



CALUMET ASSOCIATION FOR HOME & COMMUNITY EDUCATION

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

SEPTEMBER / OCTOBER 2009

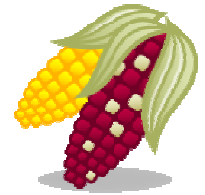
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Hello HCE Friends:

Well, another summer is almost at an end. I can tell because I just got back from vacation, we got a notice of Becca's back to school bash, and are planning her birthday party. I hope you all enjoyed the fine weather this summer.



I would like to put into action a plan for attracting new members. It would be a salad luncheon, where every member brought a salad and a friend (potential new member). If anyone would like to help me with this project, please call me at 898-4551. I would like to do it this fall, if possible. Thanks ahead for your help!

I would like to thank Diane Sattler and Ruth Schmitz for attending my president's meeting in July while I was on vacation. Thanks so much. I would also like to send a thank you out to Kay Hertel for attending the president's meeting at the state conference for me. I cannot get off work to go, so thank you, Kay!

Speaking of the State Conference, I hope everyone who can, is going. It sounds like a good time!

Please check out the calendar of events and deadlines.

I'd like to leave you with this quote:

*"If you don't hear opportunity knocking,
find another door" - Source Unknown*

Until next time, keep the spirit!

Sincerely,

Jenny Sippel, CAHCE President

HCE HAPPENINGS

September 4-7

Calumet County Fair



September 14-16

WAHCE State Conference, Superior

Tuesday, September 15

Safety Program: "Driving Under the Influence"
7:00 PM, Room 17, Courthouse

Friday, September 25

Articles for the Nov./Dec./Jan. newsletter are due to Teri or Linda at the UWEX office.

Thursday, October 1

East District Fall Association Meeting
Ebenezer Church, 3215 Saemann Avenue, Sheboygan

Tuesday, October 13

Calumet Medical Center's "Night for Women"
6:00 PM, Chilton High School

Thursday, October 22

CAHCE Fall Association Meeting
7:00 PM, Rooms 17 & 20, Courthouse
Hostesses: Merry Maids

AUTUMN DAY

LORD: IT IS TIME. THE HUGE SUMMER HAS GONE BY.
NOW OVERLAP THE SUNDIALS WITH YOUR SHADOWS,
AND ON THE MEADOWS LET THE WIND GO FREE.

COMMAND THE FRUITS TO SWELL ON TREE AND VINE;
GRANT THEM A FEW MORE WARM TRANSPARENT DAYS,
URGE THEM ON TO FULFILLMENT THEN, AND PRESS
THE FINAL SWEETNESS INTO THE HEAVY WINE.

WHOEVER HAS NO HOUSE NOW, WILL NEVER HAVE ONE.
WHOEVER IS ALONE WILL STAY ALONE,
WILL SIT, READ, WRITE LONG LETTERS THROUGH THE EVENING,
AND WANDER ALONG THE BOULEVARDS, UP AND DOWN,
RESTLESSLY, WHILE THE DRY LEAVES ARE BLOWING.



- RAINER MARIA RILKE, TRANSLATED BY STEPHEN MITCHELL

A MESSAGE FROM TERI

Hello HCE Members,

Boy this summer came slowly and is leaving quickly! Already the first week in August which means the Calumet County Fair is just around the corner; along with back to school. The Calumet County Fair runs from September 4 - 7, 2009.



Planning for next years leader's sessions will take place later this month. We have some great ideas that I hope all of you will enjoy! Last year's sessions were very well attended and we received a lot of positive feedback.

The WACHE Annual Conference is in beautiful Superior, WI from **September 14-16, 2009**. Also on September 15, 2009 we will have our Safety Day presentation (more information in newsletter). It will be a busy, fun-filled fall! Looking forward to seeing many of you at our upcoming events.

