



# Merry Christmas and Happy New Year!

I hope this new year is filled with happiness and joy! The year ahead will be a great one for HCE. From my family to yours enjoy!!!

*Helen Raddant*

*President Shawano County HCE*

## New Year's Poem

Original Poem by Emma Fatten—Clever Classroom

I have seen one full year go by,  
three-hundred and sixty-five days, oh my!

For it is here,  
the last day of the year.

December, thirty-first,

I'm going to burst!

To this year, I say goodbye,  
For next year I see in my eye.

A year full of fun and joy,  
I will certainly be older, oh boy!

So many days to be all mine,  
I know for sure the sun will always shine!

I place myself in a fresh, new time,  
where I make resolutions that are just fine.



### Folk Traditions from around the world for Valentine's Day

While the custom of sending cards, flowers, chocolates and other gifts originated in the UK, Valentine's Day still remains connected with various regional customs in England. In Norfolk, a character called 'Jack' Valentine knocks on the rear door of houses leaving sweets and presents for children. Although he was leaving treats, many children were scared of this mystical person.

In Slovenia, Saint Valentine or Zdravko was one of the saints of spring, the saint of good health and the patron of beekeepers and pilgrims. A proverb says that "Saint Valentine brings the keys of roots". Plants and flowers start to grow on this day. It has been celebrated as the day when the first work in the vineyards and in the fields commences. It is also said that birds propose to each other or marry on that day. Another proverb says "*Valentin – prvi spomladin*" ("Valentine – the first spring saint"), as in some places, Saint Valentine marks the beginning of spring. Valentine's Day has only recently been celebrated as the day of love. The day of love was traditionally March 12, the Saint Gregory's day, or February 22, Saint Vincent's Day. The patron of love was Saint Anthony, whose day has been celebrated on June 13



# Calendar of Events

Jan. 2015

Jan. 1st UWEX Closed for New Year's

Week of the 5th New Strong Bones Sessions Start

7th Leader Training

Feb.

4th Open Member Meeting

11th Executive Board Meeting

March

4th Couponing @ Shawano Courthouse

5th Couponing @ Bonduel

Please clip and send back to the UWEX Office by the first of each month.

### March Leader Training Meeting

Contact Person \_\_\_\_\_

Club \_\_\_\_\_

# Members Attending: \_\_\_ Shawano \_\_\_ Bonduel

### February Leader Training Meeting

Contact Person \_\_\_\_\_

Club \_\_\_\_\_

# Members Attending: \_\_\_ Shawano \_\_\_ Bonduel

## January Leader Training

### Quick and Easy Crockpot Meals

After January 7th you will be able to pick up your lessons for the training session.

Learn about the history and the benefits of your crockpot! This lesson will give you tips on how to successfully slow cook, adapting traditional recipes for your crockpot. Also, recipes for your crockpot.



### February Open Member Meeting "Communicating, Problem Solving, Make Decisions"

Learn how to communicate more effectively with others. Learn tips on how to problem solve and effective decision making & relationship Enrichment. Nancy Schultz will be your speaker for this meeting.

Feb. 4 – Shawano Courthouse, Room A/B, 5:30—6:30 p.m.

Learn how to save money



locally with Shar Cackovic with the basics of couponing and how to stretch your dollar.

March 4—Shawano Courthouse, Room A/B, 5:30-6:30 p.m.

March 5 – Bonduel, Zion Methodist Church, 1:30– 2:30 p.m.

### 2015 Program Books

Program books will be ready for pick up in January. We will contact the clubs when they are ready by email/phone call. We will make arrangements to deliver the books to your club if necessary. Please note the time change for the Shawano County Courthouse, it will now take place at 5:30 PM.

### Strong Bones Strength Training



The Strong Bones Program will be starting again in January for the Winter 2015 session! Zion Lutheran Church, St. Paul Bonduel, St. Francis Solanus, Gresham, Total Fitness and Sacred Heart Catholic Church will be hosting numerous winter sessions. You will find the full schedule in the Jan.—Feb. WWF (Working for Wisconsin Families) Newsletter. Sessions will run from January through March.

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**Poverty Simulation Exercise**

The recently cancelled Poverty Simulation Exercise will be rescheduled for Spring. We would like to thank every one who volunteered to help out at the simulation and hope that you will volunteer once again in the spring to help out again. The Poverty Simulation is an excellent exercise to educate our community that poverty does exist in Shawano County.

