



# CALUMET ASSOCIATION FOR HOME & COMMUNITY EDUCATION

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**November / December / January 2008-09**

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## Reflections on State Conference 2008

The keynote speaker made a hit beginning with personal illustrations to tie in the title of his talk, "No matter where I start, I always end up the same place."



He then gave personal illustrations of how to be happy by "giving ourselves away," letting Christ be seen in us as we meet that need. He challenged us to be an inspiration to others by telling us about the most inspiring person in his life. He related it to a little girl who was severely burned and was told she would just get infection in the hospital and die. Through the devoted undying love and care of her mother she overcame obstacle after obstacle. How did he know this to be true? That little girl became his bride and gave him four sons, when she had been told her scarred body would never be able to bare children!

That similar message of giving ourselves away and meeting the needs of others in the community came from ACWW Central and S. American area president Rose Rajbansee, a native from the island of Trinidad, and NVON president Ruth Ann Anderson. We as HCE members need to take ownership and face our opportunities and speak up about our organization and get more involved!

In between those inspiring messages, I basked in going back in time to the late 1860s' and early 1900s' to hearing what life was like living and raising a family of 6 boys in a lighthouse up in Door County.

Then I took a quick course on tobacco farming, now extinct in Wisconsin. Those farms have now been turned into vineyards. It was very educational and enlightening. We sampled the varieties of grapes that are grown in southwestern Wisconsin.

After everyone else had left, JoAnn and I checked in on our own Family Living Educator Teri Zuege-Halvorsen's workshop on "Cooking for Two," and got to sample the leftovers. HmmmGood!

*Continued → →*



Letter from Barb continued --

Those who attend state conferences don't let any other events get in the way of attending. Our own East District Director, Lois Dahlke, was faithfully involved even though her husband had died a couple of days before!

So for Calumet County HCE to follow through on those challenges, circle September 14-16, 2009. North District is hosting the State Conference in Superior at Barkers' Island Inn.

I've barley scratched the surface of all that goes on at the state WAHCE.

Sincerely,

*Barbara Krueger*

Barbara Krueger  
CAHCE President 2008



## HCE HAPPENINGS

- |  |   |
|--|---|
| Friday, October 31                             | Pennies for Friendship due to Anne Lefeber, N6502 Hwy 57, Hilbert, WI 54129                             |
| Monday, December 1                             | CAHCE Directory changes due to Linda at the Extension office.   |
| Monday, December 1                             | Deadline for club and individual membership dues. Send to Anne Lefeber, N6502 Hwy 57, Hilbert, WI 54129 |
| Tuesday, January 13<br>(Snow date: Jan. 27)    | "Going Green"<br>7:00 PM, Room 25, Courthouse<br>Presenter: Mary Kohrell                                |
| Wednesday, January 14                          | February/March newsletter articles are due to Linda at the UW-Extension office.                         |
| Monday, February 2                             | Affirmative Action reports are due to the UW-Extension office.  |
| Wednesday, February 18<br>(Snow date: Feb. 26) | "Prepare to Care"<br>7:00 PM, Room 17, Courthouse<br>Presenters: Teri Zuege-Halvorsen                   |

**Note:** Please be sure to register your club at least one week before each program. This way we can insure adequate materials for all participating clubs.

## PRESIDENT-ELECT

Dear HCE Friends,

I'd just like to share with you a poem I found a long time ago. I made it into a plaque as a gift for my husband before we were married. It is by Helen Steiner Rice and is called "Heart Gifts."

### Heart Gifts

It's not the things that can be bought  
that are life's richest treasure,  
It's just the little "heart gifts"  
that money cannot measure...  
A cheerful smile, a friendly word,  
a sympathetic nod  
Are priceless little treasures  
from the storehouse of our God...  
They are the things that can't be bought  
with silver or with gold,  
For thoughtfulness and kindness  
and love are never sold...  
They are the priceless things in life  
for which no one can pay,  
And the giver finds rich recompense  
in giving them away.



That little "heart gift" that I gave him over 20 years ago still hangs on our bedroom wall today. As we head into fall and winter, let's try to give the people we meet in our daily lives a little lift with a "heart gift." If you see someone without a smile, give them one of yours, and it will spread and grow. It may be just what they need that day. And maybe it will drum up a little membership boost. Speaking of which, maybe each group could have a "bring a friend to HCE" day. In my 4-H club, we have one meeting a year, usually in September, where each member is asked to bring a friend to 4-H. We call it "Bring a Friend" night and we have snacks and do something special. They say people will gather where there is food. We can use that to our advantage.

Hope you all have a good and plentiful harvest. And let me know if there is anything I can do to help your group.

Sincerely,  
*Jenny Sippel, CAHCE President-Elect*

*The CAHCE Calumet*

## A MESSAGE FROM TERI

Dear HCE Members,

The leaves on the trees are starting to change as September ends. I have had to wear a jacket in the wee hours of the morning when I get up to exercise the last few days. Our Indian summer seems to have officially come to a close.

