

Fall is definitely here. It's always wonderful to see the variety of colors. Just wish they would stay on longer to enjoy. It's just to soon to have all the work in cleaning them off the yard. Since we have been having some cooler temps but really have been spoiled with the 70's. I managed to harvest 5 pumpkins from my patch this year, just enough for a small decoration in front of my house along with some decorative corn I planted. To finish it off I purchased a couple of Mum Plants.

As I write this our Fall Meeting which was on the 21st is behind us. We had a wonderful variety of salads for our Pot Luck meal. Thank you all who were in attendance. There were 6 clubs represented and 3 Individual Members along with Nancy Schultz. Our guest speaker was Sandy Bocik from Maximus Salon and Wig Boutique. Her topic was "Better Health through Nutrition", she is a 30 year breast cancer survivor. She spoke on how important vitamins are for you and of course eating right. She really stressed how sugar, white flour and salt are not good for you. She is always willing to talk to anyone if they come into her Salon. You can make an appointment or if you stop in and she is not busy she will talk to you. She does not charge for her consult with you. We then had our meeting and we went over the agenda that was in your packet which was mailed to clubs and Individuals. No new officers or any positions to be filled this year.

Looking forward to seeing you at the Nov. 1st lesson; "Mason Jars". If you have any jars that you have done something special with we would like you to bring them along to share. Remember this is a Shawano meeting only at 5:30p.m. On the 21st we are getting together to plan next years lessons, so anyone with some ideas for topics and speakers please let me know before that. (715-526-2919) If I'm not home leave me a message.

We are pleased to have Barb Mortenson join us as a new reader for the Wisconsin Bookworm Program. The top 5 winners for "On the Move and in the Groove" were announced, they were Barb Mortenson, Elle Borre, Barb Erb, Pat Arnold and Audrey Wussow. They were presented with a gift bag that had items from the HCE Market Place. I want to say thanks for the Scholarship from HCE for sending me to the State Conference in WI Dells in Sept. Besides the Presidents meeting which is required I attended "Ventures in People, Haiti." It is always amazing to see

Continued on Page 9

Helen Raddant President Shawano County



Calendar of Events

Nov. 2017

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Nov. 1 Mason Jar Art

Nov. 6-10 WAHCE Week

- Nov. 5 Daylight Savings Time Ends
- Nov. 11 Veteran's Day
- Nov. 23 Thanksgiving Day
 - Dec. 2017
- Dec. 25 Christmas Day



Mason Jar Art

We know that you have Mason Jars tucked away in your basement. Now is the time to bring then out and create something special. Come to this session for creative ideas! November 1st at 5:30 at the Court House. Helen Raddant—Shawano County President—Presenter

November Special Interest Meeting		
Contact Person		
Club		
# Members Attending:	Shawano 5:30 pm, Nov. 1st	

Club Minutes

As we gear back up for the fall and you start having more meetings don't forget to send in your club minutes shortly after your meetings. We are looking at making changes in the way the minutes are sent in, watch the newsletter after the next executive board meeting for an update. One way to help us out now is to type up your minutes and email them to us at:

kara.skarlupka@co.shawano.wi.us or if you do not have internet access please try pressing harder on the carbon copy so that we can read them.

Thanks for your help with this.



Courthouse Construction and Holiday Hours

Starting In November the courthouse will undergo a facelift. Between December and Spring we will not be able to use the meeting rooms. We have alternative meeting rooms available. At some point within this time frame our offices will be housed in the basement. We will not be closed just relocated for a few weeks. For the Thanksgiving holiday we will be closed Thursday and Friday and for Christmas the office will be closed on Monday and Tuesday.



2018 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.



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 2018 Program Book completed.



The Impact of HCE 2017

Dear Members:

Totals for 2017 were very impressive! <u>33 Counties participated</u>:

Time:	49,258 hours
Outreach:	58,221 hours
Donations:	\$99,919

Additional Executive Board:

Time spent:	4,445 hours
Donations:	\$37,097

GRAND TOTAL:

Time spent: Donations: 111,924 hours \$137,016

Cold and Flu Prevention Steps

According to the CDC, flu season in the US usually starts around October and can last through May. To minimize your chances of getting the flu from sick co-workers, students, or fellow commuters, make sure you practice proper handwashing.

Cold & Flu Prevention Steps

Important steps to protecting you and your family from the spread of cold or flu germs.

