



Satellite



Home & Community Education

March-April 2016

Well winter in Wisconsin continues to be cold, but by the weekend 40's will be great.

Our January and February lessons were very informative. I however wish that there were more people in attendance. Nancy puts a lot of time in preparing these so let's hope going forward we can have better attendance. I need to say thanks to Pat Arnold for her part in the upcycling, she had quite a few items that she has made. It truly is amazing what you can do with stuff that would normally be thrown away. Job well done girls!

Center I invited me to the planning meeting for Spring Event. They came well prepared with lots of information. They were able to finalize everything with just one meeting. Learn-A-Lot is working on the International Night. We will be helping them with refreshments for that night. Thanks again girls. The Learn-A-Lot ladies also continue to make cards for Veteran's at King, so remember let's recycle those old cards you have by giving them to the club.

On the Move and in the Groove will start on February 28th. You should also be keeping track of your volunteer hours. I will need to turn them into our State VP of Family & Community Life person. Your hours should be tallied from June 1st 2015 to May 31st of 2016. So get your hours to me by June 10th so I can compile them. I will need to submit only one sheet for Shawano County.

The Spring Central District Meeting will be held on April 19th in Waupaca, some of us will be attending. In early May we will be getting together with Waupaca County to plan the Fall Learn-In which is hosted this year by Waupaca County. If you have any ideas for topics or a speaker please let me know, my phone number 715-526-2919 leave a message if I don't answer. Also, we are always looking for new recruits in the planning stages of the Learn-In so again, call and let me know if you'd like to be on the committee then I can call you with the date of the meeting. Hoping to see you at our March 2nd lesson on Soap Making.

Helen Raddant
President Shawano County HCE





Calendar of Events

March 2016

March 2 Handmade Soaps and Care Products

March 13 Daylight Savings Day

March 17 St. Patty's Day

March 25 Good Friday

March 27 Easter

March 7 Executive Board Meeting

April 2016

April 1 Scholarship Deadlines

April 15 Shawano County Scholarship Due

April 15 Central District President's Meeting- Waupaca Cty.

April 21 International Program—6:00 pm –Community Center

April 22 Earth Day

Special Interest Meeting

March 2nd, 2016

Shawano County Courthouse
Rooms A/B at 5:30 pm

"Handmade Soaps and Care Products"

Come and join "Mum & Me", Bonnie Brunner will be giving a demonstration on soap making. She will have her "soaps" there for you to look at and purchase.

March Special Interest Meeting

Contact Person _____

Club _____

Members Attending: ____ Shawano 5:30 pm

International Program



April 21st, 6:00pm

Shawano Civic Center

Velkommen, frikadeller, kringle, smorrebrod, just to start with. Karen Damgaard, foreign exchange student, will be our "tour guide" for an evening in Denmark. With her guidance, we will also have a little taste of her home country. Get your club going around the world. Do a little research. Find a some facts. Write down a few questions for Karen. Invite some non-member friends. Spread the word.

If you have things from Denmark, please bring them along for the evening's display table. A phone call to the extension office would be a big help with our preparations. Let us know about how many will be attending. 526-6136



Brat Sale

The annual brat sale will be at Charlies County Market again this year. The dates are April 28th & 30th (Thursday and Saturday). We will only have two shifts this year. The early shift will start at 8:30am and run through 12:30 pm and the second shift will start at 12:00 and run till close and cleanup about 5:00pm. Please call the office if you or your club will work the brat sale. This sale will benefit the Wisconsin Bookworms Program™. 526-6136





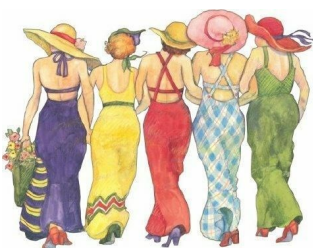
Volunteer Hours

It's that time of year again for all HCE members to report their volunteer hours. If you are an individual you will need to send your sheet directly to Helen. If you belong to a Club then you will need to turn your forms into your club president for them to compile the hours. Your club president will then turn in the CLUB information to Helen by June 10th.



