

Dear Calumet County Leader,



The compass is an instrument used to help chart your direction and aid you in getting to your destination. In our leader life we also need a “compass” as well to point the direction of our life. Here are five compass points to help you have a better life.

1. Life is a gift. Don't trash it!
2. Of all the gifts you possess, the greatest gift of all is your mind.
3. Develop your talents and give them back to the world.
4. Be the most decent person you can be.
5. Remember, in this particular game there is no guarantee on time. *

As the holiday season approaches, I encourage you to make time for your family and review and reflect on what is important in your life. Then use your compass to become a better person and a successful leader in 2006!

Sincerely,

A handwritten signature in cursive that reads "Faden Fulleylove-Krause".

Faden Fulleylove-Krause
Family Living Educator
Calumet County UW-Extension

*Reference: Alston, J. & Thaxton, L. (2003). *Stuff happens: and then you fix it! 9 reality rules to steer your life back in the right direction.* Hoboken, NJ: John Wiley & Sons.

Calumet County UW-Extension Staff

Matthew Glewen
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Family Living Educator

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Maria Shoemaker
WNEP Nutrition Educator

Connie Leonhard
4-H/Agriculture Program Assistant

Linda Schaffer
Family Living/CRD Program Assistant

Marlene Schreiber
Program Assistant

Check out our website...we have a new simpler URL <http://calumet.uwex.edu/>

UWEX FAMILY LIVING PROGRAMS IN CALUMET COUNTY FALL / WINTER 2005-2006

BETTER KID CARE

These satellite programs are intended for child care providers, but everyone interested in children is welcome to attend.



Sessions are from 6-8 p.m. and registry labels will be available for child care educators. There is a \$3 registration fee per program, or \$10 to register for all 5. Contact the UWEX office for details.

December 1, 2005

Avoid Behavior Problems - Teach Self Control (*Part 2 of 2 sessions*)

What is self-control? How does this help active and not so active children? Learn ways for teaching children self-control, which leads to better behavior. Help children develop this important skill to be ready for starting school.

MONEY TALKS SERIES – MONEY CAN WORK FOR YOU

(*a five-month series*)

All classes will be held at 9:30 AM and 7:30 PM in Room 15 of the courthouse basement.



Registration: These programs can be taken as a whole series – or sign up for individual sessions. The cost is \$2 per session. Register your attendance at least one week before the class by sending the fee, your name, address and phone number to the UWEX Office, 206 Court Street, Chilton, WI 53014. Questions? Call 849-1450, # 4, or electronically at faden.fulleylove-krause@ces.uwex.edu

Money Talks Series -- Continued

November 17, 2005

Developing a Spending and Savings Plan

Track your spending so you can put your money where you want.

January 26, 2006 – Debt Reduction

Review and monitor your credit report, learn how to power pay your debt and improve your credit score.

February 23 – Increase Saving for Retirement and Other important needs

Calculate your retirement assets and needs; plan to increase income/assets.



January 17 & 24, 2006

Unison Credit Union, Kaukauna

This program is designed for people who currently do not have an account with a financial institution. Having an account is safer, more convenient and less expensive. Get Checking, \$20 to participate, offers an opportunity to open an account that works, even if you have had problems in the past. Classes are offered in the Fox Valley on January 17 & 24 at Unison Credit Union, 1616 Crooks Ave., Kaukauna. Classes are at 5:45-8:45 p.m. Pre-registration is required, call 920-886-1000. You must bring your chex system report to class, call 800-428-9623 to get your report. If you have questions, please call the UWEX office 849-1450, #4, or 989-2700, Ext. 287.

Tips for Being in Charge

1. Do not procrastinate. There's no time better than the present to do what needs to be done.
2. Constantly prioritize your work and do the most important things first. Priorities count! Save less important tasks for times when you have caught up with your most urgent issues.
3. Don't wait for others to make the first move. When something needs to be done, just get out there and do it!
4. Be a participant, not a spectator. You'll achieve your professional and personal goals much more quickly, and you'll be a happier, more productive person.
5. Take advantage of opportunities quickly. Many opportunities are fleeting: act on them before someone else does, or before the chance to act slips away (Nelson, 1999, p.46).