Sincerely,

Teri Zuege-Halvorsen
Family Living Educator

Dear Members of the Calumet Association for Home & Community Education:

I would like to thank you all for your generous donation to further my education. I am very fortunate to have people like you all, to provide for my community and my self.

Sincerely,
Zygmunt T. Gross



PROGRAM REPORT

When you read this newsletter, summer will be over and we will be focusing on fall activities. However, I need to thank Teri and everyone who made a food item for the Cooking for One or Two Program. It was nice to see such a good turn out for Teri's informative presentation and it was fun to discover new tasty recipes.

Three events to look forward to this fall are:

Ceil Van Daalwyk has planned an important program on "Driving Under the Influence" on Tuesday, September 15th.

Please mark your calendars for the date of the Calumet Medical Center's "Night for Women" on Tuesday, October 13th at the Chilton High School. Let Teri or I know if you would like to help with the HCE booth.

Kathy Mitchell, of Redesign by Kathy, will be back for a decorating program on Tuesday, November 3rd.

I'll be attending the WAHCE State Conference in Superior, September 14-16th. I hope to come away with an interesting program to share for the upcoming year. As always, I welcome any suggestions your HCE club may have about a program. I'm always looking for ideas.

Thank you,

JoAnn Mueller,
Program Coordinator

SAFETY REPORT

The New Keys to Safer Driving

Thanks to improved automotive technology, the rules of the road have changed since your last diver's-ed class. Bud Chauncy, the president of the Driving School Association of the Americas, offers this refresher course.



Lesson 1: Give yourself more space. Now that multitasking in the car is the norm--GPS, cell phones, or satellite radio, anyone?--double that with the old standard, and leave a four-second gap between your car and the one on front of you (or when that car passes a tree or sign, you should pass it four seconds later).

Lesson 2: Reposition your hands. One of the first things you probably learned before getting behind the wheel was to place your hands at ten and two o'clock. But, warns Chauncy, "if the air bag deploys, and you are in that position, your hands or jewelry may strike you in the face." Lower your grip to nine and three o'clock instead. This may lesson back fatigue during long drives, also.

Lesson 3: Push back. Since air bags need space to work, set your seat so that your chest is 10 inches (about the length of a sheet of paper) from the horn. Many cars now have movable pedals and steering wheels, so you'll still be able to reach everything safely.

Lesson 4: Don't pump it up. Never pump the brakes of a car if it's equipped with an antilock braking system. "You defeat the purpose," says Chauncy. Just push the brake down, and don't be alarmed if the pedal vibrates.

PERIL AT THE PUMP

Steer Clear of This Shocking Hazard



You've seen signs at your local gas mart warning of fire hazards: "Turn engine off," "No smoking," and "Don't use cell phones near pumps." But a bigger danger may come from just getting back in your car to grab your wallet or tend to the kids.

"When you get in the car, you create friction--usually between your clothes and the car seat--that generates static electricity. If you get out of the car and immediately touch the gas nozzle, a static spark could ignite fuel vapors and cause a fire," says Robert Tenkes, vice president and general counsel for the Petroleum Equipment Institute (PEI), Tulsa, Oklahoma, based organization whose Stop Static program promotes awareness of this surprising hazard.

Since 1999, PEI has recorded roughly 125 cases, some resulting in serious injury, of static-sparked gas-pump fires and is working with gas stations to post warning signs. But the best way to prevent these types of fires are simple:

- When you get out to pump gas, don't get back in the car.
- If you must get back in, ground yourself after you get out but before you touch the nozzle. Touching your car door, or any metal object as long as it's away from the gas nozzle, will safely discharge any static build-up.
- Pay attention to what you are doing, and play it safe during the fueling process. Turn off cell phones and other electronic devices that could cause a static spark, such as pagers and portable CD players.

