

# Port-o-Gram

Portage County UW-Extension  
1462 Strongs Avenue  
Stevens Point WI 54481-2947  
715-346-1316



January, February & March 2017



## JANUARY



1 New Year's Day



1 Update Article  
Deadline



Central District Highlights

30 **Due:**  
Membership List, Affirmative Action  
Sheet, Program Planning Sheet  
from Secretary's Book to  
UW-Extension Office.

## MARCH

15 Port-O-Gram deadline

17 St. Patrick's Day



29 Spring County Day  
Host: ABC Center

St. John's Lutheran Church, Almond

9:00 **Gather with Refreshments**

9:30 **Business Meeting**

12:00 **Potluck Luncheon**

*(bring a dish to pass and personal  
table service)*

1:00 **Educational Program**

Super Foods for a Healthier You  
Presented by Sherry Daniels,  
UWEX Family Living Educator

**EOM SPARTA Used Book Sale**

Call Nancy Kemmeter  
715-344-2598

## FEBRUARY

14 Valentine's Day



16 - 25 Learning Center  
Trek/Photo  
Tour of Nicaragua

# Happy Holidays!



## A Message From President Dianne Trzebiatowski

As 2016 draws to a close, I would like to thank every Portage County member for your HCE contributions that enable our organization to continue the outreach programs we have in the community. I am so proud to represent and to work with each one of you as we try to make a difference in the lives of others, and also in ourselves. It is your dedication that motivates me to continue volunteering and working to keep this organization an important asset in our community.

Also, thank you so much for honoring me with the gift and your show of appreciation and support for me as your President, at the Christmas Tea.



The 2017 Program Books were handed out at the Tea. If you did not receive your book, your club president has them. The new books include the “Impact of HCE” forms (which are removable so you can submit them after June 30) to help you keep track of your HCE activities. Your club meetings would be an opportune time to remember and to jot things down. Even just writing down the club and county meetings you attend will be appreciated.

This coming year we will continue the Wisconsin Bookworms™ literacy project, sew “Cuddle Pillow” cases (for the Marshfield Ronald McDonald House), and make “Quilt-lets” for W/NP. Since we have decided to discontinue Pleasant Hour (playing bingo with the residents at PCHCC) I would like some suggestions for other activities we might want to consider to help others.

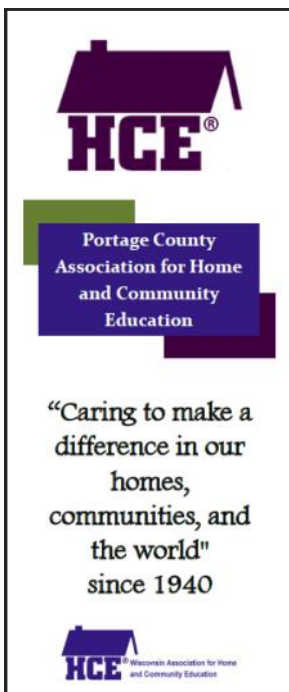
Besides these local outreach projects there are many International programs that we can support and participate in. I will be including information about the CWC “Zero Hunger Initiative” and the NVON “Eat Local, Eat Healthy” projects in upcoming 2017 newsletters. I am sure we will continue to support the many W/NP projects that help to educate and improve the lives of people in our “Partner of the Americas” sister country, Nicaragua.

There are new, updated Portage County HCE pamphlets that can be used as a tool to inform and recruit new members. Keep one in your purse (with some extras in the car) so you always have one handy if/when an opportunity arises.

Please continue to talk to others about HCE and the projects that we do in the community. Inviting someone to attend a club or county event is another way to get people interested in our great organization.

**Again, thank you for another year of friendship and caring to make a difference. Happy Holidays to you and yours.**

*Dianne*



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**“NEW”- ONE TIME CONTINUOUS Photo Release ~ Dianne Trzebiatowski, President**

**Please fill out your NEW "Photo Release", which is now continuous, you only will have to complete it once!**

Complete your form indicating if you:

Yes, give HCE permission to use photographs of you and/or specific family members.

or

No, if you choose not give permission.

