

# Satellite



Home & Community Education

Nov./Dec. 2014



Hello,

I don't know about anyone else, but where did this year go? We have had a busy year with HCE. Starting with the Strong Bones program that started back in January with 30 people which is now at 123 and still growing. Strong Bones is just not for HCE members but for the Community. We then went to "Green Cleaning", "Brain Fitness", "Getting Your Hearts Right", "International Night", "Lasagna Gardening", "Dehydrating", and to finish off the year "Holiday Healthy Cooking". Hopefully you were able to take advantage of the wealth of information that was presented.

The State Conference was another time of learning. I would like to take a moment to thank HCE for sending me to this learning experience. It's always a great time of learning and being with other HCE members from throughout the State. For the 2015 State Conference Shawano County is again part of the planning committee

which will be held in Stevens Point. Hopefully more of you will think about attending. Remember we do have scholarship money available for those attending. At the conference Shawano County received the "Stitches of Love Award" for making of the Sleep Sacks. What an honor it was to be picked out of all the counties represented. We received a lovely certificate along with \$100.00. So thanks to all who sewed the Sleep Sacks. Jeanette Pitt entered a painting in the Cultural Arts show and received a 1<sup>st</sup> place ribbon. We also need to remember all the ladies who helped out at the Brat Stand in April. Without your help we could not do this. Next years' dates are July 27<sup>th</sup>, 28<sup>th</sup> and 29<sup>th</sup>. HCE will be working the 28<sup>th</sup> and 29<sup>th</sup>. This year we had another successful bake sale thanks to all of you who baked or gave a monetary donation. Also to those who helped set up, work the morning and then helped clean up. We then had another chance to provide muffins for the Annual Bike the Barn Quilt Ride. So again, thanks to all for your skills. There were members that also helped the day of the ride doing various things. A Thank You note was received from the Bike the Barn Quilt committee for our help.

I want to THANK Carna Zimmerman our out-going Secretary for her time these past 10 years. At the Annual Fall Meeting we installed our new Secretary, Janet Lane from the Landstad Ladies Club. Just a reminder that all members are allowed to attend the Executive Board meetings. This is your club and we value your input. Don't forget your Center Chairperson is your representative at the meetings. Any concerns you have include them in your monthly minutes that get sent to the Extension Office and your Center Chairperson. At our Fall Meeting we again said we would continue the Sleep Sacks and Infant Carrier Covers as our Community Projects. And I know there are a lot of clubs that donate to local food pantries. I think we all deserve a pat on the back for all the good things that we do. I'm sure everyone is looking forward to the up-coming holidays whether we are donating to the less fortunate in the area or getting together with family and loved ones. I am looking forward to 2015 and our get-togethers with other HCE members. Currently Nancy Schultz, Carol Sybeldon and Sandy Wendorff are putting together our 2015 HCE book.

*HAPPY HOLIDAYS to ALL!*

*Helen Raddant—President Shawano County HCE.*





### Calendar of Events

Nov.	
Nov. 3	Leader Training—Shawano Library
4	Vote Today
6	Leader Training—Bonduel
11	Veterans Day
27, 28	UWEX Closed for Thanksgiving
Dec.	
25, 26	UWEX Closed for Christmas
Jan.	
1	UWEX Closed for New Year's
Week of the 5th	New Strong Bones Sessions Start

### 2014 WAHCE State Conference Reports

#### 2014 State Conference-Sandy Wendorff

On Sunday September 7<sup>th</sup>, Helen Raddant, Carol Sybeldon, JoAnn Fehrman and I met the tour bus in Bonduel. It was a nice long trip there and the scenery along the way was beautiful. The conference was held at the Lakewoods Resort in Cable, a beautiful place by Lake Namakagon. We weren't able to stay in the main resort because there was over 300 people attending, but they had 5 different large condos for us. We had a 2 bedroom condo with a kitchen, living room, fireplace, setting room with TV, that no one had time to even turn on and a nice deck to sit out on. To get back and forth to our rooms we were shuttled by many different vehicles and men. We even got to ride on golf carts. If we knew how to drive a cart we were able to drive ourselves and boy can Carol drive!

