



# Satellite



Home & Community Education

Nov.—Dec. 2016

The temperature outdoors seems to let us know that autumn is here. Now with the fall colors mostly down and raked up we are thankful for wood furnaces, LP or oil furnaces to keep us warm. It was great to see so many at the fall meeting. The information we received on what programs are available to Shawano County residents was very informative. The annual Learn-In with Waupaca County is also in the past, for those who missed it, it was another day of learning, and socializing. Of course the lunch served by Sally Rank was delicious.

The seven members who attended the State Conference have returned with some good topics for next year's lessons. Along with ideas which we got from the clubs and individual members we will plan next year's lessons. I also need to say thank you to all of the members for sending me to represent Shawano County.

The Bike the Barn Quilts was another successful day. The ladies in charge of it we're so thankful again for the breads which were made, so if you are one of those a thanks goes out to you. There were also several HCE members who helped throughout the day in supporting this fund raiser. For those looking for ideas of places to donate during this up-coming Holiday Season you can refer back to the July-August newsletter for things that the Veterans Home at King could use and also there is the donation of money to the Shawano Veterans office for Flag Holders to be placed by Veteran's graves throughout the County (see article in Sept-Oct newsletter). I hope everyone has a wonderful Holiday Season starting with Thanksgiving and throughout the rest of the year.



*Helen Raddant  
President Shawano County HCE*

## Club Paperwork

Just a reminder that some of our clubs/individuals do not have their (or parts of it) into JoAnn or the UWEX office. Please turn it in as soon as possible so we can get our member listing and the 2017 Program Book completed.

## 2017 Program Books

Program Books will be ready for pickup 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.



## Calendar of Events

### No 2016

- 2-3 Food Label Lingo
- 6 Daylight Savings
- 8 Election Day
- 11 Veterans Day
- 20 Craft Sale—Tilleda
- 24 Thanksgiving Day
- 25 Courthouse Closed

### De 2016

- 25, 26 Merry Christmas—Courthouse Closed

### Leader Training

#### Food Label Lingo

This presentation took place on Nov. 2nd and 3rd. When you were finished you would have been able to identify all the different parts of the food label such as nutritional value and safety and quality, the information and resources gained will help you speak *food label lingo* with family and friends. If you would like the training materials for your club please call the office to place your order.



### Annual Craft and Bake Sale

#### Kitchen Maids HCE & Tilleda Timberwolves 4-H Club

Come to the 28th Annual Craft and bake sale at the Tilleda Town Hall on Sunday, November 20th from 9:30 am to 2 pm.

### Annual HCE Meeting on October 5<sup>th</sup>

Heidi Russell, Director of Shawano County Department of Human Services Aging Unit and Ann Fisher, Elder Benefits Specialists began our Meeting. Heidi talked about MEALS—for home delivery and Senior dining, the Elderly Transportation System and the Care Giver Support Program. Ann gave a very informative talk and update on Spousal Impoverishment and Protection. Ann also gave out information on how to complete the Power of Attorney for Health Care and Power of Attorney for Finances. Anyone needing help or information is welcome to contact Heidi (at 607 E. Elizabeth St. Shawano or call 715-526-4700) or Ann at 715-526-4688 or (toll free number) 1-866-526-2130. After Heidi and Ann talked we had refreshments provided by Center III, thank you for providing them.

At 7PM Helen Raddant called the meeting to order with Creed I and Sandy W. led the Flag Pledge. We had 20 ladies present. Helen introduced the county officers and center chairs. Marge Ainsworth made a motion to approve last year's minutes and Pat Gipp seconded the motion. Treasurer report was given along with the proposed budget for 2017. Janet L made a motion to accept the report and Helen R. seconded the motion. For Club reports and news: Marge A. talked about the WISC name change; Carol S. from Kitchen Maids talked about sewing book bags for Wittenberg and Elly B. mentioned that the Navarino Merri Maids serve snacks for the elections. Seven people participated in the In the Move and on the Grove and Sandy W. gave Chamber bucks to the top 5 (Janet L., Pat A., Sandy S., Audrey W. and Sharon S.) with highest hours. Helen R. said you could still



register for the Navarino Fall Learn-In held for Oct. 13<sup>th</sup>. Nancy Schultz gave the Family Living report and wanted to 1) Thank everyone for their help with Bike the Barn Quilt, they had 245 participants and 100 volunteers and 2) the Boys and Girls Club is starting up January 2017. Sandy W. gave the Bookworms report and said 65 sets of books were ordered with 8 different books and asked if anyone would be interested in helping with the reading. Helen R., JoAnn F., Carol S., Sandy W., Janet L. and Bonnie H. gave reports on the conference and classes at the State HCE Conference in Eau Claire. They had 335 ladies and 8 men attending the conference.