**YES**

**NO**

Regardless of your choice, please turn your form in as soon as possible at a club meeting or to the Extension Office.

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**“Farewell to Fall (District Meeting)” ~ Dianne Trzebiatowski, President**

The final Fall Central District Meeting was held in Wild Rose (Wild Rose Lions Club Bldg.) on October 25 hosted by Waushara County HCE. Yummy refreshments, beautiful fall decorations, and wonderful HCE friends greeted us.

Central District Director Rose McGrath presided over the district meeting. She gave each Central District County President a folder with information about the recent Conference and copies of the WAHCE Annual Report; minutes from the pre-conference state board meeting, the annual business meeting (held during the conference), and the November state board meeting; central district counties' organizational sheets; and Update subscription forms. With only one district meeting a year (starting in the Spring of 2017) the county presidents will take on more of the responsibility of getting pertinent state and district information to the counties/clubs/members.

Following the “Baked Potato Bar” lunch and a unique style show, Sheriff, Jeff Neff, told us about the Waushara County Canine Unit which includes two dogs and two deputies. (Both dogs are German Shepherds.) The partners (man and dog) undergo years of extensive training and certification together, and must complete additional training and re-certification yearly. The dog lives with/is raised by the deputy, is trained by his deputy partner, and acts only on commands from his partner. Max is considered a member of the officer's family and we certainly could see the love the deputy had for his dog. We all got to meet Deputy Max and see him in action when he was given the command to find drugs on the premises. The dog was able to quickly “sniff out” the few grains of marijuana in the sealed plastic container that had been hidden in the room.

Great program and great day!



## Wisconsin Friendship Chorus ~ Carol Anderson

November 4, 2016

Dear Wisconsin Friendship Chorus Members:

Nope, I haven't forgotten about you and your reply to sing with the Chorus at the 2017 Farm Tech Days in Kewaunee County.

I am enclosing a list of those who replied and hope you are all still on board. If you know of anyone else who would care to join us please give them my address/phone number/email. We have created so many wonderful memories via "the magic of music" and you know what, this will be great fun again.

I've talked to wonderful Peggy Wettstein and she will accompany and direct us. We will be selecting the songs from the many we have used in the past. I've also been communicating with Anita Schuller (our HCE contact) in Kewaunee County as well as our Farm Tech day contact.

I can share with you the following information for now:

Rehearsal will be held at the Cedarberry Inn, Sauk City, Thursday and Friday, June 1 and 2, 2017. A block of rooms has been reserved for the evening of June 1 at the Cedarberry, (608) 643-6625.

We will sing at the Kewaunee County Farm Tech Days Wednesday, July 12, 2017, at 11 am and 1:30 pm. A block of rooms has been reserved at the Lighthouse Inn, Two Rivers, for the evening of July 11th.

For now mark these dates on your calendar. More information (including room reservation detail) will come later. Contact other HCE members to join us. I will get another SOS for members in the UPDATE. Also, it would be great to put this information into your county newsletters.

My email [carolanderson087@gmail.com](mailto:carolanderson087@gmail.com)

My phone 608-546-5194

Singingly Yours,

**Carol**

Carol Anderson  
Coordinator





## Some WAHCE facts/info to inspire & motivate YOU! \* ~ Dianne Trzebiatowski, President

- ◆ Over \$96,500 have been spent to buy water filters  
(25 water filters went to Nicaragua)
- ◆ Approximately 700 “quilt-lets” were collected at the WAHCE Conference
- ◆ In 1990 Wisconsin Extension Homemakers had 24,000 members.  
In 2015, WAHCE had 3700 members. 92% of our present members are over age 55.
- ◆ \$160.00 will educate and furnish supplies for a student for one year in Haiti (“Ventures in People” scholarships)
- ◆ Only about ¼ of WAHCE members subscribe to Update
- ◆ A \$ .25 donation from each WAHCE member will make a difference (Zero Hunger Initiative)
- ◆ The 2017 Bonus Category is “Three Cheers for Team HCE”  
Conference logo is “HCE - Here Comes Excitement in the Dells”



\* The 2016 WAHCE County and Club Awards are included in this newsletter.

