

Satellite



Home & Community Education

Hello,

As I write this article, the calendar says it's the First Day of Spring. Looking at the temperature outside the two aren't working together. Warm weather please!!

The snow on Monday was just not wanted here. Tuesday morning had lots of snow in the driveway but I was able to get out early to go schedule the Brat Stand for 2014. Then home again to get ready for work. A couple hours later it really drifted in more. I did make it out and when I got home at 7 pm the driveway was all plowed. Again, thanks to our son who makes sure I can get in and out.

Another change for HCE is that on April 1st we will have our new Family Living Educator. We welcome Nancy Schultz to the Extension Office. On April 5th I am going to have a short get together time with her. On April 9th she is going to go to the Central District meeting in Berlin, WI with Sandy Wendorff and myself. This will be the 1st meeting of the new district. I am looking forward to meeting some new people and seeing others that were in our last district.

International Night and Spring Event are all planned. So thanks to the Committees for planning them. There will be a bus available to go to the Spring Event. So hopefully we have a nice turn out for both of those special occasions.

April/May 2013

By now everyone should be about 2 weeks into "On the Move and in the Groove." Remember to keep track of your daily activity for 1 of the 5 \$10.00 prizes.



Thursday Brat stand is filled, however we still need some times for Friday and Saturday to fill. Hopefully, we will get enough response. Thank you in advance for your time.

Helen Raddant

Helen Raddant,
Shawano County HCE President

Welcome!

The Family Living Department is again at full staff. Nancy Schultz accepted the Family Living Educator position and will begin on April 1. (No fooling!) Nancy has been working in the Public Health office as a WIC nutritionist for nearly 20 years. She lives near Leopolis with her husband Dennis and children ages 18 and 15. Nancy has degrees in Dietetics and Food Science and Nutrition from UW-Stevens Point. She also has an Accounting degree. In her spare time Nancy likes gardening, reading and walking.

Also joining the staff is Kara Skarupka, office assistant to the Family Living program and receptionist. Kara and her husband Joe live in Cecil. They have four children; one is in LaCrosse, two are off at college and the youngest attends Bonduel High School. Her hobbies include gardening, mushroom growing, reading and knitting. She is a member of the Wolf River Master Gardeners Club. She also volunteers for St. Martin's Parish and the Catholic Order of Foresters Court 1369.

Stop in to say Hi!

Calendar of Events

April

9 Central District President's Meeting, Green Lake

20-27 Money Smart Week

25 International Program, Courthouse

May

1 & 2 Strong Women, Leader Training

2-4 Brat Stand, Charlie's County Market

6 Spring Event, North Star Casino

13 HCE Executive Board Meeting, 5:30 p.m.

23 On the Move & In The Groove Ends

Shawano County HCE Executive Board Meeting

Shawano County HCE Executive Board Meeting March 11, 2013 Shawano County Courthouse, 5 p.m.

The meeting was called for order by President Helen Raddant. We opened with Creed I. The agenda was adopted.

Those present were: Helen Raddant, Sandra Smith, JoAnn Furhman, Carol Sybeldon, Sandy Wendorff, Carrie Kolaske, Carna Zimmerman, and Linda Olson.

The minutes of our last meeting were approved as printed in the Satellite. Treasurer JoAnn Fehrman gave her report and it was placed on file.

Correspondence: A letter regarding registration for the April 9th District Meeting in Green Lake was read.

A letter of the policy guidelines to be reviewed for discussion at the District Meeting was received, and a letter from Lorraine Haas regarding the meeting in Stevens Point in 2015.

Committee Reports: Center Chairs Carol Sybeldon, Sandy Smith, and Carrie Kolaske reported on the club activities in their centers.

Coordinators: Carol Sybeldon called Shawano Medical Center to see what their needs might be. They have enough hats, but are in need of more car carrier blankets (size 24x24). If you buy 1/3 yds of fleece, you will get 4 blankets size 27 x 24.

Bookworms Coordinator Sandy Wendorff is working on the press release and the statewide survey.

Carol Sybeldon reported that our International Night will be April 25 at 6:30 here at the Courthouse. Our speakers will be ladies who are taking English classes through Shawano County Literacy program.

