Satelite HCE

Home & Community Education

Has everyone had enough of WINTER?

I for one am ready for a change of color. A welcome sight would be the crocus and then the tulips appearing.

At our recent Executive board meeting we had a report on our up-coming Spring Event, hopefully we will have some nice weather by then. Looking forward to seeing you at that time and recognizing those who have been members for many decades. Sounds like a good time.

Cultural arts items judged at Spring Event: If your items were not judged at last years County Fair we will judge them that night. Please notify the Extension Office if you are bringing items to be judged. Cultural Arts registration is in this newsletter, so be sure and send that in. Also see information about the Build an Owl Contest. There will be only one per County so we will be judging the "Owls" that night also.

A note on monthly project lessons:

Remember to call or include in previous months minutes who will be attending and if in Shawano or Bonduel when that is an option. Materials will be printed for members in your club. You will be able to pick up the materials at the meeting. If you cannot make it to the meeting when held, you can pick up your clubs information at the Extension Office, it will not be mailed out. For individual members and clubs who don't register to attend lesson you need to notify the Extension office and they will prepare your materials. Please allow the office 24 hours to get it ready for you prior to pickup.

Discussion on the up-coming State Convention; four of us so far are planning on attending. Remember if you are planning on attending notify me at 715-526-2919 so I can make additional room reservations. The four of us are going to be taking a bus that is starting out in Kewanee County, so we would also have to make reservations on the bus.

March/April 2014

Don't forget that there is a \$200.00 Memorial Scholarship available from the State Organization plus Shawano County does have money available also to help with the cost. More in the next newsletter on the amount from the County. Information on the Memorial Scholarship can be found on page 12 of your 2014 yearbook.

We will be having our International night in April in place of a project lesson, so please plan on attending to listen to this young man.

Hopefully after reading your newsletter you will participate in the wonderful things that are planned. Don't forget to volunteer for the Brat stand in the end of April. We will also be doing the Bake Sale later but no date has been set yet.

Looking forward to seeing a lot of you in the next few months.

Helen Raddant—President

THE BEAMS — Compiled and Submitted by: Bonnie Harrison

Center II

 $\underline{A-Z-}$ Will hold their annual HCE brat sale at Charlie's County Market on April 24, 25, 26th. Will truly miss long time HCE member Audrey Buckinger, as she passed away in December.

<u>Bizi Belles -</u> Mae gave the lesson on "Cleaning Green". They discussed themes for the 2014 Spring Event. Two ideas were "Tie The Knot" (different ways of tying a scarf) and "Be Fashionable" (Fashion Show). Sandra brought fabric to show what will be used to make the snuggle sacks. She will make some to show members. Spring Event will be May 5, 2014 at Shawano County Park with Red Rooster catering. Silent auction ideas were discussed.

CENTER III

<u>Navarino Merri Maids</u> The ladies sent Valentines to the elderly and shut-ins in their area. In December they donated 48 pounds of ham that was distributed to Fishes and Loaves and The Food Pantry. Also, 25 pounds of food items were donated to SafParc along with a cash donation. They further discussed making additional monetary donations to SafParc, Safe Haven and Fishes and Loaves.

<u>WISC</u> - The Lap Robes they made and donated to Maple Lane were very much appreciated. Names for 2014 secret pals were selected. Joyce showed two sleep sacks she made. Joyce also shared some interesting facts about her new pen pal in Nova Scotia. A decision was made to make a monetary donation to Cerebral Palsy.



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Calendar of Fvents

March

- 1 Ruth B. Sayre Scholarship Due
- 4 Dairy Carrie
- 5 Ash Wednesday
- 9 Daylight Savings Time Begins
- 11 Getting Your Hearts Right-Leader Training
- 17 St. Patrick's Day

April

- 1 Jones-Lee Scholarship Due
- 1 Ardith McDowell Scholarship Due
- 9 Smart Money Week—Shawano Event
- 15 Central Districts President's Meeting
- 15 Shawano County HCE Scholarship Due
- 19 Good Friday—Courthouse closed at 11:45
- 20 Easter Sunday



- 24,25,26 Brat Stand at Charlie's County Market
 - 29 International Night Presentation

May

- 5 HCE Spring Event at Shawano County Park
- 11 Mother's Day

March "Getting Your Hearts Right"

Learn about what we can do to address conflict when it happens in your life and how to sustain positive relationships. Your instructor will be Nancy Schultz, Shawano County FLE.

