



Satellite

Home & Community Education

October 2011

Hello,

As I write this it is a real fall-like day. As they are saying wind chill is around 40 degrees and that wind is awful, it can just blow right on out of our area.



But what did look good was the weather for the weekend. I'm sure sports minded people are pleased for Saturday if they are going to the Brewers game. And the hard part will be Sunday when Packers play there will also be another Brewers game going on at the same time. So hoping the results will be WIN, WIN, and WIN. I'm going to spend the day Saturday watching my granddaughter as my son and daughter-in-law are going to the Brewers Game. I'm looking forward to the day.

Fair is over and hope everyone that went at least had some good times. Weather wasn't the best but one could work around the times they went as not to get wet.

Fall Learn-In is all ready to go. I'm looking forward to the day of meeting a lot of people. Have heard there are several non-members attending. There will be some good speakers to listen to and socializing with friends and maybe meeting some new friends. So see you October 12th at the County Park. Of course we always look forward to the delicious meal prepared by Sally and her crew.

Then on Monday October 17th is our Fall Meeting. So hope to see a lot of you then again. It's also time to start planning the lessons for next year so be sure to include ideas with your Clubs dues at the Fall meeting. Our speaker for the night should be interesting as she will talk about apples and of course tasting is always a good part.

Ladies don't forget all are invited to join us at the Fall District Meeting. It will be held October 26th at Angie's Main Café, here in Shawano. Reservations are required.

Carol Sybeldon and I attended the State Conference and enjoyed the time learning and meeting other HCE members from across the State. We always ended up with different people at meal times so was able to meet a lot of ladies. It's interesting to hear what other Counties are doing and how they plan things. So Thanks for allowing me to go and represent our County.

I'm sure everyone is already planning on the upcoming Holidays, because before you know it Thanksgiving will be upon us and then a month later Christmas. I'm sure a lot of time is spent with Family and Friends.

Sincerely,

Helen Raddant

Helen Raddant, Shawano County HCE President

REMINDER

The Bizi-Belles are having a
Watkin's fundraiser.
Place your order by Oct. 10, 2011.
Call Barb Riesenbergs at
715-524-2451.
Help us help others!

Calendar of Events

- October 8-15 – Money Smart Week
- October 11 – Fall Bus Tour
- October 17 – Annual Fall Meeting
- October 22 – Make a Difference Day
- October 26 – NE District Meeting, Shawano County
- November 6-12 – WAHCE Week
- November 6 – Daylight Savings Time Ends
- November 8 – Election Day
- November 11 – Veterans Day
- November 24 – Thanksgiving Day

Mark Your Calendars! Annual Fall Meeting is Monday, Oct. 17



All members are welcome to attend. It is our once a year meeting to touch base with each other and to plan for next 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. At 6:05 pm, there will be an All About Apples presentation - Shar Cackovic will share information about the many different varieties of apples in her orchard, how to use them, and more. The program will begin at 6:30. Presidents - you should have your packs by then, if you haven't received them, please call the UW-Extension office at 715-526-6136.

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, Helen Raddant, and Carol Sybeldon. Please contact them with your nominations.

November Leader Training: Volunteering: What's In It for You

In our busy society, it can be hard to think about volunteering. However, the benefits of volunteering are enormous to you, your family and community. Learn about the benefits and finding the right place to volunteer.

Nov. 2 – Shawano Courthouse, 7:00 p.m. Room A
Nov. 3 – Bonduel, Zion Methodist Church, 1:30 p.m.

NOVEMBER HEALTHY HOLIDAYS ACTIVITY

Contact Person _____

Club _____

Members Attending: _____

We will attend:

November 2 – Shawano, _____

November 3 – Bonduel, _____

Registration is due by Nov. 1st

Bookworms 2011-2012

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. Please volunteer to read. You can read for both classes or just morning or afternoon. Call me soon at 524-2710 so I can set the schedule.

Thanks,
Sandy Wendorff
Wisconsin Bookworms™ Coordinator



NE District Fall Meeting

Oct. 26 at Angie's Café, 132 S. Main St, Shawano

Registration starts at 9 am and the cost is \$15.00 plus \$3.00 if you are attending the cultural arts workshop of a fall wall hanging of pine cone zinnias.

Program will be: A Helping Hand and the speaker will be Muffy Culhane, Friends of Haiti Volunteer.

