



Satellite



Home & Community Education

September—October 2017

Since Labor Day is here and I only have 5 days left of my month in Tennessee, Fall must just be around the corner. I hope everyone had a great Summer, I know that there are a few clubs that do get together during the Summer, but others are busy with other projects of their own. Those of you that have gardens have been busy with the planting, weeding and then harvesting, I know that some of you do canning or freezing, that also takes time. I just enjoy eating it fresh from the garden.

I am looking forward to seeing some of you at the Fair, it runs from **August 30th to Sept. 4th**. On September **11th to 13th**, six of us along with Nancy will be attending the State Conference in Wisconsin Dells. We start off Monday with a tour of our choice, for the evening we have a banquet with a special speaker. On Tuesday and Wednesday we attend meetings and lessons to bring back new ideas for next years monthly lessons. But of course we still want ideas from you for our planning process.

On **September 30th** HCE will once again be helping out with the annual "Bike the Barn Quilt". We need volunteers to help at the roadside stands, registration, serving the breakfast and lunch at Memorial Park on that day. On **October 4th and 5th**, we have "Super Foods". Hopefully there will be a good number of you who will attend to learn about risk factors for chronic diseases, and healthy food that results in a healthier you.

October 21st is a Saturday and we will have our Annual Fall Meeting. We are trying this in the hope that we can get more members involved. We will start out with a pot luck salad luncheon at noon. Hope to see a lot of you at this meeting. There is no limit to how many from a club that can attend. It would also be great to see individual members attend. Remember this is your time to speak out about what is going on in HCE. After our meal we will have a speaker followed by the general meeting. **October 26th** Shawano County will be hosting the Fall Learn-In with Waupaca County. The speakers are all scheduled and it will be at Main Event in Cecil. I hope we have speakers you will enjoy hearing and of course we always have a great meal served by Sally and the staff. I am going to bring up the project lesson for November just because it is on the 1st. It is titled "Mason Jars", I will have a display of what other uses we can do with the jars. If any of you have ideas to share you are welcome to do so. Remember this meeting will only be held on **November 1st** at the Courthouse, at 5:30. We are including the next 4 months of the calendar for all of you to keep track of your HCE Volunteer hours.

Helen Raddant

President Shawano County HCE

***Presidents and Individual
Members please watch the
mail for your 2018
Membership Packets.***





Calendar of Events

Sept. 2017

8/30 -9/4 Shawano County Fair

9/4 Labor Day

9/11-9/13 WAHCE State Conference

Oct. 2017

10/4 Super Foods

10/5 Super Foods

10/21 Annual Fall County Meeting

10/26 2017 Fall Learn—In

10/28 Make A Difference Day

10/31 Halloween

At the October Leader Training session you will learn about “Super Foods” and how they decrease your risk factors for chronic diseases. Incorporating these tasty, nutritious foods into your meals and snacks can result in healthier you.

Nancy Schultz, FLE, UWEX

Mason Jar Art



We know that you have Mason Jars tucked away in your basement. Now is the time to bring them out and create something special.

Come to this session for creative ideas! November

Helen Raddant—Shawano County President

Annual Fall Meeting

Our annual Fall meeting is scheduled for Saturday, October 21st at 12 noon in the Courthouse Rooms A and B. We are planning a potluck salad luncheon. Center I is hosting and will provide refreshments. We are fortunate to have Sandi Bocik, owner of Maximus Salon & Wig Boutique, as our speaker. Sandi enjoys speaking to clubs and organizations on "Better Health through Nutrition." She is not only a professional on styling hair and wigs at her salon, but also helps people learn about nutrition and health. Her passion comes from being an over 30-year breast cancer survivor along with her desire to help others.

After her cancer diagnosis, Sandi was led to explore health, nutrition and alternative medicine. After learning so much about more natural ways of taking care of ones' self, she couldn't keep all the knowledge to herself. That is why she gives complimentary consultations to clients and enjoys speaking to groups. She loves to use the saying, "The only side effects of good nutrition are positive."

Please mark your calendar for the date and plan to join us. Bring along a friend. Everyone is welcome.

Carol Sybeldon sybeldon1@frontier.com

October Leader Training Meeting

Contact Person _____

Club _____

Members Attending: ____ Shawano 5:30 pm, Oct. 4th

Members Attending: ____ Bonduel 1:00 pm, Oct. 5th

November Leader Training Meeting

Contact Person _____

Club _____

Members Attending: ____ Shawano 5:30 pm, Nov. 1st



Bike the Barn Quilt

HCE will again be providing breads for the breakfast at Memorial Park, the date is Sept. 30th, 2017. The difference this year is we have purchased several Bread Mixes that we will be using. When it gets closer to the date we may call and ask a few of you to bake one or two for us.



