



Satellite

Home & Community Education

March 2011

Hello,

I'm looking forward to spring!
How about you?

I hope everyone enjoyed the great information from the February Heart Truth Lesson.

As we look forward to upcoming spring events, we have the lesson on Healthcare Reform and Craft Day in March.

In April I will be attending the NE District Presidents Meeting in Shawano.

Spring Event is planned for May 3rd. Also on May 2nd is the Master Gardener program and our first Brat Stand is on May 14th.

Please keep my family in your thoughts and Prayers. You may know that my husband has diabetes and has had health problems since last March. In this last year he has had two foot surgeries including the removal of his little toe. On March 2nd he is scheduled to have a kidney removed. Hopefully he will get to feeling better. Thank you so much for all the well wishes you have already given us.



Just a little Luck quiz:

Cereal that comes in shapes of hearts, moons, stars, clovers and diamonds....LUCKY CHARMS
Bad Fortune.....DOWN ON ONE'S LUCK
Fortunate Circumstances....LUCKY BREAK
To have good fortune with Love.....LUCKY IN LOVE
To be grateful for good fortune...THANK YOUR LUCKY STARS
Saying that means to have good fortune when a person tries again.....BETTER LUCK NEXT TIME

Sincerely,

Helen Raddant

Helen Raddant, Shawano County HCE President

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.

Check the WWF newsletters for upcoming Special Events for HCE!

Calendar of Events

- 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 15 – Shawano County Scholarship due
- March 15 – Jones-Lee Scholarship Applications due
- March 26 – Financial Wellness Conference
- March 29 – Craft Day
- April 14 – Special Interest: Why Relationships Matter
- April 24 – Easter
- April 28 – NE District President's Meeting

Wisconsin Bookworms™



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. 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.

On the Move & In the Grove

This fall, I attended the Annual WAHCE State meeting. We discussed a program called On the Move & In the Groove presented by Bernadette Blake from North District. It's a program they're using for health and fun reasons in the district. Linda Olson handed out these forms at the February lesson. If you didn't get one, please contact Linda to get one.

I'm going to be walking in my house a lot with this weather, maybe even 20 minutes of cleaning. The challenge runs from March 1 to May 21, 2011.

So, send me your totals at the end of May. You may be able to win one of the prizes that the Executive Board has decided to give.

So, let's keep healthy and have some fun.

Family Life Chair, Sandy Wendorff

Upcoming Bus Trip



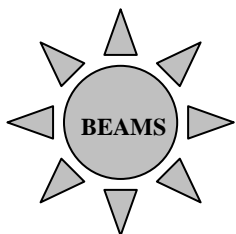
Angel Museum & Taste of Home - May 4th, 2011

Join us as we travel to Beloit to enjoy the Angel Museum and lunch at Taste of Heaven Café and time to check out the Heavenly Treasures Gift Shop.

After, we will travel to Greendale for a stop at Taste of Home Reiman Publications. There, we will have a stop on for a short tour of the village, a short video and a stop at the Test Kitchen where they will prepare a recipe and we can taste it. Then it will be time to check out the shops.

We will have a dinner stop (on our own) en route home.

Cost for this great one-day - \$75.00. Includes: deluxe motorcoach, museum admission, lunch at museum, remaining tour and test kitchen. Reserve now: Deposit of \$15.00 holds tour and balance of \$60 due April 1st, 2011. Contact Virginia Kauffman 715-535-2561, 115 High Street, Tigerton, WI 54486, e-mail: ktours@frontiernet.net.



Nursing Home.

County Notes:

CENTER I

Kitchen Maids are helping a family with medical expenses. Making table favors for Birch Hill

CENTER III

Cookies and juice were brought to the Primary Election by the **Navarino Merri Maids**.

W.I.S.C. read the Satellite and noted the change for the Spring Event. Discussed the nutrition tips of the month.

Landstad Ladies discussed the Spring Event and Craft Day. The Ladies also discussed our helping out with the Moeller Park clean-up day.