Reference: Nelson, B. (1999). *1001 ways to take initiative at work*. New York: Workman Publishing

Characteristics of Creative Thinkers

- Creative thinkers value ideas.
- Creative thinkers explore options.
- Creative thinkers embrace ambiguity.
- Creative thinkers celebrate the offbeat.
- Creative thinkers connect the unconnected.
- Creative thinkers don't fear failure.

Reference: Maxwell, J. (2003). *Thinking for a change: 11 ways highly successful people approach life and work*. New York: Warner Books

The Power of Our Attitudes

We may not want to admit this responsibility, but the facts are clear: We are in charge of our attitudes and our happiness. The choices about the attitude we'll embrace are choices we make every day and a choice we make many times a day.

Your attitude is powerful. When facing serious illnesses, doctors will confirm that many times the difference between survivors and those who do not survive is the attitude of the patient. In sports, coaches will confirm that the attitude of the team is a major portion of the game plan. In school, teachers will confirm that positive kids produce positive results. In business, a Gallup poll revealed that 90 percent of people say they are more productive when they are around positive people (Cottrell, 2005, p. 73-74).

When you need an attitude adjustment, remind yourself, it may not be easy, but looking at the situation with new lenses and a new attitude can result in positive changes!

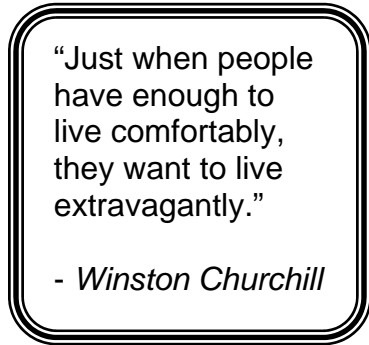
Reference: Cottrell, D. (2005). *12 choices...that lead to your success*. Dallas: CornerStone Leadership Institute.



NEW CONSUMERISM

Fighting Affluenza

American families are caught up in an epidemic of materialism and over consumption. Family members work hard at making a living, but they face a dilemma. As they try to satisfy their desire for more things, which requires more money, they end up working harder and have no time to savor life. This trend has become known as Affluenza, an epidemic of stress, overwork, waste and growing debt (and often obesity) caused by the pursuit of more possessions.



Some families have begun to question whether more is really better. They are fed up with the unfulfilling quest for more possessions and are striving to be happy with less. They are trying to reduce their consumption and simplify their lives.

Tips for beating AFFLUENZA. The tips are based on the work of Wanda Urbanska, co-author of "Simple Living," and host for the PBS television program "Affluenza."

1. Before you buy, ask yourself: Do I need it? How many hours will I have to work to pay for it? Do I want to dust (dry-clean or otherwise maintain) it? Could I borrow it from a friend, neighbor or family member? Is there anything I already own that I could substitute for it? Are the resources that went into it renewable, or non-renewable?
2. Avoid the mall or online shopping. Go hiking or play ball with the kids instead.
3. Become an advertising critic. Don't be sucked in by efforts to make you feel inadequate so you'll buy more stuff you don't need.
4. Splurge consciously. A few luxuries can be delightful, and they don't have to be expensive.
5. Stay home -- have a potluck, play a game, bake bread, write a letter, cuddle a loved one.
6. Make a budget -- know how much you are earning and spending. Each dollar represents precious time in your life that you spent working. Are you spending money in ways that fulfill you?
7. Pretend the Joneses are the thriftiest, least wasteful people on the block. Then try to keep up with them.

WANTED

People for the Community Partner Advisory Group

The Extension Education Committee of the Calumet County Board of Supervisors is seeking citizen applicants for its new Community Partner Advisory Group (CPAG). The CPAG will work with the Extension Education Committee and the UW-Extension Staff to implement and sustain high quality education programs that meet the needs and enrich the lives of local citizens. The result is a stronger foundation for community-based education that has a broader based assessment of community needs. The 1 and 2 year appointments to the CPAG will be made later this fall. If you would like to participate, or think this is something a friend would like, contact Faden at the UW-Extension office at 849-1450, #4 or 989-2700, Ext. 228.