Our activity for October is the Calumet Medical Center's 6th Annual Night for Women event. Registration is required for this FREE event. Please call Affinity Nurse Direct at 1-800-362-9900 to register. CAHCE will have a booth at the event, be sure to stop by to say hello! Remember that Fall Association Meeting is October 23<sup>rd</sup>, 2008 at 7:00 p.m. at the Calumet County Courthouse.

Our session on Cranberries in November will include a great video on cranberries along with some great cranberry goodies! Cranberries always make me think of fall and great food. It promises to be an interesting and tasty session.

Stay warm as the weather cools off! Hope to see everyone at the great events we have planned.

Respectfully,

Teri Zuege-Halvorsen  
Family Living Educator



## HCE REMINDERS

### Pennies for Friendship

Clubs wishing to contribute to Pennies for Friendship should send this money to Anne Lefeber, CAHCE Treasurer, N6502 Hwy 57, Hilbert, WI 54129 by November 1.



### 2009 CAHCE Directory

Attention club presidents (or secretary) - the UW-Extension office needs to receive your officer and membership lists. The UWEX office uses these to assemble the CAHCE Directory. Include member names, addresses, phone numbers, the year they joined HCE, officers, and clubs' usual meeting day. Email addresses are optional. Please send this information to the UWEX office by December 1. If there are no changes, either send your listing or call Linda at 849-1450, opt. 6.

### Club Dues

Please send dues of \$10 to County Treasurer Anne Lefeber, N6502 Hwy 57, Hilbert, WI 54129 by December 1. Five dollars goes to the state, \$1 goes to the district, and \$4 stays in our treasury. Also include any changes of phone numbers or address, and new member's names, phone numbers and addresses.

### Attention Individual Members

Now is the time to send Anne your dues to insure you continue to receive the CAHCE Newsletter to learn of upcoming activities. Sending in your dues by December 1 also allows the UWEX office to include your name in the 2009 Directory.

### Affirmative Action Forms

Club Affirmative Action forms (in the front of the Secretary's Book) is needed by the UWEX office by February 1.

## SCHOLARSHIPS

### CAHCE Scholarship

Applications for the Calumet County Home & Community Educator's scholarship can be obtained at the UWEX Office. This scholarship for high school seniors, continuing college or technical school students, is available to any child or grandchild of a Calumet County HCE member. Grandchildren who apply must live in Calumet County. CAHCE members are asked to tell eligible children and grandchildren about this scholarship. It is due to the UWEX office by March 15.

### Jones-Lee Scholarship

The Jones-Lee Scholarship is awarded to any WAHCE member, their children, stepchildren, and grandchildren. It is to be used toward a 2-year associate degree in vocational school or at a university as a full or part-time student with a minimum of 4 credits. It is a \$1,000.00 scholarship, which will be paid upon proof of enrollment. The application will be in the Communicator. The due date is April 1. Contact Teri at the UWEX office for forms. Check out the Jones Lee scholarship webpage <http://www.wahceinc.org/joneslee.doc>

### Ruth Buxton Sayre Scholarship

This Country Women's Council \$500 scholarship is for a North or South American woman who shows financial need, and has the ability to complete her education. Application is made through ACWW affiliate organizations (which HCE is). Contact the UWEX for forms. Scholarships must be postmarked to scholarship chairman by March 1.

### Ardith McDowell International Scholarship

This \$200 scholarship is available to WAHCE members for travel to a WAHCE supported international project. It is to be used for travel expenses. The application can be found at <http://www.wahceinc.org/mcdowell scholarship.doc> Application must be postmarked by April 1, 2009 and mailed to Scholarship Chair Susan Beck, 3109 Mill Rd., Jackson, WI 53037

## 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 our environment in our yards, and also how to prevent them from entering our homes as pests. Jim suggested the book, *Evasive Plants of the Upper Midwest*, to learn more about harmful plants. He is the executive director of Woodland Dunes Nature Center located on Highway 310, west of Two Rivers. Check out this website [www.woodlanddunes.com](http://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 the 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 also 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.

- Submitted by JoAnn Mueller, VP-Program

## WAHCE REPORT

We attended state conference for the very first time, we're the Krahns from the K.P.'s, Judy and Caroline.



As first time attendees, we started out a bit confused. We went on day two expecting to find some sort of orientation time to help us find our workshops, only to discover that the workshops were already started and there was no one to tell us where to go. We missed the first 10 minutes of the workshop by the time we found it.

We enjoyed the workshops that we had very much. We also enjoyed the speakers during the lunch hour. We were surprised to see how much emphasis was placed on the "Bookworms" program, which since we were new, we knew little about. We must admit we were a bit disappointed with the lunch menu considering the cost for the day.

-- Submitted by Judy Krahn

### State Cultural Arts Show Results

Caroline Krahn--Photography--Red  
Martha Thiel--Crocheting--Blue  
Diane Ecker--Afghan--Blue  
Jenny Sippel--Heritage Skill--White  
Mary Eickert--Quilt--Blue  
Mary Eickert--Wall Hanging--Blue  
Don Sattler--Wood Puzzle--Blue  
Judy Krahn--Poem--White  
Patranella Degeneffe--Essay--White  
Patranella Degeneffe--Short Story--White

- Submitted by Diane Sattler

# SAFETY REPORT

## A Driving Need for Safety

Driving gives us the freedom to go where we want to, when we want to. It's a privilege earned years ago when we first got a driver's license, and it's something we'd hate to lose. None of us can drive forever, but we can drive safely longer if we recognize that a 67-year-old driver faces different challenges than a 17-year-old. Mature drivers need to evaluate and sharpen their driving skills to be at their best behind the wheel.