*We are like a SNOWFLAKE, all different in our own Beautiful Way!*



*~ Unknown*

*We all have similarities but our differences help define us. We have unique beauty in our inner & outer selves which isn't always easy to see until we take a closer look... just like snowflakes. The different journeys that we take in life create our individuality... just like snowflakes. We are independent individuals but often stick together... just like snowflakes.*

## Program Book Information & Updates ~ Jean Schwirtz, Secretary

2017 Program Books were distributed at the Christmas Honor Tea. Please take some time to check out all the educational and fun opportunities that are planned. Please mark your calendars now so you don't miss anything.

Additions and changes to the book:

Page 26 Mother's Day is May 14 and under Achievement Day add: Honor Eunice Schultz for her 70 years of membership in HCE



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## **2016 WAHCE Awards ~ Dianne Trzebiatowski, President**

### **Educational Program**

Brown County:

Did both seminars that were presented at last year's conference.

With "Understanding Food Labels", they held an afternoon and an evening session, and had large attendances at each of them. With "Raising A Thinking Child" many ideas were shared by members, along with the telling of different happenings from their childhood.

Adams County:

Presented "Raising A Thinking Child" and "Food Label Lingo" at the Leader Training with the intent that members would take back this information to their clubs to share and also use at the interactive booth at the Adams County Kid's Day, and many other interesting events throughout the year.

### **"Stitches of Love"**

#1 Adams County:

Made activity mats which are used by people with various types of dementia. They provide sensory stimulation by use of various types of fabric and fake furs, they also use fasteners, zippers, buttons, snaps, etc., to keep anxious fingers busy. They were distributed as requested to health care agencies.

#2 Waushara County:

Made 26 Quiltlets for the Wisconsin/Nicaragua Project. More quiltlets are being made to be sent to the project.

#3 Kenosha County:

Made Quiltlets for the Wisconsin/ Nicaragua Project, HCE members and their children, as well as all 4-H members from 2 clubs and their parents. In all, 19 volunteers made 28 quiltlets in a 4 hour time slot. Attendees took pre-cut sections and sewed an additional 42 quiltlets at home. Approximately 160 yards of material was purchased and 70 yards donated. To date 70 quiltlets are completed for delivery.

Marathon County:

Made mittens to be distributed to the children in the Head Start Program of Marathon County. 215 pairs were distributed at Christmas time. 120 of them were hand made. Some other members made knit hats that were donated to a variety of community agencies. 45 hats were made and are ready to donate when agencies start collecting in the cooler weather.

Dodge County:

Added two new projects this year. They made infant hospital blankets for Nicaragua, and Twiddle muffs for dementia patients. The muffs are made of various weights and colors of yarn with attachments of buttons or beads. They usually have a small beanie baby-like animal attached inside. They donated 107 muffs to nursing homes in Jefferson and Dodge counties. They also made 222 sets of hats, scarves and gloves for schools in Juneau and Hustisford, WI. 24 lap robes to "Wann the Community" effort by the Beaver Dam Community Library. and baby hats, scarves, and gloves to various pregnancy groups in Beaver Dam, Watertown, and Milwaukee.

## "Services of Love"

### #1 Green Lake County:

Green Lake County HCE learned of the Fraternal Order of Police Memorial Luncheon and offered their services to make the cupcakes and serve at the luncheon. The co-leaders coordinated kitchen help, supplies, deliverers, and servers for the event which was served in Berlin, Green Lake, Markesan and Princeton. Over 1200 cupcakes were baked and decorated in the certified Courthouse kitchen. All club and individual members were extended an invitation and opportunity to participate in this new community service project, by donating supplies and labor hours. We were proud to serve in this way alongside our local police and sheriff officers and their families.

### #2 St. Croix County:

Made fidget mats for the Deerfield dementia unit in New Richmond. Eleven members were at the event. The fidget mats help with the restlessness especially in the afternoon. Four samples were made and taken to the director of the facility and approved. The mats are being used daily.