For New Business. JoAnn F. said for this night's meeting we were represented by 7 clubs and 3 individuals. For a group project Helen R. had checked and no infant carriers were needed at this time but encouraged everyone to continue supporting their individual projects. Ruth from Learn-a-Lot talked about recycling; Nancy S. mentioning supporting SAM 25—last year they had 365 people who used the shelter and they do have a wish list. No one was nominated for the President Elect position. Dorothy Owen from Learn-A-Lot mentioned they would not be sponsoring an International Night and Helen R. said they would have a discussion about International Night at the next board meeting. JoAnn F. said that the pennies collected for Friendship will be going to the water filtering system project. Carol S. made a motion and Pat G. seconded the motion to continue sending the pennies for the water filtering project, all in favor and motioned carried. For the 2017 Education Forecast Carol S and Sandy W would like to have your input and please send your thoughts and

ideas to them for class or lesson ideas for next year. At your club's next meeting please bring up the need for your input into classes and lessons. Discussion was made about having classes in the day and even having the Spring Event during the day, possibly on Saturday. Bonduel WISC stilled liked having the classes in Bonduel even if they had day classes at the Courthouse. Helen R. said this would be considered for future events. We closed with the Creed Prayer and at 8:05 the meeting was adjourned. Respectfully submitted—Janet Lane



## State Convention Reports

***By Bonnie Harrison:***

On September 12<sup>th</sup> I headed off to Eau Claire with a couple ladies from my club. We attended the 2016 WAHCE State Conference held at the Plaza Hotel & Suites.

Monday evening our keynote speaker was J.P. Olson who spoke on "Women Empowerment". She passed on wisdom about challenging our minds, equipping ourselves with the proper tools to positively navigate challenges in life, how to recognize abuse and ways to effectively cope with it. She was an amazing speaker. Each and every word she shared came from deep within. She was speaking to move, to motivate and to uplift. It worked! What a fabulous way to start a conference!!

There were a variety of workshops to choose from over the two day conference. I attended "Women Empowerment", "The Grapevine Project – A Health Education and Outreach Model", "Love isn't meant to hurt", "Learn about the King and Queen of Flowers – Tree



& Herbaceous Peonies” and “Trunk Show of Quilts”. Each very different and I enjoyed them all.

As a first time attender, I was pleasantly surprised by the entire conference. At meal time we had assigned seats. During this time I was able to meet many new HCE members from all over the state. We shared our clubs experiences and ideas with each other. We talked about life, our families, our communities and what we as HCE members can do to make them a better place. I was enlightened by the knowledge showcased in the workshops and encouraged by the comradery.

Thank you Shawano County HCE for affording me the opportunity to attend such a spectacular event! I would encourage other members to attend next year. Bonnie H.

***By Carol Sybeldon:***

The theme of our Annual State Conference in Eau Claire was "76 Trombones Leading HCE". There were 335 participants, 55 of them were considered "First-Timers" and 8 men were also in attendance. Awards were presented for "Stitches of Love" and "Service of Love" to several counties that participated. Several counties were recognized for increasing their membership. We were pleasantly surprised to learn that Shawano County Home and Community Education had the largest increase in membership with 37.

The planning committee set up 5 different tours for the afternoon on the day of our arrival. Our group opted for the 'Walking Tour of downtown Eau Claire". We were treated to the Sculpture Tour consisting of 30

plus pieces of art placed throughout the city. The sculptures are owned by artists and loaned to the city for exhibit. The public is invited to vote for their favorite and the one chosen is then purchased by the city as part of their permanent art collection.

The keynote speaker for Monday's opening session was J. P. Olson who spoke on "Women Empowerment." She also presented 2 workshops in the days to follow and was our featured entertainment for the Tuesday Evening Banquet.

