

Satellite



.....
Shawano County Home & Community Education Mar.-Apr. 2020
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Hello,

Hopefully, everyone is enjoying more snow. At least we haven't had severe cold weather that lasted for any length of time. My December was unlike any other December in the past. I spent a majority of my time from December 8 to December 29 with my sister at St. Vincent Hospital in Green Bay. I had a wonderful Christmas Eve, going to church, then dinner, and onto the sharing of gifts with my family. Christmas Day, I spent the day with my sister at the hospital.

I did have a six day vacation planned to Kentucky and Ohio mid-December, but there was an opportunity when we had a three-day wait on getting answers from some tests, so off we went to see Noah's Ark, the Creation Museum, and a live Christmas play. However, on the 29th very unexpectedly, even to the medical staff, my sister joined other family members in Heaven. She is, however, now at Peace. So thanks to everyone who sent cards or called with words of Sympathy. You truly helped make the days easier to get through.

Hopefully, all of you enjoyed the January lesson about "Stress & Resilience" and then the February one with Heidi Russell about "Dementia". There is a lot of help out there from Shawano County Human Services for those suffering from Dementia. So if you didn't make it to hear Heidi's talk, pick up the information in the Extension Office.

I'm looking forward to the March lesson, "Shawano County Library", so be sure and call the extension office 715-526-6136 and let them know how many are attending and if you're coming to the 1:30 p.m. or 5:30 p.m. time slot at the library.

I have heard that the girls have planned the Spring Event so look for information about it in the *Satellite*. Remember those who attended the planning meeting, please keep track of your hours spent at this. In April we will have International Night which is still not finalized with the date and country. The Executive Board has a District Meeting to attend in April, and another date of importance is Easter on April 12. So as we go forward in 2020, enjoy every day to the fullest.

Helen Raddant, HCE President



Calendar of Events

March 2020	
8	Daylight Savings Time Begins
9	Shawano County Library Lesson
17	St. Patrick's Day
19	First Day of Spring
April 2020	
1	April Fools Day
12	Easter
15	Shawano Co. Scholarship Due
21	Spring Central District Mtg

March Lesson

Shawano County Library

Come along and tour the Shawano County Library, learning what the library has to offer. The library staff will speak about the library services and resources available to its patrons. We will be meeting in the Engel Room, which is in the basement. There is an elevator at back of library with lots of parking behind library.

March 9: 1:30 OR 5:30 at Shawano County Library

April Lesson

International Night

International Night information will be sent out to club presidents and individual members at a later date.



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!



Suzanne Ritter

recently joined the UW Extension-Shawano County team as the

Healthy Families and Communities Coordinator. She has spent the past 13 years with Northeast Wisconsin Technical College in a variety of roles, most recently as the Artisan and Business Center Manager. Suzanne is excited to be back home in the Shawano area and serving her community. Please stop in and visit with her or call the Extension office 715.526.4863 to set up an appointment.

March (Lesson) Leader Training Meeting

Contact Person _____

Club _____

Members Attending: Shawano 1:30 p.m. **March 9**

Members Attending: Shawano 5:30 p.m. **March 9**

Please let us know so we can plan accordingly

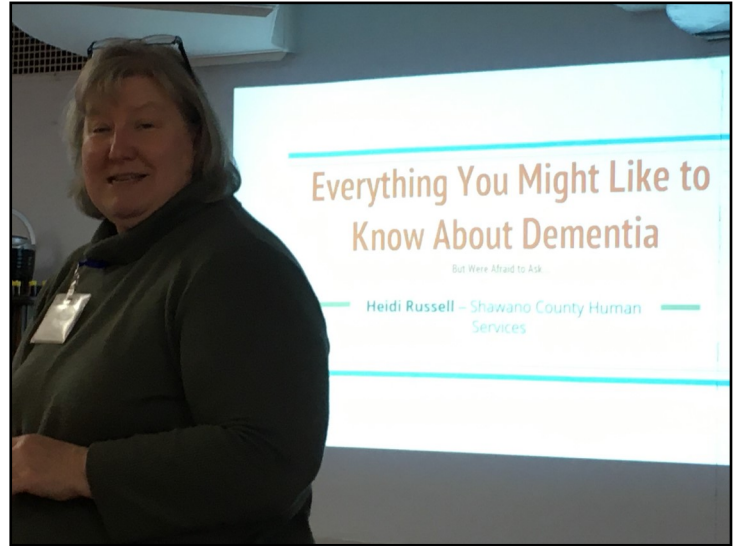
The January Lesson "Stress & Resilience"

