



Satellite



Home & Community Education

May—June 2018

Hopefully everyone survived Snow Storm Evelyn and that we are done with snow until right before Christmas. Our March lesson “Essential Oils” was canceled to a snowstorm also. So enough is enough! We had a small turnout for our International Night. Deanna Zernicke was interesting to listen to and see her power point of her trip to Africa last Summer. Those in attendance seemed to enjoy it. Questions were asked throughout and then more discussion during refreshments. An “Africa Coffee Biscuit” and “African Fruit Slushie “ were served. Looking forward to our Spring Banquet to honor 12 ladies who have been in HCE for more then 50 years. Always a good time for socialization along with good food. Remember your item or items for the Silent Auction. Look forward to seeing a lot of you then. Money from Silent Auction goes towards the Scholarship Fund.

- ◇ Be sure and get your HCE “Healthy Life Style Surveys” to Sandy Wendorff by ASAP. She needs to compile them all and send information onto State by June 1st, 2018.
- ◇ Next report due to the State by June 10th is the HCE County Contribution Report, so please mail them to me, Helen Raddant by June 5th, 2018.
- ◇ Our Brat Stand dates at Charlies are August 9th, 10th, 11th. There will be a sign up sheet in the next Satellite.
- ◇ Bake sale at Farmers Market will be September 1st, 2018.
- ◇ Also on Labor Day weekend we will be at the Shawano County Fair, so hopefully I will see some of you there.
- ◇ We will again have a booth set at the fair. In August the Executive Board will be planning that.

Have a great Summer. *Helen Raddant*



Calendar of Events

May 2018

13th Mother's Day

22nd Executive Board Mtg. Courthouse

28th Memorial Day

June 2018

14th Flag Day

17th Father's Day

21st Summer Solstice

on training in all aspects of environmental science. After college Patrick hopes to use his geology degree by working for the mining industry in the UP and to continue with the family tree farm and landscape center also located in Bonduel.

Congratulations Patrick on winning the 2018 HCE Scholarship.



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



\$350 HCE Scholarship Winner!!

Patrick Brodhagen, Bonduel is the 2018 recipient of the HCE Scholarship. Patrick is the son of Roy & Kim Brodhagen of Bonduel. He is currently enrolled at UWGB Studying Environmental Science/Geoscience and has plans on pursuing a Master's degree.

Patrick is an active member in SLO Foods Group, PEAC, and in the Geology Club. He is also very involved with two internships at UWGB, one of which is managing the campus hoop house along with other duties and also a research assistant for the Cofrin Center for Biodiversity. At home on the family 275 tree farm Patrick has gathered hands-

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.



Brat Stand at Charlies

Our dates this year for our Fund raiser to help pay for the books for Wisconsin Bookworms program are August 9th, 10th and 11th. So keep those dates in mind. There will be a sign up sheet in next Satellite. Just a tidbit of information, we already had to sign up for 2019 at Charlies. Sign up began at 7:00 a.m. and went until dates were filled. Knowing people arrive early to get dates they have in mind, I was there at 5:15 a.m. and I was 13th in line. The 1st person was there at 3:27 a.m. and then a lady said she was shortly after that. Some had brought their



fold up chairs and were sitting but others just stood as I did. But we have dates for next year.



Bake Sale at Farmer's Market

Looking further in the year we will be at the Farmer's Market on September 1st. Yes, I know it's Labor Day weekend but it's just for the morning to set up and sell. Still plenty of time to go to the Fair. I will be calling clubs and individuals about 2 weeks before just as a reminder. The money we make also helps for our annual Scholarship and if needed for Wisconsin Bookworms. So knowing we have great bakers we can show our expertise and make some money doing it.

More info in next satellite.



Book Worms

This is Wisconsin's 20th year of providing the Wisconsin Bookworm™ early reading program! The 2018-2019 book lineup is:

A Box Can Be Many Things by Dana Meachen Rau

Families are Different by Nina Pellegrini

Grandma Calls Me Beautiful by Barbara M. Joose

Is Your Mama a Llama? By Steven Kellogg

Night Animals by Gianna Marino

Snow Leopards by Jill Esbaum

Snowman's Story by Will Hillenbrand

Clifford the Big Red Dog, Be a Good Friend by Norman Bridwell

Member Contribution

It's time to tally your member contributions from the calendar! This is used to recognize the achievements and contributions of HCE members, each member is asked to complete the contribution sheet.

