

Satellite



Home & Community Education

Sept./Oct. 2014

Wow!

What a growing season we have had. First too much rain to get things planted and now when we need rain we don't get enough. Luckily we have the option to water our gardens and also our lovely flowers that we have planted for beautification of our yards. As we are half way through August already time just keeps moving forward to fast. I am continuing with the Strong Bones program. From Curves members coming in I hear there is a lot of interest for the Fall Sessions with added places where they will be held. Sadly the Curves will close in Shawano at the end of October because of restructuring of the program that doesn't meet the needs of most of the members.

I just need to say Thanks to all of our wonderful bakers who provided items for our Annual Bake Sale in July and to those who gave a monetary amount.

Also, thanks to those who were there and helped set-up and for those working throughout the morning along with the clean-up crew. We had a successful sale! As I write this the County Fairs are in abundance around the State. A couple of weekends ago was the Oconto County Fair in Gillett. Gillett is my home town and will enjoy going to see the exhibits and visiting with those I haven't seen in a while. August 27th thru September 1st is the Shawano County Fair. Hopefully, I will see a lot of you there. As usual it is always wonderful to see the talent displayed from 4-H to all others who put their items on display.

Looking forward into September is the State Convention which four of us are attending. It's again a time of learning and meeting others from throughout Wisconsin. October 13th is our Fall Meeting with Center I hosting. Hope many of you will attend. We will have a pot luck to start the evening and then a

speaker with a short message before the general meeting. Hope to see a lot of you there. Remember more than 1 or 2 from a club can attend. October 23rd is our annual FALL LEARN-IN with Waupaca County. After looking over the topics hopefully you will find something of interest to join us for the day. I myself have not been to the Navarino Nature Center, so am looking forward to seeing it. Of course a wonderful meal will be served by Sally and Dennis Rank from the Main Event in Cecil. I am sure you will find something of interest to join us for the day. So as we go into each new day of Summer make sure to enjoy it because the beginning of Fall is right around the corner!

Have a GREAT DAY!

*Helen Raddant—President
Shawano County HCE*





Calendar of Events

Sept.

Aug. 27th
Sept. 1st Shawano County Fair

1 Labor Day

8, 9, 10 WAHCE State Conference

23 UWEX Office Closed for In-service

Oct.

1 Dehydrating Class

13 Annual Fall Council Meeting

23 Fall Learn-In

25 Make a Difference Day

31 Halloween

Nov.

3 Leader Training—Shawano Library

6 Leader Training—Bonduel

October Leader Training Change

There has been a change in the location of the Dehydrating class. It will be held at the Shawano County Courthouse in Room C from 6:30 to 7:30 pm. Nancy Schultz, Family Living Educator will demonstrate one of the oldest techniques for preserving food and how easy it is to accomplish.

November Leader Training Changes

The Nov. 5th 6:30 Leader Training has been moved to **Nov. 3rd** at 6:30. The meeting will still take place at the Shawano City/County Library, in the lower level. There are elevators at the rear entrance of the Library. On Nov. 6th the Bonduel—Zion Methodist Church time will change from 1:30 to **Noon** due to a scheduling conflict. This leader training will be on “Healthy Holiday Cooking”.

If your club would like materials please call the office prior to the 1st of the month so that we can have them ready for you at the meeting.

WAHCE State Convention

The WAHCE convention is September 8th, 9th and 10th, 2014 in Cable, Wisconsin. Four of our members will be attending the convention. We will be able to hear their reports once they get back. Have fun ladies!

Annual Fall Council Meeting

The Annual Council Meeting will be held on October 13th at the Courthouse in Rooms B & C. The meeting will start at 5:30 pm a potluck, then with a guest speaker from SAM25, the newly formed homeless taskforce here in Shawano County. Following the speaker there will be the business meeting. Center I will be hosting the meeting this year. Everyone is welcome to attend this meeting!