By Becky Moore

The January lesson, completed by individuals and local clubs, was about "Stress and Resilience", based on the class presented by Mandi Dornfield and Tenley Koehler at the 2019 WAHCE State Conference. Stress was divided into three basic categories: positive stress, tolerable stress, and toxic stress, and the members were told that being resilient in the face of stress is a learned skill to be taught, learned, and practiced. Building resilience helps people "to adapt despite of current or past traumas" and "to achieve personal growth and positive change" (Sciafraffa). Some different strategies were shared to face stress and deal with it in a healthy manner, such as setting SMART (Specific, Measurable, Attainable, Relevant, Time-bound) goals and learning to deal with challenges in life by following the steps of FACE (Find your target, take the Action steps needed, make a Coping list, and Evaluate how it went). During the lessons, sheets filled with additional information about topics such as self-discovery, mediation & self-compassion, hopefulness, and self-care were shared so members could take them home and dig deeper into dealing with Stress with healthy Resilience.

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



Heidi Russell, Director of Aging from Shawano County Human Services, gives a lesson about Dementia

The February Lesson "Learning about Dementia"

By Janet Lane

Heidi Russell, Director of Aging, Shawano County Human Services, spoke to the HCE ladies Wednesday night and Thursday afternoon about "Everything You Might Like to Know About Dementia". Heidi told us what dementia is, the causes, warning signs, recognizing a person with dementia and also how to better help them through this life changing event and meet some of their core needs. Shawano County is working on being a Dementia Friendly Community, and there are many programs available to people in this county, such as the Silver Society Club (Memory Café), Senior Safari Lunch-eons, the Senior Dining Program, and Mug Club for Caregivers--all this information can be received from Shawano Cty-Human Services, Aging Unit. She gave us communication Tips and provided a 24/7 help line number (800-272-3900). Shawano Cty also has a Dementia Care Specialists--Liza Steffek and her number is 715-526-6787 or 855-492-2372. Thanks to Heidi for a well presented and informative class.



**Roar into the 20s
HCE Spring Event**

The Spring Event's theme is the 1920s. So get ready to "roar". Do some club research on the 1920s to get a sense of what life was like way back then. Music, foods, fashion and inventions of the time are interesting. So, get out that long necklace and cloche hat or get out a beaded flapper headband. You can even style your hair with finger waves.

- Come ready to **"Roar into the 20s"**
 The Gathering
 5:00 Social
 5:30 Silent Auction Bids
 6:00 Dinner
 6:30 Entertainment
 HCE Special Programs follow

Please make your reservations and payment by April 24. Checks should be made payable to **Shawano County HCE** -- \$18.00 per member.

Send to : UW- Extension / 311 N. Main St./ Shawano, WI 54166

See you there, everyone !

Center 1 Clubs' Duties for Spring Event



- Navarino Merri Maids:** Registration
- Learn-a-lot:** Nametags & party favors
- Landstad Ladies:** Silent Auction
- WISC:** Table centerpieces

**Center II Spring Event
Planning Meeting**

The next planning meeting for Center II clubs to plan the 2020 Spring Event has been changed to Friday, March 20, 10:00 a.m. in



room 202 in the court-house. We have a great start with the planning. See you soon.

Shawano County HCE Executive Board Meeting Minutes February 18, 2020

Members Present:

Helen Raddant, Marlene Bowan, Sandy Wendorff, Carol Sybeldon, JoAnn Fehrman, Becky Moore

Guest: Suzanne Ritter

Secretary Minutes and Treasurer's Report:

* President Helen Raddant opened the meeting with Homemakers Creed I, and the secretary minutes from October 22, 2019, meeting were read. Treasurer JoAnn reported on income and expenses.

Correspondence: Helen read a letter sent from Eye Heart World, thanking Shawano County HCE for our substantial donation, gathered from the March 2019 Fight Against Human Trafficking event, to their organization to help them continue the fight against this "modern day slavery".

