



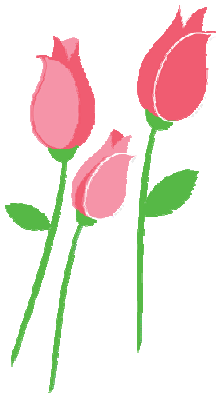
CALUMET ASSOCIATION FOR HOME & COMMUNITY EDUCATION

Courthouse, Chilton, WI 53014
(920) 849-1450, 989-2700

April / May 2009

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Dear HCE Members:

Spring is just around the corner and so is the Spring Fling. Mark your calendars for Monday, April 27 and don't forget to send in your reservations. Please remember that the Cultural Arts entries are due to Diane Sattler by April 1 and the Spring District meeting is on Wednesday, April 22 in Fond du Lac.

I am still looking for a president-elect to teach the office of president to. Not that I know what I am doing yet, but two heads are better than one!

So, on that note, here is a Springtime poem by Helen Steiner Rice:

After the Winter...God Sends the Spring

*Springtime is a season
Of Hope and Joy and Cheer
There's beauty all around us
To see and touch and hear...
So, no matter how downhearted
And discouraged we may be,
New Hope is born when we behold
Leaves budding on a tree...
Or when we see a timid flower
Push through the frozen sod
And open wide in glad surprise
Its petaled eyes to God...
For this is just God saying--
"Lift up your eyes to Me,
And the bleakness of your spirit,
Like the budding springtime tree,
Will lose its wintry darkness
And your heavy heart will sing"--
For God never sends the Winter
Without the Joy of Spring.*

Hope your gardens all spring to New Life, and you enjoy a bountiful Spring.

Sincerely,

Jenny Sippel, CAHCE President

HCE HAPPENINGS

Wednesday, April 22	East District Spring Meeting - hosted by Winnebago County HCE. Held at UW-Fond du Lac.
Monday, April 27	Spring Fling Banquet and Cultural Arts Show - Kloten Oasis 2:00-3:30 PM Cultural Art entries accepted 4:00 PM Cultural Arts Judging 6:00 PM Cultural Arts Show and Social Hour 7:00 PM Dinner ** Quilts for Kids gladly accepted **
Tuesday, May 19	Cooking for One or Two - 7:00 PM, Room 20, Courthouse. ** Clubs <u>must</u> register at least one week in advance for this program!
June 2-4	College Days, Madison, WI
July 13-15	NVON, Charleston, West Virginia
July 17-25	Grandparents University, Madison
August 30	Registrations due for WAHCE State Conference
September 4-7	Calumet County Fair
September 14-16	2009 WAHCE State Conference - Barker's Island, Superior
Tuesday, September 15	Safety Program: Driving Under the Influence - 7:00 PM, Room 17, Courthouse Please register your club at least one week in advance.

REASONS PEOPLE BELONG TO A CLUB AND HCE

- ◆ An opportunity to gain personal satisfaction.
- ◆ A feeling of being wanted.
- ◆ An opportunity to be with and work with others.
- ◆ A chance to give of one's self.
- ◆ A chance to use or develop skills and talents.
- ◆ An opportunity to stay active and involved.
- ◆ A sense of contribution to the community and neighbors.
- ◆ A sense of being a part of something worthwhile, with good goals.



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April 2009

Dear Partner, Collaborator, and/or Affiliated Organization:

Periodically, UW-Extension is required to take steps to assure that our partners know and understand our policy of nondiscrimination. This letter is to remind or notify you that the University of Wisconsin-Extension does not discriminate in the treatment of individuals, in the admission or access to its programs and activities, in the provision of services, or in employment.

UW-Extension will not participate with organizations or in activities that discriminate on the basis of any of the legally prohibited categories of discrimination. Categories of prohibited discrimination include race, color, gender/sex, creed, disability, religion, national origin, ancestry, age, sexual orientation, pregnancy, marital or parental status, arrest or conviction record, or membership in the National Guard, state defense force or any other reserve component of the military service.

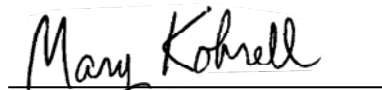
Consistent with the Americans with Disabilities Act, persons who need materials in alternative formats or other accommodations must write or call the UW-Extension contact person for the specific program area: 4-H & Youth – Ellen Andrews; Family Living – Teri Zuege-Halvorsen; Agriculture – Matt Glewen or Bryce Larson; and Community Resource Development - Mary Kohrell, at least 10 working days prior to the event. They can be reached at (920) 849-1450 or (920) 989-2700. Individuals who need **TTY** access may contact the Calumet County Clerk's Office at (920) 849-1492.

