



Satellite

Home & Community Education

January 2011

Hello,

As I write this we are having Snow Storm Bella. It's not that I don't like snow. I just don't like traveling in it! I was dreading the drive to Appleton for an appointment. So, when my son called and said he'd take us with his four-wheel drive truck, I was happy. That call was followed by a call from another son. He could have driven also. I'm so thankful for family.



Hopefully we all have family or someone we can depend on to help out when needed.

Hope everyone enjoyed the Household hints for our January lesson and clubs came up with some of their own to share also.

February should be of great interest since Heart Problems can cause a lot of other problems. I am looking forward to seeing a lot of you at the Shawano lesson.

Craft day is being planned for March 29th. An International Night in April and then in May is our Spring Event which I understand Center 2 has a good start on.

Also, on May 2, Wolf River Master Gardeners will offer instruction on planting a Living Wreath. We will have more details as it gets closer.

So looking on the bright side spring is about 2 months away.

Sincerely,

Helen Raddant

Helen Raddant, Shawano County HCE President

Wisconsin Bookworms™



Read it again!! That's the common response after the Bookworms volunteer finishes reading a book to the preschool children.

This year we are reading at Head Start in Shawano and at the Bear Cubs Day Care in Bonduel. We have 8 fun books to read. Thank you to Sandy Wendorff, Janet Lane, Sharon Breitenfeldt, Carol Sybeldon and Micki Thelen for volunteering to read. If you would like to get in on the fun; contact Sandy Wendorff, 715-524-2710 to read in Shawano or Janet Lane 715-758-6370 to read in Bonduel.

Calendar of Events

Feb. 14 – St. Valentine's Day

Feb. 21 – Presidents Day

March 1 – Ruth Sayre Scholarship due

March 2 – LTM, Shawano Courthouse, 7 p.m.

March 3 – LTM, Bonduel, Zion Methodist Church, 1:30 p.m.

March 9 – Ash Wednesday

March 13 – Daylight Savings Time Begins

March 15 – Shawano County Scholarship due

March 15 – Jones-Lee Scholarship Applications due

March 17 – St. Patrick's Day

March 26 – Financial Wellness Conference

March 29 – Craft Day

Program Books

Just a reminder that the program books and January lesson are ready to be picked up. Please stop by the Extension office before your next meeting. If you prefer to have the materials mailed to you, please call Amy at 715-526-6136 to make arrangements.

Nutrition Tip of the Month

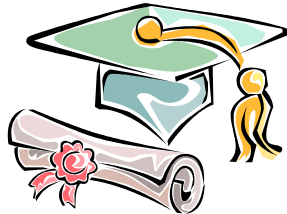
There are many risk factors for heart disease that we can't control such as family history and getting older. But there are some things we can control and eating heart healthy is an important one.

- Be moderate in the total fat you consume – no more than 20 to 35 % of your total calories a day (about 65 grams).
- Keep saturated fat to less than 10% of your total calories. Go easy on trans fats too.
- Follow an eating plan that is low in cholesterol – less than 300 mg a day. Read your food labels!
- Eat more fiber. Oatmeal, oat bran, rice, wheat bran, canned and cooked dried beans (i.e. pinto and kidney beans) fruits and vegetables are all excellent sources of fiber.
- Eat a variety of fruits and vegetables daily. Besides being good fiber sources, the antioxidant vitamins beta carotene and vitamin C may be heart protective.

Scholarships

Shawano County HCE Scholarship

For UW and Technical College students who have completed one or more semester. A \$350.00 scholarship is available, with preference given to a student who is related to a member of Shawano County HCE. Deadline is March 15 and awarded at the Spring Event. Applications are available at the UWEX office.



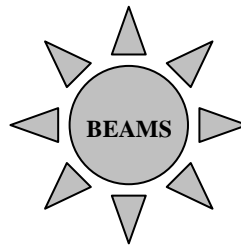
There are also several scholarships available from WAHCE for our members returning to school or for leadership training. The forms are on the WAHCE website www.wahceinc.org or call the UW-Extension office for more information.