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. The form is included in this newsletter.



Spring Event

The Spring Event is going to be held on Monday, May 2nd at The Woodland in Gresham. Our theme is, "How Sweet It Is—Get a Taste of HCE". Doors open at 4:30 p.m. with registration and cocktails. The silent auction will start at 5:00pm with family style

dinner of chicken and pork at 6:00 pm. The cost this year will be \$16 and our speaker is Roseanne Marquardt from Marquardt Tree Farm in Tigerton.

Ms.



Senior

Homemaker Pageant

There is a nomination form enclosed in this newsletter for the upcoming Ms. Senior Homemaker Pageant. The pageant will be held at the Shawano County Park Indoor Pavilion on June 16th from 1 to 4 PM. All candidates must be 55 years or older.



Cultural Arts Bonus Category "Let's Make Music"

The Bonus Category this year is "Let's Make Music". WAHCE hopes to keep the excitement going with this topic!! There is a size restriction though, it is 10" x 10" with a maximum height of 20". You can create anything having to do with music and the making of it. It can be constructed out of any type of media. Bring your club or individual entry to the Spring Event for judging and the winner will move on to the 2016 WAHCE State Convention. Then it will be up to all attending to choose the best looking entry. Remember this is just for fun!!



\$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 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.

Other Scholarships

Memorial Leadership Scholarship—6-30-2016

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.

Ardith McDowell International Scholarship— 4-1-2016

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.



HCE Executive Board Meeting
January 4th, 2016, 5:30 p.m.

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

Minutes of the last meeting were approved

and the Treasurer’s report was given and put on file. No correspondence to report. Sandra S. gave a Center II Chair report on Learn-A-Lot, at the meeting people answered roll call shared cranberry recipes, they discussed cultural arts, Christmas cards, money donated to Ronald McDonald House and had a potluck Christmas party. Carol S. said that Center I did not have a meeting in December, just the Christmas party. No reports on Coordinators or Bookworms.

Nancy reported that they’re working on a new HCE and Bookworm brochure. She is also continuing to work on the Plan4Health Grant and talked about the Shawano county-wide survey and hiring people to help with the grant. The survey will cover Shawano County and concern over available support with food insecurities for the Western part of the County. Boys and Girls Club are getting their first site and received their first donation for their fundraising goal. SAM 25 is good on food; right now, but still need volunteer help at nighttime.

For New Business we went over the 2016 Yearbooks and they will be available on the 12th of January. On January 12th is the New Member orientation at 1:30 and 5:30 PM at the Courthouse. We looked over the program and we will serve light refreshments and following will be the lesson on Salt Substitutes.

For Old Business reviewed the Scholarship application and increased the amount. We will continue to review the bylaws. Next meeting date will be March 7th and we closed with the Prayer Creed.

Respectively submitted. Janet Lane



Ms. SENIOR Homemaker Pageant

— NOMINATION FORM (Open to ALL Counties) —

Nominate a Friend. . . or Yourself!

Thank you for nominating:

NAME

CONTACT INFORMATION

JUNE 16, 2016 from 1:00 p.m. - 4:00 p.m.

**Shawano County Park Indoor Pavilion
W5785 Lake Drive, Shawano, WI.**

All Candidates must be 55 years or older.

- ~ The competition will begin with the judges rating your homemade dessert.
- ~ Then model that special outfit or accessory and tell us why it has special meaning to you.
- ~ Next up is "*optional*"- but if you have a talent, now is your time to shine. Share it with us!
- ~ The fun continues with you giving it all you got at a multi-tasking table.
- ~ The competition wraps up by having each contestant answer the Ms. Senior Homemaker Pageant question of the day.

