

Port-o-Gram

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



September - October 2016



SEPTEMBER

2-5 **Portage
County Fair**
Rosholt
rosholtfair.com



5 **Labor Day**

12-14 **WAHCE State Conference**
Eau Claire Plaza, Eau Claire
"76 Trombones Leading HCE"

30 **Pay Yearly Dues \$10 or
\$12 for Individual Members
& send "Pennies for Friendship"
to Donna Marten
HCE County Treasurer**

OCTOBER

4 **Our Day**
Green Lake HCE
Green Lake
Conference Center



5 **Fall County Day**
Host: Amherst Center
Nelsonville Lutheran Church
9:00 Gather with Refreshments
9:30 Business Meeting
Election of Officers
(*President & Secretary*)
12:00 Potluck Luncheon (*bring a dish
to pass & personal table service*)
1:00 Program:
Building Money Wise Children
Presented by Sherry Daniels,
UWEX Family Living Educator

15 **Port-O-Gram Deadline**
Conference Reports Due

TBA **Fall Central District Meeting**
Waushara County

22 **National Make a Difference Day**

25 **Pleasant Hour**
Stevens Point Center

EOM **SPARTA Used Book Sale**
Nancy Kemmeter
(715) 344-2598

DO YOU HAVE AN EMAIL ADDRESS?

If so, we want to know! Please send an
email to

Denise Rocha at UW-Extension
denise.rocha@ces.uwex.edu



A Message From President Dianne Trzebiatowski



From President Dianne Trzebiatowski

Where did the summer go? . . . again! Unfortunately most of my summer was spent going to physical therapy and to various doctors, trying to alleviate and to find the source/reason for my chronic pain. :)

I hope your summer was more enjoyable than mine!

We had several HCE activities scheduled over the summer to work on various projects. Thanks to everyone who was able to make time to sew pillowcases (We finished 80 that day!), make tote bags, go on the tour to the Mead Wildlife Area, and help at our workday at the W/NP warehouse.

Our last two activities are the Executive Board Meeting (Aug. 24) and a “quilt let” sewing and assembling day on Aug. 31 at the Annex. Let's have a good turnout as we begin this new “Stitches of Love” project.

Copies of the finalized/updated Portage County HCE Bylaws and Standing Rules (available at the board meeting) have been distributed. If any changes or additions are needed, please let me know prior to Fall County Day.

Please remember to pay your HCE dues (for 2017) by the end of September.

The last Fall Central District Meeting will be held on October 25. The meeting is in Wild Rose, so we won't have far to go. Let's have a good turnout from Portage County! Going forward, there will be only one district meeting, in the spring of the year.

Dianne

2016 HCE Summer Tour ~ Jean Schwirtz

Our HCE Summer Tour was held on Wednesday, August 3. We toured the George W Mead Wildlife Area in Miladore. At the center we watched a dvd about the history of the center. We then had a wagon ride through part of one of the trails. We enjoyed lunch right at the center, and then were able to walk through the flower gardens. It was a VERY hot day, so we didn't wander far. Our guide, Pamela Resech was very knowledgeable about all the plants and animals. *Members in picture: Jean Schwirtz, Pam Resech; Wildlife Educator, Nancy Schulze, Donna Martens, Betty Daberkon, Marge Thiele, Joyce Baird, Dianne Trzebiatowski, Pat Cummings, JoAnne Tess, not pictured: Janice Marr.*



The Impact of HCE ~ JoAnn Blonien, VP of WAHCE Family and Community Life

Dear Members,

For 2016 we would once again like you to keep track of your volunteer hours for activities directed by HCE. There are new forms for Member and County reports. Executive Board forms will remain the same. ALL the forms are on the WAHCE website www.wahceinc.org under Awards Forms & Info or from your local UW-Extension Office. Please give your completed forms to your County leadership for compilation. Counties will send full reports in to the State in early July.

Totals for 2015 were very impressive!

37 Counties

Outreach: 61,432 hours

Donations: \$77,515

Executive Board

Time spent: 24,848 hours

Donations: \$26,579



Keep up the GREAT WORK. Looking forward to 2016!

