

# Entre Nous



## THE PUBLICATION FOR MEMBERS OF THE WISCONSIN ASSOCIATION OF EXTENSION 4-H YOUTH DEVELOPMENT PROFESSIONALS

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### “HEALTH”

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Entre Nous means “between us” and serves as the official publication for members of the Wisconsin Association of Extension 4-H Youth Development Professionals.

Articles should be submitted via e-mail, either in the body or in an attached Microsoft Word document. The e-mail should be addressed to Michelle Batterman at [michelle.batterman@ces.uwex.edu](mailto:michelle.batterman@ces.uwex.edu)

Suggestions should be sent to Michelle Batterman, Fond du Lac County UW-Extension, 400 University Dr. Fond du Lac, WI 54935

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The Spring/Summer Issue of *Entre Nous* will focus on “Relationships” (See Editor’s Comments for details), so start writing your articles now. The due date will be May 1. You don’t have to limit your articles to the focus theme. The *Entre Nous* is your newsletter. Express yourself! Share personal and professional concerns and triumphs.

## A Word from the Editor...

Michelle Batterman, *Entre Nous* Editor, Fond du Lac County 4-H Staff Assistant

Health... At first, I thought this might be a tough subject to talk about, and for some of you, you told me it was. But as I look over the last six months, I have learned a lot about health and taking care of yourself.

As many of you know, my mother, who is in her mid 50's, became very sick on September 11, 2004 from a bacterial infection. This was hard to deal with as she has always been a very healthy, outdoorsy type of person who was always willing to give of herself to help others. Now, we were faced with giving of ourselves to help her survive! My mother was in the Intensive Care Unit at UW-Madison Hospital for two months and everyday we were faced with a new challenge relating to her health. How could this happen to a person who was never sick or even in the hospital, except to give birth to me and my two siblings? Now she was faced with a large open wound on her stomach and back plus her nerves were damaged and she was unable to walk. Also, this healthy person encountered every possible complication. All we could do is question why?



For two months, my family commuted back and forth to Madison (a 1½ hour trip for me and 2½ for my sister who lives in Sheboygan). My sister and I went every day; my dad and brother went as much as they could (my family owns a small dairy, with no hired help, so it was difficult for my dad to get away in the fall and my brother manages a pet store so his time was limited as well.) I found out how much the support of family and friends—with visits, cards, and prayers--means during a time like this.

*After doctors at Mercy reviewed my mother's records, they classified her as a survivor because they told us that no other individual would have lived through all that she endured. One doctor told us, "She truly had a will to live." As I look back, he was right; she is a strong lady!!!*

*-Michelle Batterman*

Then in early November, we were able to move my mom closer to home when she became a patient at Mercy Medical in Oshkosh, which is only about ½ hour from the family farm. This also enabled more family and friends to visit her. After doctors at Mercy reviewed my mother's records, they classified her as a survivor because they told us that no other individual would have lived through all that she endured. One doctor told us, "She truly had a will to live." As I look back, he was right; she is a strong lady!!!

She was able to come home for the holidays and our family is learning to take one day at a time. She still has two open wounds, but they are healing fairly rapidly. She still is not able to walk—this will take months of therapy. So we take one day at a time and handle the new challenges as they are presented to us.

*Some things I have learned during this experience are: to manage time better, to make a balance between work and family, to cry, to take time for myself, and to appreciate the time we have with our loved ones.*

*-Michelle Batterman*

As for me, I question why, and how, a healthy person could become so ill and why my mom was chosen. How could my mother get so sick? We may never know how she contracted the infection or why she became so sick. Some things I have learned during this experience are: to manage time better, to make a balance between work and family, to cry, to take time for myself, and to appreciate the time we have with our loved ones. During the last six months, I have seen my emotions swing like a pendulum, but I also realized that it's okay to cry and that makes for a healthier person at a time like this. Also, if you are faced with a situation where someone becomes very ill and dependant on you, take the time to talk to someone about it. I found it was sometimes difficult to talk with my dad and siblings because we all were dealing with the worries and what the next day was going to bring. I found comfort with my husband, my best friend and my co-workers as all of them have met my mom at one time or another. My whole family found great comfort with my mom's aunt and my dad's cousin. We are forever grateful for their phone calls, cards and prayers. It's amazing what people say when someone is ill; my dad's cousin's 14-year old son told her one day that he wished he could put himself in mom's place because he was younger than her and could get over this illness faster. Talk about a tear-jerker.

I wish all of you good health in the coming year. I hope each and every one of you to take time for yourself, family, and friends because we never know what direction the road of life will take us.