Volunteers for Bike the Barn Quilt's

The BTBQ committee is once again looking for volunteers to work at the registration area (the park) for the annual Bike the Barn Quilt ride/walk/run. This year's event will be on September 30th. If you or your club is interested in helping out on this day please call the UWEX office and let Kara know.



BEAMS

Landstad Ladies - Signed up for a space at Founders Day in Bonduel and planned to have a bake sale. Cheer cards were sent out in April.

Learn-A-Lot - Received a thank you note for books on fishing from Rose. Dorothy received a 75 year pin from the Girl Scouts.

Bonnie Harrison

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.



Annual Bake Sale

We had a very successful day at the Farmer's Market. Thank you to all of you who provided the goodies for us to sell. Also thanks to those who helped set up and then clean up. The total we made will be in our Fall Packet. We did again have a few items left, but Safe Haven is always grateful for what we bring to them.



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 Relay)



Shawano County HCE

Executive Board Meeting July 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, JoAnn Fehrman, and Janet Lane. Janet L made a motion to adopt the agenda and Carol S 2nd the motion. Helen R made a motion to accept the minutes from the last meeting and Carol S second them with the correction of the meeting date. Treasurer's report was given and was filed for review. No correspondence.

Committee reports: Sandra S said their club was planning a summer trip to Waupaca Chain of Lakes. Nancy is looking for volunteers to help with KIDS Day on July 29, 8-noon at the Farmers Market. Soon we should be contacted about what volunteers will be needed for Bike the Barn Quilt—Sept 30th.

We are ready for the Fall Learn In (Oct. 26), just needing one more speaker. The HCE Annual Meeting (Oct. 21) is scheduled for Saturday noon this year and we need to find a speaker. Several suggestions were made. The Bake Sale went well, with only a few things left over. Sandy and Helen were reviewing the bylaws and we need to look over the Scholarship application. August 29th, Tues we will set up for the Shawano County Fair at 5 pm. Green Lake County learn-In is October 3rd. Next meeting will be the week of Sept. 18-22. Janet L. made a motion to adjourn the meeting and Carol S second the motion. We closed with the Prayer Creed. Meeting adjourned by Helen R. at 6:40 PM.

Respectfully submitted. Janet Lane

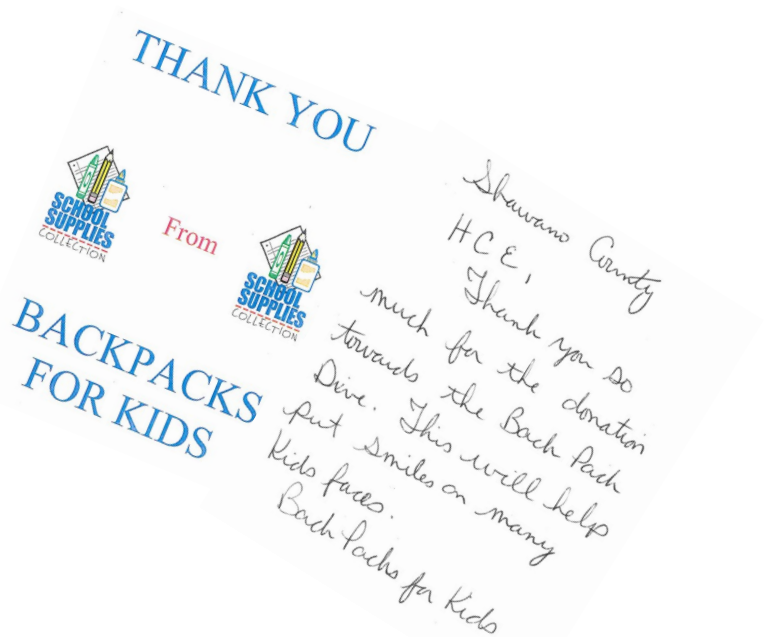


*Thank you for
your generous m
donation.
Carol*

Dear HCE Board -

*During a time
like this
we realize how much
our friends and relatives
really mean
to us....*

*Your expression
of sympathy will always
be remembered
Marty's Family*



October 2017						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

November 2017						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

December 2017						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

January 2018						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

2017 Learn-In

“What’s-it”

If you have an item(s) at home that you think may stump your fellow learners, bring it along and we will put it on display. Later on when

Bonnie Split is talking about “What’s-its” you can share our story about your item to the group.