Spring Event will be Monday, May 5th at the North Star Casino. The theme is "Pots & Blooms" and the cost for the dinner is \$15.00. The committee is looking into the possibility of having bus transportation to the event.

Linda's time: Linda will be our FLE until the end of March. She announced that Nancy Schultz will be our new FLE starting the middle of April. Linda also reported on the "Gluten Free Cooking and Living" lesson that was given by Emily Schwartz at SCMS. The board voted to send her a monetary donation in thanks for her presentation.

Shawano County HCE will have the Brat Stand May 2 & 3 this year. The VITA group will have it May 4. President Helen will sign up for 2014.

Our next meeting will be May 13th at 5:30 p.m. We closed with Creed II. Adjourned at 7:15 p.m.

Submitted by Carna Zimmerman, Secretary

On the Move & In the Groove March 4 - May 23, 2013

Hope you are filling in the activity chart for On the Move and in the Groove. The challenge started on March 4th, but it doesn't end until May 23. So, there is still time to get started. If you need a chart call the Extension Office, or just record your points on a calendar. You get 1 point for every 20 minutes of activity. You choose what you want to do!

April 25th - Courthouse, County Board Room, 6:30 pm

Meet Bonnie Mendoza and her daughter Nicole Rivera from Santa Marta, Columbia. Learn about their lives in Columbia, their decision to move to the USA and what it takes to become a citizen. They are both learning English through the Shawano County Literacy Council. Call the Extension Office to register or send in the clip return from the March/April Satellite.

Cultural & Textile Arts Show

Bring your Cultural Arts Entries to the Spring Event for evaluation. The 2013 Guidelines were distributed with the Jan. lesson and program books. If you need another copy, contact the Extension Office.

Decorate a Flower Pot is the theme for the bonus category called "Just for Fun". See the March/April Satellite for complete details. These entries should also be brought to Spring Event. One entry will be chosen for the State Art Show.

May Special Interest—Strong Women

This program is for anyone who wants to attend. Since many clubs don't meet during the summer, we won't have materials for the club unless you ask for them. You know that exercise is important for a healthy life style. In this Program we will talk about how the exercise benefits both Bone and Heart Health. Learn about two "Strong Women Programs" - Strong Bones and Healthy Hearts.

May 1—Shawano Courthouse, 7:00 p.m. Room A/B

May 2—Bonduel, Zion Methodist Church, 1:30 p.m.

May Special Interest

Contact Person _____

Club _____

Members Attending: _____ Shawano _____ Bonduel

Need materials for club _____ #

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County Notes:

CENTER I

Kitchen Maids – Made their annual \$100.00 donation to the TULIP food pantry early in Feb. This enabled the pantry to receive a matching donation through Thrivent. They discussed details of the Spring Event. The Spring Event planning committee (made up of a few Center I members) will meet March 25th @ 9:30 at Micki Thelen's to finalize Spring Event details. Club members worked together to finish up the 100 year University of WI HCE booth questionnaire.

Red Springs – Discussed the Spring Event and are waiting to hear how they can help with the final preparations. Nancy will go to Charlie's County Market to sign up for Brat Stand for 2014.

CENTER II

A – Z - Carna presented the lesson on "Cutting Back & Keeping Up. Afterward they created monthly spending plans and completed the crossword puzzle together. The women continue to work on collecting information on the history of their club for the HCE booth at the fair. A-Z started in 1957. They made a \$70.00 donation to the American Cancer Society.

Flour Queens - Chatted about the Spring Event location & cost. They reminded members of International Night on April 25th. Susan gave Feb lesson on "Cutting Back & Keeping Up". Judy & Marge gave the March lesson on "Gluten Free Cooking & Living".

Learn – A – Lot – Reported that some members did skin cancer checks on themselves as a result of last months lesson. Members are working on repurposing Birthday cards to be used at Maple Lane. They are collecting articles and projects to be used for exhibit at the HCE fair booth.