CALUMET ASSOCIATION FOR HOME & COMMUNITY EDUCATION

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

NOVEMBER / DECEMBER / JANUARY 2005-2006

Dear CAHCE Members,

Fall is here, and the flowers are beautiful, I can't believe all the pumpkins and the many different colors and sizes. Fall is great but we all know what season comes next.



The WAHCE annual conference was held from September 19th to the 21st, at the Kalahari Convention Center in Wisconsin Dells. JoAnne Mueller attended the Leadership Institute for one day. Diane and Don Sattler, Kay Hertel, and I attended the entire conference. We were very busy attending the daily meetings, including the keynote speaker Patricia Lorenz. Her presentation was titled "Follow Your Dreams While You're Still Awake." She left us with a quote "Don't stop dreaming because you grow old, you grow old because you stop dreaming."

The business meeting followed. All attended; only the County President and WAHCE Board Members could vote. There were four new state officer positions that needed to be filled. They were President-Elect, VP-Community Outreach, Treasurer-Elect, and Family (formerly Young Family). All the candidates were very willing to meet their new challenges.

Diane took care of our Cultural Arts, Kay attended the Treasurer's meeting, and we ended the conference with a variety of workshops. Congratulations to all our Cultural Arts winners. Diane has submitted the results in this newsletter. There were 249 entries for cultural arts and 444 registrations for the conference. The 2006 conference will be held September 17-19 at Hotel Mead in Wisconsin Rapids, hosted by the West District.

The Executive Board meeting was held on September 22. Barb Krueger, Chairman for

Quest for Knowledge, reported that the Quest seminars have been planned and registration is due October 27. Members of the HCE as well as the general community are welcome to attend. Barb was excited to get Marti Spittell as the keynote speaker. There is a lot of effort for the committee to put a well rounded program together, please support this program as well as future programs.

The First Book program, which was started with a handful of volunteers in 2004, is sadly going to be dropped. Volunteers who did work for this program put efforts toward making a difference in the Calumet County community. Due to the minimal amount of volunteers and lack of a Head Start program (preschool children from low income families) in Calumet County, it was difficult to gather a group of children to benefit the future of our community.

I would like to thank the volunteers who assisted this program including Diane Sattler, Jayne Young, Jenny Sippel and Barb Krueger. Diane Sattler will be purchasing more books with the remainder of the funds from the First Book account. Diane will continue to read to the children participating in the WIC program until the books are gone.

This newsletter is for November, December and January 2006, so hope all your holidays are happy ones. Also in January, I will be handing the gavel to our President Elect Barb Krueger.

Hope to see most of you at Quest for Knowledge.

Sincerely,

Ruth Schmitz
CAHCE President

HCE HAPPENINGS

November 3, 2005
8:15 AM – 2:15 PM

Quest for Knowledge, Courthouse

December 1, 2005

CAHCE Directory changes due to UW-Extension office.

December 1, 2005

Deadline for club & individual membership dues. Send to Kay Hertel, N3280 Hwy G, Chilton, WI 53014.

January

January Program – Families on the Move. Material for this program will be distributed at the Fall Association meeting. In your club, discuss how you can move around more and encourage other to do so!

Friday, January 6

February / March newsletter articles due to UW-Extension office.

Wednesday, February 15
1:00 PM & 7:00 PM

Creativity Day will be held in Rooms 17 & 18 at the Calumet County Courthouse. The coordinator for this event is Diane Sattler. Brochures will be available in December.

Tuesday, March 7
1:30 PM, Rm. 17, Courthouse

WAHCE Challenges You to Walk Across Wisconsin – JoAnn Mueller is the coordinator. As good citizens, learn how you can lead a healthier and more active life.

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

Results of County Entries at State Cultural Arts Show

- Submitted by Diane Sattler

Sue Jerrett – Photography – *Red; 2nd*
Kay Hertel – Crocheting – *Blue; 1st*
Diane Ecker – Afghan/Crocheted – *White; 3rd*
Jenny Sippel – Swedish Weaving – *White; 3rd*
Mary Eickert – Quilt/Appiquéd – *Red; 2nd*
Karen Rubin – Quilt/Pieced – *Red; 2nd*
Mary Eickert – Pillow – *Blue; 1st*
Pat Degeneffe – Essay – *Red; 2nd*
Pat Degeneffe – Short Story – *Red; 2nd*



YEAR END & NEW YEAR REMINDERS

2006 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, Kay Hertel, N3280 Hwy G, Chilton, WI 53014 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 Kay your dues to insure you continue to receive the CAHCE Newsletter/Calumet Leads to learn of upcoming activities. Sending in your dues by Dec. 1 also allows the UWEX office to include your name in the 2006 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.

