

# Satellite



Home & Community Education

March/April 2015

Hello fellow HCE member,

When you receive this newsletter we will already be down 2 months of this year.

Hopefully you learned some ideas from your January hand out lesson on the Crock Pot. I have heard that clubs have made something in the crock pot for their club when they held the meeting. I attended the February "Communicating, Problem Solving, Make Decisions." I thought Nancy shared some great information with us.

I was disappointed in the fact that there were only 3 clubs represented along with 1 individual plus myself. I think it was one of those lessons that is easier to present after hearing instead of just picking up the information. It takes time for Nancy to put together and then her time spent presenting it. Remember these topics come from ideas you have suggested or ideas from State Conferences.

We have joined with Learn-A-Lot Club for International Night. Carol Sybeldon and I have been working with them. (More Information in separate article) Center III is working on the Spring Event, which is Monday, May 4th.

We all have the chance again to earn a prize in the "On the Move and In the Groove". We start on March 1st.

It is wonderful that we have 13 members who have been in HCE 55 years or more. These ladies will be recognized at the 2015 State Conference. Good job ladies. We will continue to receive information on the State Conference in September. Our next Update will have all information for the classes. I do have some rooms booked with room to spare, so if you're planning on going let me know. You can give me a call at (715) 526-2919.

Looking forward to up-coming lessons. Hope to see you there.

*Helen Raddant*

*President Shawano County HCE*





## Calendar of Events

### March 2015

- March 1 Ruth B Sayre Scholarship Due
- March 4 Couponing @ Shawano Courthouse
- March 5 Couponing @ Bonduel
- March 8 Daylight Savings Time Begins
- March 17 St. Patrick's Day

### April

- April 1 State Scholarships Due
- April 22 Shawano County Scholarship Due
- April 15 Central District Planning Meeting
- April 16 International Night

### March—Special Interest

#### "Couponing with Shar Cackovic"

Learn how to save money locally with Shar learning the basics of couponing and how to stretch your dollar.

March 4—Shawano Courthouse, Room A/B,  
5:30-6:30 p.m.

March 5 – Bonduel, Zion Methodist Church,  
1:30– 2:30 p.m.

Please clip and send back to the UWEX Office  
by the first of each month.

#### March Special Interest Meeting

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

Club \_\_\_\_\_

# Members Attending: \_\_\_\_Shawano \_\_\_\_Bonduel

### Fall Learn-In with Waupaca County

We will be meeting in early May to plan the Fall Day of Learning. Anyone who would like to be on the Committee please let me know, 715-526-2919. Then when the date has been set I can let you know. We are always looking for new people to volunteer to help out. Also, if you have any suggestions for topics and speakers please let us know. We will meet at the Shawano Courthouse since we are the host county this year. So we would appreciate any ideas you may have.

Helen Raddant



### Strong Bones Strength Training

The Strong Bones Program will be starting new session in March for the Spring 2015 session! Zion Lutheran Church, St. Paul Bonduel, St. Francis Solanus, Gresham, Total Fitness and Sacred Heart Catholic Church will be hosting numerous Spring sessions. You will find the full schedule in the March-April WWF Newsletter. Sessions will run from March to June.



### Greeting Cards Needed

The Learn-A-Lot Club makes cards for the Veterans Home at King. They use parts of the cards may it be flowers or pictures for men and women. Don't take the cards apart they sometimes use parts of the sayings also. So keep cards together. You can call Joyce Souba for more information on a drop off place or pick up. Her number is 715-526-2947 leave a message if she's not at home.



### WAHCE 'Diamond' Members

In celebration of WAHCE's 75th Anniversary and the women who have made HCE what it is today, the WAHCE membership committee would like to recognize all members with 55 or more years of service to HCE.





### Shawano County's list:

Sharon Schendler WISC 55 years  
June Bethke WISC 55 years  
Doris Kerry Learn-A-Lot 56 years  
Joyce Souba Learn-A-Lot 56 years  
Rose Radtke Learn-A-Lot 61 years  
Tillie Kallies WISC 56 years  
Audrey Wussow WISC 57 years  
Joyce Natzke WISC 59 years  
Jeanette Pitt WISC 60 years  
Beverly Fink WISC 60 years  
Marge Ainsworth WISC 63 years  
Betty Giese Red Springs 61 years  
Marcalene Rosenow Individual 57 years  
Doris Bucholz Individual 68 years  
Lillian Mehlhorn Individual 73 years

If we have missed anyone please call the office and let Kara know. We will need a 5X7 picture of these members. We can get pictures at Spring Event, Nancy will take the individual pictures. From the member we will need just a short article about you and your experience as an HCE member, such as offices you have held and just things special throughout your years. Anyone not attending Spring Event contact the Extension office 715-526-6136 so we can arrange to get your picture.