March 11 -Bonduel, Zion Methodist Church, 1:30 p.m. & Shawano Courthouse, 6:30 p.m. Room A/B

March Leader Training Meeting Contact Person Club # Members Attending: ___Shawano ___Bonduel

February Project Lesson

Club presidents and Individuals, if you have not picked up your February "Brain Fitness" materials, please stop in at the extension office and do so.

Monthly Project Lessons

Clubs and Individual members—don't forget to notify the Extension Office if you are attending the lesson. By pre-registering you will have hand-outs for you and enough for your club available to you. If you register and then don't make it to the lesson you can pick up material at the Extension Office. If you want material but did not register you can call the Extension Office and let them know you would like to pick up the information. Please allow the staff 24 hours. None of this material will be mailed. Executive Board

"WRAP IT UP WITH HCE" Spring Event—May 5th

The Spring Event is well on it's way!! Make sure you mark May 5th, 2014 on your calendar. This year's event will take place at the Shawano County Park at the Pavilion. The theme will be "WRAP IT UP WITH HCE". Christa Hansen of Body Essential's will be the guest speaker. Make sure you wear your favorite scarf to the event.

Ticket price will be \$15
Registration Deadline is April 21st
Social Hour and Silent Auction - 5:00 to 6:00 pm
Dinner (Red Rooster Catering) - 6:00 pm
Speaker—Christa Hansen—6:30 pm

Please be sure to notify the office about your silent auction donations. The value of your club's donation should equal \$2.00 per member, same applies to individual members.

2014 Cultural & Textile Arts Show

The Cultural & Textile Arts Show contest forms are in this newsletter. Please call the extension office and tell them what your entry is. Then bring your items to the Spring Event to be judged. This years Bonus Category is "Build an Owl" your owl can be created with anything you like! The only restriction is size, it can be no larger than 10" x 8" x 8".

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Brat Stand at Charlie's



The annual HCE Brat Sale will be at Charlie's County Market on April 24, 25 and 26th, 2014. 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 enclosed sheet or call the UWEX office at 715-526-6136 with the information.

Bus to State Convention

There will be a bus starting in Kewanee County leaving for the Conference on Sunday, Sept. 7th. Time to be set at a later date. The bus however is filling up fast. Sandy, Carol, Joanne and Helen are taking the bus. Our pick up will be in Bonduel by the Burger King/Kwik Trip off of HWY 29.

So anyone having thoughts on going we need to know as soon as possible if you want a place on the bus. Call Helen Raddant at 715-526-2919.

\$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 reside in Shawano County, be enrolled as a full-time student at a Wisconsin University, college or technical college and maintain a 2.5 GPA. 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/

Memorial Leadership Scholarship

The \$200.00 scholarship deadline is May 31, 2014. If you would like a form, contact the Extension Office 715-526-6136 or Helen Raddant at 715-526-2919 or if you have any questions. You will have to include a copy of your State Conference Registration (which will be in next newsletter plus it will be in the next Update that each Club President receives).



On the Move & In the Groove

March 2nd thru May 24th, 2014 keep track of your activities. Keep a record on the enclosed sheet. You choose what activity such as walking, biking, hiking, gardening, swimming, cleaning, painting, etc. The top 5 individuals will receive \$10.00 from the Shawano HCE. Winners will be announced at the Fall Meeting. Good Luck to all. After May 24th send completed form to: Sandy Wendorff, W7382 Anderson Ave., Shawano WI 54166.

Strong Bones

There will be another session of Strong Bones starting March 31st. This program will run for 10 weeks. Monday and Wednesday from 8:30 to 9:30 am. The 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. The fee is \$25 for new enrollments and \$10 for a re-enrollment. Nancy Schultz — Instructor.