### #3 Lacrosse County:

Made Picture Books for the care centers in the county who have residents with dementia. This project was chosen because many of us have been touched by this in some way.

### Dodge County:

Worked with Beaver Dam Legion Auxiliary to clip coupons for military families. They requested vendor coupons especially for food, baby, and pet, along with cleaning supplies. They can NOT accept "in store only" or restaurant coupons. We collect them, get an item count, and then turn them into the auxiliary. We started adding coupons in March 2016. To date, we have turned in 30,303 coupons with a value of \$61,258.30.

### Lafayette County:

At the county Spring Fling, "World Wide" was the theme for the dinner and program. 12 countries were chosen. Members researched interesting facts about each country and illustrated the flag and the map. We featured foods from the countries at our dinner. In addition, a slide show presented famous sites, landmarks and people from each nation. They also, brought items from the countries to be displayed.

### Adams County:

Supported the 14th annual "Kid's Day". There were 50 booths, all promoting health and family interests. HCE used "Food Label Lingo" with the focus on sugar - popcorn and animal crackers were labeled with the content of sugar in each. After talking to each family, the children were given a choice of treats.

### Manitowoc County:

Collected over 400 spices and 100 other food items like onion soup, canned soups and condiments. Sorted and delivered to six food pantries in Manitowoc County. What an amazing response!

“Winter is the time for comfort, for good food and warmth, for the touch of a friendly hand and for a talk beside the fire: it is the time for home.”

~ ~ Edith Sitwell ~ ~

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## **2016 WAHCE Awards ~ Continued**

### **"Services of Love" ~ Continued**

Marathon County:

Put together Security Bags to be given to children forced to leave their homes when their parents are arrested. They are not allowed to take anything with them, so these bags are a source of comfort and needed supplies. 27 bags were provided to 2 Social Service agencies. Each bag included a pillowcase with a pair of pajamas inside, a book, a toy, a toothbrush, toothpaste, comb, stuffed animal, and a small pillow. A tag was tied on each bag stating the size of pajamas and if for a boy or girl.

Iowa County:

To fill some of the time slot at the S/W District Meeting it was suggested by the FLA to do community service projects. Four members of the committee leaped at this suggestion as it would get members involved with other members in hands-on projects. There were projects for card making, quilting, bear making and birthday bags. The projects were given to different area services. The Birthday Bags, were donated to Iowa County food pantries. The cards were given to Bloomfield Manor [Iowa County owned nursing home]. The quilting went to Barneveld Lutheran Church mission project, and Project Hugs, that were flat teddy bears were donated to military personnel to give to children they encounter in troubled areas of the world.

Fond du Lac County:

Fond du Lac County HCE and Agnesian Healthcare work together to improve the comfort and care to patients and their guests at St. Agnes Hospital by using a 'Comfort Cart'. The cart goes to each room daily [Monday-Friday] offering items from the cart to the patient and their guests. The items are purchased by participating HCE clubs and delivered to St. Agnes in Fond du Lac. Some of the items include toothpaste, books, magazines, decks of cards, lip balm, coloring books, crayons, games, Kleenex, pencils, note pads and many more items.

### **Club Community Service**

#1 Honey Doers HCE:

Built, installed, and maintained a box containing books in an accessible place at a campground in their area. Anyone could take a book or add a book. It is run on a take a book, return a book, "honor system."

#2 Live Sustainable:

Work with Lincoln County Health Dept. and UW Extension to form a community garden and build demonstration gardens in Merrill; support community gardens in Tomahawk; and develop, implement and evaluate special events and workshops for the communities. Their ultimate goal is to improve the health of Lincoln County, in three focus areas: Mental Health, Oral Health, and Nutrition and Healthy Foods.

*"If we had no winter, the spring would not be so pleasant: if we did not sometimes taste of adversity, prosperity would not be so welcome."*

*~ Anne Bradstreet ~*



### #3 Calico Country HCE:

Their focus was the "Quilts of Valor" theme, which recognizes both present and past military service to those in the community in a very special and unique way. The first Military Quilt was presented as a "Military Graduation Quilt". The second was the work on the local project for a local veteran. These projects unequivocally say to our community and military families, "Thank you for your service, sacrifice and valor."