Pennies for Friendship

Clubs wishing to contribute to Pennies for Friendship should send this money to Kay Hertel, CAHCE Treasurer, N3280 Hwy G, Chilton, WI 53014 by November 1.

CAHCE Scholarship



Applications for the Calumet County Home & Community Educator's scholarship (\$150) 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 and 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 Faden 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). Ruth Schmitz has the application form and they are due by February 20.

Ardith McDowell International Scholarship

This \$100 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/mcdowellsscholarship.doc> Application must be postmarked by April 1, 2006 and mailed to Scholarship Chair. Donna Bergsten, PO Box 315, Poplar WI 54864-0315.

MY FATHER'S HERITAGE

by Pat Degeneffe

There are many flowery words to be said about mothers, of which all are true. I learned this at a young age when I walked home from school with a girl named Margie. Her mother had died when she was five. Every night when we departed ways, she would say, "I wish when I get home I had a mother." These words influenced my own life when raising my family, to be home when the children came home from school. Her mother had died of pneumonia which would easily be cured today.



Once when my husband and I attended a banquet, an Indian missionary, the key-note speaker stated, "A nation to be strong can only be as strong as its families. To better understand this, the mothers cannot accept full responsibility. To attain this stature, the fathers must also be a stronghold."

I've written about my mother so I choose to speak of my father. Born in 1884, all families then were interested in forming school districts, local and state government. My father was the youngest of seven girls and one brother. His sisters were school teachers and experts in sewing.

He and his brother worked in the family sawmill. As they got older, the cutting of logs became a part of the river drives. These drives went on all summer. The men carried their supplies which they tied on their rafts. They walked on the banks of the river, helping the logs to get rolling. At night they tied their rafts and slept on them. Sometimes a log jam would require the use of dynamite to keep the logs moving. Fresh logs were put in the river all along the way from the various camp sites.

Drivers did not frequent the taverns. They occasionally stayed at boarding houses at a charge of \$1.25 a week. Their wage for the entire week was \$1.65.

Sawmills sawed their logs into lumber and once again were rafted down the river to the bay for shipment to Chicago and elsewhere.

In 1934 the World's Fair was held in Chicago. My dad and another gentleman from the area demonstrated some type of log rolling in standing position. It was unique and quite a stunt to perform. If not done quickly and correctly, they would fall in the drink.

When dad and mom were married in 1911, they went into dairy farming. My parents were firm believers in education. My oldest sister would be 92 now. Dad boarded her in town so she could have a high school education. Accomplishments in these days had much to do with the barter system. Since income from dairy farming was still very meager, beef and pork, venison and eggs were exchanged for board. Another of my older sisters got her teaching degree the same way. All of our family in this age group was the only family in that rural school district to have a 12th grade education. He later promoted the car pool as other families' children attained the high school age, and school buses were long in coming.

My dad's family became one of mixed religion. At the present time we have five Protestant ministers and two Catholic priests. My dad was Protestant Irish and my mother Catholic Irish. The reason I point this out is because we never had any conflicts because of these differences. I can truthfully say our families were ecumenical before we ever knew word existed.

My family would know nothing about log rolling and their hard times in pioneering small communities if my father hadn't told me these many tales. Dad's parents were both survivors of the Great Peshtigo Fire.

They survived the one room school house, the old fashioned root cellars, horse and buggy days. Even today except for a few horse lovers, the art of harnessing a horse is a lost art.

Yes, Dad died at 88 from a bout with cancer. But I can assure everyone that would have been his choice than to witness one of his kin to have desecrated the flag or refusing to pledge their allegiance to their country. It was their faith that gave them the courage to explore new horizons. So it is that I say, thank you to our ancestors for giving us a beautiful America and a strong sense of patriotism that remains with us today. Like the Indian missionary said, "A nation is made great by its people." No matter who we are, our ancestors not only worked hard, sacrificed much, had great courage, but they also cultivated high morals and values. Hopefully through the ages we will master their goals.