Remember to visit the Calumet County UW-Extension website at <http://calumet.uwex.edu/>

Safety Reports submitted by Ceil Van Daalwyk

Cultural Arts Show Results

Photography

Caroline Krahn--2 firsts, 1 second

Kay Hertel--1 first

JoAnn Mueller--1 first

Jayne Young--1 third

Clothing

Mary Eickert--1 first

Knitting

Mary Eickert--1 first

Crocheting

Martha Thiel--1 first

Diane Sattler--1 second

Afghan

Diane Ecker--1 first

Diane Sattler--1 second

Hand Stitchery

Diane Sattler--1 first

Heritage Skills

Don Sattler--1 first

Quilts

Mary Eickert--4 firsts

Wall Hanging/Table Runner

Mary Eickert--1 first

Miscellaneous

Melvin Thiel--1 first

Mary Eickert--1 first

Ethel Wheaton--1 first

Karen Ott--1 second

Don Sattler--1 first

Barb Vollmer--1 second

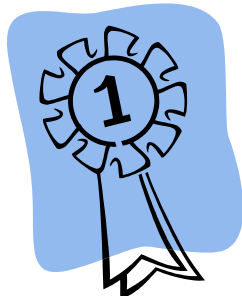
Poem

Judith Krahn--1 first

Jayne Young--1 second

Short Story

Patranella Degeneffe--1 first



Best of Show - These entries will be going to the State Conference in September.

Caroline Krahn--Photography

JoAnn Mueller--Photography

Martha Thiel--Crocheting

Diane Ecker--Afghan

Diane Sattler--Hand Stitchery

Mary Eickert--Table Runner

Mary Eickert--Miscellaneous-Pillow

Judith Krahn--Poem

Patranella Degeneffe--Short Story

- Submitted by Diane Sattler & Mary Eickert

Recipe Hall of Fame

The Chilton Optimist Club has a new fundraiser that is called the *Recipe Wall of Fame*. Club members, as well as the public, are welcome to submit one of their favorite recipes to be posted on the wall above the bagging area at Save-A-Lot Grocery Store, in Chilton. The recipe should be simple, with 5-6 ingredients. There will be slips of paper available for shoppers to jot down recipes they would like to try.

If you are interested in having your recipe and name in lights, send your recipe to Kathy Gloff, Optimist President, 118 Reed Street, Chilton, WI 53014. Kathy will type the recipe and have it laminated for posting. The cost for posting a recipe is Twenty-five Dollars (\$25), which should also be sent, along with the recipe. Twenty Dollars (\$20) will stay with the Optimist Club to help sponsor many of their worthwhile youth and community activities. Five Dollars, \$5, will be donated to Save-A-Lot for administering the fundraiser.

If you have any questions, feel free to contact Kathy Gloff, 920-849-4601. We hope all HCE members will consider participating in this fundraiser. Let's fill up the wall and make this a successful fundraiser for the Chilton Optimist Club.

Results continued ---

Managing through Difficult Times: Sowing the Seeds of Hope-Programs Responding to Wisconsin Farm Family Distress

Many Wisconsin farm families have experienced financial distress for the past 25 years. They have struggled with plummeting land values in the mid-1980s and a host of other stressors since then: severe drought, floods, wet springs, major feed shortages, low milk prices at various times, low prices for other commodities (beef, hogs, corn, soybeans) at times and escalating costs for farm inputs (fuel, seed, fertilizer, herbicides).

The “Sowing the Seeds of Hope” project is a seven-state, grant-funded project to help farm families respond to stress. In Wisconsin, the project offers the following targeted services to ease the chronic, prolonged stress facing Wisconsin farm families.

Weekend Getaways for Farm Couples

Taking a weekend away from the farm is something people who milk cows two or three times a day seldom do. During these Weekend Getaways, farm couples learn to handle stress more effectively, to communicate more clearly with spouses and kids and to problem-solve and plan for the future. They also learn about helpful state and local resources and start to create a network with other farm families in similar situations. The project also offers Weekend Getaways for farm women, farm men and farm families, as funding allows. The project provides funds to help cover the cost of farm labor and child care to assist people in getting away from the farm for the weekend experiences.

