



# Satellite



## Home & Community Education November/December 2012

As I write this I have just returned from the Fall meeting. Again we had a wonderful pot luck meal. And Thanks to Center 2 for organizing the evening. They even had gotten the speaker. There were 21 in attendance which represented 7 clubs, and 9 individual members.

Our new Family Living Educator was with us for the evening. She has been very busy with meetings also. So we welcome Kristin Konczak to Shawano County.

The speaker was Denise Bodart and her topic was "The Total Parent Experience" She had the baby dolls that are used in teaching about what is involved with being a parent. She explained how they work with the computers in them. The dolls are used in Shawano County thru the Child Support Agency. We Thank her for her presentation.

I was not able to attend the State Conference however we still had 3 girls go. JoAnn Fehrman, Carol Sybeldon and Sandy Wendorff. They reported

back they had a great time but also brought back some good information for lessons for the upcoming year.

The 3 items taken to the Cultural Arts were: Painting by Jeanette Pitt received a 1st, the jointed Mohair Bear made by me got a 1st and the red sock Monkey got a 3rd.

The Learn-In with Waupaca County is also in the past and the ladies that went said it was also another great day of learning and fun. Next year we will be the Host County so start thinking of speakers that we might get. So if you have names or topics include them in your club notes or contact the UWEX office.

Last week Sandy Wendorff, Carol Sybeldon and myself attended our NE District meeting in Merrill. This was our last meeting with that group. In 2013 we will have only 6 Districts instead of the previous 8 districts. Our original District had 4 Counties. We are now in a District with 9 Counties.

2013 we still are a part of the State Conference which will be in Mani-

towoc. So hopefully more of you will consider going. Remember there are Scholarships available from Shawano County.

We will be making table tray favors for one of the meals. I will be attending a meeting in Rosholdt on November 4th.

We are still looking for a President Elect, so any suggestions can still be included in your monthly club minutes. Carol Sybeldon has filled the Center 1 position. So Thanks Carol.

Carol Sybeldon, Sandy Wendorff and Kristen Konczak will be working on out new program book and planning the lessons later this month for 2013.

We have 1 lesson yet this year so hopefully we have a good turn out for "Going Green".

We won't have another newsletter until January so hoping everyone has a wonderful Thanksgiving because I know that we all have a lot to be thankful for. Also Merry Christmas and a Joyous New Year.

*Helen Raddant*  
Shawano County HCE President

### WI Bookworms™ 2012-13 Booklist



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 afternoons in Shawano or mornings in Bonduel. Call me soon at 715-524-2710 so I can set the schedule.

Thanks,  
Sandy Wendorff, WI Coordinator

### Oops!

At our Fall meeting we skipped past the "County Project" portion. I know that the last few years we did the Baby Carrier Cover-ups and then personal need

items to SAFPARC. Both projects are very important and needed so I think we can continue with both of those. We do get favorable comments on what we do. So again Thanks to all who are involved.

### Upcoming Annual Kitchen Maid's Bake & Craft Sale

The Kitchen Maids HCE will be having their annual craft and bake sale on Sunday, November 18, 2012 from 9:30 a.m. - 2:00 p.m. at the Tilleda Town Hall.

Lunch will be served by the Tilleda Timberwolves 4-H Club. Admission is free and everyone is welcome.

### Calendar of Events

#### Nov

- 1 LT (HCE) - Bonduel
- 4-10 WAHCE Week
- 4 Daylight Savings Time Ends
- 6 Election Day
- 7 LT(HCE)- Courthouse(Shawano)
- 11 Veterans Day
- 22 Thanksgiving Day

#### Dec

- 24 Christmas Eve
- 25 Christmas Day
- 31 New Years' Eve

#### Jan

- 1 New Years' Day



## THE BEAMS:

### CENTER I

**Kitchen Maids** are busy preparing for their annual Craft & Bake sale to be held Nov. 18 at the Tilleda Town Hall. JoAnn Fehrman & Carol Sybeldon attended the State Conference and shared their experiences and encouraged others to attend in the future. Four members attended the Learn-In.

**Red Springs** discussed the one-day Christmas bus trip. They will be making baskets for shut-ins on Thanksgiving. Have decided to have their Christmas party at the Whistle Stop this year. Will be making a monetary donation to Safe Haven.

### CENTER II

**A-Z** made a motion to purchase Coats for Kids. No members were able to attend the Learn-In this year. All members participated in the Bake Sale in July at the Farmer's Market. Several members worked the Brat Stand in August.

**Flour Queens** - No Minutes Received.

**Learn-A-Lot** - Barb & Louise worked at the Brat Stand. All members donated baked goods for the bake sale at the Farmer's Market in July. They donated \$20.00 to Ronald McDonald House in Milwaukee and \$20.00 to Love Lites. Members will be donating items to Safe Haven as well. Myrtle & Louise helped with Maple Lanes Fall Festival in October.