On Monday it was tour day and I went on the tour to Tremblay's Sweet Shop. Yum! Yum! At the Monday evening meal our keynote speaker was Kevin Stranberg. He talked about his trip to the Grand Canyon, he showed us a movie titled "Once Upon a Mule" it was about his mule "Norm". Who he rode on down into the Grand Canyon. He talked about all the planning and doings it takes to go riding down in the canyon. Which is much like HCE. We need to plan ahead, know where we're going and how to get here. So motivate yourself and others, work together and enjoy the ride and don't drop the reins.

Tuesday I attended two of the Wisconsin Bookworms™ sessions with Holli Kirchner from Wisconsin Public Television and Debra Downen the WAHCE Wisconsin Bookworms™ chair. I enjoyed and learned a lot from them. We always share our ideas with each other. We have given out 700,000

### November Leader Training

#### Healthy Holiday Cooking

The Nov. 3rd Healthy Holiday Cooking meeting will take place at the Shawano City/County Library, in the lower level in the Engle Room. There are elevators at the rear entrance of the Library at 6:30 pm.

On Nov. 6th meeting will be at the Bonduel—Zion Methodist Church at **Noon.**





books to children in Wisconsin. That's like giving 9 books to everyone in the Packer Stadium at a game. WOW! After lunch we went on a "Journey to India" with Lylene Schultz and Marcelline Protheroe. You sure could tell of their love for HCE in the stories they tell of their trip. I then attended the P.O.O.L. "Understanding the Basics of Cancer". This program was started in 2011. I'm hoping we put this program on Shawano's lessons for 2015.

On Wednesday I had two sessions at the Lakewoods Kitchen with the chef cooking with wild rice and cranberries. What a surprise we had when the first session started and P.C. Rassman the owner of the Lakewoods Resort was the presenter of the sessions. This was the man that was driving us back and forth from condos to the lodge. Hauling luggage and setting up rooms for the sessions. He, his mom and dad did everything. What a family. P.C. started cooking at the resort when he was about 17 years old. He also told us that the three cooks that cooked for the conference had between them over 100 years of cooking at the resort and the meals sure were great. He had a movie on wild rice. We learned how to harvest wild rice and that 60% of wild rice isn't harvested that it falls back into the water to regrow for the next crop. He then made some samples of food for us to taste. Some of those recipes were Wild Rice Chowder and Wild Rice Cookies. We were also told that Wisconsin grows about 60% of cranberries in the nation. We then had a Waldorf Cranberry Salad and Wild Rice Crushed Salmon, with Cranberry Tartar Sauce. After all of these delicious samples it was time for lunch. Thank goodness it was just a box lunch.

Then it was time to close the 2014 Conference. Even with wind and heavy rains starting Tuesday night and continuing into Wednesday we all had to leave this nice place, the new friends we made and all of the old HCE friends that we've gotten to know over the many years of going to these wonderful conferences. I can't wait to see everyone again next year in Stevens Point for the 2015 WAHCE Conference.

Sandy Wendorff



**"O'wl Always Be an HCE Member"**

The recent Wisconsin Association for Home and Community Education annual state conference was held at Lakewoods Resort on Lake Namakagon in Cable, WI. There were 339 women and men registered which included 10 Family Living Educators throughout the state.

The local tours offered to participants this year included Tremblay's Sweet Shop and Hidden Bay Graphics in Hayward; Fred Scheer's Lumberjack Show with a Downtown Walking Tour of Hayward including ice cream; quilt shop visits in Hayward and Spooner; The Museum of Wood Carving and the Potter's Shed in Shell Lake; and Northern Great Lakes Visitors Center and Ashland Tour.

The keynote address was given by Kevin Stranberg from Neillsville, WI. "Once Upon A



Mule” described what he experienced while riding a mule down into the Grand Canyon. It was very entertaining, enlightening, motivating, and full of humor. He likened the trip to the characteristics found in good leaders. For example, trust your team (be one with your mule); take risks, - try something out of your comfort zone; stick together - stay tight; enjoy the ride - only one chance at it.