JoAnn Blonien, VP of Family and Community Life

**“Volunteers do not necessarily have the time;
they just have the heart.” ~ Elizabeth Andrew**

“76 Trombones Leading HCE ~ Jean Schwirtz

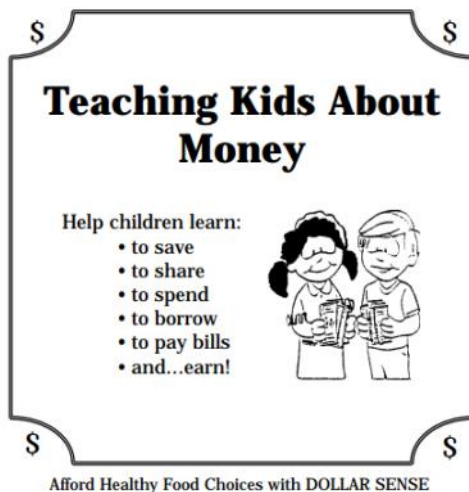
“76 Trombones Leading HCE” is the theme for this year’s WAHCE State Conference 2016. The conference will be held at the Plaza Hotel and Suites in Eau Claire September 12, 13, 14. This year’s Educational Programs will include: Super Foods and a Healthy You and Keeping Your Brain fit as You Age. I will be attending these classes and will try and include them in next year’s programing. If you have other program suggestions, please let me know. Portage County will have three members honored for being Wisconsin Bookworm™ readers. They are Esther Trzebiatowski and Jean Schwirtz for being readers for 10 years and Ramona Romundsen for being a reader for 15 years.



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

Spring and summer went so fast (as always). I hope you were able to get out and enjoy all of the things you like to do during the warmer weather. Fall is a beautiful season in Wisconsin and I am looking forward to the colors.

Fall County Day is on October 5 and I will be sharing some information on "Building Money Wise Children". This includes grandchildren and great grandchildren and will include tips for ages two and up. I would like you to share a tip(s) on something you did to help increase knowledge of financial matters with your children so please be thinking about that. Looking forward to seeing you all on October 5.



- ◆ Allowances are a good way to teach children about managing money, making decisions, and using money.
- ◆ Provide learning experiences that fit the developmental age of the child.
- ◆ Give children a chance to make mistakes and experience the consequences when they are young.
- ◆ Guide and advise your children's money decisions rather than making the decisions for them.
- ◆ Money is not generally effective as a reward or punishment. It puts a dollar value on character.

Wisconsin Bookworms™ ~ Jean Schwirtz, Coordinator

Portage County will begin its 16th year as a part of the Wisconsin Bookworms™ program. This October we will begin reading at 5 different sites, reading to 260 students per month. Books were purchased through donations from: SPARTA, Stevens Point Area Co-op, Amherst Lioness and our HCE organization, clubs and members. Our readers are: Lynn Isherwood, Marge Thiele, Dianne Trzebiatowski, Donna Martens, Joyce Baird, Ramona Romundson, Esther Trzebiatowski, Sharon McNew, Rose Haarth and Jean Schwirtz.



Fall County Day, October 5th ~ Jean Schwirtz

Please join the Amherst Center for
Fall County Day, October 5th
at the Nelsonville Lutheran Church

- ◆ Refreshments at 9:00 a.m.
- ◆ Business Meeting at 9:30 a.m.
- ◆ Potluck luncheon at noon
- ◆ Educational program at 1:00

*“Building Money Wise Children” presented by
Sherry Daniels our Family Living Educator*



Cuddle/Comfort pillows ~ Jean Schwirtz



Cuddle/Comfort pillows were made for the sick children at the Ronald McDonald House in Marshfield. HCE members met on Wednesday, June 22 at the Courthouse Annex and completed 80 pillowcases. *Members in picture: Lynne Dernbach; Donna Martens; Pat Leary; Dianne Trzebiatowski; Pat Cummings; Lorraine Danczyk; Betty Daberkow; Jean Schwirtz; not pictured, Marge Thiele*

Choosing Healthy Meals As You Get Older ~ National Institute on Aging

Making healthy food choices is a smart thing to do—no matter how old you are! Your body changes through your 60s, 70s, 80s, and beyond. Food provides nutrients you need as you age. Use these tips to choose foods for better health at each stage of life.

1. **Drink plenty of liquids** ~ With age, you may lose some of your sense of thirst.
2. **Make eating a social event** ~ Meals are more enjoyable when you eat with others.
3. **Plan healthy meals** ~ Find trusted nutrition information and find sensible, flexible ways to choose and prepare tasty meals so you can eat foods you need.
4. **Know how much to eat** ~ Learn to recognize how much to eat so you can control portion size.
5. **Vary your vegetables** ~ Include a variety of different colored vegetables to brighten your plate.
6. **Eat for your teeth and gums** ~ Many people find that their teeth and gums change as they age.
7. **Use herbs and spices** ~ Foods may seem to lose their flavor as you age.



From the W/NP Office of Amy Wiza



WISCONSIN/NICARAGUA
Partners of the Americas, Inc.

Always a very special thank you to all the HCE ladies who donate scissors, sewing machines, irons, fabric and baking supplies for the ladies in Nicaragua. This past week they had a bag making class that utilized many of the items you had sent.