### CENTER III

**Navarino Merri Maids** discussed their favorite Fall foods. Pat & Barb attended the Learn-In held in Waupaca County and shared what they learned with us. Barb & Ellie both worked the brat stand in August.

**WISC** - No Minutes Received.

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## 2013 Program Books & January Project Lesson

Program books will be ready for pick up in January. We will contact the clubs when they are ready. We will make arrangements to deliver them to your club if no one can get them.

## Club Minutes

Club secretaries will note that there are 3 copies of the secretary sheets. Please write hard enough for the writing to show on all three copies. You keep the white copy for your club records, the pink copy goes to your center chair and the yellow copy goes to the Extension office. This copy is shared with the editor to write the "Beams".



### E-mail option:

Another option is to type the minutes and print a copy for your Center Chair and for the Beams. You can e-mail copies to the office if that is convenient for you to Kristen.Konczak2@ces.uwex.edu and Amy.Kroenke@co.shawano.wi.us or mail to UW-Extension office, Attn: Kristen Konczak, 311 North Main Street, Room 101, Shawano, WI 54166.

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## 2012 WAHCE Conference Report

What a conference! One Monday, September 17th, JoAnn Fehrman, Carol Sybeldon and I arrived in Middle by noon. We quickly entered everything in the Cultured Arts. Along with the red, white and blue shoe. There were 45 total shoes there. We then went on the tour of Allen Centennial Gardens and Babcock Hall.

What a garden! I'm glad I don't have to weed the 2.5 acres of plants. Lots of beautiful plans, it started to rain a little when we were touring the garden, but not enough to get wet. We then went over to Babcock Hall, they were done for the day, but we had a good tour guide who explained many things going on with the milk. We then were able to get an ice cream treat. After Monday's supper we started the 2012 conference with our keynote speaker Dr. David Rendall, he was quite a speaker. He was born in Milwaukee, loves Cultured ice cream and is good at play the Pretty, pretty princess game. He has 3 daughters. He had us laughing a lot. But when he was done talking, we were thinking in a positive way, He was also Tuesday's session after lunch for all of us.

"Ten Strategies for Maximizing Your Leadership Potential." We all did a test, "What's Your Freak Factor?" It's a individual assessment.

On Tuesday morning, I sat in on the WAHCE busi-



ness meeting for our President Helen Raddant who was unable to attend the conference. We voted on the re-districting, from 8 districts to 6. The change was needed due to the small districts unable to do a conference alone. As of January 1, 2013, Shawano and Lincoln counties will be in Central district. Other districts were also changed to even everyone out in numbers.

Then after lunch, Dr. David Rendall had a session for all titled, "Ten Strategies for Maximizing Your Leadership Potential."

Then I attended a Wisconsin Bookworms™ session on "ages and stages." We had fun playing a game. Learning about what kids and adults think about and do.

After the banquet was over, we were able to attend the party for President Lylene Schultz the outgoing WAHCE President, then we went to the new President Betty Ann Tubbin, who is the incoming WAHCE State President.

On Wednesday morning, I attended one of the POOLS "Cutting Back and Keeping Up." It was a very good session learning how to make ends meet. Topics were talking family members, managing stress, building a budget, cutting expenses and increasing income.

My last session was Wisconsin Bookworms™ "Page Turners." It really was a lot of fun. We broke up in 8 different groups, we then did an activity for each book.

Then, we got up in front of the other people in the session and read the book and talked about each book. After lunch and a great conference, we will headed home.

**Submitted by: Sandy Wendorff,**

**Wisconsin Bookworms™ Coordinator for Shawano**

## **Shawano County HCE Executive**

### **Board Meeting October 8, 2012**

#### **Shawano County Courthouse, 5 p.m.**

The meeting was opened with Creed I at 5 p.m.

Those present were: Helen Raddant, Sandy Wendorff, Carol Sybeldon, JoAnn Fehrman, Sandra Smith and Kristen Konczak (FLE).

Interim FLE, Kristen Konczak, was welcomed. We are happy to have her with us during the next 6 months.

The agenda was adopted.

The minutes of the previous meeting were approved and the treasurer's report was given and placed on file.

Sandy Wendorff talked with the Head Start teachers and the Bookworms project is all set for this year.

The articles for Nov/Dec newsletter are due Oct. 17.

Sandy Wendorff reported on the State Convention.

Those attending were Helen Raddant, Sandy Wendorff, Carol Sybeldon and JoAnn Fehrman. The 2013 State

Convention is in Manitowoc.

Unfinished business- we talked about the HCE working at the County Market and also the Bake Sale at the Farmer's Market. More HCE members could be involved with baking for the sale than working at the County Market. VITA helped work a few hours to fill in the 3 days we had for the brat stand. Sandra Smith moved and Carol Sybeldon seconded to give VITA a donation for their help.