- 1. Avoid touching your eyes, nose or mouth. Germs spread this way.
- 2. Cover your nose and mouth with a tissue when you cough or sneeze.
- 3. Cough or sneeze into your sleeve if you don't have a tissue.
- 4. Throw the tissue in the trash after you use it.
- 5. Wash your hands often with soap and water, especially after you cough or sneeze. Hand sanitizers are also effective.
- 6. Disinfect frequently touched surfaces.
- 7. Avoid contact with sick people.
- 8. If you get sick, stay home from work or school except to seek medical care, and limit contact with others.

Because Cleaning Matters[®], do your part! Educate others about good hygiene during cold and flu season!

http://www.cleaninginstitute.org/ cold-flu-prevention/





Wisconsin Association for Home & Community Education

An EEO/AA employer, University of Wisconsin-Extension provides equal opportunities in employment and programming, including Title VI, IX and ADA requirements . Persons with disabilities who require alternative means for communication of program information (Braille, large print, audiotape, etc.) should contact Nancy Schultz, FLE UWEX-Shawano County. Requests for reasonable accommodations for disabilities or limitations should be made prior to the date of the program or activity for which it is needed. Please do so as early as possible prior to the program or activity so that proper arrangements can be made. Requests are kept confidential. 711 (Wisconsin Rely)



Shawano County HCE

Executive Board Meeting September 20, 2017

President Helen Raddant called the meeting to order at 5:30 PM and we opened with Homemaker Creed I. Members in attendance included Helen Raddant, Sandra Smith, Carol Sybeldon, Sandy Wendorff, JoAnn Fehrman, Janet Lane and FLE --Nancy Schultz. Janet L. made a motion to adopt the agenda and deviate if necessary and Carol S. seconded the motion. Carol S. made a motion to accept the July 20, 2017 minutes with 2 corrections 1) Carol 's club made the summer trip to Waupaca Land of Lakes and 2) the next Executive Board Meeting will be Sept. 20, 2017. Sandy S. seconded the motion. Joann F. gave the treasurer's report and presented the proposed 2018 budget. Janet L made a motion to accept the proposed budget, Carol S. 2nd the motion -- all were in favor and budget was accepted.

For correspondence we read a thank you from Ellie Borre and Carol S informed us of the 1st Annual Senior Information Day in Tigerton on Thursday Oct 19 from 8:30 –2:30. Center I had no meetings but Kitchen Maids Aug 21st had their summer trip to Waupaca, from Center II, the Bizi-Bells had their annual picnic. From Center III, The Landstad Ladies participated in the Bonduel Founder's Day with a Bake Sale Stand—thanks to Helen R for helping setup. The Navarino Merri Maids are having their annual Stanley Watkins fundraiser. Sandy W. gave the Bookworm update on books with 66 sets ordered; she now has the nameplates and Tuesday Sept. 26th we will plate the books and separate into the year's reading schedule. For Nancy's Time—1) The Fresh Project received a 3 year grant and are working on the mobile grocery, expanding community gardens and Share the Bounty programs. 2) Foundation of Workforce Development—people from businesses, day cares, school, etc are meeting to plan for future workforce development for 15-20 years from now.

For New Business Helen will be sending out the President's packets. The HCE Annual Fall Meeting is coming up Oct. 21st with a Noon Potluck Salad luncheon and Sandi Bocik will be the speaker. WAHCE Week is November 6th and hoping to do a radio interview that week. For Old Business we have the Fall Learn In on Oct. 26th we have our speakers and are ready for that. Sandy and Helen will get together and work on the bylaws. Bike the Barn Quilt is next Saturday, Sept. 30th. We are serving the morning breads, etc. next to the pavilion and lunch at the pavilion. We will start and set-up at 6 AM, bring a hat if working in the kitchen. Next meeting date is November 28th at 5:30 PM. Janet L. made a motion to adjourn the meeting and Sandy S 2nd the motion. We closed with Prayer Creed.

Respectfully submitted. Janet Lane



WAHCE State Reports September 11th to 13th

By Janet Lane

This year the State Conference was at Wisconsin Dells from September 11-13. I had another wonderful conference. We arrived Monday and took the Upper Dells Boat tour seeing iconic sandstone formations like Chimney Rock and Romance Cliff and walked the Witches Gulch. The next day and Wednesday we attended classes and my first class was "**PRUNNING SHRUBS AND SMALL TREES**" by Paul Bergum and we had a lot of discussion about Creeping Charlie and Japanese Beetles. Paul gave us a lot of information about pruning and tools he uses to prune and cut. My next session was "**BE FOOD WISE TO REDUCE WASTE**". Sarah started out telling us that 20% of fruits and vegetables never leave



the farm and about 30-40% of the food we buy is wasted. It's safe to say about 1/3 of our national food supply is never eaten for various reasons. She told us about how food waste happens, why it's a problem and what we can do to reduce food waste. This will be one of our Educational Programs for this coming year. My next class was "**HISTORY OF SHEEP MILK AND CHEESE**" by Larry Meisegeir. Most sheep cheese is made in the Mediterranean area. All sheep milk goes into cheese or yogurt and it's sweeter than cheese made from cows. Larry talked about the different breeds of sheep and the kind of cheese made from them and we tasted several varieties of cheese.