*The Winner will receive a Crown, Sash, Flowers and Numerous Gifts.
She will reign as the New Ms. Senior Homemaker for a full year.*

Contact Person: Amy Thusius • 715-745-4421
Founder/Coordinator of the Ms. Senior Homemaker Pageant

*Sponsored by Numerous
Health Care and Community Businesses*



EASTER STORY COOKIES

(might be fun to do with kids on Easter Eve)

1 cup whole pecans 1 tsp vinegar
3 egg whites pinch salt
1 cup sugar zipper baggy
Wooden spoon tape
Bible

Preheat oven to 350, important to preheat.

Place pecans in zipper bag and let children beat them with the wooden spoon to break into small pieces. Explain that after Jesus was arrested, he was beaten by the Roman soldiers. (John 19:1-3)

Let each child smell the vinegar. Put 1 tsp vinegar into mixing bowl. Explain when Jesus was thirsty on the cross, he was given vinegar to drink. (John 19:28-30)

Add egg whites to vinegar. Eggs represent life. Explain that Jesus gave his life to give us life. (John 10:10-11)

Sprinkle a little salt into each child's hand. Let them taste it and brush the rest into the bowl. Explain that this represents the salty tears shed by Jesus followers, and the bitterness of our own sin. (Luke 23:27)

So far the ingredients are not very appetizing. Add 1 cup of sugar. Explain that the sweetest part of the story is that Jesus died because he loves us. He wants us to know and belong to him. (Psalm 34:8 & John 3:16)

Beat with mixer on high speed for 12-15 minutes until stiff peaks are formed. Explain that the color white represents the purity in God's eyes of those whose sins have been cleansed by Jesus. (Isaiah 1:18 & John 3:1-3)

Fold in broken nuts. Drop by teaspoons onto parchment paper covered cookie sheets. Explain that each mound represents the rocky tomb where Jesus' body was laid. (Matthew 27:57-60) Put ALL the cookies in the oven and close the door, turn the oven OFF.

If desired, give each child a piece of tape to seal the oven door. Explain that Jesus' tomb was sealed. (Matthew 27:65-66.) GO TO BED! Explain that they may feel sad to leave the cookies in the oven overnight. Jesus' followers were in despair when the tomb was sealed. (John 16:20 & 22)

On Easter morning, open the oven and give everyone a cookie. Notice the cracked surface and take a bite. The cookies are hollow! On the first Easter, Jesus' followers were amazed to find the tomb open and empty. (Matthew 28:1-9)

Author Unknown



LAUGH LINES

Doctor to Farmer: "Take the green pill with a glass of water when you get up. Take the blue pill with a glass of water after lunch. Then just before bed, take the red pill with a glass of water."

Farmer to Doctor: "Exactly what is my problem, doc?"

Doctor to Farmer: "You're not drinking enough water."

If we cannot find contentment in ourselves, it is useless to seek it elsewhere.

Francis de La Rouchefoucauld (1613-80)



Beams

CENTER I

Kitchen Maids – Bonnie presented a lesson on skin cancer. A discussion followed by members sharing stories of family members. A few members played BINGO at Oak Haven with residents. Ideas were shared about Spring Event planning. At Feb meeting Pat Arnold shared her design for the Spring Event Program. Members approved. Some members played BINGO on the 24th at Oak Haven.

CENTER II

Bizi Belles - Thank you notes were received from Sam 25 and Curt & Wendy Retzlaff for monetary donations. A boys & girls club will be forming in Shawano in September. Members will be making table decorations at their February meeting for Pine Manor. A discussion was held on Feb lesson of Recycling and Upcycling.

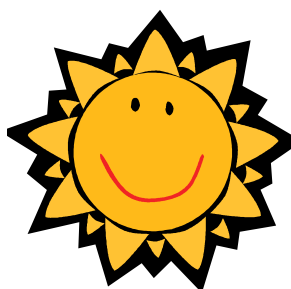
Flour Queens - Held their meeting at the Red Rooster over lunch. A discussion was held about January and February leader training lessons. Judy had two cranberry recipies in the Jan – Feb Satellite.

Learn – A – Lot – A Thank You was received for a donation to Ronald McDonald House in Milwaukee. In January they made Birthday cards.