## **International Night Egypt**

Date: Thursday, April 16th at 5:30p.m.

Place: Shawano Civic Center, Main Street, Shawano which is located next to Post Office, lots of parking in back and enter through the back door. Our speaker will be Dr. Gomal Abdel-Azim. He received his Ph.D. from Iowa State. He is employed at CRI as a Research Geneticist, a position he has had for 15 years. He and his family live in Appleton, WI. He travels back to Egypt on occasion and works from Cairo at times during the summer months. He is a great resource of Middle Eastern Culture and will dispel many myths that we may have. Refreshments that are known to his Country will be served after his presentation. Hope to see a lot of you there.

## **On The Move And In The Groove**

March 1st to May 23rd

We will again be focusing on walking and exercise as a county wide activity. Any activity you do between the above dates can be counted. Keep track on the enclose sheet. This includes walking, biking, gardening, cleaning, painting, swimming, hiking, etc. Each 20 minutes equal 1 point, for example one hour is 3 points. After the 23rd, count up your points on your sheet and send the sheets to:

Sandy Wendorff  
W7382 Anderson Ave.  
Shawano, WI 54166

Sandy needs the information by June 5th because she needs to tally up all numbers and get them sent to State by June 15th. So enjoy racking up those points while exercising. There will be a prize for the top 5 members. Prizes will be presented at the Fall Meeting.



## **Secretary Reminder**

A reminder to all club Secretary's we need your minutes from your club meetings. You can e-mail or mail them to the Extension office. You should have 3 copies, 1 for your club, 1 for your Center Chair-Person and then 1 to the Extension office. Clubs within Centers I & II can e-mail them to your Center Chair at:

Center I - Carol Sybeldon—[sybeldon1@frontier.com](mailto:sybeldon1@frontier.com)

Center II- Sandy Smith— [johne.sandrai@gmail.com](mailto:johne.sandrai@gmail.com)

These minutes are important as we get numbers and other information from them. The copy sent to the extension office is used to gather information for the Beams Page of the Satellite.

E-mail to the Extension office is  
[Kara.skarlupka@co.shawano.wi.us](mailto:Kara.skarlupka@co.shawano.wi.us) our Extension Secretary.

Thank You in Advance for doing this.  
Helen Raddant  
County President



## 2015 Program Books

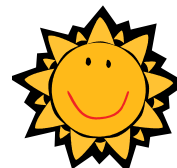
Some of the program books have not been picked up yet. Please contact the UWEX office if you can not pick up the booklets. We can make arrangements to deliver the books to your club if necessary.



## International Update

Through Pennies for Friendship for WAHCE we have been able to help in many ways in the world. We have been helping to build water wells, buying water filters and investing in Heifer International. These are a few of the many ways we have given our Pennies for Friendship over the years.

### **\*\*BEAMS by Bonnie Harrison\*\***



#### **CENTER I**

**Kitchen Maids** – Ideas and recipes were shared for crockpot cooking. Members that are able will be playing bingo with Oakhaven residents again this month. Received and read a thank you card from the Doug Fehrman family. A gas card had been donated in December to help with the medical miles being driven.

#### **CENTER II**

**A – Z** - Carna presented the lesson on crockpot meals. Much discussion followed about meals that could be made, and the safety concerns the women had. The next meeting will be at Carna's.

**Bizi Belles** - The Ladies discussed the need to attract new members to HCE and ways of possibly doing so. They will be making a monetary donation to the benefit for Mackenzie Dingeldein. Carrier blankets will be made at their October meeting. At their Feb. meeting a thank you card was read from Dawn Dingeldein in appreciation of their donation to her daughters benefit. Inez gave the lesson on "Emotional Intelligence Communication". Nancy will be meeting with a group of ladies who wish to form a new club.

**Flour Queens** - Judy will temporarily take over Susan's post as president until she is feeling better. Eileen presented the lesson on "Quick Crockpot Meals". Eileen also shared a silk painted scarf that she learned how to make at a class held in Green Bay. Another class will be held in May.

**Learn – A – Lot** – Barb presented the lesson on crockpot cooking. For the ladies, Marlene had prepared a delicious dessert in her crockpot. Their club is to be helping with International Night for the county. Ideas were discussed for this. They read a thank you card from the Vets at King for 389 Birthday cards that were received.

#### **CENTER III**

**Landstad Ladies** - The Ladies will be making cash donations to some of the local benefits and some baskets for a few as well. Spring Event ideas were discussed. They are planning a meeting with other clubs in Center III.

**WISC** - Joyce received emails from her pen pal whom she hopes to visit this summer in Nova Scotia. Sharon and Audrey received recognition for their hard work in "On the Move" for 2014.



