



# Satellite



Home & Community Education

Sept./Oct./Nov. 2013

Hello Everyone!

As I write this I am wondering where Summer went! Today it was only 48 degrees and it's only the 13th of August! I imagine those who have worked hard on their gardens are now reaping the rewards with canning and freezing. Such a wonderful feeling when it is all accomplished. We had the Bake Sale on August 10<sup>th</sup>, thanks to all of our wonderful bakers; we had a good variety of items to sell. We are always commended on how wonderful everything looks and the vast variety of items. We would like to thank Carol Sybeldon, Janet Lane, Marion Voelz, Nancy Schultz and Jamie Patton (our new Shawano County Ag Agent), for helping set up, selling and the cleanup. I am looking forward to the

Shawano County Fair later this month, then the State WAHCE Convention in Manitowoc September 9th - 11th. It's always a rewarding time of finding out what's happening in the State and we will be meeting new people because of the redistricting of the Counties. September 25th we have another wonderful Fall Learn-In planned with Waupaca County. Hopefully you will be able to join us that day for a time of learning and maybe even meeting a new friend. October 21<sup>st</sup> is the Annual Fall Meeting beginning with a pot luck. We have some positions that we need filled so please keep an open mind if you are called and asked to take an office. Remember we can always have two people working together as "co" whatever the position

might be. If you know someone to nominate or if you are interested please let us know. Carrie Kolaske, Carol Sybeldon and myself are on the nominating committee. If you entered items into the Shawano County Fair - Good Luck! Hope to see you there and enjoy the rest of the Summer.



**Shawano County HCE Executive Board Meeting will be held on September 16th, 2013 Shawano County Courthouse, 5:30 pm.**



## THE BEAMS:

### CENTER II

**BIZI Belles**—*Held their annual picnic in July at St. Martin Park. Club members will work the food station at Belle Plaine Cheese Factory for "Bike for Barn Quilts". Heather Krueger will be leaving their club during her sons middle and high school years.*

**Learn – A – Lot**—*Worked on gathering materials over the summer for our display at the Shawano County Fair. Members helped with the Family Picnic at Maple Lane in June. Held an Argentina International dinner night in July.*

As you can see our Beams are not beaming to far! Please don't forget to submit your minutes!





## Calendar of Events

### Sept.

- 9-11 2013 WAHCE Conference
- 25 2013 Fall Learn-In

### Oct.

- 21 HCE Annual Council Meeting
- 26 Make A Difference Day
- 31 Halloween

### Nov.

- 3-9 WAHCE Week
- 3 Daylight Saving Time Ends
- 5 Election Day
- 6-7 Strong Women-Strong Bones
- 11 Veterans Day
- 28 Thanksgiving Day

## November Special Interest

### Strong Women—Strong Bones

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 exercise benefits bone health. Learn about "Strong Women - Strong Bones" on Nov. 6th & 7th.

**Nov 6 –Shawano Courthouse, 7:00 p.m. Room A/B**

**Nov 7–Bonduel, Zion Methodist Church, 1:30 p.m.**

### November Special Interest

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

Club \_\_\_\_\_

# Members Attending: \_\_\_Shawano \_\_\_Bonduel

Need materials for club \_\_\_#

## HCE Annual Council Meeting

The Annual Council meeting will be held on October 21st, 2013 at 5:30 pm at the Shawano County Court House. The meeting will be held in Rooms B/C. All members are welcome to attend. It is our once a year meeting to touch base with each other and to plan for the new year. We also get updates on what's happening on the state level. We will start with a potluck meal together at 5:30 pm. Speaker at 6:15 pm with meeting to follow.

*We need you!* We also have election of officers at the Fall meeting. Nominations are now open. Please urge club members to run if they are interested. Nominations committee members are Carrie Kolaske, Carol Sybeldon and Helen Raddant. Please contact them with your nominations.

## Learn-In 2013

The 29th Annual Learn-In has been set for September 25th, from 8:30 am to 3 pm. This years event will be held at The Main Event in Cecil. The brochure is included in this Satellite and will be available on the Shawano County UWEX web site. Registrations are due September 16th. For the HCE member that brings the most guests, you will receive the \$18 fee back at the Learn-In. So invite your family and friends, non HCE members, male or female!

## Like us on Facebook!!!!

Check out the new Family Living Page on Facebook—search for "Shawano UW Extension — Family Living Program". Since we are doing quarterly newsletters now, watch for HCE updates, meeting times and any other information here! Plus, tips and hints of the season. Nancy and Kara are really excited to have a lot of "friends" on Facebook so if you are not a friend join now!!!

## Pressure Canner Testing

It may be summer but it is time to get ready for canning season! Bring you pressure canner lid into our office and we can test it for you. We are able to test canners with "gauges".





## E-mail addresses

It would be very helpful to have at least one e-mail per club so that if something comes up between newsletters we have a quicker way of getting information to you. Also, individual members, if you have an e-mail address we would like that too. To submit your e-mail address just send Kara a note at: [kara.skarlupka@co.shawano.wi.us](mailto:kara.skarlupka@co.shawano.wi.us).