On Friday, July 1st we had the fifth session of bakery class. Butter cookies were done with different forms and decorated with royal Glass frosting. Two groups of children knead the dough for biscuits and then among all given forms to their cookie with the cutters sent from Wisconsin. We worked with the Sherin Bowen library children. They were very disciplined and paying attention to the class because this is essential for the development of the project. This class was coordinated by teacher Karla and attended by Jael.

Also, it was extra special for the children of the library to each be able to take home a cookie cutter after their baking class – yes, these cookie cutters were sent from Wisconsin. A heartfelt thanks to you all! - Wisconsin/Nicaragua Partners

“Cooking with kids is not just about ingredients, recipes, and cooking. It’s about harnessing imagination, empowerment, and creativity”

~ Guy Fieri ~

Executive Board Minutes May 25, 2016 ~ Jean Schwirtz, Secretary

Meeting was called to order by President Dianne Trzebiatowski. We opened with the Homemaker's Creed and Pledge to the Flag.

Sherry Daniels, UWEX FLE: Sherry went first because she had to attend a meeting. No decisions have been made in the UWEX re- structuring. The 4 agents in our region, (Marathon, Wood, Clark and Portage) all plan on staying. Time will tell. We talked a little about the Mindfulness program that she gave us at Achievement Day.

Roll Call: Jean Schwirtz; 7 members present plus our FLE: Dianne Trzebiatowski, Jean Schwirtz, Donna Martens, Betty Daberkow, Lynn Isherwood, Lorraine Danczyk, Henrietta Garski and FLE Sherry Daniels.

Secretary Report: Jean Schwirtz; Lynn Isherwood made a motion to accept the minutes as adjusted. Betty Daberkow seconded...motion passed.

Treasurer report: Donna Martens; Donna presented the treasurer report; accepted and filed for review.

Program Planning: Jean Schwirtz; The summer tour to the George W. Mead Wildlife Center will be August 3. Jean asked us to remind our members and to tell them there is no walking. There is a wagon ride and DVD presentation. Donna has arranged for box lunches for those who want them. All information will be in the May Port-o-gram.

Family and Community Life: Betty Daberkow, Jane Peterson (absent), JoAnn Tess (absent); Cuddle Pillow sewing date will be June 22 at the Annex from 8:30 to noon.

Betty made a motion that the quilt-lets be our new outreach project to replace the quilts that we use to make for Healthy Beginnings. We will have a sewing day on August 31, 8:30 to noon at the Annex. Lorraine will get 25 labels for us.

Betty said the best time to go to Heath Farms is in April. We will plan that for next spring.

Budget and Review: Donna Martens; not at this time

Cultural and Textile Arts: Lynn Isherwood; Cultural arts winners filled out their entrance forms for the state conference and they have been mailed. There will be a report in the Port-o-gram.

Historian: Ramona Romundson; absent

International: Lorraine Danczyk; Lorraine shared information about a new warming room at the warehouse. It was built in memory of George Hanson. The annual board meeting will be held on Saturday, June 18 at Nelson Hall. Portage County HCE workday at the warehouse will be Thursday, August 19 beginning at 9:00.

Marketing and Membership: Marge Thiele; (absent)

Wisconsin Bookworms™: Jean Schwirtz; We received \$396.00 from the 1% Friday sale at the Stevens Point Area Co-op and \$520.00 from the Amherst Lionesses.

Correspondence: We received a thank you note from the Ronald McDonald House for our Cuddle Pillows.

UNFINISHED BUSINESS:

All state conference information will be in the May Port-o-gram.

We will vote on the revised bylaws at Fall County Day, October 5.

Jean shared a few high lights from the Central District meeting in Waupaca on April 19. The late registration fee for the conference has been raised to \$50.00, the office of VP Family and Community will not be re-instated, starting in 2017 there will only be one district meeting per year, in the spring and a new committee called the Childhood Literacy Committee has been formed to help find funds for the Wisconsin Bookworms™ program.

NEW BUSINESS:

Jean reserved three rooms for the State conference in Eau Claire, Sept. 12-14.

