

Satellite



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Shawano County Home & Community Education Jan.-Feb. 2020
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As I write this, I'm sure everyone is in the hustle and bustle of getting ready for Christmas. So, I hope you all had a Merry Christmas and a Joyous New Year! Now in 2020, we have some changes with HCE. As was stated at Fall Meeting, we now have two Centers instead of the three with Carol Sybeldon the chairperson for Center I and Marlene Bowan the chairperson for Center II. Please remember the Executive Board and I are available to you to help with questions you may have. The 13th of December was Kara's last day as our contact person in the Extension Office, and we'd like to thank her for all she's done for HCE, and we wish her well in her new position.

In November, Sandy, Carol, Helen, and Becky met at my home and planned the lessons for the upcoming year. We used suggestions that were shared with us at the fall meeting as well as two ideas that we got from the 2019 WAHCE State Conference.

Remember to continue keeping track of your hours for HCE-involved activities, marking down your hours from June 1, 2109, to May 31, 2020. Soon after that May date, please get total of hours to me because I need to send them into state, so they can see how Extension benefits our community. One person per club can total everyone's hours and then send the one number to me. Individual members, we need your hours too. If you worked at the Brat Stand or spent time baking items for the Bake Sale or Fall Learn-In or Fall Meeting, these are all hours that be counted and reported to me.

I started off the month of December with a Christmas Advent program at St. James Lutheran Church in Shawano on the 3rd with a dinner and a program. Then on the 4th, I went to the Danny D. Show at the Main Event in Cecil, which included a dinner and two-hour program. December 14th found me at my granddaughter's Madrigal dinner show at West DePere High School, and on the 15th, I went to the Xavier High School in Appleton for another Christmas program. Then I was at my granddaughter's Christmas Skating show in Green Bay on the 21st and spent Christmas Eve by going to church, then enjoying family time at our home.

Merry Christmas to everyone, and I hope all of you and your families had a safe and wonderful holiday.

Helen Raddant, HCE President



Dear HCE,

I would like to start off by saying that it has been a pleasure to work with HCE over the past 6 years. I have met quite a few great ladies through HCE and appreciate all that you do! But I am sad (and happy) to say that as of December 16th, I moved to a new position in the County Clerk's office.

My current position will go down to a part time position, hopefully, to be filled by the end of January. Once again you have been a joy to work with.

-Kara Skarlupka

Calendar of Events

Jan. 2020	
1	Happy New Year
20	Martin Luther King, Jr. Day
Feb. 2020	
2	Ground Hog Day
5 & 6	January Lesson
14	Happy Valentine's Day 
17	Presidents Day

January Lesson Handout: Stress & Resilience

Learn new definitions for stress and resilience, gain a better understanding of how the body and the brain interact, and practice creative ways to build mental/emotional strength. Be sure to get the lesson packets from the courthouse before the January meetings

February Lesson Dementia-What We Need to Know

Come and learn from Heidi Russell, Director of Aging for Shawano County. Learn about Dementia and most importantly how to be a good friend to someone with Dementia.

Wednesday, February 5 at 5:30 p.m. Shawano Co. Courthouse

Thursday, February 6 at 1:00 p.m. Bonduel Methodist Church

Bring a Friend

Help our HCE grow. **Invite** a friend or neighbor or relative to your next club meeting, lessons, or event.

Let's spread the news about how great HCE is!



More from the September 2019 "Bike The Barn Quilt" event. Some ladies who helped to register the riders the morning of the ride.

L to R: Esther Schutt, Marti Matyska, Pat Schwenke, Carol Sybeldon.



February (Lesson) Leader Training Meeting

Contact Person _____

Club _____

Members Attending: ____ Shawano 5:30 p.m. Feb. 5

Members Attending: ____ Bonduel 1:00 p.m., Feb. 6

Please let us know so we can plan accordingly



The November Lesson: Cooking with Electric Pressure Cooker

The November lesson, held twice in early November in Shawano and then in Bonduel, was a demonstration about how to cook with an Electric Pressure Cooker, sometimes know by the popular brand name, Instant Pot. Linda Olson, a member from Learn-a-lot HCE club, was welcoming, engaging, and informative as she led 25+ HCE members and community members through the steps of using this “new-ish” appliance. Not only did she share recipes, answer questions, and make three different dishes in this appliance, the “students” were able to taste the yummy food after the lesson for a fun event.