On behalf of Calumet County and the University of Wisconsin-Extension, we want to thank you for collaborating with our faculty and staff in our many educational endeavors. We appreciate your support and cooperation as we provide educational programs designed to empower the diverse citizens of Calumet County. If there is anything further we need to inform you of regarding our nondiscrimination policy, we will contact you.

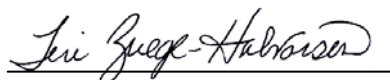
Sincerely,
Calumet County UW-Extension Agents/Educators



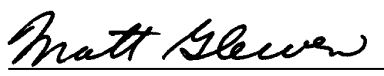
Ellen Andrews
4-H Youth Development Educator



Mary Kohrell
Community Development Educator



Teri Zuege-Halvorsen
Family Living Educator



Matt Glewen
Agriculture Agent



Bryce Larson
Agriculture Educator

A MESSAGE FROM TERI

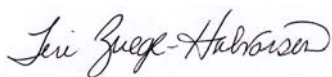
Hello CAHCE members:

This sure was a tough winter to navigate! We had to reschedule our February "Prepare to Care" session twice. We finally were able to have the session Friday, March 13th, 2009. Hopefully your club will find the resources valuable. I guess March was destined to be an information-filled month. Father Phil gave a wonderful presentation on Vietnam, March 12th for our international program. We still have Spring Fling and Thinking Small: Cooking for One or Two to look forward to this spring. We had three applicants for the scholarship program this year. We will be able to announce the winner shortly.

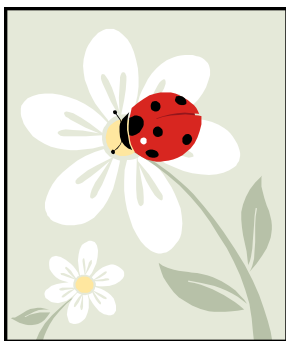
If you are planning to go to the HCE Conference, be sure to check out the buses leaving from both Manitowoc/Green Bay and from Oshkosh/Appleton. There is even an option at conference for an all-day tour of Bayfield that sounds like a lot of fun. I hope that many of you will be able to attend.

Looking for bluebirds and robins - warm weather is on the way!

Respectfully,



Teri Zuege-Halvorsen
Family Living Educator



PROGRAM REPORT

Highlights of the WAHCE Conference

My personal interest in nature drew me to Jim Nickelbine's presentation entitled "Caring About Wildlife" and Tom Vogel's on "Insects of the World." We learned about problems with invasive plant species and how insects affect the environment in our yards and also how to prevent them from entering our homes as pests. Jim suggested this book, *Evasive Plants of the Upper Midwest*, to learn more about harmful plants. He is executive director of Woodland Dunes Nature Center, located on Highway 310 west of Two Rivers. Website is www.woodlanddunes.com for more information.

I attended three programs designed for VP of Programs. At Bienvenido (welcome) New Neighbors, we learned the reason so many Hispanic people come to the U.S. is because of absence of opportunities and lack of hope in Mexico. Because a middle class lifestyle doesn't exist there, most 18-29 year-olds who work here send money home to their families. They do pay social security while here. It is more difficult than we imagine for them to become citizens, often taking 13 years. The presenter suggested viewing the movie *Crossing Arizona* to get an idea of the hardships most endure to get to the U.S.

The presentations entitled Prepare to Care and Making Decisions about Health Care offered practical suggestions on:

- Public benefits Wisconsin offers for basic living needs.
- Websites that offer reliable health information.
- Preparing for a doctor visit.
- A planning guide for families with aging loved ones. Today 30 million households are providing care for an adult over 50 years of age.

Teri and I will be offering this information in future newsletters and programs.

Thank you,

JoAnn Mueller,
Program Coordinator

SAFETY REPORT

THE FINAL SECOND

Do you know what happens in the first fatal second after a vehicle going 55 miles per hour hits a solid object?

- ◆ In the 1ST TENTH of a second, the front bumper and grille collapse.
- ◆ The 2ND TENTH finds the hood crumbling, raising and striking the windshield as the spinning rear wheels lift from the ground. Simultaneously, fenders begin wrapping themselves around the solid object. Although the vehicle's frame has been halted, THE REST OF THE VEHICLE IS STILL GOING 55 MILES PER HOUR. Instinct causes you to stiffen your legs against the crash and they snap at the knee joint.
- ◆ During the 3RD TENTH of the second, the steering wheel starts to disintegrate and the steering column aims for your chest.
- ◆ The 4TH TENTH of the second finds two feet of the vehicle's front end wrecked while the rear end still moves at 35 miles per hour. Your body is still traveling at 55 miles per hour.
- ◆ The 5TH TENTH of a second you are impaled on the steering column and blood rushes into your lungs.
- ◆ The 6TH TENTH of the second finds the impact has built up to the point that your feet are ripped out of tightly laced shoes. The break pedal breaks off. The vehicle frame buckles in the middle. Your head smashes into the windshield, as the rear wheels, still spinning, fall back to the earth.
- ◆ The 7TH TENTH of the second hinges rip loose, doors fly open and the seats break free, striking you from behind.
- ◆ The seats striking you don't bother you because YOU ARE ALREADY DEAD. The last .3 seconds mean nothing to you.