October Leader Training Meeting

Contact Person _____

Club _____

Members Attending: ____ Shawano Only

November Leader Training Meeting

Contact Person _____

Club _____

Members Attending: ____ Shawano ____ Bonduel



WANTED VOLUNTEERS! For Bike the Barn Quilt

2nd Bike the Barn Quilt Event

September 27th, 2014

Mark your calendars! The 2nd annual Bike the Barn Quilt Event will be coming this fall, on Sept. 27th. Matty Mathison is looking for Interested Individuals who would like to be part of this event. HCE has volunteered to run the food station at Witt's out on Highway 22. 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 station. If you would like to volunteer and be part of this event, please let Nancy know that you are interested by September 19th at 526-6136. At Witt's there will be two shifts, the first one will start at 8:15 am until 10:45 am and the second shift will run from 10:30 am to 1 pm.

HCE will be providing muffins in the morning at registration. We are anticipating 200 bike riders. So we will need about 30 dozen muffins. If you could provide 2 dozen of your favorite muffins please call the extension office at 715-526-6136 and let them know. Please reply by Friday September 21st. Any muffins left will be donated to Safe Haven.

You may drop off the muffins Friday morning, September 26th, at the UW Extension office. If you can volunteer some time that morning call the UW-Extension office at 715-526-6136.



Bake Sale Update

The recent bake sale at the Shawano County Farmers market was a success. A big thank you goes out to all of you who baked the goodies for the sale or made a momentary donation or helped with set-up, sales and clean-up.

HCE Volunteer Hours

The state is requesting that we keep a record of our volunteer hours for HCE. After you report your hours, we will place a monetary value on them. These hours and monetary values are helpful not only at the State Board level, but also to us at the county level to show your value to our community.

You should have started keeping track of the 2014-15 hours on June 1st, 2014 though May 31st. The 2015 Member reporting form is in this newsletter. There is also a Club form and an Executive Board member form that will be in the President/Individual Membership packets. The forms are available on-line at: <http://www.wahceinc.org/impact.html>.

The information that is gathered will be used in the HCE Impact Reports.

The form will be explained at the Annual Fall Meeting.





Wisconsin Bookworms™

Make A Difference Day

Guess What! The new books have arrived. The new titles this year are:

- ◇ Bark, George
- ◇ Commotion in the Ocean
- ◇ K is for Kissing a Cool Kangaroo
- ◇ Spoon
- ◇ Ten on the Sled
- ◇ Wonderful Worms
- ◇ A Cat and A Dog/Gato Y Un Perro
- ◇ Cindy Moo

If you are a HCE member and interested in reading please contact Sandy Wendorff at 715-851-5584.

Has your club thought about an event to “Make A Difference”? This October 25th, millions of volunteers across the nation will unite with a common mission – to improve the lives of others. For more than 20 years, USA WEEKEND Magazine, in collaboration with Points of Light, has brought you Make A Difference Day, the largest national day of community service. You still have time to plan an event. To get ideas you can visit the web site at:

<http://makeadifferenceday.com/>

Remember to submit your pictures to the UWEX office!!

Strong Bones Strength Training

Our Strong Bones Program is going strong!!! If you haven't started this program yet now is the time to sign up. New classes will start the week of September 8th. See the WWF for a full schedule of the new (and old) times and places.



With that said we are asking for your help. We are in need of weights and “sticks”. If you have extra hand weights, ankle/wrist weights or know of someone that has extra, please donate them to the program, we would appreciate it. The other item we are in need of are wood dowels. Approximately 3/4” x 30” in length. If you have old broom sticks, mops handles or even your old cheer batons, any of these items will work. We will cut them to length and stain them if necessary. THANK YOU!

2014 Fall Learn-In

Thursday, October 23rd is the annual Fall Learn-In. This year's event will be held at the Navarino Nature Center from 9 am to 3 pm. Program Highlights are:

- ◇ Balance, Flex and Be Strong
- ◇ The Apple of Your Eye
- ◇ Llamas from Farm to Favorite Sweater
- ◇ Wisconsin Turtles: Up Close and Personal
- ◇ Talk and Tour of the Hidden Treasures of Navarino Nature Center.