Barbara Mortensen (Learn-a-lot) helps
Linda prepare a dish

Member Contribution and Healthy Lifestyle Hours



Don't forget to **log your hours** on the enclosed calendars in your booklets. Doing so each month will make it easier to turn in your hourly contributions for the year, which starts June 1, 2019 and goes through May 31, 2020.

They're Here!

The Yearbooks & January lesson packets are ready. Please pick them up a



the courthouse. If you're unable to pick them up, please call Rhonda at 715-526-6136 and she'll mail them to you.



Please record your events with Photos!

Whenever your club has something “happening” or you're involved with an HCE community event, please **take some photos**, so we can include all the amazing things that are happening in HCE. Send them to Becky Moore, HCE *Satellite* & Facebook page editor. Email at smsbmoore@yahoo.com



2019 Shawano County HCE Fall Meeting Minutes

October 26, 2019

Room A, Shawano County Courthouse

The October 26, 2019, annual meeting was started at 9:00 a.m. in Room A/B in the basement of the courthouse. Beverages and sweet breads were provided by Center III. Helen Raddant started the meeting with Creed I, and the Pledge of Allegiance was led by Sandy Wendorff. Helen introduced the county officers (herself: President, Becky Moore: Secretary, JoAnn Fehrman: Treasurer, Carol Sybeldon: Center I chair, Sandy Smith: Center II chair, and Elle Borre: Center III chair). The Fall meeting minutes from last year were reviewed, and Pat Gipp motioned to accept them. Janet Lane seconded this motion.

Reports:

JoAnn went through the financial update, talking about income/expenses/profits for August Brat Stand, donation to VITA for helping at the Brat Stand, Farmer's Market Bake Sale, and other programs/events from the year. Helen encouraged HCE members with a Thrivent Financial membership to apply for grants to help with the expenses for some of the HCE community programs. Then the 2020 Proposed Budget was shared and discussed. Carol Sybeldon motioned to accept the Proposed Budget, and Sandy Wendorff seconded this motion.

Six clubs were represented at this Fall Meeting with one club sending in a report. One club was not represented. 18 members attended the Fall meeting including 4 individual members. JoAnn showcased the HCE merchandise from the District. At this point, Shawano County HCE has 8 clubs with 63 members and 12 individual members, bringing the total membership to 75 members.

Reports were shared: Update on November lesson—moved to a Tuesday and Wednesday. Facebook updates shared. Sandy Wendorff reported on *Wisconsin Bookworms*. Shawano County HCE has been reading in this program for 18 years to approximately 845 children and has ordered over 6889 books (eight titles a year), funded through HCE along with some donations from other agencies. This year's titles are *Mouse Paint*, *I Like Myself*, *Kissing Hand*, *We're Going on a Bear Hunt*, *The First Day of Winter*, *Flower Garden*, *Let's Imagine: What Will We Build Today*, and *Frogs*. There is an activity sheet per book to share with children, and there are nine current HCE members who read in this program. Sandy must fill out state required forms for early literacy every year.

Five HCE members attended the 2019 WAHCE State Conference and shared some of their experiences. Shawano County HCE won the *Education Program Award for 2019*, and the next State Conference will be in Hudson, Wisconsin. Helen reminded everyone to keep track of their volunteer hours which starts on June 1, 2019 and goes through May 31, 2020. Be sure to send them to Helen at that time.

Forty-three women attended the 2019 Learn-In held at the Main Event in Cecil. There were five interesting, informative, funny speakers, and there was a great return of surveys.

