



Satellite



Home & Community Education

March—April 2017

Time is sure passing along quickly. But that’s good because it will be Spring before we know it. But I don’t think our Winter really has been that bad. The new year started out with a leader training on Diet & Depression/ Healthy Snacks I hope it was utilized and enjoyed. Sometimes we just need reminders of what is good for us! It was great seeing so many attending the February Brain Fitness lesson. Don’t forget to start on February 28th keeping track of your activity for “On the Move and in the Groove”. The form to write down your time was in the January/February Satellite. After May 27th get your form to Sandy Wendorff, she will need them by June 3, 2017 so she can pass the numbers onto the District office.

After realizing March 1st is Ash Wednesday we changed the date of the March lesson to Tuesday, March 7th. I am looking forward to the information on Alternative Medicine that will be shared with us. Center II invited me to join them on planning the Spring Event. It was a very productive meeting and I am looking forward to seeing many of you there. We will again be honoring those members with 50 plus years as a HCE members and the variety of Silent Auction items are always enjoyed. On March 12th daylight savings time begins so don’t forget to Spring ahead one hour.

As hosts this year for the Fall Learn-In with Waupaca County we will be getting together in May to plan the day. If anyone has any ideas for speakers or would like to join the existing committee please let me know (Helen Raddant 715-526-2919). We will be having an International Night in April.

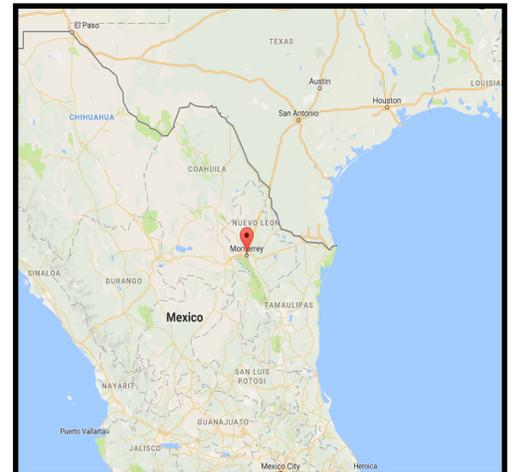
Helen Raddant

President Shawano County HCE



International Night

International Night will be held at the Shawano County Courthouse, Monday, April 3rd at 5:30 P.M. Our guest speaker will be Montserrat Carmona, (Montse) she is a sixteen year old exchange student from Mexico. Montse is staying with Steve and Lynn Schmidt from Bonduel, where she is a student in 11th grade at Bonduel High School. She is greatly enjoying her time while in the U.S. getting the chance to experience life in American high school and a new culture. Montse is from Monterrey, Mexico where she lives with her parents and two siblings. She has traveled extensively throughout Mexico and has visited the United States before her exchange stay. She is considering studying international trade after high school. Montse will give a short presentation about her country and culture, and answer questions afterward. She is looking forward to meeting the Homemakers of Shawano County.



Please call the UWEX office to RSVP at 715-526-6136



Calendar of Events

March 2017

- 1 Ash Wednesday
- 7 Alternative Medicine
- 12 Daylight Savings Time Begins
- 17 St. Patrick's Day

April 2017

- TBA International Program
- 14 Good Friday
- 16 Easter Sunday
- 22 Shawano County Scholarship Due

\$350 HCE Scholarship

The Shawano County Scholarship is due on April 22nd. We encourage everyone and all relatives of current HCE members to apply for this scholarship but preference will be given to applicants of Shawano County HCE family members. The applicant must live in Shawano County. They must maintain a 2.5 grade point average and be enrolled as a full-time student. The \$350 scholarship will be paid after completion of 1 semester at a university, college or technical college here in Wisconsin. The application can be found online at www.shawano.uwex.edu under the Family Living –HCE tab or you can stop in at the office to pick up an application. The winner will be notified toward the end of April and will be honored at the Annual Spring Event.



Health & Wellness

Leader Training

Tuesday, March 7th, 2017

"Alternative Medicine"

Dorothy Benes is a certified natural health consultant. She is trained in many aspects of alternative health including herbology, reflexology, nutrition, cleansing and detoxing (including the ion cleanse foot bath), and aromatherapy, etc.

Dorothy works at Seymour Chiropractic Office.

UW Colleges & Extension "Tap Into It" Campaign

UW Colleges and Extension resources and programs enhance the overall quality of life for nearly 200,000 Wisconsinites every day. Each one has a story—about a class that opened doors, a program that inspired, or a community partner who earned their trust. And every one of those stories can have a positive impact on the future of UW Colleges and Extension.