There was a large variety of workshops offered during the 3-day event. Included were: “Birds, Buds, Blooms, and More”; “Internet Safety”; “Timber, Treasure, and Treachery near Lake Namakagon”; “Stress Management”; “Wisconsin Bookworms Training” and so many more that we were able to choose from. A special session held for all members was "Journey to India". Two of our members shared a slide show of their experiences of the ACCWW (Association Country Women of the World) trip.

As always, I would like to encourage more Shawano County HCE members to attend this wonderful annual conference. Next year it will be held in Stevens Point. I would also like to thank Shawano County HCE for allowing me to attend the conference. Each and every conference that I was able to attend has given me so much information that I have been able to share with our members.

Carol Sybeldon - VP Community Outreach and Center I chair

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### **Wisconsin Bookworms™**

Thank you very much for all your hard work at the Brat Stand and Farmer’s Market this year. Because of your help we are able to supply an additional 25 children’s books to the children at the Stockbridge Head Start program. We

are now serving 60 children. They all love to read to and receive our books when we come to the program. Thanks to all who have helped in any way to make this possible.

Sandy Wendorff  
Wisconsin Bookworms™ Coordinator for Shawano County




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### **On the Move and In the Groove**

This program is a WAHCE Family and Community Life program. Which all HCE members can do. All you had to do was to keep track of your physical activities and use a point system to total up your activity from March 2<sup>nd</sup> to May 20<sup>th</sup>, 2014. Six members did this. Shawano County HCE always awards the members for their participation. This year’s members and points are Pat Arnold at 400 points, Barb Erb at 218 points, Helen Raddant at 106.5 points, Sharon Schlender at 79 points and Carol Sybeldon at 75 points. For a total of 954.5 points for Shawano County. Great job ladies.

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### **2015 Program Books**

Program books will be ready for pick up 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.





### Strong Bones Strength Training

The Strong Bones Program still has room for men and women to join the fall sessions! Zion Lutheran Church, St. Paul Bonduel, Swedberg Funeral Home Gresham and Total Fitness will be hosting numerous winter sessions. You will find the full schedule in the Nov.-Dec. WWF (Working for Wisconsin Families) Newsletter. Sessions will run from January through March. If you are interested in one of the Winter sessions please call the UW-Extension office at 715-526-6136. The fee for the Strong Bones Strength Training Class is \$25.

### Keeping In Touch

The internet can be a great way to stay in touch with each other and with other HCE members. When you are surfing the web make sure to go to our Facebook page to LIKE it! Just put Shawano UW-Extension Family Living Program in the search bar to find us. Also you can go to the Shawano County UWEX web site for more information on HCE.

<http://shawano.uwex.edu/family-living/hce/>



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### Club Paperwork

Just a reminder some of our clubs do not have their (or parts of it) into Joanne or the UWEX office. Please turn it in as soon as possible so we can get our member listings and 2015 program book completed.

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### Poverty Simulation Exercise

On Saturday, December 6th, 9 am SAM25 will be holding a Poverty Simulation Exercise at the Shawano Lake County Park Pavilion. This exercise is to educate local business owners and people of our community on the poverty that does exist here in Shawano County. The UWEX office is looking for volunteers to help out at this event. The exercise will run from 9 am to Noon. If you are interested or have any questions please call the office at 715-526-6136.

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### Sleep Sacks

We still have material at the UWEX office. If anyone would like to go through it for sleep sacks you are more than welcome to stop by and take a look. But give Kara a call first to make sure she is there to help. 715-526-6136



*Nancy, Kara and the UWEX staff would like to extend a warm Happy Thanksgiving and Merry Christmas to all the HCE members in Shawano County. It has been a pleasure to work with you in 2014! We are looking forward to a wonderful new year filled with friendship, fun and to experience new things with the Shawano County HCE.*





**Congratulations,**

Your "Stitches of Love" book was selected as one of the winners this year. You will receive your award at the WAHCE State Conference held this year at Lakewoods Resort, Cable, WI. At the dinner on Monday evening, September 8, 2014. We will have reserved tables near the front of the dining area at the dinner. **Please have the person accepting the award sitting at this table.**

Thank You for your entry,

V.P. For Family and Community Life

V.P. of Program

Donna Kohnke  
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# Remembrances...