As a mature driver, you're certainly not alone. Eighty million Americans are over 50 years of age, and drivers aged 55 and older make up 28 percent of all drivers—this will climb to 39 percent by the year 2050. Over the past 25 years, the number of drivers over 70 grew three times as fast as the total driver population.

Unfortunately, auto-related accidents are the most common cause of accidental death among the 65- to 74-year-old age group. Drivers 65 and older have higher crash rates per mile than all other groups except teenagers. Your ability to drive safely may be impacted by such age-related changes as:

- Slower reaction time
- Increased sensitivity to bright lights and glare
- Slower adjustment to the dark
- Physical changes in hearing and eyesight
- Illnesses that might be unrecognized or denied

For your and others' safety, you should pay attention to any limitations you might have as you age. Ask your family and friends if they have any concerns about your driving. Consult your doctor about vision, hearing, physical, or medication changes that may affect your

abilities behind the wheel. Take a driving refresher course to increase your defensive driving habits.

Here are some tips to help you reach the goal of safe driving:

### Anticipate trouble:

- Keep at least a three-second safety cushion between you and the car in front of you so you have time to make a sudden stop or avoid a problem.
- Plan your trip before you start so you can concentrate on driving, not navigating. Ask a passenger to read a map. If you have Internet access, websites like [www.maps.yahoo.com](http://www.maps.yahoo.com) can provide maps and door-to-door directions ahead of time.
- Avoid driving in heavily-traveled or high-speed areas during rush hour or bad weather. Change routes to avoid difficult left turns at congested intersections.
- If you are planning to take an unfamiliar route at night, try making a trial run during the day.
- Be alert for the unexpected.

### Focus on driving so you have enough time to make decisions:

- Drive with a large "anticipation" zone. Look down the road so you get a picture of what's happening ahead of you.
- Turn off your radio or keep the volume down.
- Don't drive when stressed.
- Don't talk on a cellular phone while driving.
- Be aware of "highway hypnosis," a common problem among drivers where you might doze off or drive in a drowsy state. If you feel this problem coming on, increase the cold air circulation in your car, pull off the road to rest or stretch and get some fresh air, or eat a high-energy snack.

### Make sure you can see clearly:

- Get annual eye check-ups (an estimated 90 percent of driving is visual).
- Frequently clean the inside and outside of your car windows. Clean mirrors and headlights, too. Dirt can reduce headlight

output by as much as 70 percent.

- Turn on your headlights when driving in the rain or other bad weather, no matter what time it is. Some drivers turn on their headlights whenever they're driving just to make themselves more visible to others.
- Avoid buying cars with heavily tinted windows. Don't wear tinted glasses or sunglasses when driving in low light.

**Take steps to be extra cautious:**

- Signal your intentions to other drivers by using your car's turn signals or horn.
- Check your mirrors and look over your shoulders before changing lanes. Don't assume your turn signal makes it safe.
- Always double-check behind you before putting your car in reverse.
- Watch for flashing lights from emergency vehicles. You can't always hear the sirens.
- Never tailgate, and always allow extra room between you and the car in front of you if someone is tailgating you.
- Don't be afraid to tell others that you're not comfortable in certain driving situations. Say, "I really don't want to drive tonight; could we meet earlier?" or "Driving downtown make me nervous. Would you mind driving this time?"

**Let your car protect you:**

- Choose a car with an anti-lock braking system.
- Use the day/night settings on your rear-view mirror to reduce headlight glare.
- Keep wiper blades clean and replace them when they start to wear.
- Wear a seatbelt every time you're in a car. Seatbelt use is the law in most states

Evaluating and sharpening driving skills can keep you safe and independent as you age.

- Submitted by Ceil Van Daalwyk, Safety Coordinator



Dear HCE Members,



The cool air is upon us. I for one hate to see the tomato season come to a close. Reality is here. Today will be my last day of canning. I do not have too much ambition. I just read "Dennis the Menace" cartoon, it explains me too well. "I got nothing to do and all day to do it."

Look to the trees in their new autumn dress. Green, red and gold inspires one.

Halloween has already dressed up the landscape. Decorations for Christmas are already in the stores. The true meaning of Thanksgiving gets lost in the shuffle. Three newsletters in one has wished time away.

Hard to believe our third Brillion woman, a former active homemaker, has also lost a son in his 50's. Vernita Steinke's son, Don, Age 51, died of a massive heart attack. I'm sure she would welcome a card, knowing each of us would think of her. Vernita can be remembered for always taking her station wagon to all the conferences and state conventions.

Best Wishes to All,

Patranella Degeneffe

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**Return Service Requested**



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