*** This essay took 2nd place at the State Cultural Arts contest.*

Milestones in WAHCE History

1939 - County Home Demonstration groups organized a state council in January 1939 during the Farm and Home Week, through the efforts of Blanche L. Lee. It was called the Wisconsin Home Demonstration Advisory Council.

1946 - Wisconsin Council officially joined the National Council.

1969 - National meeting of Country Women's Council (CWC) was held in Madison. Name changed from Wisconsin Home Demonstration Council to Wisconsin Extension Homemakers Council.


1973 - First issue of UPDATE mailed to very member. Treasure trails was the cultural arts project.

1982 - Young Extension Homemakers representatives met with the membership committee. Membership Traveling Trophy Award established. ACWW World President Ziny Westerbring-Muller visits Wisconsin.

1990 - Mae Flaig elected to NEHC. Inc. (National Extension Homemaker's Council) Board as Vice-President for Public Policy. Sharing their 50th Anniversary, WEHCE, Inc. hosted the 54th NEHC, Inc. Conference in Milwaukee. "Fifty Years and Then Some", a showcase of WEHCE memorabilia was displayed at the NEHC Conference.

1994 - County President voted to withdraw from the National organization. The Presidents at the business meeting chose Wisconsin Association for Home and Community Education for our new name.

1999 - US Forest Service requests help from WAHCE to coordinate the project of gathering 5,000 ornaments for the Millennium Tree, which was placed on the US Capitol grounds in Washington DC.



*HCE Gift Certificate
for Membership*

Name: _____

Spouse: _____

Address: _____

Phone Number: _____

HCE Member: _____

\$10.00 Enclosed for membership.

Send to: Kay Hertel
 CAHCE Treasurer
 N3280 Hwy G
 Chilton, WI 53014



Leadership Institute

I would like to express my appreciation for the opportunity to attend the Leadership Institute at the WAHCE Conference in Wisconsin Dells. Here are some of the highlights of the day's agenda.

Hunger Close to Home, was given by Kadi Row, a UW Extension Food Security Specialist. During this session we learned the currently used term "food insecurity" which is defined as experiencing uncertainty or worry about having enough money for food as well as other basic needs: heat, rent, medicine, etc. In this situation, hunger develops when the amount of food eaten is reduced because there is not enough money to meet these basic needs. According to U.S. Department of Agriculture data from 2001-2003, one in 11 (9 percent) of Wisconsin households were food insecure which represents approximately 540,000 people and one in 30 households (3.2%) experience hunger. Calumet County had 3.6% of its population in need of FoodShare (Food Stamp) in 2003. For information on this topic go to WWW.uwex.edu/ces/flp/cfs.

The day also included the topics of weight and health, the new food pyramid, strength training, and weight lifting. The presentation "Walk About Wisconsin Challenge" is something we will learn more about in the spring of 2006. We will be challenged as good citizens, to lead a healthier more active lifestyle. I'm excited about this competition which it is designed to offer gentle exercise, fun, and hopefully WAHCE will gain new members also. This walking competition officially will begin April 2, 2006 and end June 24, 2006 and yes there will be awards. Of course the best reward is the satisfaction of feeling more fit. This program was presented by Lylene Scholz, WAHCE VP Program and Betty Anne Tubbin, WCHCE Membership Chairperson. I'll get more details to you as I receive them. Meanwhile lace up your walking shoes!

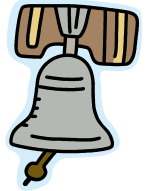
- JoAnn Mueller
Vice-President, Program

Citizenship Challenge

CITIZENSHIP - What is Good Citizenship?

Ethical people are good CITIZENS.

Good CITIZENS go beyond their own interests, demonstrate a concern for others, and recognize their responsibility to make their home, school, neighborhood, and country the best they can be.



What does CITIZENSHIP mean?