Learn-In Committee:

<u>Shawano County</u>	<u>Waupaca County</u>
Helen Raddant	Marilyn Herman
Carol Sybeldon	Jean Handrich
Marion Voelz	Carla Wengelski
Marlene Bowan	Dorothy White
Janet Lane	Mary Kautz
Louise Konkell	Sharon Wepner
Barbara Mortensen	Carol Yaeger
Sandy Wendorff	Cathy Weber
Bonnie Harrison	Bev Berg

Advisors:

Nancy Schultz & Sandy Liang
Family Living Educators
University of Wisconsin Extension Service
Shawano & Waupaca County's



Directions to Fall Learn-In The Main Event (Formerly The Fox)

206 Lemke Street, Cecil 54111

From Shawano & Clintonville:

Take Hwy 22 N. through Cecil, turn right onto Lemke Street.

Detailed driving directions can be obtained at:
www.mapquest.com

Cost: \$18.00 includes lunch, instructor fees, facility and supplies.

Make Checks Payable to: Shawano County HCE
Mail Registrations and Check to:

UWEX—Shawano County—HCE
311 North Main Street, Room 101
Shawano, WI 54111

Registration Policy:

Reservations and payment are due by October 19th. Late registrations will be taken if space is available. Registrations are transferable but not refundable.

We ask that everyone bring 2 cans of soup for your flex and stretch session. All soup collected will be donated to a local food pantry.

For questions about LEARN-IN or to arrange for special dietary or other accommodations needed to attend, please call Nancy Schultz, Shawano County Family Living Educator at (715) 626-9136.

The meeting facility is handicapped accessible.

The University of Wisconsin Extension Service and Waupaca and Shawano County Association of Family and Community Education are committed to the policy that all persons shall have equal access to its programs, facilities, and employment with regard to race, religion, color, sex, national origin, handicap, age, sexual status, or sexual orientation.



2017 FALL

LEARN-IN

The 33rd Annual LEARN-IN

*For anyone at every age who loves to keep
up with new information and has fun
learning with others*

**Thursday, October 26th, 2017
9:00 a.m. to 3 p.m.**








The Main Event
206 Lemke Street
Cecil, WI 54111



Sponsored by:
Shawano and Waupaca County
Associations for Family and
Community Education



Learn-In 2017!

9:00 to 9:30		Registration and Welcome Come when you can for morning refreshments and get reacquainted with old friends before the program begins at 9:30. Welcome—Helen Raddant and Planning Committee Members
9:35 - 10:35		Trunk Show: What The Well Dressed Woman Wore—Marti Matyska A trunk show of fashions from the 1880's to the 1970's. Enjoy the tour of TIMES as we dig through a trunk of vintage clothes displayed was they were worn throughout time
10:45 - 11:45		Pollinators in your Garden and Yard—Dawn Martin In this workshop, we will learn how to identify bees, discuss their work as pollinators, and talk about how we can grow their numbers.
11:45 - 12:45		Lunch Catered by Sally's Catering, Cecil Old fashion style hot lunch buffet with Chicken Ala King and Rice, dessert, and a beverage.
12:45 - 1:00		Flex and Stretch Session—Nancy Schultz Nancy will get you up and moving with a quick flex and stretch session. (Bring 2 cans of soup for weights, they will be donated to a local food pantry.)
1:00 - 1:50		It's a WHAT???? It's a WHAT'S-IT!!!! - Bonnie Split A great presentation to stimulate your brain cells! Bonnie will share a variety of items (AKA "What's-its"), that have been created for a specific purpose, some old, some new. Have fun as you think about what the heck they are and perhaps take a trip back in time.
2:00 - 3:00		Mindfulness "Taking Care of You" - Nancy Schultz What is mindfulness, and why should you be doing it? Learn interactive activities to help sharpen your brain, reduce stress, and take better care of all aspects of your health—body, mind and spirit.
3:00		Wrap Up and Evaluation — Safe Travels Home

2017 Fall Learn-In

2017 Fall Learn-In: REGISTRATION FORM

Cost: \$18.00 per person (includes: Lunch, speakers, facility & supplies.)

Make Checks payable to: **Shawano County HCE**

Name(s): _____

Address: _____

County: _____ Total Amount Enclosed: _____ Send Me Directions: _____

Day time phone number: _____ E-mail address: _____

Mail to: UWEX Shawano County—HCE, 311 N Main Street, Room 101, Shawano WI 54166

Mail by: Tuesday, October 19th, 2017