New Business:

Pennies from Friendships: different options were discussed for donating our collected monies. We need to designate where it will go. Helen spoke of reducing from three Centers to two. Center I, chaired by Carol Sybeldon, will include Kitchen Maids, Bizi Belles, Country Wives, and Red Springs. Center II, chaired by Marlene Bowan, will include Navarino Merri Maids, Learn-A-Lot, WISC, and

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2019 Shawano County HCE Fall Meeting Minutes *continued*

Landstad Ladies. A thank you and round of applause was offered for the retiring center chairs, Sandy Smith and Elle Borre. Center II will be responsible for Spring Event 2020 and Center I will be responsible for the Fall Meeting 2020.

New arrangements for sending in *club minutes* to Becky Moore, the *Satellite* editor, were discussed. Clubs can **email** typed copies of the minutes or scanned "White" copies of the minutes to Becky, or they can **mail** their carbon copy of the minutes to Becky so she can include club summaries in the "Beams" article in the newsletter.

Micki Thelen gave a report about the *HCE scholarship*. There is one main change: to include any high school or first year college student who lives in Shawano County as eligible. Other criteria are at least a 2.5 GPA, be a full-time enrolled student, must complete one semester of college before receiving the money, and must attend university, college, or technical college. The committee (Micki, Sandy Wendorff, and Barb Riesenberg...looking for one more member on this committee) plan to send out the scholarship information in January and accept applications by March so the reveal of the scholarship winner will happen at the Spring Event. Discussion was held about how to advertise the scholarship. Discussion was also held about possibly apply for grants from other groups/agencies/business to help fund some of our projects.

Some group projects offered to clubs: Wee Care Food Packs for Shawano school children, sponsored

by Zion Lutheran Church, and Days for Girls, a sewing project to make washable sanitary napkins in a bag for Third World girls who have no access to such necessary items.

Helen will be contacting the local high school for a possible exchange student for the international lesson in 2020.

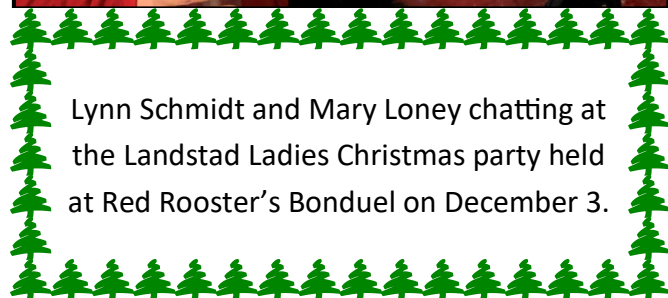
The Education Committee chaired by Sandy Wendorff and Carol Sybeldon will get together in November to plan the lessons for 2020.

Helen closed the meeting with the Prayer Creed at 10:30 a.m.

Submitted by Becky Moore, Secretary



Lynn Schmidt and Mary Loney chatting at the Landstad Ladies Christmas party held at Red Rooster's Bonduel on December 3.



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)

BEAMS: Centers Reporting



CENTER I

Bizi Belles: The November meeting was held at Angie's Café. The thank you note from Marty, Heather, and Kyle for the donation for Marty's medical travel expenses shared. The new *Satellite* editor is Becky Moore so monthly meetings and photos need to be mailed or emailed to her. The Fall Meeting information was shared about the change to Two Centers in the county, and Marleen Bowen replaced Sandra Smith on the executive board as a Center leader. Center II will be in charge of 2020 Spring Event. Center I will be in charge of the 2020 Fall meeting. The Christmas Party will be at The Gathering on January 12 at noon. In lieu of gift exchange, a motion was made to give a donation to Wee Care Food Packs and the club will draw for secret pals at the party. A suggested lesson is "Training at the Shawano Library." Members were reminded to keep track of their volunteer hours. Pennies for Friendship and Christmas donations were collected. Our next meeting will be held on February 8 at Angie's Café at noon. After the business meeting, Barb gave the lesson on, "Cooking with an Instant Pot."