I found these two great quotes on health and I wanted to share them with you.

*"Nature, time, and patience are three great physicians." - H.G. Bohn*

*"He who has health has hope, and he who has hope has everything". - - Arabian Proverb*



*What I decided to do was to review some of the ideas that have been shared through our association in the past about how to balance work and personal time so we have the energy and enthusiasm to do our job well.*

*-Barb Barker*

## President's Message...Health

*Barb Barker, WAE4-HYDP President and Waushara County 4-H Youth Development Agent*

Since Michelle's invitation to write an article for this issue of Entre Nous with the theme of health, I have been thinking about what to write my article on. I could focus on what the Eating Well, Being Active Team is doing as I am a member of that team. I could take a look at how I have applied Steven Covey's seven habits because that was a valuable in-service for me in terms of many different aspects of my personal health. What I decided to do was to review some of the ideas that have been shared through our association in the past about how to balance work and personal time so we have the energy and

enthusiasm to do our job well. I will also share my perspective on what works well for me and what I need to work on!

One idea that I have mastered is not to take work home. I wrote many newsletters and tried to keep up on my reading for the first years I was back in Extension. Tenure time and the writing of the vita came next. I don't remember many nights not having my computer on my lap plugging away for about 6 months. Recently I got a new computer so I brought it home to check out all the bells and whistles! Well, it never got out of the case all weekend despite my initial desire to have fun playing with it.



A number of people limit the number of nights one works in a week and the number of weekends one works in a month as a way of balancing work and home. I am not that disciplined as I have been known to work four nights in a week, but only once in awhile. However, I do try to have a week every now and then where I work no nights. Weekends are a challenge because about three-fourths of our clubs meet on Sunday night – and most often the first or second Sunday. When I was in 4-H, I remember our club was disappointed because our agent would never come to our meetings. We met on Saturday night. Now I fully appreciate her decision!

If you work late, come in late the next morning – or – if you have a night meeting, leave early that day is another piece of wisdom shared. I prefer the latter of the two so I can have a real meal and actually enjoy what I am eating rather than worrying about having to leave within the next fifteen minutes. Also, my husband is far from quiet in the morning as he gets ready for work so sleeping in is not an option for me!

*Another common recommendation is to eat your lunch hour away from your desk.*

*-Barb Barker*

Another common recommendation is to eat your lunch hour away from your desk. I fail miserably with this one. During the warm weather, I might venture out for a couple of walks around town to see the flowers and colorful leaves but that is far from a common practice. I do, however, every couple of weeks, go to lunch with a couple of my volunteers and they make up for a couple of lunch hours each time! My support staff is not real keen on this, but has learned that I will return.



One idea I have done okay implementing is to pursue my hobbies. I belong to a quilt guild in Plainfield and only two or three times a year do I miss a meeting and that is usually for another personal commitment. We do a monthly project which I have to admit many times my mom would do for me when we first started this three years ago. Some months she would just do them for me and then tell me

about it because she knew it would not get done if it was up to me. The projects have gotten smaller (I wasn't the only one not getting them done!) and in the past year I am pretty sure I have actually done all of my own!

*The last word of advice that I remember often being shared is to take all of your vacation (in the year you earned it of course!).*  
-Barb Barker

The next idea has proven to be a little more challenging for me. When I try to be involved in my community, typically I am still the 4-H Agent. Maybe it is because I have not pursued much beyond being part of the quilt guild and doing a few things with my family's antique tractor business. Each year for the past ten years, we took about 20 tractors (with travel speed ranging from 3 to maybe 10 mph) down the road just over a mile to the local thresher. During this event, I was a tractor driver, parade organizer, daughter of an HCE member helping in their pie stand, wife of a snowmobile club member working in the food stand and a member of the quilt guild selling raffle tickets. I rarely hear any comments or questions about 4-H. This event was usually the weekend before camp, so going to camp seemed like a vacation! All but two of the tractors were sold this fall, so I am thinking next summer I will be lost during the thresher as my role at this community event will change.



The last word of advice that I remember often being shared is to take all of your vacation (in the year you earned it of course!). My mindset has always been to carry over a week just in case. Maybe it comes from working in some places where you had to work for a year before you got one week of vacation for each of the next four years. This year I will have no problem using up my vacation being on medical leave for five weeks. Each year I take two weeks, the week of Memorial Day and the week of Labor Day to work in my flower beds and travel with David. Some years I have also sought out the Florida beach with the Miller family or I take a couple of days throughout the year to do fun stuff for myself or with friends! Sometimes it seems one week off at a time is not enough to get ready to come back to work. Maybe this is a sign I need to do a better job of planning more breaks and time off throughout the year.