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**\$350 HCE Scholarship**

The Shawano County HCE Scholarship submittal deadline is April 15th. Eligibility requirements for this scholarship are that the student must have completed one semester at a Wisconsin University, College, or Technical College. Maintain a 2.5 GPA and be enrolled as a full-time student. Preference is given to applicants of Shawano County HCE family members. The application as well as the links for other HCE Scholarships can be found on the Family Living page of our web site.  
<http://shawano.uwex.edu/family-living/hce/>

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**HCE Executive Board Meeting, Nov. 28**

The meeting was called to order by President Helen Raddant. Those attending were: Nancy Schultz, FLE, Sandy Wendorff, Helen Raddant, Carol Sybeldon, JoAnn Fehrman, Sandra Smith, Janet Lane, Carrie Kolaske and Carna Zimmerman.

Minutes of the last meeting were approved as corrected.

JoAnn Fehrman gave the treasurer's report and it was accepted and placed on file.

A thank you was received from Shawano Pathways thanking HCE for our donation of food for "Bike the Barn Quilts". The Center chairs gave their report on the activities of the clubs in their centers. Carol Sybeldon, Janet Lane and Nancy met to plan future project lesson. The top winner in "On the Move and in the Grove" was Pat Arnold.

**Bookworms** - JoAnn will be sending the final payment for the books. Our readers will be reading at three locations. A new project of reading to families at Menominee College library was started and Sandy will help coordinate.

**Nancy's Time** - She finished 8 weeks with 10 families of the program, "Raising a Thinking Child". She applied for funding from Thrivent and received funding for 10 books. The Strong Bones program is doing a 1 day maintenance until the regular program starts after the first of the year. It has 146 participants. Pulaski wants this program in the school for staff. The Poverty Simulation needs 25 volunteers and they received funding from Thrivent. Dec. 4 will be the meeting date for volunteers. The Homeless program received 501.c3 status. They are going to try and have survival kits for the homeless.

**Unfinished Business** - The Learn-In evaluation will be November 25 at 9 a.m. at Christus Lutheran Church in Clintonville. Shawano County will host in 2015.

**New Business** - Strategic Planning meeting - Sandy was on the State planning and will look up the information she has. Nancy is checking into having possible videos of the Leaders Training and Special Interest sessions. International Night Ideas - The Learn-a-Lot club needs help. Helen will call Marlene Bowan. Went over 2015 HCE booklet and made corrections and changes.

Next meeting is February 25, 2015 at 5:30 p.m.

Meeting closed with Creed II. Adjourned 7:15 p.m.

Respectfully submitted Carna Zimmerman, Secretary





**\*\*BEAMS by Bonnie Harrison\*\***

**CENTER I**

**Kitchen Maids** – Marilyn prepared some Cranberry Compote for the club to try from the previous lesson on Health Holiday eating (it was delicious)! Several members had gone to Oakhaven on Halloween to play BINGO with the residents. It was enjoyed by all and the ladies went again in November. A monetary donation was made to Coats for Kids in lieu of exchanging Christmas gifts amongst themselves. Carol spoke some of the upcoming poverty simulation program. She encouraged members to attend. The Ladies celebrated Christmas with a dish to pass luncheon on Dec 15<sup>th</sup> at Bonnies home. At that time, they revealed (by exchanging cards) who their secret pal had been for the year.

**Red Springs** – Voted Phyllis Roepelle in as an honorary member. The ladies had been working at making Thanksgiving baskets to distribute to those in need. Also, each member was to make 2 doz. cookies by Dec 16<sup>th</sup> to be collected, boxed and delivered to spread some Christmas Cheer. A monetary donation was made to Love Lights and for Christmas, each will make a donation to the food pantry.

**CENTER II**

**Bizi Belles** - Will be holding their Christmas party on Jan 4<sup>th</sup> at Max's Restaurant. Sandra & Barb gave a report on the Fall Council Meeting. Last month they made 26 Carrier blankets to donate. A decision was made to make a cash donation to a charity instead of exchanging gifts. Charities chosen were SAFPARC and SAM 25. They presented member Barb Meyer with a gift as she will be moving to Marinette. The ladies made 12 elf sleigh decorations for Pine Manor Health Care Center.

**Learn – A – Lot** – Enjoyed their Potluck Holiday lunch. The money they would have spent by going out to dinner they donated to their treasury. They received thank you notes from Safe Haven, Ronald McDonald House and Red River Riders for past donations. A sympathy card was sent to Marlene. Joyce delivered Birthday cards to King.

**CENTER III**

**WISC** - Discussed the Learn In and Fall Council meetings. Everyone who attended the Learn In enjoyed it. They decided to change their meeting time to 1pm on the second Thursday of the month. No one likes to drive after dark, especially in the winter. They celebrated their Christmas party on Dec 11 at Joyce's and husbands were invited.