Compiled by Carrie Kolaske, Landstad Ladies HCE

Nutrition Tip of the Month

How about a nice plate of green vegetables to celebrate St. Patrick's Day? Deep green vegetables are high in vitamin A which helps:

- Promote normal vision
- growth and health of cells and tissues throughout of body
- protect us from infections by keeping our tissues healthy
- work as an antioxidant that may reduce our risk of certain cancers and other diseases of aging.

Generally the deeper green a vegetable is the more vitamin A it contains. Consider ice berg lettuce – 1 cup contains 182 I.U. of vitamin A. Romaine lettuce – 1 cup contains 1456 I.U. of vitamin A.

13th Annual NVON Conference "Catch the Enthusiasm"

On July 19-21, 2011, WAHCE has something very special going on:

We are hosting the 2011 NVON Conference here in Green Bay at the Hotel Sierra.

What an honor to be part of this – to be able to meet so many NVON members from so many different states and countries. Plus, they really have some interesting sessions going on.

Help! Help! I was asked to be Hostess Chairperson. So, I'm going to need a lot of HCE members helping us to get everyone to their sessions. So, if you're planning on attending, even if it's for only one day, could you please help?

Please contact me "**soon.**" Call me at (715) 524-2710 evenings after 8 p.m., or send me a letter: Sandy Wendorff, W7382 Anderson Ave., Shawano, WI 54166. Check out all information, scheduling and registration form on-line:

<http://www.nvon.org/events.html>.

Sandy Wendorff, NVON Planning Committee

Brat Stand Schedule

We are scheduled at the County Store Brat Stand – **Saturday, May 14th, Thursday, June 2 and Saturday, August 13th**. Please sign-up to work a shift. The work isn't hard if we have enough help. The weather will be pleasant (we need to be positive thinkers). The proceeds of this fundraiser go to Wisconsin Bookworms.

Country Store Brat Stand

We will be serving hotdogs, brats, hamburgers, and soda. Please let us know when you would be willing to help work the stand. Please complete the following or call Amy at 526-6136 with the information.

Name _____

Club _____ Individual _____

I can work on:

_____ **May 14th** _____ **June 2** _____ **Aug. 13**

8:30 to 11:30 A.M. _____ _____

11:30 to 2:30 P.M. _____ _____

2:30 to 5:00 P.M. _____ _____

(clean-up) _____ _____

Shawano County HCE Executive Board Meeting Feb. 7, 2011 Shawano County Courthouse, 5 p.m.

Meeting called to order by Helen Raddant, reading Creed I. Adoption of the agenda and minutes of last meeting on November 29, 2010 accepted.

Roll call: Linda Olson, Carol Sybeldon, Helen Raddant, Sharilyn Cackovic, Carrie Kolaske, JoAnn Fehrman and Sandy Wendorff present.

Committee Reports: Center chairs reported on minutes from clubs.

Correspondence: Helen shared a 15 year certificate for support of 4-H.

Bookworms: Sandy Wendorff reported the books are being read at Head Start.

Feb. 18 deadline for March/April Satellite.

Linda's time: Family Life Program: "On the Move in the Groove," starts March 1, 2011. A committee was selected to decide what kind of prizes or incentives for moving, prizes for participation, doing something for the individuals and clubs, will be looked into for next meeting, ie: coolers, water bottles, t-shirts, etc.

Pat Gwidt has a "Living Wreath" project for \$30.00, dated is May 2, 2011. At least 10 people are needed for class. You must register for this. Deadline is March 15th.

Unfinished business: Trying to find nominations for open Center Chair positions, and new president-elect.

New business: Spring Event and Craft Day:

Spring event is Tuesday, May 3, 2011 at the Shawano County Park Pavilion, catered by Sally's. Cost is \$15.00, will be having roasted chicken, the theme is "Who Are You???" by Marcia Kanz. She is a speaker for AARP on fraud. Dinner is 6:00 p.m.