CENTER III

Landstad Ladies - Provided Bonduel Food Pantry with ingredients for apple or cherry pies. Everyone turned in their volunteer hours. A bake sale was held for fundraising in December. Eight charities of their choice were selected for monetary donations. Ten bags were filled by members with “goodies” and delivered. Many Thanks You notes were received for Christmas bags and donations to charities were made. Two baskets were donated for an auction at the Caring Hearts Dinner.

WISC - Jeanette received 1st place on her painting at the State Convention. Joyce received 1st place on her essay and 2nd on her poem. No secret pal’s this year. Instead money will be collected to donate to a charity of their choosing. Two members are attending an exercise class.





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

On the Move and in the Groove (individual)
February 28 to May 28, 2016

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 28 – March 5									
March 6-12									
March 13-19									
March 20-26									
March 27- April 2									
April 3-9									
April 10-16									
April 17-23									
April 24-30									
May 1-7									
May 8-14									
May 15-21									
May 22-28									
								TOTAL POINTS	



Wisconsin Association for Home & Community Education, Inc.
Cultural & Textile Arts Show
2016 Guidelines



1. Pre-registration is required for ALL items, including Bonus Category. Due by August 1, 2016.
2. Note: County Chairman -- If you want verification that your registrations were received, include e-mail address or self-addressed stamped postcard.
3. Only one entry on each registration form. **SEND ALL FORMS TOGETHER IMMEDIATELY AFTER COUNTY SHOW.**
4. Any items **NOT** pre-registered will **NOT** be judged or displayed. Category changes will be made only by judge.
5. All work must be done by entrant and completed after last year's show. It must receive a first place at this year's county show or fair. **All items must be clean or laundered or will be disqualified by the judge.**
6. Each county may enter a total of 11 items from 1-15 and 1 from 16-18 plus one Bonus Category which must be registered in Category 19. A county cannot have duplicate entries in any lettered sub-category.
7. Three copies of poems, essays and short stories/plays must accompany the registration forms. **Must not be framed or in book form. Staple a cover sheet with the category/title which is to be centered on the entry. Name should appear only on the back side.**
8. All entries in **categories 16, 17 and 18** must be typed. Use plain paper and 12 pitch font. Author must sign permission form if they agree to have their piece printed in HCE *Update*.
9. Kits and patterns may be used as long as entrant does all the work.
10. Photography must be an 8" x 10" photograph -- unmatted only -- put into an 8½" x 11" plastic sleeve -- slip in tag board or cardboard behind picture. Double-sided tape will hold picture to your tag board. **Photographs matted or framed will be disqualified.**
11. **If bringing an easel for your painting or drawing--Be sure to securely tape a label with name, district and county.**
12. Six (6) Cards without envelopes must be mounted as a group on a flat sturdy display board no larger than 14" x 22" or they will be disqualified.
13. WAHCE is NOT RESPONSIBLE for any loss or damage of items on display.

Color Coding for Registration Forms by Districts:

Central – White

Northeast – Yellow

Northwest – Light Blue

Southeast – Green

Southwest – Orange

West – Pink

Entry Day: Items may be brought in Sunday (9/11) from 6:30-8PM or Monday (9/12) 8-11:30 am. Judging will begin at 12:30PM. All entries will receive a placing. Members may view for 1 hour after the evening activity on Monday. Hours on Tuesday for viewing will be announced or posted.

Cut on the dotted line and send in the completed Registration Form and Claim Check with both parts filled out. You will receive your Claim Check when you bring the items.

Registration Form

Category/Class (example 2D) _____
County: _____ District _____
Name _____
Address _____
City/Zip _____
E-mail: _____
Phone # _____
Title or Description _____

Are you bringing an easel? ☐ Yes or ☐ No

People's Choice's #

Signature required for WAHCE authority to print copies of poems, essays and short stories/plays.