### 50-50 Homemakers:

Jesse Field, a park used by residents for 4-H, family gatherings, baseball games, etc., had its garden redone - new flowers and shrubs were planted, and a sandbox with sand were also provided.

### Lemonweir HCE:

Mittens, hats and scarves were collected for children and adults, and then distributed through the local food pantry.

### Table Rock Homemakers:

Made "garment protectors" [the politically correct term for bibs] for a care center in their community. They made them larger than usual, washable in extremely hot water, and always colorful. Their project was very well received.

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## **From the Desk of Sherry Daniels ~ Portage County FLE & HCE Advisor**

### **Holiday Party Food Safety Tips** ~ *excerpt from University of Minnesota Extension, Preparing Safe Meals*



Holiday get-togethers usually include food. Laying food out on a buffet table is a popular way to serve food at these gatherings. But serving food this way can contribute to foodborne illnesses—a bad way to start the New Year! To protect your guests from foodborne illnesses, keep hands, kitchen, dishes and utensils clean and follow these tips:

#### **Serving tips**

When serving foods on a buffet table, serve them in several small dishes or platters rather than on huge platters. Keep the rest of the food in your oven (set at 200 to 250°F) or cold in the refrigerator until serving. This way, the foods will be kept at safe temperatures for a longer period of time. When the small platters are empty, replace them with clean dishes rather than add fresh food to a dish that already had food in it. Remember: Many unwashed hands have been taking food from these dishes and the food has been sitting out at room temperature. Recipes using ground meat or hamburger should be cooked to 160°F.

#### **Two-Hour Rule**

Food should not sit at room temperature for more than two hours. Throw out anything left out for two hours or more.

#### **Keep hot food hot and cold food cold**

Hot foods should be held at 140°F or warmer. On the buffet table, keep hot foods hot with chafing dishes, warming trays or slow cookers. Keep the covers on the hot food dishes to keep the heat inside the dish.

Cold food should be held at 40°F or colder. Keep foods cold by nesting dishes in bowls of ice.

Otherwise, use smaller serving platters and replace them often.

#### **Leftover food safety**

Refrigerate or freeze leftovers within two hours of serving. If the leftover foods were on your buffet longer than two hours, throw them out. Eat your leftovers within three to four days. Use your freezer for longer storage. Reheat leftovers to 165°F.

## Wisconsin Bookworms™ ~ Jean Schwirtz, Coordinator

Our Wisconsin Bookworms™ has received a grant of \$100.00 from the Stevens Point Area Retired Teachers Association (SPARTA).



**If you know of any organization we can apply to for funds for our books for the 2017-18 school year, please let Jean Schwirtz know.**

## Tomorrow River Christmas Cookie Sale ~ Jean Schwirtz

HCE members Nila Peskie, Pat Leary, Bonnie Dunn, Jill Rosenow, Dianne Trzebiatowski and Betty Daberkow are ready to start selling cookies at the Tomorrow River Christmas sale.

The cookie sale fundraiser was a huge success. Thank you to everyone that contributed and worked that weekend. These funds will certainly help keep us going another year.



## Installation of Officers ~ Jean Schwirtz



Installation of Officers was held at the Christmas Honor Tea.

Pictured: Betty Daberkow, Lynn Isherwood, Donna Martens, Ramona Romundson, JoAnn Tess, Marge Thiele, Jean Schwirtz, and Dianne Trzebiatowski.

Thank- you officers for saying “YES”!

## Christmas Honor Tea ~ Jean Schwirtz

Congratulations to Anna Young, North Almond for being honored for her 50 years of membership in HCE at this year's Christmas Honor Tea.

Also honored were Ramona Romundson, 15 year reader and Esther Trzebiatowski and Jean Schwirtz, 10 year readers in our Wisconsin Bookworm™ program. Pictured: Jean Schwirtz, Ramona Romundsen, Esther Trzebiatowski and Anna Young.