Information will be compiled in to an "Impact of HCE" report. The dates of collection were from June 1st 2017 to May 31st, 2018. Please give your reports to your club president to be compiled for your club.



HCE Executive Board Meeting

February 27, 2018

Helen Raddant called the meeting to order at 5:40 pm. We opened with Homemaker Creed I. Members in attendance were Helen Raddant, Carol Sybeldon, Sandra Smith, Ellie Borre, JoAnn Fehrman and Janet Lane. Carol made a motion to accept the Nov. 29th minutes with 2 corrections. Sandy S. 2nd the motion. JoAnn F gave the treasurer's report. Janet L made a motion to accept the report and Carol S. 2nd the motion.

No correspondence. Carol S. gave the Center I report. For Kitchen Maids, they had their meeting Feb. 19th, they discussed playing bingo at Oakhaven in March, and April 13th. They will serve a meal for Sam 25 and discussed the Healthy Life Style program, will adopt an additional family at Christmas and gave aid to a family in the Bowler area that had a fire. They are also looking at making shawls and checking into that. Sandy S reported on the Bizi-Bells for Center II, they are looking how to donate to the WE Care school aid program at Zion and their summer picnic in July and enjoyed the lesson on Down Sizing. Learn-A-Lot discussed Portugal & Great Britain for the international countries, had an information class

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 Kara Skarlupka— Healthy Families & Communities Coordinator for 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)





on car safety, and other information topics. Ellie gave the Center III report on W.I.S.C. They attended the Down Sizing class and also discussed washing fruits and vegetables but not meats. Navarino Merri Maids went over the Down Sizing class and attended the Spring Event planning meeting at Landstad. Landstad Ladies talked about getting ready for the Spring Event planning meeting and making Valentine cards for their Secret Pals.

Bookworms brought up that Carol S would read at Stockbridge March and April. For New Business we talked about following up on the Spring Event meeting and making a desert for the Spring Event. International night will be at Qualheim's on April 19th and discussed what we would have for snacks or to eat and Deanna will get a thank you gift. Since we don't have a FLE right now we are waiting for someone from Shawano County Family and Healthy Living when the position is filled. Many people would like to acknowledge Nancy Schultz's contribution to the HCE program and make her an Honorary HCE member.

Next meeting will be May 22nd, at 5:30, place to be announced. Closed with the Prayer Creed and meeting adjourned.

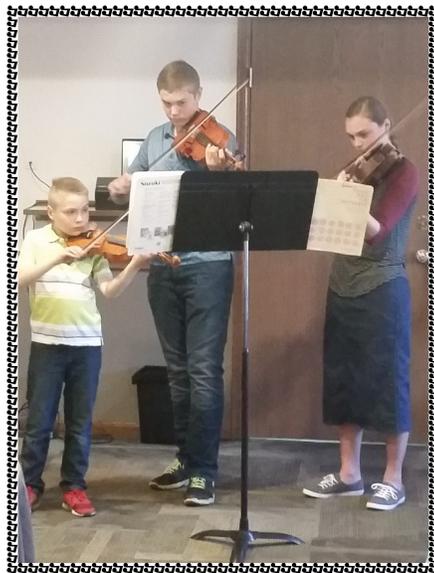


JoAnn Fehrman and Carol Sybeldon marketing HCE items to members.



Helen Raddant and Kathy McCarthy making chocolate truffles.

Spring Event 2018



JJ, Seth and Elise Pyatskowitz. Violin entertainment for the night.

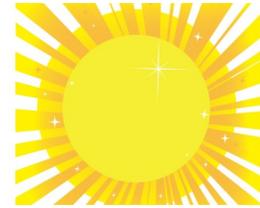


Pat Zuiches sharing the history of "Time".

"Wait for the Day, the 7th of May!"



BEAMS



CENTER I

Kitchen Maids – We will be playing Bingo at Oakhaven on March 23rd and April 27th @ 10 :00 am. The Club would like to serve a meal at SAM25 on Friday, April 13th. A reminder was made to turn in “Healthy Lifestyles” program sheets. Carol is checking into making shawls for cancer treatment centers and dialysis treatment centers. A donation of \$100 was made to TULP Food Panty.

