



Satellite



Home & Community Education

March—April 2018

Hello everyone.

Even though we have mainly bare fields it is still Winter. It would have been nice if the rain we had Monday into Tuesday would have been snow but we don't get to decide that.

First off, I want to thank Janet Lane for presenting the February lesson in Shawano and then in Bonduel. You did great. So thanks for sharing and your time spent with us.

I recently met with Center III to plan the "Spring Event". After an hour and a half things were all in place except for some entertainment that they are still working on. And yes, we are going back to the "Four Seasons Restaurant". For those of you who haven't been back since last May, they have extended the main dining room to double the size it was before. The room is called the "Seasons Room". We will have plenty of room for sitting and also enough table space for all of our Silent Auction items. Coffee and milk will be served at our tables along with the family style meal.

Looking forward to our March lesson on "Essential Oils" by Sandi Bocik. For those of you who were at our Fall meeting she talked about "Better Health through Nutrition". Everyone seemed to enjoy it. She answered a lot of questions and I'm sure she will again. Just a reminder it will be at Hillcrest School on Waukechon Street in Shawano. There will be no lesson in Bonduel so I hope a lot of you will plan on coming to the Shawano one.

Then onto April and International Night which will be at Qualheim's in their class room which is located in the back right hand corner of the store. I have been to some of Qualheim's seminars and it is a wonderful room. Our scholarship winner Deanna Zernicke from last May will present her trip to Africa. We will have refreshments after. So hopefully we have a good turnout to hear her and watch her power point.

And to end the first part of the year we have our Spring Event on May 7th. We will honor all ladies with 50 years or more in HCE and have other certificates for members on years such as 1st, 5th, 10th, 15th, 20th, 25th, 30th, 35th, 40th, and 45th years. Those with 50 or more will also get a flower besides their certificate. I am looking forward to a great evening of socializing and seeing what our Silent Auction items will be. Going along with the theme for Spring Event " Watch for the Day the 7th of May" if you have a watch that has special meaning to you or if it's a keepsake please bring along and share your memories with us about it.

Don't forget that if you have an entry for the Cultural Arts show it will need to be judged at the Spring Event to move onto the State Conference level. The theme this year is "Spring into Action". We will again have the "Bake Sale" (no date yet) and the Brat Stand in August so watch for more details in the Satellite's to come....

Some of us will again be helping with the "Bike the Barn Quilts " in September. And yes, we will need help with breads for that day so we will be calling on some of you. There will be more information in the up coming Satellites.

I hope all of you will have a great Spring and Summer and I'm sure I will see some of you throughout that time.

Helen Raddant



Calendar of Events

March 2018

6th Essential Oils

April 2018

19th International Program

May 2018

7th Spring Event

Activities

March

“Essential Oils”

March 6th, 5:30 pm
Hillcrest Primary School
Upper Resource Room

Guest speaker Sandy Bocik owner of Maxiums Salon & Wig Boutique will share with us the “magic “of oils.



March Special Interest Meeting

Contact Person _____

Club _____

Members Attending: ____ Shawano 5:30 pm, March 6th



International Night with Deanna Zernicke

Country of Interest: Africa

April 19th, 5:30 PM

Qualheim's True Value—Classroom

Deanna was our 2017 HCE Scholarship winner. Currently, Deanna is a sophomore double majoring in Economics and Agricultural Business Management at the University of Wisconsin-Madison. She is heavily involved in the Association of Women in Agriculture at UW-Madison, the Economics Student Association, and Saddle and Sirloin Club. These student organizations have all provided her a great deal of professionalism, support, and networking opportunities.

Deanna interned with Land O' Lakes as an Emerging Leader in their Global Food Challenge Fellowship. In this position, she and ten other students were working with university professors and Land O' Lakes mentors to develop a project that addresses solutions for food insecurity.

Over the summer Deanna was able to travel to Africa and Tanzania with the Global Food Challenge Fellowship. Their goal is to be able to feed by 2050 the 9.7 billion anticipated world population. Approximately 26 students traveled to Africa and Tanzania to study the way different countries are working on this initiative. Refreshments will be served.

Please RSVP at 715-526-6136



Healthy Lifestyle

Formally On the Move and In the Groove

February 18th to May 12th

Same program with a different name. The state has added a survey for you to fill out after May 12th, be sure to send your survey and sheets in to Sandy Wendorff at W7382 Anderson Ave, Shawano, WI 54166. 715-851-5584



Spring Event

**May 7th at Four Season's Restaurant
on Airport Road, Shawano**

Center III will be hosting the Spring Event . There is a registration form in this newsletter with more detailed information on it. If you have any questions you can contact Eli Borre at 715-758-2457 or call Kara at the UWEX office at 715-526-6136.