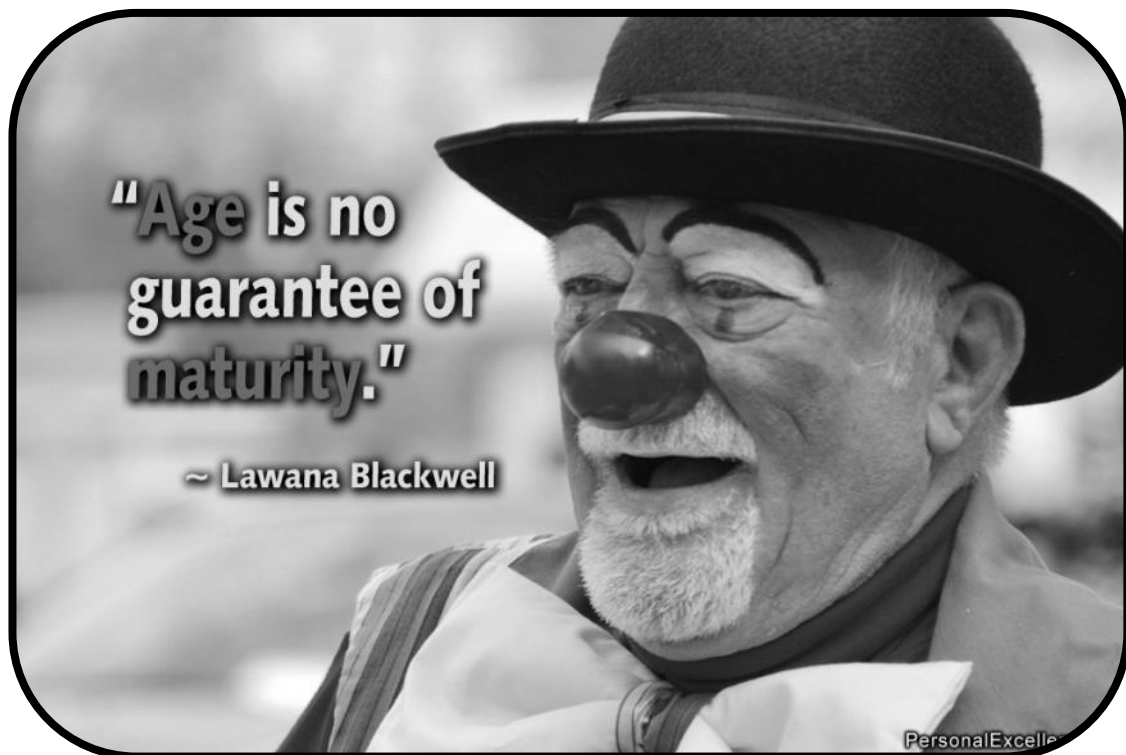
Information about riding a bus to the state conference will be in the May Port-o-gram.

We adjourned with the Homemaker's prayer at 11:45a.m.

Respectfully submitted

Jean Schwirtz, Secretary

Minutes approved: August 24, 2016



WAHCE Facebook Page

Facebook Information - 2016

To find the WAHCE Facebook page: from your own Facebook page, in the search bar (upper left hand corner) type in **“Wisconsin Association for Home and Community Education”**, once there “like” or “Follow” us to get WAHCE information.

Please submit any flyers Community Events/Craft Fairs/Spring and Fall Council invites, etc. to any or all of the following contacts (via Email). We will gladly post your event.



Phoebe Shourds – pn paulson@yahoo.com
Christine Larson – godsrunt@yahoo.com
Betty Anne Tubbin – batubbin@charter.net
Joan Staffon - joanstaff@centurytel.net

If you have any Pictures of your event you'd like to share on the State Facebook Page, (it will be assumed that there is a photo release on file at your extension office for members and guests), **Please submit and write a brief description – i.e. County, event name, first names, (optional)**

Please add our Facebook site information to your HCE Newsletters (Every month).

If you have or start up a county Facebook Page, please let us know (via email), we can “like” it and have linked to the WAHCE Facebook page. NOTE: you do need to actually visit the Facebook page to see all the various posts. The State Facebook page is following *NVON*, *ACWW*, *CWC*, *WISNIC*, but you will need to either go to the State Facebook page to see or follow/like from your own Facebook page to see all the great information coming from these Facebook pages. If you would like assistance in setting up a County Facebook page, just let Phoebe or Christine know – it doesn't take very long, maybe an hour, we can help you.

As far as I know only St. Croix and Lincoln counties have a county Facebook page.

Reminder; it has been decided that NO recipes will be included on our Facebook page. We have plenty of other great things we are involved in.

Submitted by Phoebe Shourds, Facebook Co-Coordinator



What is YOUR CLUB doing?

Your fellow PCHCE members want to know!

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*

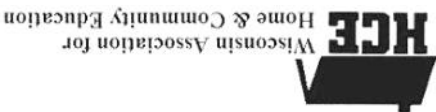
- ♦ Please include names of the people in any submitted photos.
- ♦ Photos will be returned via mail.
- ♦ Questions? Call Denise at 715-346-1316





Portage County

HCE - UWEX
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Return Address Service Requested



HCE Website:
www.wahceinc.org

Portage County Website:
www.portage.uwex.edu

Publications Website:
www.learningsstore.uwex.edu

Local Government Websites:
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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

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