Upcoming Bus Trips

HCE TRIPS BEING PLANNED THROUGH KAUFFMAN TOURS, TIGERTON
Spring trip planned, includes stops at the Angel Museum, and Reiman Publications.

Fall trip would be to a farm in the Wisconsin Dells area, where we will be entertained, and come home with a homemade loaf of bread.

More details to follow in the next newsletter, or contact Virginia Kauffman at 715-535-2561.



County Notes:

CENTER I

Kitchen Maids donated sample-size toiletries to Safe Haven.

CENTER II

At their January meeting, **Bizi-Belles** made homemade sympathy and get well cards.

CENTER III

Money and 60 pounds of food were donated to SAFFPARC by the **Navarino Merri Maids**. Valentines will be sent to the Senior Citizens of the Navarino area.

W.I.S.C. discussed "household hints" at their January meeting.

Landstad Ladies will be helping with a Caring Hearts dinner for a neighborhood lady who lost all of her household items due to a fire.

Compiled by Carrie Kolaske, Landstad Ladies HCE
January 2011

March Leader Training: Healthcare Reform - What Does It Mean for You?

Healthcare's three main problems are Access to Care, Quality, and Costs. We will look at how the new healthcare reform addresses these issues.

Mar. 2 – Shawano Courthouse, 7:00 p.m. Room A
Mar. 3 – Bonduel, Zion Methodist Church, 1:30 p.m.

MARCH ACTIVITY

Contact Person _____

Club _____

Members Attending: _____

We will attend:

March 2 – Shawano, _____

March 3 – Bonduel, _____

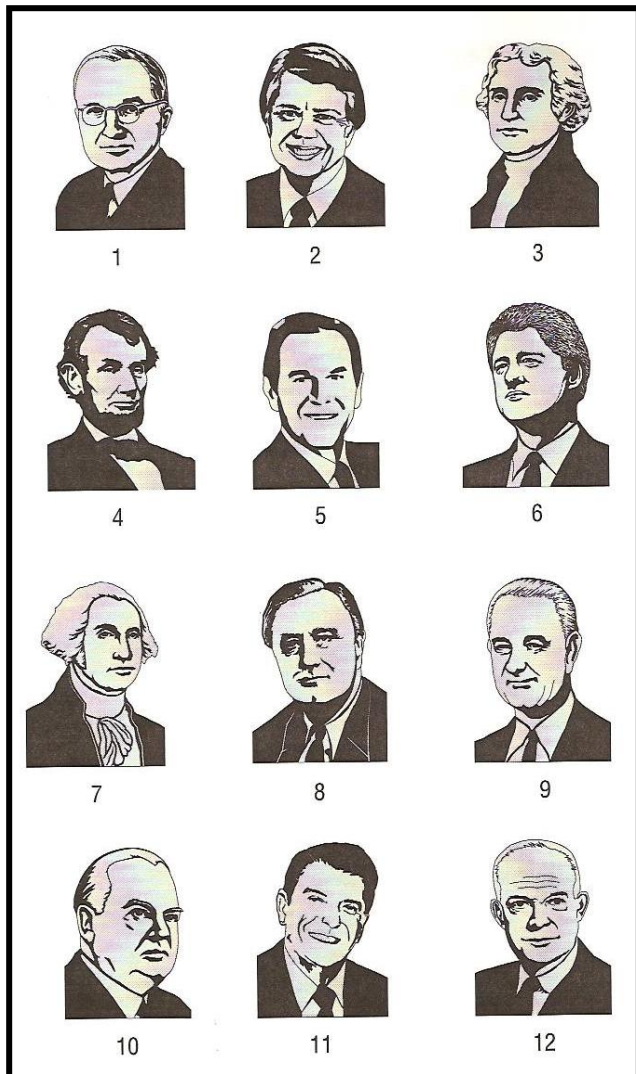
Registration is due by February 28th



Breakfast for Your Brain - Presidential Facts

Looking at the pictures of 12 Presidents on the next page, match each of the following little known facts with a President.