Craft Day is March 29, 2011, time 1-4 p.m., will be having Ellen Melberg for tatting and Carol Sybeldon for neck-tie holders, call Courthouse for information or Shar Cackovic at 715-758-8366. Will be at Shawano County Courthouse in the basement.

President's meeting will be April 28, 2011. Helen Raddant and Sandy Wendorff will attend.

Shawano County will host Fall District Meeting this fall. 2011 NVON Conference will be held in Green Bay, WI on July 19-21, many exciting opportunities in these workshops. Will be held at the KI Convention Center and Hotel Sierra. Information will be in Satellite. This is rare for it to come to Wisconsin, so take advantage of this opportunity.

Close with Creed II, Helen Raddant.

Minutes submitted by Sharilyn Cackovic

2011 Annual Conference

September 12-14, 2011 at Stoney Creek Inn & Conference Center, 3060 South Kinney Coulee Road, Onalaska, WI 54650

Where Three Rivers Flow – So Flows HCE
Join the Central and West district and follow the trails to Western Wisconsin. Melt into the fall colors of what is called "God's Country", wander along the banks of the Mississippi River, view the wonders of the "Driftless Area" from atop Grandad Bluff. Catch up with friends and seize the opportunities of the annual conference. For room reservations call 800-659-2220 or www.stoneycreekinn.com. Room rate: \$78 up to 4 persons.

POTPOURRI

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

WHAT GOES AROUND, COMES AROUND

A poor Scottish farmer with the name of Fleming, heard a cry for help one day. He dropped his tools and ran toward the bog, where the cry came from.

There he saw a boy, mired to his waist in black muck, Farmer Fleming pulled the lad free of the muck. The next day, a fancy carriage pulled up to the Scotsman's humble home.

An elegant gentleman came out and said he was the lad's father that had been saved, and wanted to repay him. Farmer Fleming would not accept payment. But, when his son came out of the family hovel, he offered to educate the son, the same as his own son would be educated. The farmer agreed.

Fleming's son attended the best schools and in time went on to become known throughout the whole world as the noted Sir Alexander Fleming, the discoverer of Penicillin.

Years later the nobleman's son was stricken with pneumonia, what saved his life? Penicillin.

The rest of the story: the nobleman's son was Sir Winston Churchill.

-legend-

SOME THINGS TO PONDER

**pain and suffering is inevitable, but misery is optional.

**a good exercise for the heart is to bend down and help another up.

**life is what you make it, kinda like play-doh

**the bubbling brook would lose its song if you removed the rocks.

**happiness comes through doors you didn't even know you left open.

**here is a test to see if your mission on earth is finished – if you are alive, it isn't.

-from an email-

TIPS YOU CAN USE

Remove old wax from a glass candle holder, put it in the freezer for a few hours. Then take the candle holder out and turn it upside down, the wax will fall out.

Crayon marks on the wall, take a damp rag dipped in baking soda, rub on crayon marks, it comes off with little effort.

To clean artificial flowers, place some salt in a bag and add the flowers, shake vigorously. The salt will absorb the dust and leave the artificial flowers looking like new.

When you get a splinter, reach for the scotch tape. Put tape on the splinter and pull, it may do the job without needle or tweezers.

Unclog a drain by dropping 3 Alka Seltzer tablets, followed by 1 cup of white vinegar. Wait a few minutes and then run hot water.

Use Alka Seltzer to clean a vase, fill with water and place two AS tablets in, let soak for a while and rinse. Works to clean jewelry also.

OATMEAL FILLED CAKE

1 cup brown sugar

¼ cup lard

1 cup sour milk

1 egg

2 cups oatmeal

1-¾ cup flour

½ tsp salt

1 tsp soda

1 tsp vanilla

Put ½ the batter in cake pan

FILLING:

½ lb dates, chopped

¼ cup sugar

¼ cup water

Boil together, and spread on the batter. Cover with remaining batter and bake.

FROSTING:

¾ cup of brown sugar

1 cup white sugar

1 cup sweet cream

Boil together

-old family recipe-