Healthy Hearts

Starting April 1st and running through June 25th. The Healthy Hearts program will run on Tuesdays and Thursdays from 1:30 to 2:30 pm. This 12 week prevention program aims to help reduce the risk of heart disease through fitness and nutrition education. Half of the class will be aerobic with the other half will be discussion on eating for heart health. Nancy Schultz will be the instructor. Program fee is \$25. Please call the UWEX office for more information on these classes. 715-526-6136

"Did you know...." Brochure

We are developing a brochure geared directly at the Shawano County HCE. The theme of the brochure will be "Did you know..." we are asking for you as members to answer this statement with fun and informational facts about HCE! This is one of our strategies to get the word out in Shawano County about the wonderful HCE program you have! You can call, mail or email to: kara.skarlupka@co.shawano.wi.us.

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HCE Executive Board Meeting February 18th, 2014

The meeting was called to order by President, Helen Raddant with the reading of Creed I. The agenda was adopted and roll call was taken. Those present were Carrie Kolaske, Carol Sybeldon, Sandra Smith, Helen Raddant, Sandy Wendorff, JoAnn Fehrman and Nancy Schultz joined us later.

Sandy Wendorff moved and Carol Sybeldon seconded to accept the minutes from the November meeting. The Treasurer's report was given by treasurer, JoAnn Fehrman. Both reports were placed on file.

Correspondence: The 2014 Communicator was received by the officers of the Executive Board. Pamphlets were sent from the Tea Emporium inviting small groups to enjoy sampling tea and hear a brief presentation. We may pass on the information to individual clubs. Carol received information on Marketing as she is on that state committee.

Center Chairs gave their reports. Sandra Smith reported on the meetings and progress made for the Spring Event to be held May 5 at the County Park. The information will be printed in the March/April Satellite. Also to be printed in the Satellite will be "On the Move and In the Groove" which begins March 2. International Night will be held in April. Date and person will be finalized. Two announcements to be clarified from the Jan./Feb. Satellite are 1) Brat Stand Sale [NOT Bake Sale] April 24, 25, 26; 2) verify the October 13th date for the Annual Fall Council Meeting.

Matty Mathison attended the meeting to talk about the 2014 "Bike the Barn Quilts" which is scheduled for Sept. 27. She is requesting help from the HCE Clubs once again to assist in coordinating the event. Plans and improvements were discussed.

Nancy Schultz reported that the "Strong Women/ Strong Bones" session has gone well with 30+ participants and plans to hold a 10 week session beginning in April.

<u>Unfinished business</u>: 110 reported for county

membership.

<u>New Business</u>: Honorary Members – topic

canceled until next meeting due to time limitations.

*Scholarship Date change to April 15 – Nancy will write an article for the Shawano paper concerning. applications. Will also contact guidance counselors from the schools to let them know the Scholarship exists. *Discussion of Memorial Scholarship – Used for Convention Expenses. The discussion was tabled due to time limitations.

*Gas Mileage will also be brought up at the next meeting due to above reason.

*Discussion of Leader Training Sessions

- -Materials will be printed only for the clubs that come to the meeting.
- Preregistration is needed.
- Unneeded costs arise when clubs don't pick up their materials that have been printed for them.
- January leader training had 5 of 10 clubs represented and 2 of 14 individuals present. Will talk about this a bit at the Spring Event when many are present.

The next meeting date is May 20 at 5:30 p.m. at the Court House.

Sandra Smith moved and Carol Sybeldon seconded to adjourn the meeting. We closed with Creed 2.

Minutes submitted by Sandra Smith

WANTED VOLUNTEERS! For Bike the Barn Quilt

2nd Bike the Barn Quilt Event

Mark your calendars! The 2nd annual Bike the Barn Quilt Event will be coming this fall, on September 27. Matty Mathison is looking for interested individuals who would like to be part of this event. She is looking for clubs or individuals to hand out refreshments during the ride at food stations located along the routes. You do not need to bring anything except maybe a chair to relax in as you wait for the riders to come into the food stations. If you or your club would like to volunteer and be part of this event, please let Nancy know that you are interested at 715-526-6136.



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Tea Emporium & Antiques

Julie Gonzalez called me and asked if I could share this information with HCE. They hold classes with a 20 minute presentation on the history and the benefits of tea as well as an overview of the differences between the types of tea and how to enjoy a delicious cup of loose leaf tea. They pair tastings with samples of their gourmet treats that they sell. The classes are free and held on Tuesdays at 10:30 am and 1:30 pm. They can accommodate about 10 to 12 people at a time. So if this is of interest to your club call Julie at 715-201-1111 and arrange a date with her. For the Individual members please call me (Helen Raddant) at 715-526-2919 by March 15th and we could possibly set a date that would work for us.

