

# Satellite



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**Home & Community Education**  
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**January—February 2022**  
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## **Happy 2022 to everyone!**

I hope you all ended 2021 with a great Christmas spending time with family and friends.

Carol Sybeldon, Sandy Wendorff and I planned out the 2022 year's lessons. We had a couple of ideas from members and then we used ideas from the State Conference. I hope you will enjoy our decisions.

At this time we are planning on having the Spring event the 1st Monday in May. I know most of us are looking forward to having a banquet since we haven't been able to the past 2 years.

My granddaughter's skating competitions have also resumed in November so I have been spending lots of time going to watch her. Mid December I traveled to Maplewood, Minnesota, January, we will be in Illinois and at the Badger State in Mosinee. February we will travel to Beaver Dam and we will end in March in Eau Claire. Her Spring Show is her last one and that will be in De Pere. I enjoyed her last Christmas concert as a senior in high school on December 20th. It's hard to believe that she will graduate in June. She has already been accepted to attend Minnesota University so she will be a Golden Gopher.



We will be planning on doing the brat stand again at Charlie's and also the bake sale at the Farmer's Market this year.

Bike the Barn Quilts celebrated their 10th year of the event. For nine out of those 10 years, HCE has helped with making breads, serving food, registration or other aspects of the day. This year, Shawano Pathways, sponsors of Bike the Barn Quilts, made a donation to HCE for the Wisconsin Bookworms Program. Two other donations were also accepted; Shawano Woman's Club and an individual donor. We thank them all.

In the fall, Shawano County will be the host for the annual Fall Learn In with Waupaca County. A meeting date will be announced later so that we can get together to start planning the event. Start thinking of topics and speakers that would interest you and that we can get. Watch the Satellite for updates.

Remember, if you have concerns or questions, please give me, Helen Raddant, a call at 715-853-2049. Leave me a message if I don't answer. You can also send a text to that same number.

Looking forward to 2022 and seeing you at lessons, the Spring Event or just around.

Joyous New Year to all,

Helen Raddant, HCE President

# January Lesson

## **Veteran Homemaker Club Organizer Reminisces About Early Club Days— 1st printed in the Shawano Leader in April 1967**

Mrs. Lillie Gilbertson, who will be eighty years on Thursday, May 11, a homemaker for forty-eight years and still an active member of the Shepley Homemakers' Club, reminisces back to the year 1917, and to her persistent efforts to organize a Homemakers' Club.

Lillie Schenk Gilbertson did not start school until she was nine years old (1898) since there was no road to the school. Later a trail was hewn through the woods and logs were thrown over a creek, enabling her and her brothers, ages ten and seven, to start school together. She had to help a lot on the farm, with routine and all seasonal work. She recalls that her family had the very first grain binder in the Town of Birnamwood, about 1900. At an early age she became interested in homemaking and saw the need for organizing some kind of a club for homemakers. Lillie and her sister ran the 450 acre farm near Wittenberg for fourteen years after the death of their father.

Contacting her town chairman, Fred Christianson, about organizing a club, she was informed that if a homemakers' group was to be organized, there would first have to be a county agent. That did not daunt Mrs. Gilbertson. She immediately set out and traveled throughout Shawano County with a petition requesting a county agent. That was the beginning of a whole new program for homemakers and farmers in this county.

As a result of Mrs. Gilbertson's efforts, a resolution was passed in 1917 by the Shawano County Board to employ a county agent and Merton Moore became the first county agent in Shawano County. He served from April 1918 to 1919. Mr. Moore was enthusiastic about the organization of homemakers' clubs, too. He contacted the Home Economics Department at Madison for specialists in clothing, canning, labor saving projects, etc. Realizing the need and the tremendous interest in the Shepley community and in surrounding communities, Agent Moore, together with Lillie Schenk, organized the first Homemakers' Club in western Shawano County in the year 1919. Large groups of people turned out for these meetings which were held in the Shepley Dance Hall. Meetings of that kind were held until 1922, when it was necessary to organize into smaller groups with twelve and fifteen women to a group. The first group meetings were attended by sixty and seventy women and held about four times during the year. The program included all area women within a twenty mile radius. Projects in canning, sewing and nutrition were carried on.

In 1922, Mrs. Gilbertson, then Miss Schenk, organized the first Homemaker Club in Western Shawano County and called it the Shepley Homemakers' Club after the little community of Shepley, where most of the members lived. She also served as its president and also as the Center Chairman for the western Shawano County groups. In addition to her various responsibilities as president, not all consecutive, she served as health chairman and as treasurer and was always helping out in some capacity. There were years, when her children were small, when it was hard for her to attend the meetings, but her homemaker interests never lagged. Mrs. Gilbertson has kept and treasured the history of the club from its very beginning and takes much pride in her efforts as she saw them materialize through they years into the present flourishing Shawano County Homemakers' Club program.