What are YOU thankful for? Tell us how the people and programs of UW Colleges or UW-Extension have helped you learn, grow, or succeed. Visit <https://uwcx.org/> to share your story!

March Leader Training Meeting

Contact Person _____

Club _____

Members Attending: ____ Shawano 5:30 pm,
Tuesday, March 7th





Update on King Veteran's Home Birthday Card Project

Thank you to everyone who has given Learn-A-Lot HCE their used cards for their birthday card project. Joyce Souba conceived the idea of this project, and we will continue making the cards for the veterans at King. Please drop your cards off at the Extension office in the Courthouse and they will see that our club receives them.

Learn-A-Lot HCE



On the Move and in the Groove

Hopefully you have been keeping track of your On the Move and in the Groove. Remember you get 1 point for each 20 minutes of activity. For Example: 1 hour = 3 points. Dates are Feb. 28th to May 27th, 2017. Send completed sheets to Sandy Wendorff by June 3rd at W7382 Anderson Ave, Shawano. Prizes for top 5 will be given at the Annual Fall Meeting.



Spring Event

The 2017 Spring Event will be on May 1st, at Seasons Restaurant & Lounge on Airport Road in Shawano. Social time will start at 5:00 pm with dinner at 6pm. Tickets will be \$16 each and reservation deadline is April 17th.

We will again be holding a **Silent Auction**. The value of your club's donation should equal \$2.00 per member (same applies to individual members). **Please** call the office and let us know what you will be bringing for the auction by Monday, April 17th.

Please see the enclosed invite for more information.



In Remembrance of Joyce M. Souba



Joyce M. Souba, age 80, passed away on January 25th, 2017. She was born on May 9th, 1936, in Spring Valley, WI. She was the daughter of Carl A. and Mabel A. (Grape) Peterson. She was united in marriage on April 25th, 1959 to Frederick J Souba at Spring Valley Church in Spring Valley, WI. Their

marriage was blessed with four daughters and one son. In 1972, she returned to work as a teacher's assistant at Advance School, Lincoln School and Olga Brener before retiring in 1989. Joyce was a member of Zion Lutheran Church. She also was a member of the Wisconsin Education Retirement Teachers Association, Learn-A-Lot HCE, she was instrumental in organizing their Birthday Card Project for the veterans at King Veterans Home and the club's Pocket Flag Project in 2002 to support the men and women in our US military overseas. With her fellow members, Joyce was active through the years at Maple Lane, visiting every Monday night for 3-4 hours, playing games, cards, writing letters, and making recycled birthday and Christmas cards for the residents. In 1974, Joyce was proud to receive the Jayettes C.A.R.O.L. Award for Outstanding Leadership in Shawano County. Joyce will be fondly remembered and missed by all who knew her.



Shawano County HCE

Executive Board Meeting February 9th, 2017

President Helen Raddant called the meeting to order at 4:30 PM. Members in attendance included Helen Raddant, Sandra Smith, JoAnn Fehrman, Sandy Wendorff and Janet Lane. Janet L made a motion to adopt the agenda and Sandra S. 2nd the motion. The last meeting was August 1st. JoAnn F. gave the treasurer's report. JoAnn is still waiting to get member information from the club reports. No correspondence.

Center Chair report from Sandra: Flower Queens – 100 % were okay with having Spring Event on Saturday. Bizi-Belles were half and half on having Spring Event on Saturday--received their program books, talked about Christmas party and secret pal



and had a lesson on salt. Learn –A –Lot: Priscilla is the new president. Diet and Depression was the lesson, had an international and scrapbook report and talked about Walking safely on ice. Sandy W. did not have anything to report on Bookworms.

New Business: Spring Event. Helen did not get many calls about having Spring Event on a Saturday. Several clubs were half and half, so the consensus was to have the Spring Event on the 1st Monday in May in the evening. At the Spring Event we will bring up the question of changing to a different day and time. Center II hasn't met yet but Sandy S. was planning on getting a meeting soon.

International Night. So far no speaker but Helen R will see about getting exchange student from Finland. We will bring up at Spring Event whether to charge non-members.

Wisconsin Friendship Chorus is looking for singers. District Meeting is in May.

Next meeting is Tuesday, May 16th at 5:30

Janet L made a motion to adjourn and Sandy W. 2nd the motion. Meeting adjourned at 5:30.