Hopefully some of these ideas are helpful to you. Even though the thoughts may not be new, hopefully they will help you look at the goals you have set for yourself at balancing work and personal time so you can not only enjoy your job but also enjoy your time away from your job!



*"The Leadership Team for the NAE4-HA National Conference being hosted by WAE4-HYDP in 2006 is inviting you to join us on March 29, 2005, at the Milwaukee Hilton."  
-Merry Klemme*

## WAE4-HYDP Plans for the "Quest for Spirit and Imagination" Conference The 2006 NAE4-HA Conference Leadership Team Invites You!

*Merry Klemme, Calumet County 4-H Youth Development Agent  
2006 National Conference Tri-Chair*

The Leadership Team for the NAE4-HA National Conference being hosted by WAE4-HYDP in 2006 is inviting you to join us on March 29, 2005, at the Milwaukee Hilton. That is the day before the JCEP-WI Conference. The Leadership Team is planning an informational and fun planning day for all the conference committees.

You do not have to be a member (or even plan to be a member) of any of the Conference Committees. This will be an opportunity for you to learn about how the plans are going and what needs to still be accomplished. We expect to have some fun together, get to tour the facilities, review the conference schedule, do a bit of previewing and socializing at the Milwaukee Museum, and meet our NAE4-HA Conference organizer.



2006 NAE4-HA Conference  
October 22-26

The tentative agenda calls for the meeting to begin at 10:00 a.m. for the Leadership Team and 12:30 p.m. for everyone else. A more detailed agenda will be coming via e-mail. Expect some committees to meet in the evening.

**Retirees**, we sure do hope you will join us. Please let me know if you would like an agenda mailed or e-mailed to your home. Call me at (920) 849-1450 or e-mail me at [merry.klemme@ces.uwex.edu](mailto:merry.klemme@ces.uwex.edu).

## ...And My Health to Better Living

*By Ruth N. Schriefer, UW-Extension 4-H Youth Development  
Family, Home & Health Project Educator*

We've been saying that part of the 4-H pledge for years, in my case since I joined the Coon Prairie 4-H Club in Vernon County in 1970. I remember nine years of "health month" at our 4-H meetings where everyone had to do a little talk or poster on a health topic. I remember those meetings being rather long and dry. Health was something most of us took for granted.

Some of you may remember my husband, Gene. He was the 4-H Youth Development Agent in Rusk County and Columbia County from 1985-1992. I was the 4-H Youth Development Agent in Manitowoc County and Dane County from 1983-1995. When we got married, we

*I remember nine years of "health month" at our 4-H meetings where everyone had to do a little talk or poster on a health topic.  
-Ruth N. Schriefer*

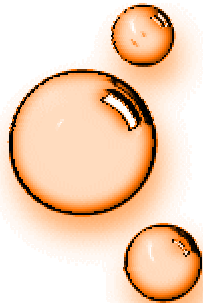
decided to take the four “H’s” to the altar with us so we wrote our vows around the 4-H pledge. When we pledged ourselves together in health, we had no idea that our pregnancy a few years later would be considered “high risk” (just because I was over 35) or that cancer was in our future. We don’t take health, especially good health, for granted anymore.

The way I see it, that 4<sup>th</sup> “H” in our pledge is just as important as the other three and as we move forward in our professions, we need to consider moving that “H” forward too.

-Ruth N. Schriefer

I’m excited to be a part of the Wisconsin 4-H family again and thrilled that professionals from our two program areas, 4-H Youth Development and Family Living Education have joined forces on the “Eating Well, Being Active” team. The way I see it, that 4<sup>th</sup> “H” in our pledge is just as important as the other three and as we move forward in our professions, we need to consider moving that “H” forward too.

The Eating Well, Being Active team has outlined a number of outcomes for adults and youth. Their team promotes education on good nutrition and increased levels of physical activity. Their team outcomes combined with the Adventures’ team goal of a statewide biking program is just one example of a fun-filled, educational path to the 4<sup>th</sup> “H”. We’re also going to be taking part in discussions at the state, regional and national levels to determine what our roles as youth development and family living professionals are related to healthy weights for youth.



As youth development professionals, we need to consider our role in promoting the 4<sup>th</sup> “H”. We can be role models for each other, our adult volunteers and especially our 4-H youth. We need to think about what we eat and try really hard to practice what we preach about being physically active. Consider creative ways to promote health in your 4-H youth development programs – not the dry posters/talks that I

remember. Let me know if you’ve got any ideas that have worked and I’ll share them on your behalf through Youthline!