## We Remember . . . .

Ruth L. Miller, age 90, of the Town of Herman, passed away on Sept. 2, 2014. Born on Feb. 11, 1924 in Dupont, she was the daughter of the late William and Lilly (Arndt) Begrow. On Oct. 9, 1943, Ruth was united in marriage to Carl L. Miller, who preceded her in death on July 19, 1996. Ruth was a member of St. John Lutheran Church-Hermansfort. She enjoyed gardening, crafting, ceramics, quilting, cooking, baking, and fishing. She also loved to spend time with her family. Ruth was a charter member of Kitchen Maids HCE dating back from 1981 to the present. She always gave of her time generously when it came to baking and frosting dozens of Christmas cookies for our annual craft & bake sale. Ruth will be greatly missed by all who knew her.



# \*\*BEAMS\*\*

## CENTER I

**Kitchen Maids** – Lost a longtime HCE member and dear friend Ruth Miller who passed away Sept. 02. Members were reminded about vacant Board positions and encouraged to fill them. Discussed plans for their annual Bake/Craft sale Nov. 23<sup>rd</sup> at Tilleda Town Hall. The ladies made tray favors (spiders) for Oak Haven residents. They will be delivered to them when they go play BINGO on Oct. 29<sup>th</sup>. At the last meeting they collected money to donate to Coats for Kids in lieu of exchanging Christmas gifts this year.

**Red Springs** – Ladies will be making Thanksgiving Dinner for shut ins in the Community. In December, for Christmas, they will also make cookies for the same group. Two members plan to attend the Learn In.

## Center II

**A – Z** - Carna shared stories about their Alaskan vacation. That was enjoyed by everyone. Each member collected small items to be donated to SAFPARC. They will soon be making a donation to Coats for Kids.

**Bizi Belles** - Two members plan on attending Nov. Leader Training on “Healthy Holiday Cooking”. Made muffins for Bike the Barn Quilt ride and several members worked at different stations. The ladies will celebrate

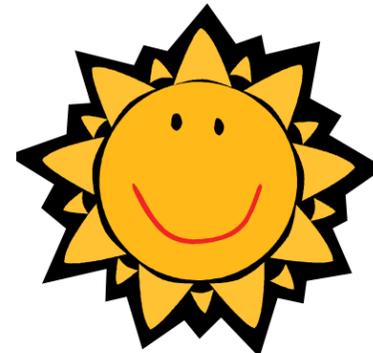
Christmas in January. They donated grocery items to SAFPARC.

**Learn – A – Lot** – They collected items to give to Ronald McDonald House, made a donation to Red River Riders and In October they will collect for Safe Haven. They made 700 Birthday cards for the Vets at King. Two members worked at the Rhubarb Fest.

## CENTER III

**Landstad Ladies** - Finalized their plans for Founders Day. Barb Wickman came to tell them about the food pantry that started in Bonduel. Pantry is at St. Paul School the 2<sup>nd</sup> Wednesday of the month. They dropped off coats at Subway in Seymour. Items for Thanksgiving dinner will be brought to their next meeting on Nov 21<sup>st</sup>.

**WISC** - These ladies have been busy donating their time. Some worked the Brat Fry this summer, a few worked at Bike the Barn Quilt ride and have read for The Book Worms. Jeanette won the Blue Ribbon at State for her painting. A few members are planning to attend the Learn- In in Oct.





## Traveling with Food to Gatherings of Family and Friends

*Alice Henneman, MS, RD, UNL Extension in Lancaster County*

It's a time-honored tradition for many people to bring food to gatherings, such as holiday meals. How do you decide who brings what or how to travel with food if you're asked to bring something?

When assigning foods or deciding what to take, consider type of food and distance to travel. Remember the 2-hour rule: Avoid leaving perishable foods at room temperature longer than 2 hours (1 hour in warmer seasons when the temperature is over 90 F). The 2 hours includes preparation time for foods that aren't cooked or foods that need more preparation steps after cooking.

People traveling a long distance might bring non-perishables such as rolls, breads and cookies. Those traveling about a half hour or less can more safely bring perishable foods such as meat, poultry, fish, eggs and dairy products or foods containing these items. Nearer relatives also are a better choice for providing salads, relishes and vegetables.

When traveling with food, keep HOT foods hot (140 F or higher) by wrapping them in foil, and then in heavy towels. Or, carry them in insulated wrappers or containers designed to keep food hot.