Cost is \$18 and includes morning refreshments, lunch, facilities, supplies and program.

County Officers Needed!

At the Fall Meeting we will be electing officers. Currently we are in need of nominees for President Elect and Secretary.

The President Elect position is for one year and then president for 2 more years. The Secretary position is a 2 year office. If you are interested in either of these positions please let Helen Raddant know. 715-526-2919



**Shawano County
HCE Exec. Board Minutes**

Tuesday, August 19th, 2014

President Helen Raddant called the meeting to order with the reading of Creed 1.

JoAnn Fehrman made the motion to adopt the agenda. Sandy Wendorff seconded. Motion carried.

Those present were: Helen Raddant, JoAnn Fehrman, Carol Sybeldon, Sandra Smith, Sandy Wendorff, Carna Zimmerman, and FLE Nancy Schultz.

The secretary's minutes were approved as corrected.

Treasurer JoAnn Fehrman gave her report and it was placed on file.

Backpacks for Kids sent a thank you for the momentary donation HCE gave. The organization gave out 360 backpacks.

Center chairs Carol Sybeldon, Center I and Sandra Smith, Center II reported on the clubs that have sent in minutes of their meetings. Most clubs have not met during the summer.

The Membership/Marketing chairs reported on the Membership Challenge. There was some discussion on the way Shawano County could increase our membership.

Bookworms—Sandy Wendorff said the books and activity sheets have arrived. Sandy will pick up the book plates at the State Conference.

Nancy's Time—Nancy continues to work with the Homeless Task Force. There will be a poverty simulation on December 6th from 9 to Noon at the Shawano County Park Pavilion. She needs volunteers.

There is going to be an 8 week class for parents of 4-7 year olds entitled, "Raising a Thinking Child". The class will be 1 night a week and will focus on problem solving, conflict, etc. Bake Sale—Helen reported on the Bake Sale at the Farmer's Market. A nice profit was made.

The Fall Learn-In will be Thursday, October 23rd at the Navarino Nature Center.

The State Conference is September 8th thru the 10th at Cable, Wisconsin. Helen will make a basket for the raffle.

Bike the Barn Quilt—Breads and muffins are needed. If you are participating, be at the pavilion by 7 am for the registration. Witt's Food Station needs volunteers from 8 to 1pm. Call the extension office if you can help.

The sheet noting our volunteer hours for 2015 was reviewed and it showed how to keep track of our hours, items that we donate and their cost.

New Business—The President and Membership packets will be going out. The Annual meeting will be held on Monday, October 13, it will be preceded by a pot luck supper.

Patty Pumpkin display will be at the HCE Fair Booth.

The next board meeting will be November 18th at 5:30pm. We closed with Creed 2.

Meeting adjourned at 7:15pm

Submitted by Carna Zimmerman, secretary.



Bizi-Belles held their annual family picnic in July at St. Martin Park in Belle Plaine

Picture #1 - Mae Retzlaff, Ruth Pahlow, Sandy Smith, Mary Zahn, Miriam Durkey

Picture #2 - Barb Meyer, Barb Riesenberg, Judy Pahlow, Inez Muraski

Picture # 3 - Husbands

Save The Date

Fall Learn-In

Navarino Nature Center

Thursday

October 23rd, 2014

STRONG BONES PROGRAM

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 fall sessions. You will find the full schedule in the WWF (Working for Wisconsin Families) Sept./Oct. Newsletter. Sessions will run from September through November.

If you are interested please call the UW-Extension office at 715-526-6136

The fee for the Strong Bones Strength Training Class is \$25.

HUGGING!

Hugging is healthy: it helps the body's immunity system, it reduces depression, it reduces stress, it induces sleep, it's invigorating, it has no side effects, hugging is nothing less than a miracle drug.

Hugging is all natural: it is organic, naturally sweet, has no pesticides, no preservatives, no artificial ingredients and is 100% wholesome.

Hugging is practically perfect: there are no movable parts, no batteries to wear out, has high energy yield, has no monthly payments or insurance requirements. It is of course, fully returnable.