One of the new projects that CWC has adopted as a group is the Mongolian Project. It is in Khovd Aimaq, Mongolia. It is an extremely remote area and access to reliable food supplies can be challenging. They are planning on building two greenhouses, acquiring tools, plants, plus training to the people of Khovd Aimaq.

182 people live in the area, including 30 low-income, female headed households. The villages would benefit from this agricultural project through improved nutrition and increase access to foods. Another benefit would be the many jobs for the people of the area.



**Executive Board Meeting, Feb. 2nd**

President Helen Raddant called the meeting to order. Those attending were: Nancy Schultz, FLE, Sandy Wendorff, Helen Raddant, Carol Sybeldon, JoAnn Fehrman, Sandra Smith, Joy Christianson and Janet Lane.

Minutes of the last meeting were approved as corrected. The treasure’s report was given, accepted and placed on file. A thank you was read from VITA, Shawano County. A letter was read from Loretta from the State Board Meeting. In the Communicator are the new scholarship forms or you can access them from the WAHCE’s web page.

This year at our annual conference we are celebrating our 75th (Diamond) Anniversary at Steven’s Point. Those members with 55 years or more in the club will be recognized. April 22nd will be the District Spring meeting at Amherst. The Fall District Meeting will be held in Shawano on October 20th and the Waupaca/Shawano Learn In will be October 27.

The Center Chairs gave their reports on their clubs activities. The International Night will be Thursday April 16th at 5:30. The SAFPARC retail store is closing.

Bookworms—Sandy went to Menominee Feb. 11 and Carol went to Stockbridge and read Nov. and Dec.

Nancy’s Time—Received a grant from United Way. March 3rd Nancy will start “Raising a Thinking Child” in Pulaski. There are 220 participants in Strong Bones and the goal is to reach out to the Western part of Shawano County. There are several young women interested in HCE in the Shawano and Tilleda area. Talked about getting them together for fellowship and introduction to Homemakers in the area. Nancy was recognized as Distinguished Citizen of the Year by Shawano County.

Unfinished Business—Talked about rebranding—redoing our HCE brochures to make them more inviting and consider supporting other organizations with our skills such as Brothers and Sisters, etc..

New Business—Recognizing the Diamond members at the Spring Event and take pictures of them. International Night will be April 16th at the Civic Center and we have several speakers to choose from.

Next Meeting is March 26th at 5:30 PM.

Meeting closed with Creed II. Adjourned at 7:10. Respectfully submitted Janet Lane, Secretary



**Running an Effective HCE Meeting**

Or any type of meeting. One of the best things to have to run an effective meeting is to set Ground Rules and have a Meeting Parking Lot.

Setting up Ground Rules: Ground Rules are an important tool for helping individuals function together as a team. They reflect what is important to the members about how they work together. Ideally, the rules are set at the first meeting, allowing them to become second nature to the team. Ground rules should focus on three elements:

- Tasks – Expected activities and deliverables for the team.





- Process – How the activities will be carried out.
- Norms – Ways in which team members will interact with each other.

Some of these ground rules are: Listen actively, respect other's when they are talking, asking a question when you have one, no finger pointing, address the process not the individual, be honest and the most important being starting on time and finishing on time!

Meeting Parking Lot: A Meeting Parking Lot can help. You simply place a new topic that comes up during the meeting on the Parking Lot. When preparing your next meeting you check the Parking Lot to see if there are any issues that were brought up in a previous meeting and you simple add them to your new agenda.



## **\$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. You can mail the application to:

## **Other Scholarships**

### Memorial Leadership Scholarship—6-30-2015

This \$200 scholarship is available to WAHCE members only. It is to be used to encourage members to seek leadership training and may be used for registration to a leadership program or for the WAHCE state conference.

### Jones-Lee Scholarship—4-1-2015

For this \$1,000 scholarship the applicants must be

associated with WAHCE. All WAHCE members in good standing, their children, step-children, and their grandchildren are eligible. The scholarship is to be used for a two-year associated degree in a vocational technical school or to continue education at the university level as a full or part-time student with a minimum of four credits. Must be a resident of Wisconsin and may receive this scholarship only once.

### Ardith McDowell International Scholarship— 4-1-2015

This \$200 scholarship is available to WAHCE members only for travel to a WAHCE supported international project. It may be received only once in three years and is to be used for travel expense.

If you would like more information or the applications visit the WAHCE website at [www.wahceinc.org](http://www.wahceinc.org) and look under Scholarships for the information.



## **2015 Cultural Arts Show & Contest**

The entry form for the 2015 Cultural Arts Show and Contest is enclosed in this Satellite. If you are interested in submitting an entry you will need to submit your entry form to the UWEX office prior to the Spring Event on May 4th. Your art will be judged at the county level at this time.