NOW WILL YOU BUCKLE YOUR SAFETY BELT?

- Submitted by Ceil Van Daalwyk, Safety Chair

The High Cost of Grocery Shopping



The Bureau of Labor Statistics estimates about 12.5 percent of the average family's spending goes toward food, while the Department of Agriculture puts the figure at 9.8 percent. One thing that is for sure: Grocery prices jumped sharply in recent years — up 4.2 percent in 2007 and 6.4 percent in 2008, according to BLS. USDA projects they'll rise as much as 3.5 percent for the year. The USDA tracks actual spending and breaks it down into four categories: thrifty, low-cost, moderate and liberal. The cost for 2 people over the age of 51 years are the following for each category: \$342.60 for thrifty, \$439.80 for low-cost, \$541.20 for moderate, and \$650.20 for liberal.

You are all familiar with ways to cut food costs: coupons, sales, discount cards, stocking up, buying in bulk, etc. It is usually cost effective to buy local produce and products when possible as well in order to reduce costs. However, if you are looking for another option and enjoying using the internet, here are some website options. Be sure to check the websites of your favorite grocery store and the sites of your favorite products.

Some sites to get you started include:

Better Budgeting, a broad money-saving site, includes several calculators for working out budgets or paying down debt, tips, links to coupons and more. <http://www.betterbudgeting.com>

Coupon Mom provides links to coupons for all sorts of products, plus articles for savings in all areas of your budget. <http://www.couponmom.com>

The Dollar Stretcher, run by a former financial planner, features tips on groceries and dozens of other ways to save. <http://www.stretcher.com>

Grocery Coupon Guide offers a range of resources on where to find grocery coupons and how to use them to full advantage. <http://www.grocerycouponguide.com>

Grocery Savings, run by the creator of Better Budgeting, offers more than 200 tips for saving at the store. <http://www.grocerysavings.com>

Wesabe, a financial community, allows users to track their own finances and share thoughts, concerns and tips with other members. <http://www.wesabe.com>

Don't Let Tough Economic Times Deter You From Volunteering: That's When You Are Needed the Most

The economy is on everyone's mind. Most people, including the economists, were caught by surprise by the rapid dissent of our economy. No one can predict what will happen next or how long the news will be negative. The economic situation affects all of us; as private citizens and within our communities. This begs the question for non-profits organizations - How will a recession affect volunteering? Will volunteering increase or decrease? Will there be other long term issues that arise with volunteering due to the economy?

We can expect there will be greater needs for human services and less funding to meet them. Homelessness, hunger, mental health problems, crime, and other negative social conditions may be on the rise. More people than ever will need help, so the demand for volunteers will be greater than ever.

As the economy falters, more people will visibly be in need. In other words, it will be evident that both donations of cash and of time really matter. Making a difference is a primary motivator for giving. Even in a recession, no one wants to feel they're at the bottom of the heap - there is always someone in greater distress. Remember that research has found that in good financial times people of modest means give more money than the wealthy.

Volunteering is an option for people who feel they cannot give money but can give time. Such substitution is especially practical for people who are already dedicated to an organization's cause. As the needs become more obvious and undeniable, it is easier to make the case for the importance of pitching in to make things better.

In a bad economy, people's survival needs must come first. People may begin to barter, whether for goods for services or services for

services. During the Great Depression, bartering became a way of life. Many communities without available cash organized exchanges of unpaid work. What's interesting about bartering is that the value of the exchange is in the eyes of the parties involved, not necessarily the market. So if it's worth it to me to watch your children for a few hours in exchange for a bag of potatoes from your garden, we have a deal.

Through volunteering, people feel less isolated and more in control. This implies that, rather than ignoring the depressing news stories, new volunteers can be recruited by using the crisis. Focusing on how to help instead of feeling helpless might be the best thing to come out of this economic downturn.

General information: Time Magazine, 2009 Adapted by: Teri Zuege-Halvorsen, FLE

"Until we can manage TIME, we can manage nothing else."

Peter F. Drucker

Good ideas are not adopted automatically. They must be driven into practice with courageous patience."

Hyman Rickover



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