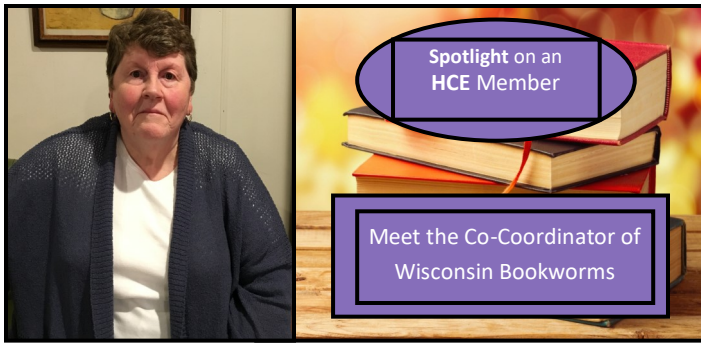
Kitchen Maids: Money was collected for WTCH giving tree and members will start shopping for the four children chosen. The menu for SAM25 dinner on Jan. 12 was finalized, including soup, sandwiches, cheese and dessert. Topics for future lessons were discussed: soup making, dementia, Parkinson's, and Pain Management options. The idea and info about fundraising with Watkins products were shared, but the plan was tabled until spring. The motion was made to give money to TULP Food Pantry. The Christmas party will be held Dec. 16 at 11:00 at Shawano Café.

CENTER II

Landstad Ladies: Landstad ladies met October 11 and discussed upcoming extension classes 1) putting your garden to bed and 2) the Instant pot cooking class in November and coordinated making breads for the October 26 HCE Fall meeting. For the November 8 meeting, we scheduled the Christmas party at the Red Rooster on December 3, thanked Becky for a great job on the *Satellite*, and reminded everyone to keep up with their volunteer hours. At our December meeting on the 13th, we put together the Holiday bags.

Learn-A-Lot: Roll call was answered with "What are you thankful for?" Five members attended the Instant Pot lesson and really liked it. Food seems to interest everyone, and the members should like to see more "hands-on" lessons. Committee reports were shared. **International** (Dorothy): the county is Mexico and they have a lot of political tension, **Scrapbook** (Barb): a potpourri—superstitions—Ben Franklin—air baths—John Wayne—No hats on the bed; **Health & Safety** (Louise): sitting up straight can be bad for your back; **Events Around Town** (Linda): Burlap Wreath making, Zion Thanksgiving dinner; **Sunshine** (Priscilla): How much deeper would the ocean be if it didn't contain any sponges? **Cultural Arts** (Marlene): a crafty Kleenex holder, Christmas name tags, etc. Donations were made to VFW and Safe Haven. Marlene is the new Center II chairperson. The club will start thinking about Spring Event and a fundraiser. Christmas Lunch will be December 12 at Seasons.

WISC: At the November meeting, the "Putting Your Garden to Bed" lesson was shared by Jeanette, but since the majority of the club had attended the Instant Pot lesson, no further discussion was held about it. The January meeting will be at Bev Fink's house on January 19 to focus on the January lesson from the county.



Meet Sandy Wendorff

"Volunteers are the only human beings on the face of the earth who reflect this nation's compassion, unselfish caring, patience, and just plain loving one another."

—Erma Bombeck

This Bombeck quote seems to embody Sandy Wendorff and the sharing of her gifts with her community. Along with raising her children (now grown), helping with her four grandchildren, and working at Birch Hill Nursing home for 23 years, Sandy has found the time for many years to volunteer in her community, taking on leadership roles in both Shawano County HCE and Shawano County 4H. Currently, she has been an HCE member for 28 years, has attended 25 WAHCE state conferences, and is still looking forward to learning new things and seeing new and old friends through this program.

Sandy was born and raised on a farm in the town of Richmond, the oldest of seven children. As a child, she was a member of Texas Rangers 4H Club, which earned its name from the local one-room school house they attended, called Texas School in the Gresham/Red River area, a one-room school house that Sandy reminds us even had out-houses. Ah...the olden days! She remembers taking part in gardening, childcare, and cooking types of 4H projects for the fair.

When her two sons (now grown, married, and with children of their own) were 4H members in the Wolf River 4H Club, Sandy got involved as the

club's Exploring Leader. After being involved for a bit, Sandy Phillips, the Shawano County 4H agent at the time, encouraged Sandy to move into the county level with 4H Exploring, which she did. After Exploring was dropped from 4H, she moved into Cloverbud leadership at both club and county levels. She still loves seeing the little ones nervous and excited when they come to the fair for 4H judging.