Four Seasons Restaurant

Yes, we are having our Spring Event again this year at their facility. And I know we were crowded last year. However, if you haven't been there in the last few months, they have built onto the main dining room which is called the "Seasons Room". We will be sitting in the new area and there is plenty of room for us along with tables for our "Silent Auction" items and space to get around. Coffee will be served at the table along with milk. So let's make this another great gathering. Hope to see all of you there. Helen



Cultural Arts Bonus Category

"Spring Into Action"

This is the "FUN" category of the Cultural Arts Show & Contest. You can create a display of your choice but the size restrictions are that the base will be no bigger than 10" X 10" with maximum height of 20". Those attending the conference will vote for their favorite "Spring Into Action" entry. You will need to bring your entry to the Spring Event to be judged at the county level on May 7th.

\$350 HCE Scholarship

The Shawano County Scholarship is due on April 22nd. We encourage everyone and all relatives of current HCE members to apply for this scholarship but preference will be given to applicants of Shawano County HCE family members. The applicant must live in Shawano County. They must maintain a 2.5 grade point average and be enrolled as a full-time student. The \$350 scholarship will be paid after completion of 1 semester at a university, college or technical college here in Wisconsin. The application can be found online at www.shawano.uwex.edu under the Family Living – HCE tab or you can stop in at the office to pick up an application. The winner will be notified toward the end of April and will be honored at the Annual Spring Event.



Learn-A-Lot

Learn-A-Lot is still taking used greeting cards to use for making new cards for King Veterans Home. You don't need to take cards apart, because they also use the verses and the pictures. You can drop them off at the court house, bring them to a monthly lesson or if you know someone from that club you can contact them. They appreciate all cards, or if you have card stock they will use that to. Contact information for Learn-A-Lot is Priscilla King at 715-853-6600.

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)



SAM25

Our local homeless shelter known as Sam25 is in need of items that can be donated to them. So if your looking for a place to do a community project, this is a list of items needed. They will be open through April. There are also some dates open if you want to take an evening meal to them.

ITEMS NEEDED:

- Individual coffee creamers
- Individual bags of chips, Granola bars
- Baby wipes, diapers #4 and #5, Pull Ups medium and large
- Warm socks for adults, pajama pants or sweat pants in large and extra large
- T-shirts larger sizes, warm gloves
- 13 gallon size clear garbage bags, sandwich bags, 9 volt and AA batteries
- Office supplies, construction paper, dishwasher pods, black Sharpie pens

Items can be dropped off at the shelter in the late afternoons.

**Are you struggling to help someone or even yourself
to clean and organize a home?**

**Join us for an evening finding solutions
to a full house as Shawano County Human Services**

welcomes:

Pamela K Hertel — MS, LCSWS, LPC

Professional Organizer & Psychotherapist

Owner of Clutter to Comfort, LLC

Presenting:

**“How to Get Help: When You or Your
Loved One is a Clutterer”**



Wednesday, March 28, 2018

Fellman Center

6:00 pm – 7:30 pm

607 E Elizabeth Street

Shawano, WI

For reservations or information

call: 715-526-4686

Sponsored by:

Shawano Community Human Services – Elder Abuse

This event is free to the public

Dear HCE Members:

Periodically, the UW-Extension takes steps to ensure that the public knows and understands our policy of non-discrimination. This letter is to inform/remind you that the University of Wisconsin does not discriminate in the treatment of individuals in the admission or access to its programs and activities, in the provision of services or in employment.

Further, UW-Extension will not participate with organizations or in activities which discriminate on the basis of any of the legally prohibited categories of discrimination, including race, color, gender/sex, creed, disability, religion, national origin, ancestry, age, sexual orientation, pregnancy, marital or parental status, arrest or conviction record, or membership in the national guard, state defense force, or any other reserve component of the military service.

Consistent with the Americans with Disabilities Act, persons who need materials in an alternate format or other accommodations must write or call the UW-Extension contact person for the specific program or call the Shawano County UW-Extension Office at least ten (10) working days prior to the event.

The University of Wisconsin-Extension Family Living staff in Shawano County would like to thank you for collaborating with our many education endeavors. We appreciate your support and working relationship as we provide educational programs designed to empower the diverse citizens of Shawano County.

Staff of UW-Extension Shawano County
311 N. Main St., Shawano, WI 54166



BEAMS



CENTER I

Kitchen Maids – Received a Thank You card from Micki Thelen for flowers received during her recovery from surgery. Carol discussed the “Healthy Lifestyle Program” formerly known as “On the Move and in the Groove”. Members have been playing BINGO monthly at Oak Haven. JoAnn presented the lesson on “Downsizing”. It was very informative and offered insight to each of our personalities and tendencies to over save with solutions on how to remedy that problem.

CENTER II

Learn – A – Lot – Learned about Portugal. Celebrated Christmas by having a pot Luck dinner and donating monies that would have spent on a meal out to their treasury. A new member, Beverly Termouth, was welcomed to their club. They have made 469 cards so far for Kings Veterans Home.