Respectfully submitted. Janet Lane



Cultural & Textile Arts Show

The bonus category this year is "Three Cheers for Team HCE!". THE FUN CATEGORY. Limit of one entry per county. Create a Display of your choice. You may use any media to construct your entry. Size restriction-base no larger than 10" x 10" with maximum height of 20". Judging—those attending the conference will vote for their favorite "Three Cheers" entry. If you choose to enter please bring your entry to the Spring Event on May 1st for our County level judging.



Country Korner 4-H Annual Card Party

The Country Korner 4-H Club will be hosing their annual card party in the Bonduel High School Commons area on March 25th at 6:00 pm, the doors will open at 5:30 pm. Admission is \$3.00 and includes a meal. Card party

will include; Bingo, Sheepshead, Smear, 50/50 Raffles, raffle ticket prizes, kids games and food and fun for all.

Come out and support your local 4-H!



50's STORY

Long ago and far away, in a land that time forgot, before the days of Dylan, or the dawn of Camelot.

There lived a race of innocents, and they were you and me, for Ike was in the White House in that land where we were born, where navels were for oranges, and Peyton Place was porn.

We longed for love and romance, and waited for our Prince, Eddie married Liz, and no one's seen him since.

We danced to 'Little Darlin,' and sang to 'Stagger Lee' and cried for Buddy Holly in the land that made me.

Only girls wore earrings then, and 3 was too many, and only boys wore flat-top cuts, except for Jean McKinney.

We fell for Frankie Avalon, Annette was oh, so nice, and when they made a movie, they never made it twice.

Miss Kitty had a heart of gold, and Chester had a limp, and Reagan was a Democrat whose co-star was a chimp.

We had our share of heroes, we never thought they'd go, at least not Bobby Darin, or Marilyn Monroe.

For youth was still eternal, and life was yet to be, and Elvis was forever in the land that made me.

We'd never heard of microwaves, or telephones in cars, and babies might be bottle-fed, but they were not grown in jars.

Hardware was a box of nails, and bytes came from a flea, and rocket ships were fiction in the land that made me.

And Coke came just in bottles, and skirts below the knee, and Castro came to power near the Land that made me, me.

So now we face a brave new world in slightly larger jeans, and wonder why they're using smaller print in books and magazines.

We tell our children's children of the way it used to be, long ago and far away in the land that made me, me.

If you didn't grow up in the 50's, you missed the greatest time, and that land that made me, me.

Author unknown – adapted.



Beams

Center II



Flour Queens—New President Sheryl Vomastic presided over the meeting. A thank you note was received from SAM25 for a monetary donation. A vote was taken and decision made they prefer the Spring Event to be held on a Saturday instead of a weekday evening.

Learn-A-Lot—Priscilla is their new president. Thank you cards were received from King and Safe Haven for donations. Valentines will be made at their next meeting.

Center III

W.I.S.C.—Audrey gave the lesson on reading food labels. It was enjoyed by all. They discussed the presidential election. Christmas party was held at The Red Rooster in Bonduel.



Dear HCE Members:

Periodically, the UW-Extension takes steps to ensure that the public knows and understands our policy of non-discrimination. This letter is to inform/remind you that the University of Wisconsin does not discriminate in the treatment of individuals in the admission or access to its programs and activities, in the provision of services or in employment.

Further, UW-Extension will not participate with organizations or in activities which discriminate on the basis of any of the legally prohibited categories of discrimination, including race, color, gender/sex, creed, disability, religion, national origin, ancestry, age, sexual orientation, pregnancy, marital or parental status, arrest or conviction record, or membership in the national guard, state defense force, or any other reserve component of the military service.

Consistent with the Americans with Disabilities Act, persons who need materials in an alternate format or other accommodations must write or call the UW-Extension contact person for the specific program or call the Shawano County UW-Extension Office at least ten (10) working days prior to the event.

The University of Wisconsin-Extension Family Living staff in Shawano County would like to thank you for collaborating with our many education endeavors. We appreciate your support and working relationship as we provide educational programs designed to empower the diverse citizens of Shawano County.