This homemaker never failed, if she could help it, to attend Farm and Home week in Madison. There she learned a great deal about what others around the state were accomplishing. One Christmas, she recalls, she was given \$25.00 which was to be used for clothing for herself. Carefully contemplating the situation, she decided she could best use that money for transportation to Farm and Home Week. So instead of buying a coat, she borrowed one, for she did want to look proper, and renovated her other clothing and off she went to attend her first Farm and Home Week. She also enjoyed the Farm Institutes which were so popular at that time.

Mrs. Gilbertson has fond memories of the late Nellie Kedzie Jones, who was State Home Economics Extension leader in the 1930s. Once when she visited Mrs. Gilbertson at her home in Shepley, Mrs. Jones was careful to point out that she "always cooks what her husband liked."

Charter members of the Shepley club who are still active members besides Mrs. Gilbertson are Mrs. Alvin Pukall and Miss Clara Schenk.

Today, Shawano County has 63 Homemaker Clubs with approximately 773 members. Western Shawano County has 13 clubs and 177 members.

The success and the splendid interest in homemaker clubs throughout Shawano County is a fine tribute to Mrs. Gilbertson, who wanted something more for farm women and went out and worked for the things and the representation she felt farm women deserved.

HOMEMAKER CLUBS AND CENTERSShawano I center

Ambitious Ten  
A to Z  
Busy Bees  
Chit Chat  
Fairview Happy  
Kitchen Queens

North Beach  
Oak Park  
Red Springs  
Sunshine  
Wolf River

Shawano II Center

Country Neighbors  
Country Queens  
Family Circle  
Forty Niners  
Friendly Neighbors

Jolly Seniors  
Leopolis  
Merri-Maids  
Peaceful Valley  
Pine Grove

Shawano III Center

Eager Beavers  
Jolly Dozen  
Jolly Few  
Jolly Juniors  
Learn-A-Lot

Merry Ten  
Modernaires  
Rose Brook  
Shawano-Ettes  
Shawano Town & Country

Angelica Center

Advance  
Angelica  
Grandview  
Green Valley

Pulcifer  
Rose Lawn  
White Clay Lake  
Woodside

Bonduel Center

Bonduel Belles  
Briarton  
Elm Dale  
Frazer Corners  
Happy Hour

Highlanders  
Landstad  
Utopian  
Village  
W. I. S. C.

Morris Center

Blue Ribbon  
Bowler  
Farm Wives  
Morris Neighbors  
Shepley

Silver Creek  
Split Rock  
Tilleda  
Town Fair  
Town of Hutchins

Wittenberg Center

Aniwa  
Birnamwood Happy  
Jolly Housewives  
Riverview

Sunnyside  
Town and Country  
Whitcomb  
Wittenberg

## State Conference

WAHCE State Conference - Stevens Point, WI - September 20-22-,2021

What an exciting, educational, inspiring and fun-filled 3 days we experienced in Stevens Point during our annual State WAHCE Conference. From the start, the Chain O'Lakes Cruise was such a relaxing, breathtaking boat ride enjoyed by all aboard. The weather cooperated and helped make our excursion perfect.

The conference workshops were so well chosen --- I had difficulty deciding which ones to attend. The "Value of Arts in a Well-Lived Life" helped me appreciate the arts in more ways than I ever had previously thought. "Shine a Light on that Mountain of Clutter" motivated me to take a good look around my surroundings when I returned home to determine what to keep-sell-donate or display.

"Making Physical Activity Fun" helped everyone realize there are many activities we can continue to do as we age-all the while having fun! "Let's Dance on Broadway!" was definitely hands on and got all participants moving and having fun! "Stories of King Veterans Home" shed light on the history of the Wisconsin Veterans Home in King, WI and how it slowly evolved from a retirement home for Civil War veterans into a health care facility.

Thank you to Shawano County HCE for giving me this opportunity and I would like to encourage all members to attend next year. Once you do, you will be hooked!!

The knowledge and information gained from these workshops will be brought back and shared with the HCE members in our County.

Sincerely,

Carol Sybeldon



## Wisconsin Bookworms Update

This year due to COVID, most counties went to seven sets of books rather than the usual eight. The State Board thought it would help counties with their budgets this year since many counties were limited with their fundraisers. Carol Sybeldon and myself will be reading at Stockbridge; we were asked to wear masks as all of the teachers and students do. At Bonduel Bear Cubs, Janet Lane, Jeanette Pitt, and Pam Heling will be reading. We are hoping to read at Shawano Headstart beginning in January, but they haven't let us know yet.

I delivered all the books to the schools, in case COVID picks up again. This way at least the teachers can read to the children and they will still get their books. This year we have a nice selection of books.

I think all the kids will enjoy these books. I wish to thank all who helped to raise funds or donated money this year for the Shawano Books project.