Committee Reports:

* **Center Chairs** reported on the clubs' activities in their centers. (see "Beams" article in the *Satellite* for these club report summaries). Note to Club Secretaries: Please send one copy of your club's monthly meeting minutes to your Center Chair and one copy (either through mail or email) to Becky Moore, the editor of the *Satellite*.

* Sandy Wendorff, **Wisconsin Bookworms Coordinator** for Shawano County HCE, shared that Shawano Women's Club made a 2020 donation to Wisconsin Bookworms. A thank you note for this donation was sent to their treasurer, Janet.

* Sandy Wendorff, **Patti Pumpkin Coordinator**, reported that we're down in the number of children participating in this program. Only two schools in the program have seen an increase in the number

of 1st graders participating. 2019 had 564 children involved. 2020 has 477 children involved.

New Business:

* Brat Stand dates: August 6, 7, & 8. (Thurs/Fri/Sat)
* HCE is considering signing up for one Thursday to sell homemade cookies at the "Thursdayz @ Franklin", a weekly summer event held in Franklin park with live music and food & beverage vendors.

* WAHCE Conference *HCE 2020 Vision, Celebrating 80 Years* is September 21, 22, & 23 in Hudson, WI. All classes and events will be held in the Hudson House. Consider attending this event.

* 2020 Spring Event: Marlene reported on the May 4 Spring Event, held at The Gathering in Shawano starting at 5:00 with a family style meal. The theme is based on the roaring 1920s, and a member of the Shawano County Historical Society will be the speaker, featuring a fashion show of 1920s clothing. Be sure to let the courthouse know by April 24 what items you and/or your club is donating to the Silent Auction so the sheets can be made for this event. Then bring your item(s) when you come. The value of donated items for the Silent Auction should equal \$3 per HCE member but consider donating smaller items vs. one large. Profits from this event help to support HCE projects, such as the scholarship.

* Suzanne Ritter shared an idea from Megan Suehring, the 4H Educator, to include the 4H Clothing Revue (very small—approx. four 4Her's) as a part of the HCE Spring Event.

Meeting Minutes continued on next page 6

LIKE us on Facebook

Be sure to **LIKE us on Facebook:**

Shawano County Home and Community

Education, where we keep you updated on events, interviews, photographs, coming events, and more.



February Executive Board Meeting
Minutes continued

* Becky announced that she will not be running for executive board secretary again once her two-year term is finished in December of 2020. There will be a notice in the *Satellite* so HCE members can consider running for this position at the Fall Meeting in October.

* Helen is still looking into the details for our April lesson: International Night

* Carol brought up grant-writing possibilities to help fund HCE project, such as Wisconsin Bookworms, from two different agencies/organizations: Shawano Area Community Foundation and 100+ Women of Shawano County Who Care. She will investigate getting grant applications from these organizations.

Old Business:

* For sending in the number of members attending monthly meetings, a club representative, such as the secretary or president, needs to let Tami or Rhonda know how many in the club will be attending, or an individual member can call them at the courthouse.

* Remember to send photos and/or articles about your club to Becky, so she can share your news with others through the newsletter and Facebook page.

* Helen closed the meeting with Prayer Creed.

* Next executive board meeting is April 14, 2020 at 5:00 p.m. at of courthouse. All HCE members are welcome to attend.



*Submitted by Becky Moore,
HCE Executive Board Secretary*

Wisconsin Bookworms Report

We've been busy reading to many young minds this year if you ask our Bookworm Readers. The kids sure have enjoyed their books so far this year.

So I want to thank all of you HCE members who have helped us make money over the years to buy these wonderful books to help the kids explore the world of reading.

I also wish to thank the Shawano Women's Club for again giving us a monetary donation this year. It sure will help to buy some books for the 2020 year.

Thanks for helping us with the future of many young children.

Sandy Wendorff

Shawano County Bookworms Coordinator



Club Secretaries:

Please mail or email one copy of your meeting minutes to your **Center Chair** and mail or email another copy to Becky Moore, **Satellite editor**, each



month, so your club's information can be shared in the "Beams" article in each newsletter as well as the Center Chair keeping track of your minutes. Becky's address and email along with the Center Chairs' information are listed in the HCE booklet.