Author Unknown



SMILE AWHILE

A little boy came home from school today and when Mom asked what he had learned, he said, "I learned how to make babies." At first she was wondered if she dare ask, but finally she asked him how to make babies. "Just drop the y and add ies," he replied.

COMPUTER SWALLOWED GRANDMA

The computer swallowed grandma
Yes, honestly it's true!
She pressed "control" and "enter"
And disappeared from view.

It devoured her completely,
The thought just makes me squirm.
She must have caught a virus
Or been eaten by a worm.

I've searched through the "recycle bin"
And files of every kind;
I've even used the internet,
But nothing did I find.

In desperation, I asked Jeeves
My searches to refine,
The reply from him was negative,
Not a thing was found "online."

So if inside your "inbox"
My Grandma you should see,
Please "copy, " "scan," and "paste" her
And send her back to me!

Author unknown

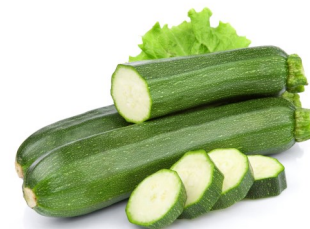


SUNSHINE PIE

A pound of patience you must find,
Mixed well with living words so kind.
Drop in two pounds of others' needs,
And add the same in helpful deeds.
A pack of smiles to make the crust,
Then stir and bake it well you must.
And now I ask that you must try
This recipe of sunshine pie
Author unknown

ZUCCHINI CASSEROLE

1 ½ - 2 lbs hamburger
2 small zucchini, sliced ½ inch thick
1 – 10 ½ oz can mushroom soup
½ lb sliced or shredded cheese
2 cups bread crumbs
2-3 tbs butter, melted



Brown hamburger, drain and place in a 9x12 casserole dish. Place the sliced zucchini on top of the hamburger. Spoon soup, thinned with a little milk, over the zucchini. Put the cheese over that. Sprinkle on the bread crumbs and pour melted butter over all. Bake at 350 for 30-45 minutes, or until bread crumbs have browned. NOTE: you may assemble this one day and bake it the next.

Aunt Gussie's recipe



Impact of HCE HCE Member Contribution Report



To recognize the achievements and contributions of HCE members, each member is asked to complete the following sheet. Information will be compiled into an "Impact of HCE" Report. **The dates for the report are June 1st, 2014 to May 31st, 2015.** Please give your reports to your Club President or your County Vice President for Family and Community Life so they can be compiled and sent to the **State Vice President for Family and Community Life by June 20th, 2015. Thank you.**

1. **Contact information:** (will not be shared, for record keeping only)

Name: _____
Mailing address: _____
E-mail address: _____
Phone #: _____
of Years in HCE: _____
Current HCE Club: _____ County _____
Or Individual Member _____

2. In the past year, please indicate your participation in the county-wide HCE activities:

☐ Executive Board ☐ Wisconsin Bookworms™ ☐ Spring Meeting
☐ District Meeting ☐ Other ☐ Fall Meeting

3. In the past year, how many education sessions (i.e., leader training) did you attend? _____

4. In the past year, how many club meetings did you attend? (n/a for individual members) _____

5. Please list the value of any **individual** donations (monetary or otherwise) you made this past year on behalf of HCE. NOTE: Club donations will be obtained through Club Treasurer.

Donations	Estimated value:
<i>Example: Crocheted baby blankets (4)</i>	\$115.00

6. Please list any community outreach activities you were involved in on behalf of HCE in the past year (including club-sponsored activities).

Community Outreach Activity	Estimate Time
<i>Example: Bingo at the nursing home</i>	3 hours

7. Please list any fundraising activities you were involved in on behalf of HCE in the past year (bake sales, brat sales, flower sales, etc.) and the estimated time you spent on each activity.

Fundraising Activity:	Estimated Time
<i>Example: Bake sale at the bank</i>	4 hours

**Donna Kohnke, VP for Family & Community Life,
N6664 Kohnke DR, Cambria, WI 53923**