CENTER II

Learn – A – Lot—Barb gave a report on Portugal “People there are very friendly but drive like crazy”. The 1950 Home Economics report on “How to be a good wife” was passed around. Discussion on how to lower your cholesterol with Flax seed. Marlene showed her Christmas ornaments and jewelry made from Christmas Cards. Bring items for a basket for the Spring Event with a cookbook theme.

Bizi-Belles – Sandra Smith reviewed the handbook and Satellite. Sandra will be attending the executive board meeting. Everyone received the Wisconsin Senior Guide. Everyone is to keep track of their volunteer hours. Spring Event is coming up. A donation was made to St. Martin’s for the use of the park. The club picnic will be held at the St. Martin’s Park on July 8th at 12:30 pm.

CENTER III

WISC– Items were gathered for Spring Event auction. Jeanette Pitt will enter a painting in the State Cultural Arts Show. The club is in charge of name tags and Jeanette Pitt will design the program cover.

Landstad Ladies – In March the ladies were busy planning the Spring Event. They plan on donating a basket and a plant for the silent auction. The “Avon Fundraiser” will start in April and cards were sent out from the Sunshine Fund. April money was collected for the Spring Event, the last of the Avon order were turned in and Rozanne read to the children at the Bear Cubs Day Care. May, a follow up discussion was held on the Spring Event and the Avon Fundraiser. The following dates were put on the calendar: Oct. 11th Learn In, Aug. 9th & 10th Brat Fry, Sept. 1st Farmer’s Market Bake Sale, Sept. 15th Bonduel Founders Day.



Impact of HCE -- 2018 HCE Club 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 for 2018 are June 1st 2017 to May 31st 2018. Please give your reports to your Club President or your County so they can be compiled. **Counties will put everything together on the County Form and send to Veronica Sustar, WAHCE Vice President for Family and Community Life by June 10th 2018. Thank You!**

Contact information (will not be shared, for record keeping only)

Club Member's Name: _____

County: _____

Club: _____

In the past year please indicate the number of times you attended and the amount of time you gave for the following:

Event	# Attended	Time Spent
County HCE Executive Board Meetings	_____	_____
County HCE Spring Event(s)	_____	_____
County HCE Fall Event(s)	_____	_____
County HCE Educational Sessions	_____	_____
HCE Club Meetings	_____	_____
HCE District Meetings	_____	_____
HCE State Meetings	_____	_____
		TOTAL _____

Please list any fundraising activities you were involved with on behalf of HCE.
(example: bake sale at the bank for HCE))

Fundraising Activity	Time Spent
1. _____	_____
2. _____	_____
3. _____	_____
	TOTAL _____

Please list any community outreach activities that are directly related to HCE.
(example: Bingo at the nursing home for HCE))

Community Outreach	Time Spent
1. _____	_____
2. _____	_____
3. _____	_____
	TOTAL _____

Please list the value of any **individual donations** (monetary or otherwise) you made for HCE.
Note: Club donations will be obtained from Club Treasurer. (Example: crocheted baby blanket for HCE)

Donations	Estimated Dollar Value
1. _____	_____
2. _____	_____
3. _____	_____
	TOTAL _____



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.

- | | | | |
|--|---------------------------------|---|---------------------------------------|
| <input type="checkbox"/> walking | <input type="checkbox"/> hiking | <input type="checkbox"/> running | <input type="checkbox"/> dancing |
| <input type="checkbox"/> bowling | <input type="checkbox"/> biking | <input type="checkbox"/> spinning | <input type="checkbox"/> rowing |
| <input type="checkbox"/> swimming | <input type="checkbox"/> skiing | <input type="checkbox"/> tennis | <input type="checkbox"/> exercise DVD |
| <input type="checkbox"/> Tai Chi | <input type="checkbox"/> yoga | <input type="checkbox"/> Strong Bones class | |
| <input type="checkbox"/> 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



HCE Members Honored at the Spring Event!

Front left to right: Tillie Kallies, Marge Ainsworth, Doris Buchholz. Back: Marcy Rosenow, Audrey Wussow, Sharon Schlender, Beverly Fink, Hazel Kucksdorf, Jeanette Pitt, Joyce Natzke

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!!