Author's Signature: _____

Claim Check

Category/Class (example 2D) _____
County: _____ District _____
Name _____
Address _____
City/Zip _____
E-mail: _____
Phone # _____
Title or description: _____

Are you bringing an easel? ☐ Yes or ☐ No

Date: _____

2016 – Wisconsin Association for Home & Community Education Cultural Arts Show & Contest

1. Paintings/Drawings

Framed or Wrapped

- ☐ A. Oil
- ☐ B. Acrylic
- ☐ C. Water Color
- ☐ D. Other

2. Photography (note Rule #10)

- ☐ A. Color – Landscape
- ☐ B. Color – Waterscape
- ☐ C. Color – Plants
- ☐ D. Color – Animals
- ☐ E. Color – People
- ☐ F. Color – Skyscape
- ☐ G. Black and White
- ☐ H. Other

3. Sewing

- ☐ A. Children's Wear
- ☐ B. Adult Wear
- ☐ C. Original Design
- ☐ D. Wearable Art
- ☐ E. Useful Sewn Item
- ☐ F. Purse or Tote
- ☐ G. Pillows
- ☐ H. Sewn item made from recycled materials
- ☐ I. Other

4. Knitting

- ☐ A. Wearable Item
- ☐ B. Afghan
- ☐ C. Other

5. Crocheting

- ☐ A. Wearable Item
- ☐ B. Doily/Dresser Scarf
- ☐ C. Afghan
- ☐ D. Other

6. Hand Stitching

- ☐ A. Plastic Canvas
- ☐ B. Embroidery
- ☐ C. Counted Cross Stitch
- ☐ D. Other

7. Crafts (note Rule #12)

- ☐ A. Cards–paper only-6
- ☐ B. Cards–mixed media-6
- ☐ C. Scrapbooking
- ☐ D. Craft made from recycled materials
- ☐ E. Handcrafted doll/toy
- ☐ F. Glass craft
- ☐ G. Other

8. Heritage Skills

- ☐ A. Hardanger
- ☐ B. Tatting
- ☐ C. Woodworking
- ☐ D. Basketry
- ☐ E. Spinning/Weaving
- ☐ F. Felting
- ☐ G. Swedish Weaving
- ☐ H. Rug Making
- ☐ I. Original published book
- ☐ J. Other

9. Bed Quilts (Larger than 60" x 80" or 4,800 square inches)

- ☐ A. Tied
- ☐ B. Hand quilted
- ☐ Machine Quilted by You:
- ☐ C. Pieced
- ☐ D. Appliqued
- ☐ E. Embroidered

Machine Quilted Professionally:

- ☐ F. Pieced
- ☐ G. Appliqued
- ☐ H. Embroidered
- ☐ I. Any other Bed Quilt

10. Lap/Baby Quilt (Smaller than 60" x 80" or 4,800 square inches)

- ☐ A. Tied
- ☐ B. Hand-quilted
- ☐ Machine Quilted By You
- ☐ C. Pieced
- ☐ D. Appliqued
- ☐ E. Embroidered

Machine Quilted Professionally

- ☐ F. Pieced
- ☐ G. Appliqued
- ☐ H. Embroidered
- ☐ I. Any other lap quilt

11. Quilted Wall Hanging (NO Frame) -- One (1) item only no longer than 50 inches

- ☐ A. Hand Quilted, fabric
- ☐ B. Machine Quilted, fabric
- ☐ C. Other i.e., - collage of assembled materials or mixed media

12. Table Topper/Runner

- ☐ A. Hand Quilted
- ☐ B. Machine Quilted
- ☐ C. Other

13. Jewelry

- ☐ A. Bracelet
- ☐ B. Necklace
- ☐ C. Other

14. Constructed Original Item

- ☐ A. Clay/Pottery
- ☐ B. Wood
- ☐ C. Other

15. Painted Objects

- ☐ A. China
- ☐ B. Glass
- ☐ C. Fabric
- ☐ D. Wood
- ☐ E. Other

Poem, Essay, Short Story/Play

must accompany this form. Include 3 copies, stapled individually if multiple pages.