Place COLD foods in a cooler with ice or freezer packs or an insulated container with a cold pack so they remain at 40 F or lower, especially if traveling over a half hour.

On arrival, place cold foods in the refrigerator. Place hot foods in an oven hot enough to keep the food at an internal temperature of 140 F or above; use a food thermometer to assure

the food stays at a safe internal temperature. Plan to serve foods shortly after guests have arrived.

Another possibility is to carry all perishable food in an ice chest and come early. Then prepare the food after you arrive.

Remember: If you travel with food, take a detour around the "danger zone." Keep hot foods hot (140 F or higher) and cold foods cold (40 F or lower).



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### 2014 Fall Learn-In Recap

What a wonderful way to start Fall with the 2014 Fall Learn-In. The facility at Navarino Nature Center was the perfect spot to hear Bonnie Splitt talk "turtles" and Kathy Krause tell us the interworking's of the Llama sweater. Shar Caukovic was on hand with a variety of apples for us to taste. Nancy Schultz was keeping us fit with strength training exercises and of course Tim Ewing gave us a very informative look at the Navarino Nature Center. This was all topped off with a wonderful meal from Sally' Catering, Cecil.

If you didn't join us this year hopefully next year you will. We guarantee you will not be disappointed in the program!!





**Annual Fall Council Meeting Minutes**  
**Oct. 13th, 2014**

The evening began with a pot luck supper at 5:30 p.m. We then had our guest speaker, LaDeen Balke who works for Protective Services in Menominee County. She is a SAM25 organizer. Along with Nancy Schultz FLE, they talked about the homeless task force that is being formed in Shawano & Menominee Counties. They shared a lot of statistics and information and ways in which we can help. They had a brochure which we took back to our clubs stating their mission, vision and goals.

Our meeting was then called to order by President Helen Raddant with Creed I.

Our president then introduced the county officers.

Joyce Natzke made the motion to accept the minutes of last year's meeting as printed. Sandy Wendorff seconded the motion. Passed.

The clubs reported on projects they have been doing and also future projects. The Learn-a-Lot club would like help with their International Night.

Treasurer JoAnn Fehrman gave her report. Janet Laehn made the motion to accept her report as printed. It was placed on file for audit and review. Janet Laehn made the motion to accept the proposed 2015 budget, Carol Sybeldon seconded. Passed. JoAnn gave the membership report. 90 members, 16 individual for a total of 106 members.

A thank you was given to all who helped or baked for the "Bike the Barn Quilts". The bakery that was left was given to Safe Haven.

Family Living Report - Nancy thanked those helping with the "Bike the Barn Quilts. A total of 188 bikers. Some did the whole 70 miles. The Shawano Boys and Girls Club is working closely with the Green Bay group and they hope to have one in Shawano by 2015 or early 2016. Nancy reported that the "Raising a thinking Child" seminar was a very positive program. Finally Nancy reported on the Strong Women/Strong Bones program which has 150 participants.

Bookworms Sandy Wendorff talked about the open house at Stockbridge Head Start. 7 families

participated. A picture of "Wiggly" was given out. 15 books are going out to Bonduel and 25 to Stockbridge. A few changes will be made next year.

State Conference - Helen reported on the conference. The silent auction went well. They liked the owl favors. We are to keep track of our "stitches of love". Shawano County won an award for our sleep sacks and infant carriers. JoAnn showed her shirt that was given out and talked about the potters shed and wood carvers museum. Carol Sybeldon and Sandy Wendorff also talked about some of the sessions they attended.

POOL - Carol Sybeldon and Sandy Wendorff spoke about the Pool programs: "Raising a Money Smart Child", Cancer Clear & Simple, From the Lakewood's Kitchen and Sandy attended all the Bookworms sessions.

Learn-In - it will be October 23 at Navarino Nature Center. Lots of good speakers and workshops. Waupaca County is hosting. Carol Sybeldon shared the marketing items available to members.

Registration - JoAnn reported 17 people which included 2 individual members and 7 clubs attending tonight.

Group Projects - If you have any ideas let Carol Sybeldon know. We will be helping with the homeless task force.