Tuesday evening we had our Banquet and were entertained by the Ho-Chunk Nation/Wisconsin Dells Singers and Dancers. Wednesday morning I had 2 classes. The first class was **"WRITING USING THE PALM OF THE HAND METHOD".** Meg Allen gave us tips on writing our memoirs by starting out with a memory or particular event in your life and writing about only that memory. Everyone has stories to share and have a desire to write about their life but wanting to and actually doing are two different things and this workshop introduced a method developed by Michael Czarnecki and inspired by Japanese writer Yasunari Kawabata. My last class was very interesting. Luis Lopez talked about **"DOWNSIZING"** in a very unique way. He talked about values and what we want to pass down to our families and what we actually need. As we age we need less space and many fewer things in our lives.

Thank you again for giving me this opportunity to learn, grow and meet many interesting people.

By Carol Sybeldon

Our annual State Conference was a great experience. We are so fortunate to have the opportunity to attend this function every year that allows us to meet with so many members of WAHCE from all over our state. (371 participants attended this September). We learn and share so much information during these 3 days together.

We started out the first day with a boat tour of the Upper Dells on a beautiful sunny afternoon. Our Keynote Speaker that first evening was a Franciscan Sister of Perpetual Adoration who spoke to us about Human Trafficking and the surprising statistics of the number of innocent children involved. The ECPAT Code (End Child Prostitution and Trafficking) is an agreement that should be signed and endorsed by every hotel in the country to bring awareness to all.

My first workshop on Tuesday morning was "Getting Youth Outside: Forming a Common Language" and it involved "hands on" outdoor activities to help young people appreciate our natural surroundings by observing and journaling our discoveries in the backyard. My next workshop was on "Container Gardening." It's amazing what can be planted in small spaces on our decks and porches. Our luncheon included a presentation by our Wisconsin Bookworms™ chair who informed us that as of May, 2017, 750,000 books were read to our young Headstart students throughout the state. After lunch, we were all able to hear the experiences that some of our officers had while traveling to our Wisconsin Partners in Nicaragua. Such wonderful work is being done by our organization to assist the women and children there to be productive and build their self-esteems. The final session of the day for me was "Being a Healthy Host". This was comprised of a discussion on eating healthy snacks and meals during the holidays and throughout the year. Our Tuesday evening banquet recognized retiring board members, installation of new officers, and entertainment by the Ho-Chunk Nation/Wisconsin Dells Singers and Dancers.



On Wednesday morning, the workshop I attended on Garlic 101: "How to Grow Great Garlic and the Benefits of Adding Garlic to your Life" was eye opening. I'm excited to get started in planting and using garlic regularly. The final session on "Membership" gave us inspiring strategies on helping to increase and attract new members to our organization. Our noon luncheon included scholarship awards, silent auction and cultural arts awards, Pennies for Friendship update and conference statistics as well as an invitation to the 2018 state conference to be held in Pewaukee, WI.

I would like to thank our Shawano County Executive Board and members for allowing me to participate in this annual educational event.

<u>By Sandy Wendorff</u>

On Monday September 11th a group of HCE members headed to Glacier Canyon Lodge in Wisconsin Dells for the WAHCE Annual State Conference. Tours started by 12:00pm but I didn't go on one this year, after 6 days of running at the Shawano Fair 4-H Food Stand, a funeral, and a wedding I needed to take a nap before I could enjoy the conference.

We started the conference with Marlene Weisenbeck as the keynote speaker for the night. She talked on "Human Trafficking". It was very interesting that 1 out of 4 are runaway's and that the average age is 12-14 years old. It was an eye opener to know this is going on in the United States.

On Tuesday my first session was "Polar Bear Adventures" by Sandy Kracht from Wisconsin Dells. She always wanted to go to Churchill, Manitoba to the Polar Bear Capitol. It is the biggest polar bear denning in the world. Bears gather there to wait for the ice to form on the Hudson Bay. They took a train from Thompson, Canada to Churchill, Canada, the train ride is 15 hours. Other than biplanes, which is very expensive it is the only way to get there. Thompson is where everyone goes to get supplies. Only about 400 people live In Churchill. She talked about the (Bear Alert!) which is where the people in the area keep their homes and cars unlocked, so if you are outside and see a bear coming down the street you have a safe place to go. It was very interesting learning about her trip and the bears.