Do not count "a", "an", and "the" for either essays or short stories.
(Refer to Rule # 7 on Guidelines.)

16. Poem

17. Essay

Original, 1 topic; 250-500 words

18. Short Story/Play

- Original that has beginning, middle and end
- 3,000 words or less

19. Bonus Category – "Let's Make Music". Details on next page.

**ENTRIES DUE BY
AUGUST 1, 2016**

Send registrations and written entries to:

Veronica Sustar
N2894 Overgaard Road
Mauston, WI 53948
608-847-1140

E-mail: va914@yahoo.com



SPRING EVENT 2016

“How Sweet It Is – Get a Taste of HCE”

Hostess: Center I
Date: Monday, May 2nd, 2016
Place: The Woodland in Gresham
Time: 4:30 p.m. – Registration & Cocktails
5:00 p.m. – Silent Auction Begins
6:00 p.m. – Family Style Dinner
Menu: Chicken and Pork and all the fixings
Cost: \$16.00
Guest Speaker: Roseanne Marquardt Tree Farm in Tigerton.

Deadline: Register by April 22nd

We will again be holding a **Silent Auction**. The value of your club's donation should equal \$2.00 per member (same applies to individual members). Please call the office and let us know what you will be bringing for the auction by Monday, April 22nd. We had a great variety of items last year. Use your imagination and join us for the fun! Don't forget to bring your "Cultural & Textile Art Show" items to be judged. The Bonus Category is "Let's Make Music".

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2016 Spring Event Registration Form

Club Name _____

All Members Attending:

_____	_____
_____	_____
_____	_____
_____	_____

You will not receive confirmation tickets prior to the event. Your name will be checked off at the registration table as you enter. Registrations are transferable but not refundable after deadline.

- 1) Make check payable to: **Shawano County HCE** (one check per club please)
- 2) Send this form & check to: Shawano Co. UW-Extension Office -HCE
311 N. Main Street
Shawano, WI 54166

Enclosed is \$ _____ for _____ # of dinner reservations

Plan—4 —Health

Shawano County's Planning, Public Health, and UW-Extension Departments are collaborating to address food systems and its impact on health equality in Shawano and Menominee Counties. Food systems are considered the path that food travels from field to fork. The project will take a research based approach to identifying components of the local system that are either missing or insufficient. Throughout this process a cross-sector coalition will be formed to target policy, systems, and environmental changes to improve food access and healthy diets in the community.

The USDA considers portion of Shawano County and almost all of Menominee County as a food desert – locations where poverty is high and access to affordable, healthy food is low. To address problems faced in the community, the team will identify the needs, opportunities, and barriers to healthy diets and food security. This process will target vulnerable populations to determine access barriers (location, prices) as well as demand, in addition to the farming community to determine barriers to local produce sales.

Throughout the project period a team will be formed and include stakeholders from both Shawano and Menominee Counties to direct initiatives related to food systems. The end result of the project will be to identify policy, systems, and environmental changes that could be implemented to address the challenges and enhance the local food system.

If this would be a project you would like to join in on or know of someone who would benefit from this research contact our office at 715-526-6136. We will be sending out a survey for all WWF recipients to fill out or you will be able to do it online. Please watch for it in the May/ June newsletter.

Thank you,

Your Plan—4—Health Team:

Nancy Schultz—Project Manager—Shawano County UWEX-Family Living Educator

Casey Mitchell—Project Coordinator—Plan-4-Health

Dan Robinson—Project Coordinator— Plan-4-Health

Kara Skarlupka—Project Assistant—Shawano County UWEX

Jaime Bodden—Shawano/Menominee Counties Health Department

Jamie Patton—Shawano County UWEX—Agriculture Agent

Fresh Producers



The American Planning Association's Planning and Community Health Center has partnered with the American Public Health Association at the national level. This key partnership ensures that the conversations, lessons learned, and experiences of towns and cities across the country are part of the national agenda to prevent chronic diseases.