Sandy Wendorff

Shawano County WI Bookworm Coordinator

### 2021-2022 Books

- \* Kitty Cat, Kitty Cat, Are you Going to School?
- \* Let It Fall
- \* Walk and See Opposites
- \* Big Red Barn
- \* I Love You Because You're You
- \* Bugs! Bugs! Bugs!
- \* I am Just Right

# Reminders to All

## Healthy Lifestyle Survey

Enclosed is the survey form. Remember to keep track of numbers and send to Sandy Wendorff after. The deadline to get information to Sandy is May 30, 2022.

**HCE Member Contribution Report** form is enclosed. After the end of May, total all numbers and send to Helen Raddant by June 10, 2022.

It's important to get forms in by the due date because Sandy and I then have to total all of them for the County and send them onto the State.

## Message to Club Secretaries:

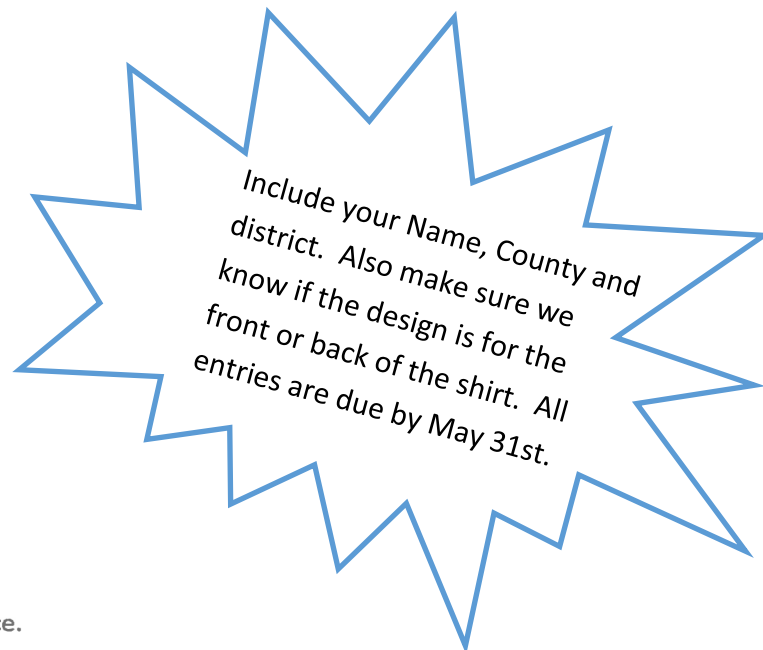
When preparing the minutes from the meeting—please send one copy to your Center Chair, one copy stays with your club, and one copy to me:

Helen Raddant  
W6697 Waukechon Rd  
Shawano, WI 54166  
Or email me at [ahradt@frontiernet.net](mailto:ahradt@frontiernet.net).

Remember your Center Chairperson is there to help you also. You can reach out to her or myself.

Helen Raddant

## Design a T Shirt Contest for the WAHCE 2022 State Conference



HCE® official logo should be included and can be copied from [www.wahceinc.com](http://www.wahceinc.com). Feel free to change to a color of your choice.

Be creative and use your imagination to promote HCE. A prize will be awarded to the winning entry. Votes will be cast by the board. You may enter multiple designs; there is no limit. Send entries to Lori Hlinak, State Marketing Chair, PO Box 219, Luxemburg WI 54217 or email to [lynnz23cat@gmail.com](mailto:lynnz23cat@gmail.com) by May 31, 2022.





## THE MIND DIET FOR HEALTHY BRAIN AGING

- The Mediterranean-DASH Intervention for Neuro-degenerative Delay (MIND) diet is a hybrid of the Mediterranean and DASH (Dietary Approaches to Stop Hypertension) diets.
- MIND diet was developed as a result of a four-and-a-half-year study through the National Institute of Aging led by Dr. Martha Clare Morris, a Rush University nutritional epidemiologist.
- This study found that people who ate more of the MIND diet foods had less risk for Alzheimer's disease. People who followed the diet moderately reduced their risk for Alzheimer's disease by 35%, and those who followed it closely reduced their risk by 53%.
- MIND diet recommends 10 items to incorporate into your diet and 5 to limit.