Staff of UW-Extension Shawano County
311 N. Main St., Shawano, WI 54166

An EEO/AA employer, University of Wisconsin-Extension provides equal opportunities in employment and programming, including Title VI, IX and ADA requirements . Persons with disabilities who require alternative means for communication of program information (Braille, large print, audiotape, etc.) should contact Nancy Schultz, FLE UWEX-Shawano County. Requests for reasonable accommodations for disabilities or limitations should be made prior to the date of the program or activity for which it is needed. Please do so as early as possible prior to the program or activity so that proper arrangements can be made. Requests are kept confidential. 711 (Wisconsin Relay)



Wisconsin Association for Home & Community Education, Inc.
Cultural & Textile Arts Show
2017 Guidelines for County Chairs

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 Wisconsin
 Association
 For Home and
 Community
 Education

All items, including Bonus Category, must be pre-registered. Registration is due **August 1, 2017**. Any items NOT preregistered will NOT be judged or displayed. Only one entry on each registration form. Send all forms together immediately after county show. A County may enter a total of 12 entries plus one Bonus Category 19. A county cannot have duplicate entries in any lettered sub-category. The County Cultural Arts Chair must include a self-addressed postcard or e-mail address to verify receipt of registration forms. If you do not receive verification within three weeks of entry, please call or email the WAHCE Cultural Arts Chair.

IMPORTANT: All entrants **MUST** sign the Registration form. Please read and sign below; entries will NOT be accepted if unsigned. Entrants will not hold WAHCE responsible for any loss or damage to any item submitted for use in the WAHCE Cultural Arts Show. Entrants give permission for their photo, photos of their entry, and/or print copies of their written entry to be used by WAHCE as seen fit.

All work must be done by entrant and completed after last year's show. It must receive a first place at this year's county show or fair. All items must be clean or laundered or will be disqualified by the judge. Kits and patterns may be used as long as the entrant does all the work.

Color Coding of Registration Forms by Districts:

Central - White Northeast - Yellow Northwest - Light Blue
 Southeast - Green Southwest - Orange West - Pink

Entry Day: Deliver items Sunday (9/10/17) from 6:30-8:00PM or Monday (9/11/17) 9:00-11:30AM. Judging will begin at 12:30PM. Members may view the show for one hour after the Monday evening activity and during the day Tuesday. Hours on Tuesday will be announced or posted. Pickup time will be posted.

Send registration and written entries to: **Linda Sutherland**
1594 5th Avenue **715-248-7279**
Star Prairie, WI 54026 tagalongacres@yahoo.com
 Contact Linda with any cultural arts questions.

Cut on the dotted line and send in the **SIGNED** completed Registration Form and Claim Check with both parts filled out. You will receive your Claim Check when you bring in the items.

Registration Form

Claim Check

Category/Class (example 2D) _____
 County _____ District _____
 Name _____
 Address _____
 City/Zip _____
 E-mail _____
 Phone # _____
 Title or Description _____
 Are you bringing an easel? ___Y or ___N
 Peoples' Choice # (Official use only) _____

Category/Class (example 2D) _____
 County _____ District _____
 Name _____
 Address _____
 City/Zip _____
 E-mail _____
 Phone # _____
 Title or Description _____
 Are you bringing an easel? ___Y or ___N
 Peoples' Choice # (Official use only) _____

Please read and sign: Entries will NOT be accepted if unsigned. Entrant will not hold WAHCE responsible for any loss or damage to any item submitted for use in the WAHCE Cultural Arts Show. Entrant gives permission for their photo, photos of their entry, and/or print copies of their written entry to be used by WAHCE as seen fit.

Name (printed) _____ County _____
 Signature: _____ Date: _____



Wisconsin Association for Home & Community Education, Inc.

6
February
2017
UPDATE

Cultural Arts Show & Contest - 2017

CATEGORIES



1. Painting/Drawing

*Framed or Wrapped.
If bringing an easel for your painting or drawing, securely tape a label with name, district and county.*

- A. Oil
- B. Acrylic
- C. Water Color
- D. Other

2. Photography

Photograph must be 8" x 10, unmounted only, in 8 1/2" x 11" plastic sleeve with a tag board or cardboard behind the photo. Framed photographs will be disqualified.

- A. Color – Landscape
- B. Color – Waterscape
- C. Color – Plants
- D. Color – Animals/ Creatures
- E. Color – People
- F. Color – Skyscape
- G. Black and White
- H. Other

3. Sewing

- A. Children's Wear
- B. Adult Wear
- C. Original Design
- D. Wearable Art
- E. Useful Sewn Item
- F. Purse or Tote
- G. Pillow
- H. Sewn item made from recycled materials
- I. Wearable Accessory (apron, scarf, hat, etc.)
- J. Other

4. Knitting

- A. Wearable Item
- B. Afghan
- C. Other

5. Crocheting

- A. Wearable Item
- B. Doily/Dresser Scarf
- C. Afghan
- D. Other

6. Hand Stitching

- A. Plastic Canvas
- B. Embroidery
- C. Counted Cross Stitch
- D. Other

7. Craft

Six (6) Cards without envelopes MUST be mounted as a group on a flat sturdy display board no larger than 14"x 22".