1. Orphaned at age nine
2. Purchased Louisiana from France
3. Appointed first woman to the Supreme Court
4. Established Medicare
5. First television campaign
6. First Republican President
7. First to appoint an African-American Secretary of State
8. Unanimously elected twice
9. Had three different Vice Presidents
10. Passed anticrime laws
11. First graduate of U.S. Naval Academy to become President
12. Middle name just the initial "S" because of family disagreement



Craft Day



Tentative date has been set for
March 29th, 2011

The theme will be **Recycled Items**.

If there is project you would like to learn to do or if you are willing to teach a class, please contact Shar Cackovic at 715-758-8366.



****Officers still needed****

Please nominate members in you club for the President-Elect position. We can work with you to make the job manageable. In fact, if two members would like to co-chair, that is acceptable.

We also need a Center 1 chair or Co-chair. This member needs to come from one of the Center 1 clubs – Red Springs, Country Wives or Kitchen Maids. Please nominate someone in your club or volunteer if you are interested.

We need leaders to keep our organization strong.

Answer Key for Presidential Facts

1. Hoover #10
2. Jefferson #3
3. Reagan #11
4. Johnson #9
5. Eisenhower #12
6. Lincoln #4
7. George W Bush #5
8. Washington #7
9. Franklin Roosevelt #8
10. Passed anticrime laws _Clinton #6
11. Carter #2
12. Truman #1

POTPOURRI

A sharing page of your ideas, recipes, jokes, stories, etc.

AFTER A WHILE

After a while you learn
That love doesn't mean leaning.
That kisses aren't contracts, and presents aren't
promises.
And you begin to accept defeats with your head up
and your eyes open
With the grace of a woman, not the grief of a child.
So you plant your own garden, and you decorate
your own soul
Instead of waiting for someone to bring you
flowers,
And you learn that you can endure, that you really
are strong
That you really do have worth,
And that with every new tomorrow comes the
dawn.
-author unknown-

REMEMBER WHEN

1. After the Lone Ranger saved the day and rode
off in the sunset, what did he leave behind?
2. "Get your kicks" _____.
3. In the jungle, the mighty jungle
_____.
4. There was the twist, mashed potato, and watusi;
we also danced under a stick
_____.
5. What takes a licking and comes up ticking?
_____.
6. Red Skelton's hobo character was named
_____.
7. Known by the nickname Satchmo, he was the
"Ambassador of Goodwill", this jazz player is
_____.
8. The story you are about to see if true, the names
have been changed to
_____.

9. "Nestlé's" makes the very best
_____.

10. The fad in the 50's and 60's was a large plastic
ring that we twirled around our waist, it was
called a _____.

WHOLE WHEAT PRUNE BREAD

2 ½ cups whole wheat flour
1 tsp salt
4 Tbsp. baking powder
¼ cup sugar
1 cup milk
1 Tbsp. butter
1 cup prunes

Soak prunes and chop. Mix flour, sugar, salt and
baking powder; add milk and beat well. Add prunes
and melted butter. Place in greased bread pans.
Allow to stand 20 to 25 minutes in warm place and
bake in moderate oven one hour. Dates, raisins or
nuts may be used instead of prunes.

-from old family recipe box-

On the Move & In the Groove

The WAHCE Family Life Program for 2011 is "On
the Move and in the Groove." The goal is to
continue to maintain a healthy lifestyle by including
exercise in our daily routines. Members are
encouraged to participate between March 1 and
May 21, 2011.

They are asking each of you to do 20 minutes of
any sustained exercise daily. For fun, chose a
destination and work toward reaching that goal. For
example, Douglas Co. members will be traveling
approx. 2,000 miles – from Superior to Key West,
FL. Each 20 minutes would be a mile closer to Key
West! (If you walk a 20 minute mile).

Complete guidelines and a recording chart will be
available at the February and March LTMs.

ANSWER KEY:

*Silver bullet, on route 66, the lion sleeps tonight,
the limbo, Timex watch, Freddy, the Freeloader,
Louis Armstrong, to protect the innocent,
chocolate, hoola-hoop.*