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## Remembrances ~ Anna Young, 50 Year Member

It was a long, long time ago when I first joined "Homemakers". It was in 1955 and my mother belonged to the Blaine Club; so when I moved out there, I followed suit. I don't believe that there are any of the members still alive. I hauled along two little kids, there were soon three, and they soon were making the rounds of every lap. The lessons were all on cooking, sewing and how to make cleaning more efficient. We went on a tour to Wisconsin Dells and one of the things we saw was a program put on by the Native Americans. One dressed as a chief sang in this beautiful baritone and one of our elderly members, who spoke English as a second language, was almost overcome. I can still see her hands folded over her chest sighing "He make my heart go pitter-patter".

When the Blaine club folded, I think in 1964. I was working part-time, so I didn't join Almond at that time. In 1974, after the store I worked in burned, Lorraine Prochnow talked me into joining, (well more like just dragged me along), the Almond Town & Country Club. We went to County, District, local meetings and every other meeting she found. We went on trips, to craft classes, sewing & cooking classes. The one I remember was a radio spot that the County Homemakers made. I was signed up to do one of the spots. Every time I heard myself I wanted to crawl under the bed; I thought I sounded awful.

In the 1990's, the day that the Town & Country group met was a day I had to work, so I transferred to the North Almond Club where I still am today. I've met a lot of interesting people over the years, remembering some with laughter, some with sadness over their loss. I can still see their faces. Now new ones are taking over and that is good. We grannies are wearing out.

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## Thank You ~ Ronald McDonald House



**Ronald McDonald House**  
MARSHFIELD

Dear Wisconsin Association for Home and Community Education, 13 Oct 2016

Thank you so much for your donation of children's pillows to the Ronald McDonald House in Marshfield.

These pillows tend to be a favorite gift for the children who stay with their parents while a brother or sister is in the hospital. On behalf of all the families served here at the RMH, thank you!

Sincerely,  
Kim-Evening Mgr.



# This is YOUR Newsletter!

Help us make it better.

Submit Club or Center activity information along with photos for inclusion in the Port-O-Gram to:

*Portage County UW-Extension*

*c/o Denise Rocha*

*1462 Strongs Ave, Stevens Point, WI 54481*

*or email: [denise.rocha@ces.uwex.edu](mailto:denise.rocha@ces.uwex.edu)*



- ◆ Please include names of the people in any submitted photos.
- ◆ Photos will be returned via mail.
- ◆ Questions? Call Denise at 715-346-1316



### **Cooperative Extension Staff**

Connie Creighton, Department Head/  
4-H Youth Development Agent

Sherry Daniels, Family Living Educator

Ken Schroeder, Agriculture Agent

Nathan Sandwick, Community Resource Development Agent

Jill Hicks, Administrator, Wisconsin Nutrition Program Education

Mary Higley, Wisconsin Nutrition Program Educator

Joanna Lickel, WNEP, Support Staff

Penny Schmitt, Wisconsin Nutrition Program Educator

### **Support Staff**

Denise Rocha, Agriculture/Family Living/Reception

Ryan Nelson, 4-H/CNRED/Administration

Office Phone (715) 346-1316

Fax: (715) 346-1323

Toll-Free: 1-866-920-2525

### **HCE Website:**

[www.wahceinc.org](http://www.wahceinc.org)

### **Portage County Website:**

[www.portage.uwex.edu](http://www.portage.uwex.edu)

### **Publications Website:**

[www.learningstore.uwex.edu](http://www.learningstore.uwex.edu)

### **Local Government Websites:**

[www.co.portage.wi.us](http://www.co.portage.wi.us)

[www.stevenspoint.com](http://www.stevenspoint.com)

[www.ploverwi.gov](http://www.ploverwi.gov)

[www.n.villageofalmond.com](http://www.n.villageofalmond.com)

[www.amherstwi.govoffice2.com3](http://www.amherstwi.govoffice2.com3)

[www.townofamherst.org](http://www.townofamherst.org)

[www.junctioncitywi.com](http://www.junctioncitywi.com)

[www.plainfieldwis.com](http://www.plainfieldwis.com)

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