Eventually, she became a co-general leader for the Wolf River 4H club and started attending 4H Leaders, Inc. meetings and soon accepted the nomination to be president of this group during a challenging time when the 4H Leaders, Inc. members were building the new 4H food stand on the fair grounds. (This was while she was also the HCE county president) and began volunteering at the district level for 4H as well.

She was assistant manager of the 4H food stand for 13 years, helping to organize individual clubs when it came time for their turn working the stand. She has and continues to work for and at 4H Super Saturdays, brainstorming ideas with the planning committee and then teaching crafts to the Cloverbuds (4 sessions every time). She is still on the 4H food stand committee as a key member and still chairperson of Shawano County Cloverbud committee, which helps with fair book revisions to polish the Cloverbud projects and purpose. Sandy loves that 4H is such a family-oriented program.

"Generosity is the most natural outward expression of an inner attitude of compassion and loving-kindness." The Dalai Lama XIV

This impressive resume of Sandy's lengthy involvement with 4H speaks to her incredible generosity yet there is more to her gift of giving beyond 4H. She has also given greatly to HCE at club, county, district, and state levels.

Although her mother had been a Homemaker,

she didn't really think about joining until her friends encouraged her to join HCE when her sons were getting older and more independent. She joined the Richmond 49ers, which was probably named because it started in/around 1949. In the beginning, the meetings were held in each other's homes, where they enjoyed each other's homemade deserts, and at one time, this club grew so big, it was split into the Senior 49ers and Junior 49ers. Then it gradually became one group and eventually, grew too small to sustain. However, Sandy stayed on with HCE as an individual member.

She doesn't remember exactly when, but eventually, Sandy got involved at the county level with HCE, first as Center chair for her area and then as County President of HCE (approximately around 1998-1999) and held this position for 10 years or so. She enjoyed, as president, organizing events and lessons, working with other women to find topics that would interest the HCE members, and helping to coordinate the booklet each year. Then Sandy used her growing leadership skills even further and worked as District Director for NE District in 2004. (The district lines have since been redrawn, and Shawano County HCE is in the Central District.) She was also the 2008 Co-coordinator for the WAHCE State Conference called "Sending the Signal with HCE" in Manitowoc (with the theme of lighthouses) and then was a part of the planning committee for the WAHCE State Conference, named "Walking in the Light with HCE" held at the Regency Suites in Green Bay. For this conference, she helped collect men's, women's, and children's shoes into which the committee planted sunflowers (signifying the "light") to use as centerpieces.

She also has helped with the Patti Pumpkin Seed Program for many years. This HCE program hands out pumpkin seeds in the spring to every first grader in Shawano County, encouraging the children to plant them and watch the pumpkins grow

over the summer. Then the children are encouraged to enter their pumpkin creations in one or more of three fair projects. The purpose of this program is to encourage the kids to try gardening and get involved with the fair. Approximately, 3000 seeds are sent out each year.

But Sandy's heart seems to be mostly tied into her involvement with "Wisconsin Bookworms", a state-wide HCE project that's in its 20th year statewide of HCE volunteers reading to preschool children, reinforcing early reading literacy, engaging them in related activities, and giving a free copy of the story to each child to take home and add to their personal reading libraries. Along with being the county coordinator for this program, Sandy is a co-coordinator at the district level and was on the state board at one time.

Sandy treasures the life-long friends she's found through HCE. As she said, "I really enjoy getting involved with my community, helping kids and adults, and I'm so glad I listened to my friends all those years ago, got out of the house, and got involved."

And what does Sandy do for fun? She loves to read, and she'll stay up all night finishing a book if it's a good one. She enjoys fiction, such as mysteries and love stories, biographies and memoirs, and local stories. She has piles of books in her home and she finds it hard to let any of them go. She is currently reading a series written by a cousin-in-law and is enjoying it so much, she said this in one series that will always stay in her collection.

Thank you, Sandy, for all you've done and are continuing to do in Shawano County. Your gifts of generosity, leadership, and commitment to helping others are appreciated.

"The most truly generous persons are those who give silently without hope of praise or reward."

Carol Ryrie Brink