The Bonus Category for 2015 is "Something Sparkly". This category is just for fun! The size restriction is 10" x 10" x10". The rules to enter are: 1. The display you use for your creation is of your choice. 2. You can use any media to construct your entry. You will need to bring your "Something Sparkly" entry to the Spring Event. Only one item will move onto the State Conference these entries will not be judges they will be voted on.



## **In The "Update"**

Shawano County has a "Bright Lites" published. Make sure you read it. Thanks, Helen.



## 2014 Shawano County Chamber Citizen of the Year



One of our own was chosen as the 2014 Distinguished Citizen of the year. Nancy Schultz. Nancy was nominated by Matty Mathison, who recognizes that Nancy knows a lot, cares a lot, and does a lot for the community. When Nancy is not working with HCE she is hands on with many other projects such as Shawano Pathways, Bike the Barn Quilts, Safe Routes to School, the Shawano County Bike/ Pedestrian Master plan. She also volunteers at her church, Zion Lutheran, the Dreams of Green Community Gardens and the Healthy Shawano-Menominee taskforce or C.H.A.T.

Most recently Nancy has been involved in both the Homeless Taskforce "SAM 25" and the Boys and Girls Club of Shawano.

Nancy and her husband, Dennis, have two children Emily and Andrew and live on a dairy farm about 12 miles to the west of Shawano. Nancy's hobbies include reading, gardening, going for long walks, and playing the organ.

Nancy was quoted as saying "To me this award affirms that the work I have been involved with in these communities is being recognized and that it is truly making a difference with the lives of those living within Shawano County" and that "it confirms that even the smallest actions can have a positive impact. *Congratulations Nancy!*

### **2015 Save the Dates**

**May 4th**—Spring Event, Shawano Cty. Park

**October 20th**—Regional Fall District Meeting at the Main Event, Cecil

**October 27th**—Fall Learn-In, more information will be in the May-June Satellite

### **GINGER SNAPS**

1 cup sugar	$\frac{3}{4}$ tsp ginger
$\frac{3}{4}$ cup shortening	1 tsp cinnamon
1 egg	$\frac{1}{2}$ tsp salt
$\frac{1}{4}$ cup molasses	$\frac{1}{2}$ tsp cloves
2 tsp baking soda	2 $\frac{1}{4}$ cup flour

Mix together, form into balls and roll in sugar.  
Bake at 350 until done.



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

## **BATTLE HYMN OF AGING**

(tune of Battle hymn of the Republic)

We reach the age of sixty-five,  
Our golden years are here,  
They tell us that the age begins  
A happy new career,  
For now our Uncle Sam becomes  
Our permanent cashier  
As we go marching on.

### **CHORUS:**

Glory, glory, hallelujah,  
Glory, glory, hallelujah,  
Glory, glory, hallelujah,  
As we go bravely on.

Our social security is automatically sent,  
We buy a little bit of food and  
Maybe pay the rent,  
And after that we're stony broke  
And left without a cent  
But we go bravely on. (chorus)

And as for that thing, Medicare,  
Will someone tell us how  
They always find some doctor bills  
They sadly disallow.  
And dental cost, as well we know,  
They wholly disavow  
But we go bravely on. (chorus)

We don't know how we make it  
As we live from day to day,  
With income fixed, and prices up,  
There is always more to pay,  
So minding out arthritis,  
Let's get on our knees and pray  
That we'll go bravely on. (chorus)

First of all, let's thank the Lord  
That we are still alive,  
The dreams we have may still come  
true,  
When we are ninety-five  
So, please, dear Lord, give us the  
Strength and will to survive  
As we go bravely on. (chorus)

## **EXAM – NOT AS EASY AS YOU THINK**

1. How long did the Hundred Years War last?
2. Which country makes Panama hats?
3. From which animal do we get cat gut?
4. In which month do Russians celebrate the October Revolution?
5. What is a camel's hair brush made of?
6. The Canary Islands in the Pacific are named after what animal?
7. What was King George VI's first name?
8. What color is a purple finch?
9. Where are Chinese gooseberries from?
10. What is the color of the black box in a commercial airplane?

*Answers below*



### **Top Picture:**

Carol Sybeldon reading to  
the Stockbridge-  
Munsee Head Start  
Classroom B, 4-5 year olds.

### **Right:**

Kitchen Maids HCE members  
playing Valentines Day Jingo  
Bingo with the residents of  
Oakhaven.



### **Answers:**

- |                         |                |
|-------------------------|----------------|
| 1. 116 years, 1337-1453 | 6. Dogs        |
| 2. Ecuador              | 7. Albert      |
| 3. Sheep and horses     | 8. Crimson     |
| 4. November             | 9. New Zealand |
| 5. Squirrel fur         | 10. Orange     |