BEAMS Centers Reporting



CENTER I

Bizi Belles: Our Christmas party & brief meeting held on Jan. 12 at *The Gathering*, where the 2019 secret pals were revealed, and 2020 secret pal names were drawn. Received thank you note from Wee Care Food Packs Program for the Christmas donation. We were asked to think of items to bring for Spring Event silent auction and bring our monetary donation at the Feb. meeting for SAFPARC. Our Feb. meeting was held at Angie's Café, and we had one guest present, Polly Bartz. President Sandy went over some of the activities that could be included in our HCE hourly contributions for the year and she thanked Barb Riesenbergs for finalizing the reservations for our Christmas party. We will cover the Jan. lesson on "Stress and Resilience" at a later date. Sandy and Polly gave an interesting lesson on "What we need to know about Dementia." Judy Pahlow and Sandy will attend the March lesson, "Learning about what Shawano County Library has to offer" to bring it back to us. Money was collected for SAFPARC. A discussion was held on ideas for a theme basket for Spring Event. Next meeting will be held on March 14 at Angie's Café at noon.

Kitchen Maids: No formal meeting in Dec. Held our Christmas party. Received thank you from TULP Food Pantry for donation. Marilyn reported on the purchases for two girls and two boys for the Giving Tree at WTCH. The Jan. meeting was held on the 20th at Shawano Café. Lesson on Stress/Resilience presented by JoAnn Fehrman. Carol Sybeldon and Micki Thelen will attend the Feb. lesson on Dementia. Received a Thank you" card from Pat Arnold for a card and gift basket along with Thank You" note from Sam25 for preparing a meal on Jan. 12. Discussed the meal at Sam25; not many residents that

particular day. Safe Haven also accepts meals. Micki will check on it. BINGO was played on Jan. 17 with Hazel, Micki & Sharon participating. Next BINGO session will be held on Feb. 28 ; more prizes are needed. Carol gave a report on an event at the Wittenberg Senior Center in December when Jean Kenevan from the Office of Blind and Visually Impaired spoke to the attendees. Very useful information. Next lesson on Dementia will be attended by Carol and Micki on Feb. 6.

Learn-a-lot: Roll call was "a summer memory when young". **Scrapbook:** Barb-origami at Leigh Yawkey museum in Wausau. **Health & Safety:** Louise Does drinking alcohol warm you? **Events around town:** Linda-2/26 Safety in & out of your home. 2/25 Community dinner. **Sunshine-Cilla-** read about politician at the Pearly Gates. **Cultural Arts:** Marlene made bookmarks for everyone. **International:** Dorothy-Linda brought in Mexican painting created with Mexican jewelry. Traveling prize, brought by Linda, won by Bard. Making cards Feb. 19 at 10:00 VFW. Dorothy will host next meeting, March 13.



*Bizi-Belles HCE Club enjoyed their Christmas party
At The Gathering on January 12, 2020*

CENTER II

Landstad Ladies: The November meeting started after our potluck lunch with discussion of where to

"Beams" article continued on next page

distribute our annual donations. Many were focused on local agencies and projects. While discussing the October and November lessons, the five members who attended the Instant Pot lessons related how they enjoyed the lesson which was very good but found the appliance somewhat complicated to use. We decided our Christmas party will be held at the Red Rooster on Dec. 3 and that we will fill holiday bags on Friday, Dec. 6 in place of our Dec. meeting. We were reminded to fill out our volunteer hours. Our January meeting was held at the home of one of our members, Peggy Moore. Mary reported on cards being sent out from the Cheer Committee, and we spend a lot of time discussing the January lesson on Stress, presented by Janet. The main message was we are the only ones who can make changes to relieve our stress. We also spoke about our fundraiser which will be held in April. Some of our members will be attending the February lesson on Dementia. Our February meeting was held on Valentine's Day. We talked about the March 9 Lesson at the Shawano Co. library, sending Spring Event registration money to Pam, and the April "Stanley-Watkins" Fundraiser. Janet also told us about Suzanne Ritter, the new *Healthy Families and Communities Coordinator*. Our next meeting is Friday, March 13.

Navarino Merri Maids: Ellie served lunch at the Navarino Merri Maids' November 2019 meeting. We opened with Creed I and rollcall was taken by sharing favorite Thanksgiving food. Covered the profits from fundraiser. Discussed new scholarship criteria (open to any Shawano Co. resident) and changing from three centers into two centers. Our club is now in Center II. Ellie attended and reported on the Learn-In report. The October and November lessons (Putting your Garden to Bed and Cooking with an Instant Pot) were presented by Barb and Ellie. New business is planning lunch at Luigis and donating to SAM25.