My second session was on Wisconsin Bookworms[™]. I got to meet our new Wisconsin Public Television person at PBS. Kristin Leglar is very nice, she met everyone at the door to put a face to everyone that she has been talking to or emailing regarding Bookworms. Her favorite person is "Mr. Rogers" and his saying "anyone who does anything to help a child in his life is a hero to me". It takes 1,000 stories before kids learn letters and to read words. She told us how to read, using your voice, eyes and body. Show the kids how much you love to read.

My third session was on "Reading Takes Young Minds Anywhere". It was given by Early Readers Committee members, Betty Anne Tubbin and Lynn Marcks. They are on a new committee that is working on finding funding for us in this program. They are writing grants that will help with funding for many counties. Lynn Marcks will also be the new Wisconsin Bookworms[™] chairman for the WAHCE.

On Tuesday night we had a nice banquet. The entertainment for the night was the Ho-Chunk Nation Wisconsin Dells Singer and Dancer group. They were good, by the end of the night many of the HCE members where dancing with them. They told us about their attire, the history and cost of their costumes.

On Wednesday my 1st session was "Helping Youth Get to College"; Small Savings = Big Dreams for young children; given by Family Living Educators, Nancy Vance and Jeanne Walsh. It was one of the Educational



Programs. It may be one of our lessons for next year. I learned a lot of information with having grandchildren. Children with \$1 to \$499 in college savings are 3x more likely to attend college and 4x more likely to graduate from college.

My final session was on "Stories of Cranes and Conservation", Andy Bingle who works for the Baraboo Foundation presented the lesson. He told us there are 15 species at Baraboo. There are only 15 species in the world. In 1941 there was only 21 Whooping Cranes left in Wisconsin, right now there are only 100 in Wisconsin and 600 left in the world. The smallest crane is the Demoiselle crane found in Europe and Asia. The Red-Crowned crane is the largest at 25 pounds which is also found in Asia. Cranes live to be 25 to 30 years old and range from 4 to 6 feet tall. Cranes dance only with their mates. They usually lay 2 eggs but are lucky if one lives.

At our final meal on Wednesday, Ann Keim from UW Extension Family Living Programs was our speaker. She is retiring and talked about cleaning out her office and finding many interesting things. In 1884 women were able to vote for school boards and in 1907 the "Homemakers" conference was 10 days long. She really had some interesting readings as she was cleaning her room.

Next were all the reports on the Silent Auction, Pennies for Friendship and Cultural Arts. After, we all made our ways home from another conference well enjoyed. It's so much fun to see many of our old HCE friends and to make new friends from all over the state.

So thank you again for allowing us to go to the conferences. We really learn many things to bring back to our counties.

<u>By JoAnn Fehrman</u>

I want to thank Shawano County HJCE for making it possible for me to attend the HCE state convention again this year. I had a wonderful time and enjoyed getting to meet more of our HCE members from throughout the state.

Monday: The tour that I chose to take this year was the Upper Dells tour by boat. The weather was perfect and the tour was both beautiful and educational. The evening keynote speaker was Marlene Weisenbeck and she spoke on human trafficking. This is a problem that is everywhere including our area of the state.

Tuesday: My first session was "Farming Fine Chocolates" presented by Lisa Nelson, owner of Roots Chocolates. She gave a wonderful presentation on making chocolates start to finish. She told us about going to the countries where the cocoa is grown and choosing the exact beans she purchases and how she raises the fruits, herbs and honey that she uses in her chocolates. She hand creates all of the chocolates by herself.

My second session was "Fermentation Fest & Creative Place –making" presented by Jay Salinas. This was not exactly what I had been expecting. It was a wonderful presentation with wonderful pictures. He went from being a "big-city" person to starting a small truck farm. His goal was to integrate culture and agriculture. He started an "artists in residence" farm. The artists had time to work on their art for several hours a day and also put in the required time working on the farm. The Fermentation Festival came about as result of a common factor of the local businesses: beer, wine, cheese and chocolates – fermentation. Every two years they have a tour of the local area with works of art displayed in the out of doors.

My next session was the Treasurers' Workshop lead by Judy Bender. We went over the duties and responsibilities of the treasurer. We also learned all the dates that reports are due and how to complete the



reports. We also reviewed what to look out for in emails and fraud on the internet.

Wednesday: "Make a Beaded Bracelet" presented by Darlene Schumaker. I have attended her workshops before and always enjoyed them. This time we made a bracelet that had more detail to it. Lots of fun!