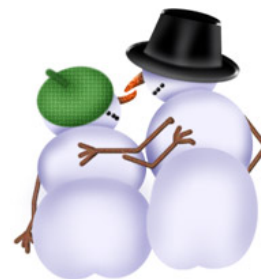
For some people CITIZENSHIP means working for the government, serving in the military, or simply voting. To others, CITIZENSHIP is holding a job, paying taxes, and obeying the law. To still others, one's CITIZENSHIP just signifies one's nationality.

Real CITIZENSHIP is active!

CITIZENSHIP demands participation, involvement, and contribution. No one makes a difference in this country without being involved.

People have no choice about the families, neighborhoods, and countries they are born into. People do have a choice about whether to be responsible members of their families and communities.

- Submitted by JoAnn Mueller
Vice-President, Program



Why the American Flag is Folded 13 Times



Have you ever wondered why the flag of the United States of America is folded 13 times when it is lowered or when it is folded and handed to the widow at the burial of a veteran?

Here is the meaning of each of those folds and what it means to you.

The **first** fold of our flag is a symbol of life.

The **second** fold is a symbol of our belief in eternal life.

The **third** fold is made in honor and remembrance of the veterans departing our ranks who gave a portion of their lives for the defense of our country to attain peace throughout the world.

The **fourth** fold represents our weaker nature, for as American citizens trusting in God, it is in Him we turn in times of peace as well as in times of war for His divine guidance.

The **fifth** fold is a tribute to our country, for in the words of Stephen Decatur, "Our Country, in dealing with other countries may she always be right; but it is still our country, right or wrong."

The **sixth** fold is for where our hearts lie. It is with our heart that we pledge allegiance to the flag of the United States of America, and to the Republic for which it stands, one Nation under God, indivisible, with Liberty and Justice for all.

The **seventh** fold is a tribute to our Armed Forces, for it is through the Armed Forces that we protect our country and our flag against all her enemies, whether they be found within or out of the boundaries of our republic.

The **eighth** fold is a tribute to the one who entered into the valley of the shadow of death, that we might see the light of day, and to honor mother, for whom it flies on Mother's Day.

The **ninth** fold is a tribute to womanhood; for it has been through their faith, their love, loyalty and devotion that the character of the men and women who have made this country great has been molded.

The **tenth** fold is a tribute to the father, for he, too, has given his sons and daughters for the defense of our country since they were first born.

The **eleventh** fold, in the eyes of a Hebrew citizen, represents the lower portion of the seal of King David and King Solomon, and glorifies in their eyes, the God of Abraham, Isaac, and Jacob.

The **twelfth** fold, in the eyes of a Christian citizen, represents and emblem of eternity and glorifies, in their eyes, God the Father, the Son, and the Holy Spirit.

When the flag is completely folded, the stars are uppermost reminding us of our nation's motto, "In God We Trust."

After the flag is completely folded and tucked in, it takes on the appearance of a cocked hat, ever reminding us of the soldiers who served under General George Washington, and the sailors and marines who served under Captain John Paul Jones, who were followed by their comrades and shipmates in the Armed Forces of the United States, preserving for us the rights, privileges, and freedoms we enjoy today.

The next time you see a flag ceremony honoring someone that has served our country, either in the Armed Forces or in our civilian services such as the police force or fire department, keep in mind all the important reasons behind each and every movement. They have paid the ultimate sacrifice for all of us by honoring our flag and our Country.

Source: Manitowoc Co. HCE Connection

UW ***Extension***

IN THIS ISSUE

<u>Calumet Leads</u>	<u>Page</u>
Letter to Leaders.....	1
UWEX Family Living Programs – Fall/Winter.....	2
Leadership Articles	
Tips for Being in Charge.....	3
Characteristics of Creative Thinkers.....	3
The Power of Our Attitudes	3
New Consumerism.....	4
WANTED: CPAG Members	4
<u>CAHCE Calumet</u>	
Letter from CAHCE President.....	5
HCE Happenings	6
State Cultural Arts Show Results	6
Year End & New Year Reminders	7
My Father's Heritage.....	8-9
HCE Gift Certificate.....	9
Milestones in WAHCE History	9
Leadership Institute Update	10
Citizenship Challenge	10
Why the American Flag is Folded 13 Times?	11

