything without a purpose, but mosquitoes come close.
- *Opportunity may knock once, but temptation bangs on the door forever.
- *Some minds are like concrete thoroughly mixed up and permanently set.

*Peace starts with a smile.
He who angers you controls you.

7 QUALITIES OF LEADERSHIP

- Enthusiasm
- Integrity
- Toughness
- Warmth
- Humility
- Confidence

THE BEAMS:

CENTER I

Kitchen Maids—did not meet in January due to inclement weather. They are in the beginning stages of Spring Event Planning with other Center I Clubs. Made a donation of \$100 to the Tulip Food Pantry. JoAnn & Bonnie presented the lesson on Skin Cancer prevention. All members enjoyed lesson.

CENTER II

A-Z—Louise Zahn presented Skin Cancer lesson. Reminded members that ideas are needed for Speakers at 2013 Learn-In. Members are also working on Club history for UWEX's 100th Anniversary for fair display.

CENTER III

Landstad Ladies—They received skin cancer handout. \$18.00 was collected to donate for food pantry. Ways were discussed to generate funds. Hope to take a tour of the Old Plow Shop in the Spring. Member Karen Moeller passed away.

Navarino Merri Maids—Ellie presented the lesson on skin cancer. They baked pies to donate for Cancer Benefit Feb. 10th for Kathy Paquette. Also, a \$25.00 donation was made in her honor. Members are working on gathering information for UWEX's 100th Booth at the fair.

W.I.S.C.—Sharon read skin cancer lesson. After lesson members shared their personal experiences on the disease. Two members read at Bear Cubs in Bonduel.



**Compiled by Bonnie Harrison,
Kitchen Maids, HCE**