### 10 THINGS TO INCORPORATE INTO YOUR DIET

- **Green leafy vegetables**  
(at least 6 servings a week)
- **Other vegetables**  
(at least 1 a day)
- **Nuts**  
(5 servings a week)
- **Berries**  
(2 or more servings a week)
- **Beans**  
(at least 3 servings a week)
- **Whole grains**  
(3 or more servings a day)
- **Fish**  
(at least 1 serving a week)
- **Poultry**  
(2 servings a week)
- **Olive oil**  
(use as in cooking and dressings)
- **Wine, especially red**  
(1 glass a day)

### 5 THINGS TO LIMIT IN YOUR DIET

- **Red meat**  
(less than 4 servings a week)
- **Butter and margarine**  
(less than 1 teaspoon daily)
- **Cheese**  
(less than 1 serving a week)
- **Pastries and sweets**  
(less than 5 servings a week)
- **Fried or fast food**  
(less than 1 serving a week)



**Wisconsin Alzheimer's  
Disease Research Center**  
UNIVERSITY OF WISCONSIN  
SCHOOL OF MEDICINE AND PUBLIC HEALTH

Source: "MIND Diet Associated with Reduced Incidence of Alzheimer's Disease"  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4532650/>



Wisconsin Association for Home  
and Community Education, Inc.

## HCE Healthy Lifestyle Survey

Get moving and eat healthy with HCE members across Wisconsin. Please reply to this four-question survey about maintaining your healthy lifestyle for thirteen weeks, between February 15 and May 8, 2022.

**Name (optional)** \_\_\_\_\_

**County** \_\_\_\_\_, **Wisconsin**

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

☐ walking    ☐ hiking    ☐ running    ☐ dancing    ☐ bowling  
☐ biking    ☐ spinning    ☐ yoga    ☐ swimming    ☐ Tai Chi  
☐ Strong Bones or other exercise class    ☐ exercise DVD  
☐ Other (please list) \_\_\_\_\_

**2. How many times a week are you usually active for ½ hour or more?**

☐ 5 or more    ☐ 3 or 4    ☐ 1 or 2    ☐ zero

**3. How many ½ cup servings of fruits & vegetables do you usually eat daily?**

☐ 8 or more    ☐ 5 - 7    ☐ 1 - 4    ☐ zero

**4. How much of your diet is raised, grown or made within 100 miles of you?**

☐ Most    ☐ About half    ☐ Some    ☐ Very little    ☐ Unsure

Return your completed forms to your County Coordinator, by May 30, 2022.

**Send results to:**

Sandy Wendorff  
W7382 Anderson Ave  
Shawano, WI 54166

## Directions for Impact of HCE Member Contribution Report

HCE Members, including officers at all levels:

Please use the Member Contribution Report table to keep track of your HCE contributions to your community. Just record your hours at HCE events, fundraising for HCE, community outreach/volunteering, and the value of donations to HCE each month of the year, June through May.



Donation hours may include the following: leading/attending meetings one-to-one or in a group setting; planning and developing reports, newsletters, agendas, and presentations; participation in extended electronic/phone conversations lasting 60 minutes or longer; travel time to activities, events, and meetings; ordering, unpacking, labeling, reading and distributing to Wisconsin Bookworms books; and involvement in crating craft and homemade cultural arts items to be donated in the community.

Then total each month and the entire year within the four categories.

Send the completed form to a designated person within your County before June 10, 2022. That person will add up the total hours and dollars for the year and submit it for the entire County:

### **County Presidents or Designee:**

Inform all your members know about this form which covers June through May. Tell them who to send it to before June 10, 2021. When the forms are returned in early June, compile the totals for your County.

Email the County totals to Helen Raddant  
W6697 Waukechon Road, Shawano, WI 54166 before June 20<sup>th</sup>.

### **You should include this information:**

County: \_\_\_\_\_

Number of members responding: \_\_\_\_\_

Events: \_\_\_\_\_ hours

Fundraising \_\_\_\_\_ hours

Community Outreach: \_\_\_\_\_ hours

Donation Value \$ \_\_\_\_\_

Also let your members know these totals through your HCE newsletter or annual book. Use the information in meeting with local officials and news organizations to let them know how much HCE members contribute to your County.



# HCE MEMBER CONTRIBUTION REPORT FOR JUNE 2021 THRU MAY 2022 (See reverse side for directions)

Club member's Name:

County:

Club:

Event: Time spent in hours	June	July	August	Sept.	Oct.	Nov.	Dec.	Jan.	Feb.	March	April	May	Total Hours
County HCE Executive Board Meetings													
County HCE Spring Event													
County HCE Fall Event													
County HCE Educational Sessions													
HCE Club Meetings													
HCE District Meetings													
HCE State Meetings													
Event: Total Hours													
Fundraising Activities: Time spent	June	July	August	Sept.	Oct.	Nov.	Dec.	Jan.	Feb.	March	April	May	Total Hours
Fundraising Activities Total Hours													
Community Outreach: Time Spent	June	July	August	Sept.	Oct.	Nov.	Dec.	Jan.	Feb.	March	April	May	Total Hours
Wisconsin Bookworms Reading Program													
Community Outreach Total Hours													
Donations: Estimated \$ value	June	July	August	Sept.	Oct.	Nov.	Dec.	Jan.	Feb.	March	April	May	Total Value
Donations: Total Estimated \$ Value													