- A. Cards-paper only-6
- B. Cards-mixed media-6
- C. Scrapbooking
- D. Craft made from recycled materials.
- E. Handcrafted doll/ toy
- F. Glass craft
- G. Other

8. Heritage Skill

- A. Hardanger
- B. Tatting
- C. Woodworking
- D. Basketry
- E. Spinning/Weaving
- F. Felting
- G. Swedish Weaving
- H. Rug Making
- I. Original Published Book
- J. Other

9. Bed Quilt

Larger than 60" x 80" or 4,800 sq. inches

- A. Tied
- B. Hand quilted
- C. Pieced
- D. Appliqued
- E. Embroidered

Machine quilted by you:

- F. Pieced
- G. Appliqued
- H. Embroidered

Machine quilted professionally:

- F. Pieced
- G. Appliqued
- H. Embroidered
- I. Any other Bed Quilt

10. Lap/Baby Quilt

Smaller than 60" x 80" or 4,800 sq inches

- A. Tied
- B. Hand-quilted (Machine Quilted by You)
- C. Pieced
- D. Appliqued
- E. Embroidered (Machine Quilted Professionally)
- F. Pieced
- G. Appliqued
- H. Embroidered
- I. Any other lap quilt

11. Quilted Wall Hanging

(with hanging sleeve, NO frame)-- One (1) item only no longer than 50 inches

- A. Hand Quilted, fabric
- B. Machine Quilted, fabric
- C. Other i.e., collage of assembled materials or mixed media.

12. Table Topper/Runner

- A. Hand Quilted
- B. Machine Quilted
- C. Other

13. Jewelry

- A. Bracelet
- B. Necklace
- C. Other

14. Constructed Original Item

- A. Clay/Pottery
- B. Wood
- C. Other

15. Painted Object

- A. China
- B. Glass
- C. Fabric
- D. Wood
- E. Other

Poem, Essay, Short Story/ Play

Three copies, typed on plain paper with 12 point type size, must accompany the registration forms. Entries must not be framed or in book forms. Staple a cover sheet with the category/title which is to be centered on the entry. Name and county should appear on the back side. Do not count "a", "an", "and" "the" for either essays or short stories.

16. Poem

17. Essay

Original, 1 topic, 250-500 words

18. Short Story/Play

Original with beginning, middle and end: 3,000 words or less.

19. Bonus Category - "Three Cheers for Team HCE!"

The Fun Category

Limit of one entry per county. Create a display of your choice.

You may use any media to construct your entry.

Size restriction - base no larger than 10"x10" with maximum height of 20".

Judging - those attending conference will vote for their favorite "Three Cheers" entry.

Have Fun!!!!

**STATE
REGISTRATIONS
DUE BY
AUGUST 1, 2017**



SPRING EVENT 2017

“Have a Dog Gone Good Time with HCE!”

Anyone who is attending, please wear the color BLUE in support of our brave men and women of our police force? They are the thin blue line that protects us. The police have to face some of the most unimaginable threats to your community and they are our best friends. We want to thank all who work for the Shawano County Sherriff and the City of Shawano police departments for all they do for us.

Hostess: Center II
Date: Monday, May 1st, 2017
Place: Seasons Restaurant & Lounge in Shawano
 201 Airport Road, Shawano, WI
Time: 5:00 p.m. – Social Time & Silent Auction Begins
 6:00 p.m. – Family Style Dinner
Menu: Broasted Chicken and Swiss Steak and all the fixings
Cost: \$16.00
Guest Speaker: 6:45 p.m. – Office Rekoske – Shawano County K9 Unit
Deadline: Register by April 17th



We will again be holding a **Silent Auction**. The value of your club’s donation should equal \$2.00 per member (same applies to individual members). **Please** call the office and let us know what you will be bringing for the auction by Monday, April 17th. We had a great variety of items last year. Use your imagination and join us for the fun! Don’t forget to bring your “Cultural & Textile Art Show” items to be judged. The Bonus Category is “Three Cheers”.



2017 Spring Event Registration Form

Club Name _____
All Members Attending:

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

You will not receive confirmation tickets prior to the event. Your name will be checked off at the registration table as you enter. Registrations are transferable but not refundable after deadline.

- 1) Make check payable to: **Shawano County HCE** (one check per club please)
- 2) Send this form & check to: Shawano Co. UW-Extension Office -HCE, 311 N. Main Street, Shawano, WI 54166

Enclosed is \$ _____ for _____ # of dinner reservations