My last session was "Food Preservation Inspiration" presented by Becky Gutzman. She showed us new equipment that has been developed for canning such as a steam canner. We also reviewed some of the old methods. She shared recipes and referred often to Ball's Complete Book of Home Preserving. We discussed the different types of pectin including Pamonas pectin that uses honey. We also talked about reusable lids that have been developed in Europe.

<u>By Bonnie Harrison</u>

I would like to say thank you for the opportunity to attend the 2017 HCE State conference. Our venue this year was Glacier Canyon Lodge, WI Dells. There was a nice variety of classes to choose from. On Monday I attended the Upper Dells Boat Tour with several other ladies from Shawano County. This was one of the favorite tours. One of the stops was at a spot called Witches Gulch. The rock formations were tall, smooth and some covered with moss. The old wives' tale is that this spot is haunted because the temperature dropped almost ten degrees as we strolled between the rock cliffs. The water below us filtered over the rocks and bubbled peacefully.

During the conference I attended six workshops. Tuesday morning was "The History of Sun Bonnet Sue". The little girl wearing a bonnet, that originated around 1867 and was on money quilts. Next was "make a Wool Table Mat". Here I learned the blanket stitch and how to sew and layer wool. I learned that 'carding' wool basically means washing it. I spent the afternoon seeing quilt patterns that were favorites to our first ladies in a class called "First Ladies Quilts". Wednesday mornings class was "Food Preservation Inspiration". I brought home some tips on canning, freezing and preserving food safety. My last class was "Creating Scarf Clips". We each made a scarf clip out of a metal clip, wire and beads. I made a butterfly. Those skills need a little honing.

In summary I would like to say I am honored to have the opportunity to attend, to represent our county and to learn. As always, it's a blessing.





<u>Kitchen Maids</u> –JoAnn presented the lesson on healthy eating. The ladies will resume playing BINGO at Oak Haven monthly. Members were reminded to keep track of volunteer hours. Plans are shaping up for their annual Bake / Craft sale on Nov 19th at the Tilleda Town Hall. During November they have picked a date to donate and eat a meal with SAM25. A Donation will be made to the TULP food pantry, and a family adopted to purchase Christmas gifts for.

<u>CENTER II</u>

<u>Bizi Belles -</u> Sandra reported on how successful Bike the Barn Quilts was. They purchased bread mixes, made and served them. Discussed keeping track of volunteer hours and committee assignments were given. A donation of food items was made to SAFPARC.

<u>Flour Queens</u> - The fall meeting was discussed along with the status of their club. Members that were present decided to disband the club and all become individual members. Florence will send in their dues. Members will still attend the lessons that pertain to them and will continue to meet monthly.

<u>Learn – A – Lot</u> – They had a busy summer. In June they had lunch together at Brothers, In July at the Hungry Bear and in July they went to VA at King. They delivered Birthday cards, a box of all occasion and Christmas cards. They toured the home and cemetery.

<u>CENTER III</u>

<u>Landstad Ladies</u> - Deanna Zernicke showed a power point of her trip to Africa and thanked the HCE for the HCE Scholarship. The Super Foods lesson was discuss along with Bike The Barn Quilt. They will be making baked goods for the Bonduel Founders Day bake sale. A thank you card will be going out to Chief Chaney and a welcome card to Chief Escalante. Baskets will be make up for the Bonduel Scholarship fundraiser in February. KJS

From Page One—Presidents Letter—Helen Raddant

what they can do with such little that they have. " Spirits of Sauk County" was very interesting. It probably takes a special person to want to go out and seek ghosts. "Polar Bear Adventure" was great to have a power point of her adventure along with her husband. "Growing and Caring for Orchids" they do need special care but actually if you want good plants everything needs care. On Monday noon we were able to go on tours: I choose the Upper Dells Boat Tour that when I was in sixth grade I took; along with the other 6th grade students from Gillett Grade School who were School Patrols that year. Gift shops and bathrooms has been added since my last trip. Still a wonderful time. We had some Cultural Arts items that we took along. Jeanette Pitts' painting received a 1st Place.

So in ending the last letter for 2017 remember to keep track of your Volunteer Hours for HCE. I know that a lot of clubs and Individuals support Community projects, so continue. We do not have a county wide project at this time. Keep up the *Good Work* Ladies. Happy Thanksgiving, Merry Christmas and Happy New Year's!!

~ 29th Annual **Craft & Bake Sale** *Sunday November 19, 2017* 9:30 am - 2:00 pm Tilleda Town Hall

Sponsored by: Kitchen Maids & Tilleda Timber Wolves

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