CENTER III

WISC - Talked about the history of their club. Jeanette brought old minutes, pictures and news articles to sort through to compile information for HCE fair exhibit. Tillie presented the lesson on "Cutting Back & Keeping Up" – many money saving ideas were discussed. Beverly presented Gluten Free lesson and they found that most knew someone affected by Gluten. April meeting will be Birthday Party.

Brat Stand Schedule

We are scheduled at the County Market Brat Stand on Thursday, May 2nd, Friday, May 3rd, Saturday, May 4th. PLEASE sign-up to work a shift. The work isn't hard if we have enough help. We will be serving hot dogs, brats, hamburgers and soda. Please complete the following or call Kara at 715-526-6136 with the information. The proceeds of this fundraiser go to Wisconsin Bookworms.

County Market Brat Stand

Thursday, May 2nd

8:30 to 11:30am	<u>VITA VOLUNTEERS</u>	
11:30 to 2:30pm	Judy Pahlow	Barb Erb
	Phyllis Christianson	Sue Olson
2:30 to 5 pm (clean up)	<u>VITA VOLUNTEERS</u>	

Friday, May 3rd

8:30 to 11:30am	Helen Raddant	_____

11:30 to 2:30pm	Helen Raddant	Carol Sybeldon
2:30 to 5 pm (clean up)	Helen Raddant	_____

Saturday, May 4th

8:30 to 11:30am	<u>S Wendorff</u>	_____

11:30 to 2:30pm	<u>S Wendorff</u>	<u>Louise Konkel</u>
	<u>Barb Mortensen</u>	<u>JoAnn Frank</u>
2:30 to 5 pm (clean up)	<u>S Wendorff</u>	_____

Compiled by Bonnie Harrison



POTPOURRI

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

GARB OF SACK

When I was a maiden fair,
Mama made our underwear.
But, monograms and fancy stitches,
Were not on our flour sack britches.
Panty waists that stood the test, with
Gold Medal all across the chest.
Little pants the best of all,
With a scene I could still recall.
Harvesters were gleaning wheat,
Right across the little seat.
Tougher than a grizzly bear,
Was our flour sack underwear!
Plain or fancy, three feet wide,
Stronger than a hippo's hide,
Through the year, each Jill and Jack,
Wore this sturdy garb of sack.
Waste not, want not we soon learned,
A penny saved, a penny earned.
Bedspreads, curtains, tea towels too,
Table clothes, to name a few.
But the best beyond compare,
Was our flour sack underwear!

-author unknown-

THE COMPUTER SWALLOWED GRANDMA

The computer swallowed grandma
Yes, honestly it's true!
She pressed "control" and "enter"
And disappeared from view.

It devoured her completely,
The thought just makes me squirm.
She must have caught a virus
Or been eaten by a worm.

I've searched the "recycle bin"
And files of every kind;
I've even used the internet,
But nothing did I find

In desperation, I asked Jeeves
My searches to refine.
The reply from him was negative,
Not a thing was found "online."

So, if inside your "inbox"
My Grandma you should see,
Please "copy" "scan" and "paste" her
And send her back to me.

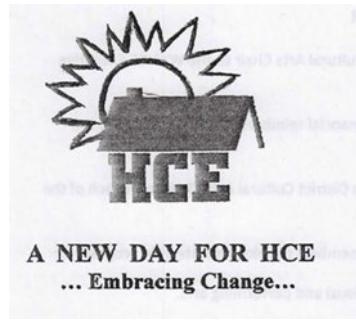
-author unknown-

QUICK AND EASY DESSERT

1 angel food cake mix
1 can crushed pineapple, 20 oz with juice
Put dry cake mix in a bowl, add the pineapple and
mix together. Place in 9x13 cake pan and bake 25-
30 minutes at 350°.

VARIATION: sub 2 cans of lemon pie filling, for
the pineapple.

WAHCE Annual Conference



Mark your calendars for September 9-11, 2013, for the annual WAHCE Conference held in Manitowoc at the

Holiday Inn. We're planning wonderful tours, and enlightening workshops to enhance the joy of being with our fellow HCE members from Wisconsin. East and Northeast Districts have worked together to make this a truly memorable conference where all of us embrace change. See you in Manitowoc. (There's a pool, sauna, and whirlpool-so bring your swimsuit!)