On Tuesday morning, I attended the Educational Program on "Super Foods and A Healthy You" discussing the rainbow of foods and why they're good for us. On Tuesday afternoon, all Membership representatives from throughout the state convened to brainstorm ideas for improving our numbers. On Wednesday morning, the session on "Cooking With Wine" gave us lots of ideas and recipes for adding flavor and appeal to our foods using various types of wine. The last session I attended was my favorite - "Laugh...Because It's Healthy". We spent the entire time with a Laughter Coach who shared techniques, exercises, and ideas combined with deep breathing to deliver more oxygen to the brain thus helping one feel more energetic, healthy, and alive.

I want to thank Shawano County HCE for the scholarship and the opportunity to attend the conference. Next year, it is scheduled to be held in Wisconsin Dells at Glacier Canyon Lodge on September 11-12-13, 2017. Every member is welcome to attend. This year there were seven of us from Shawano County. Let's see if we can increase that number every year!!! Carol S.



***By Janet Lane:***

I just wanted to thank Shawano County HCE for allowing me to attend the 76<sup>th</sup> Wisconsin Association for Home and Community Education, Inc. (WAHCE) Annual State Conference from September 12-14, 2016 in Eau Claire, WI. It was wonderful meeting friends from last year and we had a stunning speaker for our opening session and Banquet—J.P. Olson. We started off Monday with lunch on our own and touring Eau Claire downtown and did the Sculpture Tour and voted for our favorite sculpture. Tuesday the 13<sup>th</sup> we started our classes where I attended “Musical Instruments—A Random Assortment” and played shakers, thunder sticks, rain sticks and the drums in a drum circle. Playing music is very therapeutic and our instructor, Judy Miller, not only has classes in the community but also in nursing homes. The second class on Tuesday I attended was “History of the Handkerchief” by Donna Hodson-Haag and she had plenty of samples of the 17 types of hankies. I then attended a workshop on “Pre-planning for the Loss of a Loved One” presented by Lori Baltrusis.

We started Wednesday with breakfast and doodled in my “Zentangles, Doodles and Coloring Book” class by Sandra Whiteman. I then went to “The Marvelous Monarch” presented by Kathy McGrath. A very informative class with plenty of information and material and then we tagged 2 monarchs and let them go. WOW. We had good food and great classes. If you can go—next year we’ll be in Wisconsin Dells. Can’t wait to see you there. Thank you again. Janet L

***By Sandy Wendorff:***

On September 12<sup>th</sup> our co-pilot Nancy Schultz got Helen Raddant, Janet Lane and myself, to Eau Claire, to start the 76<sup>th</sup> WAHCE Conference. Carol Sybeldon, JoAnn Fuhrman and Bonnie Harrison arrived shortly after. Carol has a friend who lives in Eau Claire and she met us at the hotel and took us to a local restaurant to eat lunch, then we went on a wonderful tour of the street art that Eau Claire has to offer. Eau Claire has very talented artists!

Several years ago the conference registrar Darlene Schumacher and the WACHE state board decided to assign seating for all meals except for the buffet breakfast. When you register for the conference you get an envelope with tickets. On your session tickets the name of the session and room name or number on them. Also, you get tickets for each meal with a table number on them. All the tables are numbered, so you go looking for your table. You also are at a different table for each meal, plus you are eating with new people at each meal. It’s very interesting to meet someone new at each meal, from different counties. At this time you really get to meet and talk with many new friends and share what’s going on in your county. It sure was a great idea to sit with someone new at each meal.

On Monday night after supper we always start the conference with a keynote speaker. This year J.P. Olson talked on “Women Empowerment”. I think we all could have listened to her all night. What a speaker, she had us crying, laughing and really listening to what she had to say. Women over in Africa don’t really have a voice. But one thought she



gave us was, “never, never, never give up”!  
She also did two sessions on Women Empowerment.

My first session on Tuesday morning was “How to Age with Grace and Vigor”, by UWEX Kathy Metzenbauer from Juneau County. It’s never too late to start a healthy lifestyle in order to stay healthy as you grow older. We need a positive attitude, healthy diet and exercise plans, plus socialization, mental stimulation and good nutrition plans. The second session I took was “Wisconsin Bookworms™” given by Michelle Tidemann our WAHCE liaison. Michelle took Holli Kircher’s spot as she has a new job. The session was a little different, but it was still very informative. We went through our problems and ideas that work for our counties and it turned out to be a great session. My last session for Tuesday was called “Into the Grant” for Wisconsin Bookworms™. Presented by Kira Story, grant writer from Wisconsin Public Television. She went through many ideas on getting grants and ways to write them.