Dairy Carrie

The Shawano County 4-H Livestock Key Committee will be sponsoring a night with "*Diary Carrie*". Carrie Mess is a Dairy Farmer from Lake Mills, WI. Although she grew up in Madison with zero farm background she found her place in the world on the dairy farm with her husband and his parents. Carrie owns the dairycarrie.com blog where she shares stories from her life on the farm with the goal of connecting the average consumer back to the farm where their food starts. In addition to her role on the farm, Carrie works for Udder Comfort in sales and training and is the Social Media Manager and Social Media Columnist for Dairy Business Communications. Find her anywhere as @DairyCarrie.

When: Tuesday, March 4th, 2014

Time: 7:00 pm

Where: Shawano Community High School, Auditorium — 220 County Road B, Shawano



Happy Easter from the staff at the UWEX office. We hope that the Easter Bunny will be able to get out and about!

Homeless Taskforce Update



The homeless taskforce has been busy over the past few months. In December the taskforce formulated its vision and mission statements, and also established some goals and objectives.

Name of Organization

Shawano Area Mathew 25

Vision

Our community works together to meet the needs of those living in poverty and offers a structured opportunity to gain self-sufficiency, and to have a hope for a better future.

Mission

We help those affected by poverty improve their circumstances and become self-sufficient

Goals & Objectives

Goal 1: Create a not for profit organization and seek 501©(3) status

Objective 1: Find a temporary fiscal agent Objective 2: Establish chair and board Objective 3: Establish a 501©3 organization

Goal 2: Everyone in the Shawano area has access to medical care they can afford

Objective 1: A free community primary care clinic in the Shawano Area
Objective 2: Assistance to people in ACA enrollment

Goal 3: Everyone in the Shawano area is aware of our community resources for those affected by poverty

Objective 1: A catalog of services/resources

Objective 2: A plan English web interface for service and resource provider

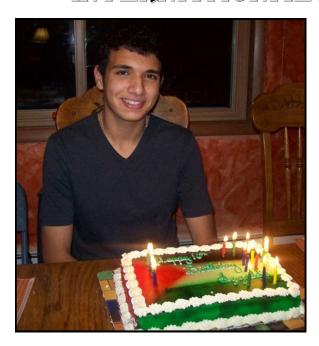
Objective 3: Expansion of existing Pastoral Lunch into a full Interfaith Committee on poverty response

Goal 4: Everyone in the Shawano area has a meal and a safe place to sleep, every night.

Objective 1: A homeless shelter in the Shawano area Action step 1: Determine the characteristics of that shelter.

In January the Taskforce met and elected officers. The members also broke into small groups to start working on creating bylaws and a brochure for the organization. If you have an interest in working on this taskforce, please contact Nancy at 715 526-6136. The next meeting is February 27, 5:30 pm at Zion Lutheran Church, 1254 S Union Street, Shawano.

INTERNATIONAL NIGHT PRESENTATION



When: Tuesday, April 29, 2014

Time: 5:00 - 6:00 pm

Where: Zion Lutheran Church 1254 S Union Street, Shawano

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Come and meet Izzeddin Said, age 16
who is a foreign exchange student that is
attending Wausau West and living with
Pastor Phil and Sharon Bogen from Wausau.
His religion is Muslim, and he is an
Arabic Palestinian. Izzeddin will be sharing
what life has been like growing up in Jericho.
He will also play his Quanun for us.
Refreshments and cookies will be served after



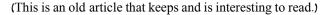
International Night
Contact Person
Club
Members Attending:
Register by April 21st