## Bake Sale

We had a wonderful day for the bake sale on August 10th at the Shawano Farmers Market by City Hall. We had lots of goodies to sell. The money collected will go towards the purchase of the Wisconsin Bookworms™ books for the children this fall.

## Membership Drive

Before you know it, it will that time of year again where we will be looking for new members to join our organization! The WAHCE met in Oct. 2012 and they developed the “Outreach Challenge”. This is an outreach program/project, which will include evaluation of participants and sharing of those results. They will be looking for the most useful, unique and creative program developed. The online instructions and application form will be on the WAHCE website.

## Stitches of Love

Now is the time to get your club involved in the Stiches of Love Community Outreach Project. The close of this program will be August 1st, 2014. Last year they awarded \$100 to each of the three top reports. In the office we have the perfect project!!!

They are called “sleep sacks” for babies and are easy to make. If you are interested in getting this project started at the County level please let Nancy or Kara know. We would like to have some samples made up in three different sizes. That way we can then supply the clubs with patterns.



## Bike the Barn Quilts Ride

Bike The Barn Quilts Ride will be September 28th. The committee is still looking for volunteers for various duties during the day. They will be providing

shade and chairs if you are working the rest stops. Please contact the office at 715-526-6136.

## Our Day

The Green Lake HCE will be hosting “Our Day” on Tuesday October 22, 2013 at the Green Lake Conference Center. “Our Day” includes a keynote presentation and a wide variety of stimulating courses that are appealing to men and women of all ages. Cost for the whole day plus lunch will be \$25. The registration deadline is Sep. 20th.

## Make A Difference Day

Make A Difference Day 2013 ( October 26th ) will be here before we know it. Please mark this date on your calendar. The local food pantries are always in need of diapers, paper products, dish soap, hand soap, and laundry soap. Please start collecting now for the 26th to make a difference!

## WI Bookworms™ 2013-14

It’s the start of the school year. That means it’s a new year to read books at Headstart. This year we have 8 fun books:

- Are You A Horse?
- The Bossy Gallito?
- Bugs! Bugs! Bugs!
- Cat’s Colors
- How Do You Hug A Porcupine?
- In the Small, Small Pond
- Shades of People
- The Way I Feel

Please volunteer to read. Call Sandy as soon as possible to schedule 715-524-2710 so she can set the schedule.

Thanks,  
Sandy Wendorff, WI Bookworms™ Coordinator





# Potpourri— *A sharing page of your ideas, recipes, jokes, stories,*

SING WITH JULIE ANDREWS

Maalox and nose drops and needles for  
Knitting, walkers and hand rails and new  
Dental fittings', bundles of magazines  
Tied up with string,  
These are a few of my favorite things.

Cadillacs and cataracts and hearing aids &  
Glasses, Polident and Fixodent and  
false teeth in glasses, pacemakers, golf carts  
and porches with swings, these are a few of my  
favorite things.

When the pipes leak,  
When the bones creek,  
When the knees go bad,  
Then I remember my favorite things  
And then I don't feel so bad.

Hot tea and crumpets and corn pads for bunions, no  
spicy hot food nor food cooked with onions, bathrooms  
and heat pads and hot meals they bring,  
these are a few of my favorite things.

Back pains, confused brains and no fear of sinning; thin  
bones and fractures and hair that is thinning; and we  
won't mention our short shrunken frames  
When we remember our favorite things.

When the joints ache, when the hips break, when the  
eyes grow dim, then I remember the great life I've had,  
and then I don't feel so bad.

Author unknown

## MY LOCKER

Oh, I love my locker dearly  
What a handy place to stash  
All my notebooks, pens and pencils,  
Also throw away my trash  
And take care of all my textbooks  
(There are only seventeen)  
Plus, the lunch I packed last Monday  
(Which by now is slightly green).

Yes, I love my locker dearly,  
Although, frankly, I suppose  
I would love it even better  
If I could get the door to close!

Anonymous



## DILL CARROT STICKS

- 5 medium carrots (about 1 lb)
- 1 cup vinegar
- 1 cup water
- ¾ cup sugar
- 1 tbsp mustard seed
- 1 head fresh dill or ½ tsp of dried dill

Pare carrots and cut into 3 inch lengths. Cook in boiling  
water for 10 minutes. Drain and quarter. Combine oth-  
er ingredients and simmer 10 minutes. Add carrots and  
simmer 1 minute longer. Cool. Refrigerate 8 hours or  
overnight. Drain well before serving.

Old family recipe



## ZUCCHINI BREAD

- |                        |                        |
|------------------------|------------------------|
| 3 beaten eggs          | 1 cup veg oil          |
| 1 ½ cups sugar         | 2 cups grated zucchini |
| 2 tsp vanilla          | ½ cup chopped nuts     |
| 3 cups flour           | 1 tsp baking soda      |
| 1 tsp salt             | 1 tsp cinnamon         |
| 2 tsp orange flavoring |                        |

Mix all ingredients together and put in 2 greased and  
floured bread pans. Bake at 325 for 1 hour. (I have  
made it with half of the flour being whole wheat, and  
used less sugar.)