CENTER III

Landstad Ladies - Met in December only to prepare Christmas bags they hand out in the neighborhood. They made and exchanged Valentines with their secret pal. Donated two baskets to the Bonduel Scholarship Foundation. International Night is April 19th and the speaker will discuss Africa.

WISC – Discussed the Pen Pal Program. Joyce has two pals. One for 15 years and the other for 5 years. They discussed the hand out lesson on Chronic Pain. A spring event meeting was held and ideas for program theme and name were discussed.



SPRING EVENT 2018

“Wait for the Day, the 7th of May!”

Hostess: Center III
 Date: Monday, May 7th, 2018
 Place: Four Seasons Restaurant, Airport Road in Shawano
 Time: 5:00 p.m. – Social Time & Silent Auction Begins
 6:00 p.m. – Family Style Dinner
 Menu: Broasted Chicken and Tips and all the fixings
 Cost: \$17.00



Deadline: Register by April 23rd

We will again be holding a **Silent Auction**. The value of your club’s donation should equal \$2.00 per member (same applies to individual members). Please call the office and let us know what you will be bringing for the auction by Monday, April 23rd. We had a great variety of items last year. Use your imagination and join us for the fun! Don’t forget to bring your “Cultural & Textile Art Show” items to be judged. The Bonus Category is “Spring Into Action”.



2018 Spring Event Registration Form

Club Name _____

All Members Attending:

_____	_____
_____	_____
_____	_____
_____	_____

You will not receive confirmation tickets prior to the event. Your name will be checked off at the registration table as you enter. Registrations are transferable but not refundable.

- 1) Make check payable to: **Shawano County HCE** (one check per club please)
- 2) Send this form & check to: Shawano Co. UW-Extension Office -HCE
311 N. Main Street
Shawano, WI 54166

Enclosed is \$ _____ for _____ # of dinner reservations



HCE Healthy Lifestyle Survey

(formerly On the Move and in the Groove)

Get moving and eat healthy with HCE members across Wisconsin. Please reply to this five question survey about maintaining your healthy lifestyle between February 18 and May 12, 2018.

Name (optional) _____
County _____, Wisconsin

1. Which activities do you usually participate in weekly? Check all that apply.

- walking hiking running dancing
- bowling biking spinning rowing
- swimming skiing tennis exercise DVD
- Tai Chi yoga Strong Bones class
- Other (please list) _____

2. How many times a week are you usually active for 1/2 hour or more?
 5 or more 3 or 4 1 or 2 zero

3. Do you exercise alone or with a group? Explain _____

4. How many 1/2 cup servings of fruits or vegetables do you usually eat daily?
 8 or more 5-7 1-4 zero

5. How much of your diet is raised, grown or made within 100 miles of you?
 Most About half Some Very little Unsure

Questions? Questions contact Sandy Wendorff or Helen Raddant, phone 715-524-2710 or 715-853-2049.

Send results to: Sandy Wendorff
W7382 Anderson Street
Shawano, WI 54166

Think Spring With Master Gardeners

Presented in partnership with Shawano Community Education and the UW-Extension Wolf River Master Gardener Association.

CLASS #1

Monday March 19th
5:30 pm to 7:30 pm
Room 156 SCMS
FREE REGISTRATION

CLASS #2

Monday April 9th
5:30 pm to 7:30 pm
Room 156 SCMS
FREE REGISTRATION

NOTE: This is the same class offered twice



Topics covered include:

- Seed starting/gardening with a “hands-on” activity
- Bulbs for spring
- Soil
- Three Sisters Gardening Class will participate in a “hands-on” planting activity



Ms. Senior Homemaker Pageant

This is a yearly event focusing on seniors age 55 to infinity. Whether in a facility or their private residence, handicapped or ambulatory, candidates have an opportunity to feel good about themselves and leave with memories not only for them but for their families.

They compete in the following areas: 1) making their favorite dessert with or without help; 2) sharing a story about their favorite outfit or talent; 3) working a multi tasking table doing dishes, folding laundry, taking care of a crying doll while answering a telemarketing call all within 3 minutes; and 4) answering an unknown Ms. Homemaker Pageant question.

While in some sense this event is competitive, every candidate is a winner as she can walk away feeling like she added one more thing to her resume.

Everyone is a winner as each candidate will walk away with beautiful gifts donated by community businesses. In addition to gifts, the winner receives a crown, sash, flowers, and the reign for one full year.

It is a great event for all ages and is guaranteed to leave you and your family with lasting memories as you enjoy a fun-filled afternoon of entertainment including free admission, delicious snacks and a chance to win a beautiful door prize. **This year's special guest is "Elvis John" who will melt you into memories of your earlier years.**

Please join us on June 14, 2018 from 1:00pm to 4:00pm at the Shawano County Park (Indoor Pavilion) W5785 Lake Drive, Shawano, WI 54166. Any questions please contact Amy Thusius at 1-715-745-4421 or Mary Beilfuss at 1-715-250-4900. See you in June!!