Registration deadline is October 19. Make checks payable to Shawano County HCE and send the check and registration to: JoAnn Fehrman, N5648 County Rd G, Tilleda, WI 54978. For questions please contact JoAnn at 715-787-4451. Please remember that registrations are transferable but not refundable.

Nutrition Tip of the Month for October

What could be more colorful than a display of winter squash at the local farmer's market? Squash and pumpkins belong to the same family as cucumbers and melons. They are packed with nutrition, containing 1.5 times the daily requirement of Vitamin A in one serving.

In addition, a serving of squash contains vitamin C, potassium, fiber, folate, omega 3 fatty acids and B vitamins – all with only 79 calories per serving. Winter squash should be rock hard with a dull-colored skin. Look for squash with the stem still on, as this retards spoilage. To store squash, clean them with a damp cloth and then allow them to cure at room temperature for 10 days. Then store at 45-55 degrees. Depending on the variety, they will last from 6 weeks to 6 months. Enjoy!

CONGRATULATIONS!!

To our State Arts and Crafts Show participants:

Jeanette Pitt – 1st place in painting

Carol Sybeldon – 1st place in short story

Joy Christianson – 2nd place in embroidered pillow cases and also 2nd in toy (Amish doll).

Where Three Rivers Flow, So Flows HCE

The annual 2011 State HCE Conference was held in Onalaska, WI on Sept. 12, 13, and 14 at Stoney Creek Inn and Conference Center with 337 participants in attendance.

The event kicked off with a 2-hour Mississippi Riverboat cruise followed by a short visit to the site of the Pleasoning® Seasoning plant in LaCrosse.

Following our evening meal, we were extended our first welcome to Onalaska by our state president, Lylene Scholz, at the opening general session on Monday evening. Our keynote speaker, Mr. Fred Kursh, spoke on change in our lives, families, and communities. This was followed by the presentation of County and Club awards for service, and stitches of love. The winners consisted of many deserving counties who created amazing testimonials of their projects and contributions to their communities.

There was such an interesting variety of workshops to attend. They included topics on "Antarctic Adventure", "Teenage Suicides", "Cooking for Two", "Bluebird Restoration", "Pruning and Damage Control of Shrubs and Trees", "Emergency Preparedness", "Archaeology", "Scams", "Partnering With Community Neighbors", and the list goes on. Some of the sessions that I attended included "Dealing with Food and Nutrition Myths and Misinformation", "The Heart Truth for Women", "Estate Planning", and "How to Support Your Loved Ones with Autism Spectrum Disorder."

During the Tuesday evening banquet, we were entertained by the Friendship Chorus, recognized the state retiring officers, and installed our new officers. The Cultural Arts display had a total of 401 entries this year. The silent auction received 112 donated items that we bid on for a profit of \$1784. At the conclusion of the evening, we were cordially invited to attend the 2012 conference which will be held at the Marriot Hotel and Conference Center in Middleton, WI.

I would like to thank the Shawano County HCE the opportunity for allowing me to attend this conference and would encourage more members to participate in this worthwhile experience.

Carol Sybeldon

Vice President Community Outreach

Shawano County HCE Executive Board Meeting Sept. 26, 2011

Shawano County Courthouse, 5 p.m.

Meeting called to order by President Helen Raddant with Creed 1.

Proposed Budget was added to the agenda.

Those in attendance were Helen Raddant, Sandy Wendorff, Joanne Fuhrman, Carrie Kolaske and Carol Sybeldon.

Minutes approved as were written in June Satellite. Treasurer's report was given.

Joanne read a Thank You note from the Back Pack program thanking us for the monetary donation.

Center Chair report was given.

Sandy Wendorff stated she has most of the readers in place for the reading for WI Bookworm program. She was going to read the first book on the 27th.

Learn-In on October 12th seems to be all set. After we get final numbers we will plan how many table decorations are needed.

Satellite will go out beginning of October.

Linda is working on 2 remaining lessons for this year.

Nominations are still needed for President Elect, Treasurer, Center 1 and Center 2 chairs. Remember you could co-chair this position.

Sandy Wendorff talked about her time at the NVON Convention. Carol and Helen also attended.

On the Move and in the Groove prizes will be given out at the Fall Meeting.

Helen Raddant and Carol Sybeldon gave report of the State Conference in Onalaska they attended in mid-September. Next year's Conference will be in Middleton, WI.

Joanne gave us results of our Brat Stand sales and the Bake Sale.