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

PRESIDENT'S LINCOLN & KENNEDY

- ♦ Both Presidents Lincoln and Kennedy were concerned with the issue of Civil Rights. Lincoln was elected in 1860, Kennedy in 1960. Both were slain on a Friday and in the presence of their wives. Both were shot from behind, and in the head.
- ♦ Their successors both were named Johnson, were southern Democrats, and both were in the Senate. Andrew Johnson was born in 1808 and Lyndon Johnson was born in 1908.
- ♦ John Wilkes Booth was born in 1839, Lee Harvey Oswald was born in 1939. Booth and Oswald were both assassinated before going to trial.
- Both presidents lost children through death while in the White House.
- ♦ Lincoln's secretary, Kennedy by name, advised him not to go to the theatre. Kennedy's secretary, whose name was Lincoln, advised him not to go to Dallas.
- John Wilkes Booth shot Lincoln in a theatre and ran to a warehouse. Oswald shot Kennedy from a warehouse and ran to a theatre.
- ♦ The names Andrew Johnson and Lyndon Johnson each contain thirteen letters. The names, John Wilkes Booth and Lee Harvey Oswald, each contain fifteen letters.
- Does history repeat itself?





- *Next Friday we will be serving hot gods for lunch.
- *If you would like to make a donation, fill out a form, enclose a check and drip in the collection basket.
- *Women's luncheon: each member bring a sandwich, Polly Phillips will give the medication.
- *Karen's beautiful solo: "It is well with my solo."
- *Congratulations to Tim and Rhonda on the birth of their daughter October 12 thru 17.
- *If you choose to heave during the Postlude, please do so quietly.
- *Helpers are needed! Please sign up on the information sheep.
- *The Advent Retreat will be held in the lover level of St Mary's Cathedral.
- *The District Duperintendent will be meeting with the church board.

OATMEAL MUFFINS

2/3 cup oatmeal, uncooked Old Fashioned Oats

1 ½ cup flour ½ tsp salt

4 tsp baking powder 1 egg

2 tbs melted butter 3 tbs sugar

1 cup scalded milk

Pour scalded milk on oatmeal, let stand 5 min. add sugar, salt & butter. Sift in flour & BP. Mix, add egg, put in muffin tins & bake.

Bake at 400° for 20 minutes or until golden brown.





AGELESS WISDOM

- *I've learned that our dog doesn't want to eat my broccoli either.
- *I've learned when I wave at people in the country, they stop what they are doing and wave back.
- *I've learned that if you want to cheer yourself up, you should try cheering someone else up.
- *I've learned that if someone says something unkind about me, I must live so that no one will believe it.
- *I've learned that there are people who love you dearly but just don't know how to show it.
- *I've learned that you can make someone's day by simply sending a little note, or a phone call, or a smile or even a hug.
- *I've learned that the greater a person's sense of guilt, the greater his or her need to cast blame on others.
- *I've learned that no matter what happens, or how bad it seems today, life does go on, and it will be better tomorrow.

Satellite

What's happening with HCE!

Come join us at Strong Bones







Remembrances....

Audrey Campbell Buchinger (6/9/1937 to 12/22/2013)

Audrey A. Campbell Buchinger, age 76 of Clintonville, passed away Sunday, December 22, 2013 in New London. Born on June 9, 1937 in Washington, PA, she was the daughter of the late Harry and Marie (Calvert) Jones. On June 16, 1956 she was united in marriage to Ronald Campbell in Salem, IL. He preceded her in death in 2003. Audrey was very active with the Shawano Order of the Eastern Star #167 and Daughters of the Nile and was an active member of the Shawano and Waupaca Homemakers Organization for many years. She was a member of the Clintonville First Baptist Church and a former member of the Shawano United Methodist Church. On June 1, 2008 she married Anthony Buchinger in Clintonville. Audrey loved spending time with her family. She also enjoyed sewing, quilting, cooking, gardening, painting and caring for her two dogs, Missy and Cutie.

Audrey is survived by: her husband, Anthony Buchinger; her daughter, Vanessa Waldburger of Shawano; her 2 sons, James (Renee) Campbell of Shawano, Craig (Mary) Campbell of Cedarburg; a step-daughter, Antonette Rose Wartick of Appleton; 6 grandchildren, Whitney (Michael) Shaver, Lyndsey (special friend, Evan) Waldburger; Kyle (Amanda) Campbell, Katie (fiancé, Matt Frank) Campbell, Emily Campbell, Stephen Campbell; step grandchildren, Austin and Paige Wartick; a great granddaughter, Vivian; a sister, Maxine Anderson; and numerous nieces and nephews.

Audrey was preceded in death by: her first husband, Ron Campbell; a son-in-law, Bruce "Bud" Waldburger; her parents; and a sister, Dora Estes.