Here’s to **your** health – to better living for you, your family & friends, and the 4-Hers in your program. Remember, eat well and be active!

## Join us for a seminar at JCEP!

The Eating Well, Being Active Team is hosting a breakout session at JCEP on Wednesday, March 30 at 1:45 p.m. We’ve invited Paula Papanek, Associate Professor of Physical Therapy & Director of the Exercise Sequence Program at Marquette University to present a session on Families on the Move: Setting Goals and Creating Plans for Physical Activity. Paula comes highly recommended by our WNEP colleagues and we are looking forward to her ideas and insights. How Healthy is your 4-H Organization?



## The Angels in Us

Merry Klemme, Calumet County 4-H Youth Development Agent  
2006 National Conference Tri-Chair

*This article is more about angels than health and without my angel (and maybe, angels), I could forget about my health and give up.*

*-Merry Klemme*

I have had diabetes for 20 years. My mother had diabetes and died at age 62. This article is more about angels than health and without my angel (and maybe, angels), I could forget about my health and give up.

It is not easy having type 2 diabetes, but the alternative to taking care of myself is not good. About 8 years ago, I had a strange, but heavenly experience. I had not been watching my blood sugars very well and nearly passed out at the restaurant having breakfast with my husband (best friend). I thought I might be having a heart attack, but in the emergency room they determined that my blood sugar was very high. They explained it like this: When my blood sugar gets high, my blood gets thick and sticky and has a difficult time flowing through the veins and arteries. Therefore, I'm not getting enough oxygen to vital organs. Thus, I get light headed, my heart pounds hard and fast to correct the problem, and, like my husband likes to tease me, I get my "annual" hospital visit (it's really not that often, but he likes to exaggerate).



This time in the hospital I was feeling particularly sorry for myself and was being a big pain in the butt to the doctors and nurses. They wanted to show me videos, give me health lessons about my diabetes, and generally help me. I, with my superior attitude, told them to "keep it." "My mother had diabetes and died at 62, and I would probably die younger. I already knew everything about diabetes. What was the point?!"

That night, after my husband, a couple of my children and grandchildren had visited me, I laid in the dark. I had a difficult time getting to sleep, but somewhere around 3:00 a.m., I awoke with tears running down my face. I don't know what happened. All I know is that my whole attitude had changed. I was saying to myself, "You do not have to die as young as your Mom was when she died. She did not have all the medical advantages that you have. New things are always being discovered. You just have to do your best. You need to live to see your grandchildren graduate from high school, get married, and who knows what other miracles."

*So, I didn't really see an angel, but I sure did feel her. I don't know that my angel is my Mom, but then again, I do.*

*-Merry Klemme*

So, I didn't really see an angel, but I sure did feel her. I don't know that my angel is my Mom, but then again, I do. Quite frankly, I get her messages every day now. I probably did before too, but I wasn't letting them through the thick wall I had built around me and my know-it-all, I-give-up attitude.

I don't do well with my diabetes every day, but most of the time I have it controlled. I love to see the smile on my doctor's face when I see him every 3 months for a check up. He is proud of my change in attitude.



For you "angel" doubters out there, maybe I'm wrong. Maybe there aren't any angels, but maybe you should give it a try. Take time everyday to be quiet, listen to your inner self, and let positive energy in. My Mom would want you to.

## How do you measure the health of your 4-H organization?

*Lori Laberee, Sawyer County 4-H Youth Development Educator*

*How do you measure the health of your 4-H organization? Is it a single solitary element or a combination of elements that determine the health of your 4-H organization?  
--Lori Laberee*

How do you measure the health of your 4-H organization? Is it a single solitary element or a combination of elements that determine the health of your 4-H organization? Is it the number of adult and youth volunteers or the number of youth members enrolled in the program? Does the number of clubs that exist in your county determine the health? Perhaps it is the number of programs you offer or the level of response you receive when you solicit input on your programming efforts. Is it the number of parents, family members, or community members who volunteer to assist in programs that determines the health of the organization? Or is it the number of projects youth complete, the length of service your volunteers have contributed to your county program, or the awards your individual or team members receive during competitions that indicate the health of your 4-H organization? Or perhaps it is the number of youth who submit completed record books or journals upon completion of their programming year?