Upcoming meetings of interest are: October 12th Fall Learn-In at County Park and October 26th Fall District Meeting at Angie's Main Café. Program ideas should be included with your Club report at Fall Meeting.

Closed with Creed 2.

Minutes were submitted by Helen Raddant

County Notes:

CENTER I

Kitchen Maids – October 12th Learn-In and October 17th Annual Meeting were discussed. Bake and craft sale to be held November 20th.

Red Springs – Talked about the Red Barn fundraiser and 4 members plan on attending the Learn-In.

CENTER II

Learn-A-Lot – Opened their meeting with, "What did you do during the summer?" Five members will help with the food for Maple Lane Fall Fest.

A-Z – 3 members worked for the brat stand. Discussed Learn-In.

CENTER III

Navarino Merri Maids – Stanley fundraiser was held in September. Learn-In was discussed.

Compiled by Carrie Kolaske, Landstad Ladies HCE

POTPOURRI

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

WHAT A DIFFERENCE

If we noticed little pleasures
As we noticed little pains;
If we quite forgot our losses
And remembered all our gains;
If we looked for people's virtues
And their faults refused to see,
What a comfortable and happy,
Cheerful place this world would be!
-Author Unknown-

COMPUTER AGE

Memory was something you lost with age
An application was for employment
A program was a TV show
A cursor used profanity
A keyboard was a piano
A web was a spider's home
A virus was the flu
A CD was a bank account
A hard drive was a long trip on the road
A mouse pad was where a mouse lived
And if you had a 3-inch floppy....
...you hoped nobody ever found out!
-from an e-mail-

AGELESS HUMOR

I have found at my age going bra-less pulls all the wrinkles out of my face.
You are getting old when you don't care where your spouse goes, just as long as you don't have to go along.
Aging is when you can remember what you did yesterday only by what hurts today.
Middle age: the time when your clothes no longer fit, but it is you that need alterations.
The bad part is that you have to grow old before someone will tell you that you look young for your age.

QUIPS AND TRUTHS

It's OK to blow your own horn, if you don't insist to be the whole orchestra.
A lot of people complain how the ball bounces; usually they are the ones that dropped it.
Some people who think they are groovy, find themselves in a rut most of the time.
It's not what we have lost, it's what we have left that counts.
We are beginning to realize that top bananas never lose touch with the bunch.
A sweet and pleasant smile will increase your face value.

Blessed are those who can give without remembering, and take without forgetting.

HOLIDAY CRANBERRY BREAD

2 cups flour	1 egg
1-½ tsp. baking powder	1 cup sugar
½ tsp. soda	1 tsp. salt
½ cup boiling water	1 orange
2 Tbsp. shortening	1 cup nuts
1 cup raw cranberries, halved	

Sift dry ingredients in large bowl. Grate orange. Combine juice of orange and water, stir in shortening, beaten egg and add to dry ingredients, stir till moistened. Add nuts and cranberries and grated orange rind. Bake in greased 9x5x3 inch pan, at 350° for 55-60 minutes.

Breakfast for the Brain

Small Cage Habit

Once upon a time there was a very sad polar bear, who was kept in a very small cage, in the town zoo. When the sad bear wasn't eating or sleeping, she occupied her time pacing...eight paces forward and eight paces back again. Again and again she paced the parameters of her very small cage.

One day the zookeeper said: "It's depressing to see this bear pacing back and forth in her confining cage. I shall build her a great open and elegant space so that she may romp with great freedom and abandon." And so he did.

As the space was completed, great waves of excitement charged through the town, and finally the magic day came to move the bear to her new headquarters. The town mayor delivered a rousing speech, with a chorus of children screaming in anticipation.

The city marching band manifested a brassy bravado of sound that reached a crescendo at the glorious moment that the sad bear was ushered into her elegant new quarters. Whispers of curious expectation rose from the crowd as they watched the great beast frozen in the uncertainty of the moment. The sad bear looked to her left and to her right, and then she began to move...one step, two, five, eight paces forward and eight back again...again and again. To the shocked amazement of the crowd, she still paced the parameters of her old very small cage.

- What was the bear's behavior in the beginning of the story?
- What happened in this story?
- Why did the story end the way it did?
- How are some people like this bear?

What are the best ways of handling stress?

Healthy centenarians report that they cope with the stress of their health problems simply by accepting them, not worrying about them, and taking one day at a time.