It was brought up that perhaps a gift for Linda Olson's service to HCE could be purchased. JoAnn Fehrman moved and Sandy Wendorff seconded that one be bought. JoAnn was purchase something. Also a lifetime membership in HCE for Linda.

There was discussion on the newsletter and as to what could be left out and added.

Kristen Konczak brought up putting HCE on Facebook. Perhaps if friends saw that another friend was a member of HCE, they might also look into membership.

The next meeting is November 12, 5 pm.

We closed with Creed 2.

**Submitted by Carna Zimmerman, Secretary**

## **2012 HCE Convention Update**

**Submitted by: JoAnn Fehrman, Kitchen Maids**

What a great time I had at the HCE State Convention in Middleton! Carol & Sandy are great traveling companions! I got to see some great sights, meet new people and learn so much.

Monday afternoon we toured Allen Centennial Gardens and then Babcock Hall where we had the famous Badger ice cream (I had Berry Alvarez flavor).

My first session was "What's My Plate" which discussed the new eating guidelines that replace the old "pyramid".

My next session was "Following the Journey of Laura Ingalls Wilder" where we got to see examples of quilts that were similar to those made at that time and also represented key events of their lives.

Another session was "Butterflies and Butterfly Gardening" which was very informative. I also attended the sessions on membership and the treasurer's workshop. The keynote speaker for the convention was Dr. David Rendall who spoke on strategies for maximizing leadership potential. He was very enlightening. I hope to be able to share what I learned with all of you at some time.

It was three action packed days that I thoroughly enjoyed. I hope that all of you will take advantage of the great opportunity to attend a state HCE convention some time. Our county organization will have the chance to help with next year's convention in Manitowoc and I am really looking forward to it.



## POTPOURRI

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

### GEESE INFORMATION

Fact, as each bird flaps its wings in V formation, the flock adds 71% greater flying range than if each flew alone.



Fact, whenever a goose falls out of formation, it feels the drag and resistance of trying to fly alone-and quickly gets back into formation.

Fact, when the lead goose tires, it rotates back into formation and another goose flies at the point position.

Fact, when a goose gets sick or wounded, two geese drop out of formation and follow it down to help protect it. They stay until it is able to fly or dies. Fact, geese in formation honk from behind to encourage those up front to keep up their speed.

#### Lesson for us humans:

- Common direction will get us where we want to go.
- Help each other.
- Take turns at leadership or the hard task.
- Stand by each other during difficult times.
- Make sure our honking is encouraging, not critical.
- Adapted

### DOGEN

An old German recipe

- ¾ cup milk
- 1 heaping cup flour
- 2 eggs
- ¼ cup butter
- 1 cup fruit (blueberries, raspberries, sliced apples or peaches)

Combine milk, flour and eggs, beat till flour is mixed. Melt butter in a 11x7 inch pan. Pour the thin batter into the pan. Arrange fruit on top of batter. Sprinkle with ¾ cup sugar over fruit. Bake at 400 for 30 minutes.

### CINNAMON ORNAMENTS

- 1 and 1/2 cup ground cinnamon
- ¾ cup applesauce
- 1 Tablespoon Nutmeg
- 1 Tablespoon Cloves
- 1/4 cup Elmer's white glue

Combine all ingredients with your hands. Divide dough in half. Roll out on cinnamon-dusted surface. If dough cracks when rolled out, add more applesauce. Cut out with cookie cutters and punch hole in top for a ribbon. Let dry on a cookie sheet covered with wax paper, turning every day until completely dry. Do not roll dough too thin or ornaments will curl as they dry and will break easily - about ¼ thickness works good.

## Learn, Share, Grow - A Capital Experience

Carol Sybeldon, VP Community Outreach

The recent Wisconsin Association for Home and Community Education annual state conference was held at The Marriott Madison West in Middleton, WI. There were 366 women and men in attendance which also included 11 Family Living Educators throughout the state. Spending 3 days with hundreds of other HCE members from all over the state was a great experience.

All registrants were given the opportunity to participate in a local tour of the area which included the Capital Brewery & Mustard Museum, the Overture Center for the Arts, the Wisconsin State Capitol and Monona Terrace, or the Allen Centennial Gardens and Babcock Hall.

Dr. David Rendall was our keynote speaker during our opening session. We had the chance to meet with him again the following day after our noon luncheon. He discussed ten methods for leadership development, including strategies for personal growth.

The remainder of our time was spent attending the various workshops which were excellent and well planned. They included "Twenty Years of Stem Cell Research", "Real Life Impact of Your Credit Score", "Gardening with Aches and Pains", "Cutting Back and Keeping Up", "E-Readers, How to Buy & Use them", "How a Bill is Formed and Passed", to only name a few.

Overall, attending the WAHCE state conference was an enlightening and educational experience. I would like to thank the Shawano County HCE for giving me this opportunity and would like to encourage more members to seriously think about going next year.