I believe it would be safe to say you judge the health of your 4-H organization on a combination of these elements. Any one or all of these elements may be used to measure the health of your organization. But at the heart of the organization is the 4-H volunteer. Volunteers are the critical element necessary in developing a healthy organization. As 4-H Educators we develop the leadership necessary to ensure the health of the organization. Through a variety of methods including educational programming, teaching, training, mentoring and support of volunteers, we enhance and sustain the health of the 4-H organization.

*Through a variety of methods including educational programming, teaching, training, mentoring and support of volunteers, we enhance and sustain the health of the 4-H organization.  
--Lori Laberee*

At the heart of a healthy 4-H organization are the adult leader volunteers who create supportive opportunities for youth to learn, grow and develop into future leaders of the organization. Developing future leadership is a key indicator of the health of the 4-H organization. No matter how you evaluate the *health*



of your organization, certified, trained volunteers are key to your organization's health!

## Listening With Compassion

Denise Retzleff, Fond du Lac County 4-H Youth Development Agent

"The purpose of dialogue is to change the nature of relationships. It is not discussion or debate, or even conflict resolution. Beginning with compassionate listening, it is offering a window to one's own thoughts, mental models, and heart, giving the other person a view into your life experience, reasoning, and humanity." (Hwoschinsky, Carol, Listening With the Heart – A Guide for Compassionate Listening, The Compassionate Listening Project, Washington, 2001, pg. 59)



This summer I participated in a weekend program on Compassionate Listening, which is a process for people to dialogue and build relationships. Through this process an individual learns to listen to opinions of others that they may disagree with. We are asked to put aside our own judgments in order to pay attention to the other person.

*Have you ever strongly disagreed with a person on an important issue yet were able to see the other person's viewpoint and how they came to it?*

*--Denise Retzleff*

Have you ever strongly disagreed with a person on an important issue yet were able to see the other person's viewpoint and how they came to it? Can you respect someone you disagree with, while realizing that their viewpoint is valid for them? Compassionate Listening uses these skills to manage conflict and bring people together rather than separate them. It helps a person to broaden their perspective in order to understand the greater picture. Rather than focusing on finding a solution to a problem, it first encourages parties to understand the underlying interests and needs of those involved.

Compassionate Listening also encourages the individual to be aware of their own inner conflicts, to come to terms with them, and to be compassionate with ourselves. It promotes the practice of being non-judgmental toward ourselves.

Reflective listening, using open-ended questions, verifying feelings, using I statements, working toward win/win solutions, being sensitive to cultural differences, clarifying the problem, respect, and inclusiveness are each important components of Compassionate Listening. These are methods I try to incorporate into my relationships at work, in my family, and community. But when I don't, I work to understand why or how I forgot the techniques, forgive myself, and make a commitment to practice it more fully next time.

## Notice of By Laws Changes Proposed for WAE4HYDP Annual Meeting

WAE4HYDP members are asked to review the proposed by-laws changes as described in the minutes of the WAE4HA Board of Directors meeting on January 28, 2005. WAE4HYDP members are urged to attend the Annual Meeting of WAE4HYDP in Milwaukee, March 31, 2005 when all members will vote on these by-laws changes.

*Bylaw changes are needed to reflect the changes in Cooperative Extension's organizational structure.*

**Bylaw changes** are needed to reflect the changes in Cooperative Extension's organizational structure. Quad counties members (6) recommend that their membership be part of the Eastern District for WAE4HYDP purposes. Berger posed a motion to accept the recommendation from the quad county members that they become part of the Eastern District for WAE4HYDP. Klemme supported and the motion carried.

Discussion about revising the WAE4HYDP Handbook and bylaws followed. Language in the handbook needs to be revised so that references to the Northeast District are changed to Eastern District. Quad counties need to be identified in the list of counties associated with the Eastern District. References to the Southeast district need to be eliminated.

**Proposed changes to by laws:** Motion by Fauerbach to change Article 4, section 2 to read: "Voting districts for WAE4HYDP will be Northern, Southern, Western, Central, State Staff and Eastern, which includes the quad counties". Motion supported by Schleif and motion? **Proposed change to by laws:** Motion by Klemme to change Article 4, Section 4 to read: "Directors will serve a 2 year term for their recognized administrative unit." Wimme supported and the motion carried.

The rotation schedule of when directors are elected will be updated in the handbook.



## 2004-2005 WAE4-HYDP Board of Directors

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### Fast Fact

WAE4-HYPD works in conjunction with the University of Wisconsin-Extension – an EEO/Affirmative Action employer. WAE4-HYPD provides equal opportunities in programming, including Title IX and ADA requirements.

Please call (608) 297-9153 to make requests for equal access to the materials within.

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Treasurer: Denise Retzleff  
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