Landstad Ladies with holidays bags: December 2019



Navarino Merri Maids members at their Stanley & Watkins November fundraiser.

WISC: January meeting: Jeanette led us through the lesson "Taking Care of You"; it got us thinking about our strengths and weaknesses. Jeanette will continue as president, Sharon is vice president, and Audrey is secretary. Reporting at February 13 meeting: All members attended lesson Dementia and found it very informative. Jeanette and Beverly attended Spring Event meeting. Our club will make table decorations at March 12 meeting at Jeanette's house. We're looking into visiting Bonduel library.

Shawano County Community Events

Sliver Society Club of Shawano County:

Bird Tales

Learn about some favorite feathered friends

March 3, 2020 1:30-3:00 p.m.

Shawano Co. Library
128 S. Sawyer St. Shawano



A Mug Club for Caregivers

Learning how to care for yourself first when you provide care for another

March 3, 2020 5:00-7:00 p.m.

(first Tuesday of every month)
Shawano County Human Services
W 7327 Anderson Ave. Shawano



Senior Safari Luncheons

Navarino Nature Center: a delicious meal and an interactive presentation of a variety of nature related topics.

11:00 a.m.-1:00 p.m.

W5646 Lindsten Rd. Shiocton

Free to Seniors (suggested donation \$3.50)

\$15 for those under age of 60

March 12 **June 18**

April 9 **July 9**

May 14 **August 13**

RSVP: Shawano County Aging

Unit 715-526-4686

OR

Navarino Nature Center

715-758-6999



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.



Landstad Ladies Stanley & Watkins Products Fundraiser

Date & Time: April 17, 12:00-1:00

Where: Landstad Town Hall
W4055 Landstad Rd, Bonduel, WI 54107

A Stanley/Watkins demonstrator will showcase how and why you'd want to use these products. She will have some products on hand for sale, and other products can be ordered from her.

The public is WELCOME!

The money raised will be used for community needs.

If you have questions, call
Becky Moore 920-680-4767



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Meat canning demonstration at meeting of Akron Home Economics Club on December 19, 1916.

Home Demonstration Clubs to “Homemakers” and Beyond

“Home Demonstration Clubs (also known as homemaker clubs, home bureaus or home adviser groups) were a program of the U.S. Department of Agriculture's Cooperative Extension Service [with the] goal of teaching farm women in America better methods for getting their work done in areas such as gardening, canning, nutrition, and sewing; and to encourage them to improve their families' living conditions.

But in many ways, “home demonstration clubs started [unofficially] before 1911. In 1898, women in Illinois recommended that farmers' institutes include ‘special subjects for farmers' wives and daughters.’ Other early prototypes of the Home Demonstration Clubs were the reading clubs set up for rural women, starting in 1900 in New York.

Consider Running for Executive Board Secretary



Want to be a part of the “happenings” with HCE county events and decision-making? Consider running for Executive Board secretary, term starting in January 2021. Voting for this position will occur at the Fall Meeting in October 2020.

These “ Demonstration clubs were an extension of Progressive Era values, [and] the clubs were meant to [focus on improvement of living for those] women in rural areas. People who were considered experts in various topics were brought into the clubs to teach and were called Home Demonstration agents, [covering] topics that included domestic skills, issues relating to family life, home economics, and information about new technologies and goods of interest to rural women.

Part of the purpose of the clubs was to make the same kind of information found at colleges and universities available to rural women. Clubs also helped raise the standards of living for members of the group [and] helped women have a sense of community with others and pride in their own work. Some clubs worked together to raise money to help improve their communities, and many women enjoyed the leadership opportunities the home demonstration clubs provided them.

Home Demonstration agents worked with local clubs to provide teaching services, [but] the clubs also took on other educational and charitable roles. These clubs survive into the present day.”
 (“Home Demonstration Clubs”, *Wikipedia* contributors, Oct. 5, 2019)



Carol Sybeldon, Kitchen Maids member, works with students from Stockbridge-Munsee Headstart as a part of the Wisconsin Bookworms program.