At our Tuesday night banquet we had the best entertainment. J.P. Olson is a very talented women, speaker and singer. Her voice is beautiful. She had problems with the equipment but that never stopped her. She had all of us singing along with her. Even some of the people got up and danced, while she sang, I could have listened to her all night.

On Wednesday morning first session was with Nancy Schultz. “Keeping Your Brain Fit as You Age”. It was a great session, lots of talking and questions were asked. We could have used another hour. We surely will have this session as one of our lessons for 2017 for

Shawano. My last session was called “Choosing the Right Apple for the Right Job”, was presented by Jerry Clark, Chippewa County UW-Extension Agriculture Agent. He talked about how to grow the right apple tree first. Then we discussed soil, drainage, nutrition and pruning. Then we went through many new and old apple varieties, when they matured, taste, what their use is and how long they will store for.

All in all it was a good conference, there where 336 people attending and 8 of them where men. Plus 55 people where first timers attending. Which is great to see so many new HCE members attending. So once again I would like to thank you for making it possible for me to go to the conference. I can’t wait till next year’s conference, to meet with my new and old HCE friends. Thank you once again for your support. Sandy W

***By JoAnn Fehrman***

Thank you for the opportunity to attend the WI HCE conference in Eau Claire. WE started out with a fun tour of the city courtesy of a friend of Carol’s that lives in Eau Claire. My first session was Serving UP Local foods. It was a bout farmers’ markets and food co-ops in Jackson County. You can buy a “share” of the farm and you receive a box of produce every week throughout the summer. They even have “flower Shares” and you get a new bouquet every week for 10 weeks.

The second session was the treasurers’ workshop. We went over the calendar of when all reports, dues, etc. need to be turned in and how to fill out those forms.

My next session was Planning for the Loss of a Loved One. We learned the importance of pre-planning, documents needed and family →





## **Beams**



### **CENTER I**

**Kitchen Maids** - Sharon Breitenfeldt recently changed her membership from individual to Join the Kitchen Maids. Welcome Sharon! These Ladies have signed up to prepare a meal for SAM25 in early December. Snacks will also be purchased to donate there as well. Christmas gifts will be purchased for a family in need. Plans for their annual craft and bake sale at Tilleda Town Hall Nov 20 were firmed up. Carol, Bonnie & JoAnn shared about their experiences at the State Conference.

**Red Springs** – Met for lunch at The Woodland. They will make Thanksgiving dinners for shut ins in the community again this year.

### **CENTER II**

**Bizi Belles** - Received thank you notes for helping with Bike The Barn Quilts and for donations to SAM25. They decided to make a monetary donation to SAM25 and Bookworms. They delivered grocery items to SAFPARC. Their Christmas party will be held in January at the Gathering.

**Learn – A – Lot** – A thank you was received from KINGS for the cards and miscellaneous items sent. New officers were elected. They will be making more cards to donate. Each answered roll call with something they liked about Fall. Donations will be collected for Safe Haven at their November meeting. Continually collecting pop tabs for Ronald McDonald House.

### **CENTER III**

**WISC** - All members present. May baskets were made to give to Meadow View. A monetary donation was made to a charity of choice.

wishes. It is also critical that someone else knows where the documents are kept. Wednesday mornings first session for me was Keeping Your Brain Fit as You Age presented by our own Nancy Schultz. She did a wonderful job of educating us on brain fitness thru nutrition, physical exercise, mental exercise and meditation. My last session was making a beaded bracelet. The kits were ready for us and it only took a few minutes to string the beads on the memory wire and we were done!

We had great accommodations and great food (and plenty of it). It was great to see people I had met in previous years and also t make new friends. The cultural arts display (418 items)) was wonderful. So much talent and displayed so well! Also the silent auction and 183 items and they were especially well displayed. Thanks again for the opportunity! JoAnn F



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# Look what's been happening in HCE!



2016 Shawano County Fair

Patty Pumpkin Seed Project



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September 2016



2016 State Convention