Nominating Committee - Helen Raddant gave the report. Janet Laehn made the motion to accept the report. passed Carna Zimmerman made the motion to use the Pennies for Friendship for the Water Pproject, Helen Raddant seconded. Passed

Education Chairs - Carol Sybeldon and Sandy Wendorff will remain in their office.

Installation - Nancy installed the new County Secretary Janet Laehn

Announcements - The 2015 State Conference will be in Stevens Point, September 13, 14 & 15. Helen thanked the members for all that they do and also the good job Nancy is doing. Center I was thanked for doing the pot luck.

Meeting adjourned with Creed II.

Respectfully submitted by Carna Zimmerman, Secretary



**Potpourri**— *A sharing page of your ideas, recipes, jokes, stories - By Leah Lehman*

**HEY, LOOK, WASN'T THIS US?**

A little house with two or three bedrooms,  
One bathroom and one car on the street.  
A mower that you had to push  
To make the grass look neat.

In the kitchen on the wall  
We only had one phone,  
And no need for recording things,  
Someone was always home.

We only had a living room  
Where we would congregate,  
Unless it was at mealtime  
In the kitchen where we ate.

We only had one TV set  
And channels maybe two,  
But always there was one of them  
With shows worth the view.

For snacks we had potato chips  
That tasted like a chip  
And if you wanted flavor  
There was Lipton's onion dip.

Store bought snacks were rare because  
My mother liked to cook.  
And nothing can compare to snacks  
In Betty Crocker's book.

Weekends were for family trips  
Or staying home to play.  
We did all things together  
Even go to church to pray.

Outdoor movies, there was no video,  
Shopping trips ended with paying cash  
And the cashier had to know how to  
count, Life seemed so simple in the past.

But time moves on and so do we  
Nothing stays the same,  
But I sure love to reminisce  
And walk down memory lane.

With all of today's technology  
We grant that it's a plus!  
But it's fun to look way back and say,  
Hey! Look, guys, THAT WAS US!

-adapted-

**THOUGHTS TO PONDER (humor)**

Death is the number one killer in the world.

Good health is merely the slowest possible  
rate at which one can die.

Health nuts are going to feel stupid  
someday, lying in the hospital, dying of  
nothing.

All of us could take a lesson from the  
weather, it pays no attention to criticism.

Someone recently said: "Don't worry about  
old age; it doesn't last that long."

-adapted-

**PUMPKIN COOKIES**

(found in old recipe box)

1 ¼ cup brown sugar

2 ½ cups flour

½ cup shortening

2 ½ teaspoons of baking

2 eggs, well beaten

powder

1 ½ cup cooked or canned  
pumpkin

1 cup raisins

1 teaspoon vanilla

1 cup nuts, chopped

½ teaspoon salt

Mix first 2 ingredients, then

½ teaspoon ginger

add next 8. Combine flour,

½ teaspoon nutmeg

baking powder & sugar. Then

½ teaspoon cinnamon

mix all ingredients together.

1 teaspoon lemon extract

Bake for 15 minutes in 400

degree oven.



*Kitchen Maids HCE Club was busy making Halloween Table Favors for Oak Haven residents.*



**Landstad Ladies HCE Club**



Landstad Ladies Picnic at Mueller Park  
August 15th

Mr. & Mrs. Grall, Rozanne Zernicke, Ela Mathias, Luke Cackobic, Delmar Zernicke & Bob Mathias

Inset: Elaine Moeller, Shar Cackovic and Katie Sprangers



Bonduel Founders Day  
Denise Meisner &  
Rozanne Zernicke

### Fall Learn-In 2014



Tim Ewing—Navarino Nature Center



Bonnie Splitt—Turtles: Up Close and Personal



Kathy Krause—Llamas from Farm to Favorite Sweater



~ **26th** ~  
**Annual**  
**Craft &**  
**Bake Sale**

*Sunday*  
*November 23, 2014*  
**9:30 am - 2:00 pm**  
**Tilleda Town Hall**

***\*\*\*Guest Appearance by Maddog & Merrill***

*Sponsored by:*  
Kitchen Maids & Tilleda Timber Wolves

*Lunch served by:*  
Tilleda Timber Wolves 4-H

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