Trainings for Professional and Natural Helpers

Seeds of Hope offers training to sensitize both professionals and natural helpers (people who regularly work with farm families) to the farm culture, the stressors farm families face, signs and symptoms of distress, resources available to help farm families, and ways they can respond to farm families in distress. Professional helpers include health care, mental health, substance abuse and domestic violence prevention professionals; clergy; University of Wisconsin-Extension agents; and technical college instructors. Natural helpers include veterinarians, milk testers, milk haulers, cattle haulers, machinery dealers, feed and seed dealers and creditors. The training program fosters a network of “helpers” and informs them about resources available through the Wisconsin Farm Center, the Harvest of Hope Fund, UW-Extension, technical colleges, health agencies, food programs, winterization services and other resources for farm families.

Resources for Stressed-Out Farm Youth

Farm financial and family stress has unique effects on young people. A sample of Wisconsin farm teenagers said they are most stressed by three circumstances:

- Farm responsibilities in addition to church, school and extra-curricular activities.
- The stigma of being farm kids in communities where farm families are a minority.
- Their lack of money in comparison with urban and suburban kids in their communities.

Seeds of Hope project funds supported development and distribution of a guidebook called “It’s All in The Farm Family”. This booklet is packed with materials designed to strengthen communication and problem solving with youth in farm families.

Counseling Services

Counseling programs for farmers have been helpful in other states, and farm families have increasingly requested counseling in Wisconsin as well. The Seeds of Hope project offers a voucher program so families without insurance or with inadequate coverage can get the counseling services they need. The project also created a database of almost 1,000 mental health and substance abuse counselors who are familiar with the farm culture and who want to work with farm families in distress. Counseling services are available in most Wisconsin counties. You can access the database and the counseling vouchers by contacting the Wisconsin Farm Center at the Wisconsin Department of Agriculture, Trade and Consumer Protection; call: 800-942-2474.

Accessing Services

For more information about any of the services offered through the Sowing the Seeds of Hope Project, please contact:

Kathy Schmitt
Wisconsin Farm Center
Wisconsin Department of Agriculture,
Trade and Consumer Protection
P. O. Box 8911
Madison, WI 53708-8911
608-224-5048 or 800-942-2474
Kathy.Schmitt@wi.gov

Sowing The Seeds of Hope project is a seven-state, grant-funded project in the Midwest where each state has developed support services for farm families in need. Leaders from the seven states learn from each other through monthly teleconferences and occasional face-to-face meetings. The Wisconsin Farm Center at the Wisconsin Department of Agriculture, Trade and Consumer Protection is the lead agency for Wisconsin's project. Other partners in the project are STAR Outreach, Wisconsin Rural Women's Initiative, Wisconsin Women's Health Foundation, Child and Family Therapeutic Systems, Harvest of Hope Fund, Wisconsin Department of Health Services, Wisconsin's Cooperative Extension Service, and the following individuals: Jeff Court, Mary Pribbernow, Lori Walsh and Roger Williams.

To access more information and/or tools to help analyze your situation, link to the Extension Responds web page at: www.uwex.edu/ces/ag/farmingindifficulttimes.html

GET READY, GET CENSUS BE COUNTED

It's hard to believe that 2010 is just around the corner. It seems like just yesterday that the hype over Y2K was all everyone was talking about. While you may remember the media blitz that was Y2K, you may not remember quite as vividly it was the year of the last census.

One thing has changed for sure, we are all 10 years older. So in those ten years, what else besides age has changed in your life? Has the composition of your household changed? Did you have a child or have they left the nest? Are you a homeowner or apartment dweller? Maybe this will even be the first census you participate in. These are just a few of the questions that will be asked in the upcoming 2010 Census.

In the past, most households received a short-form questionnaire, while one household in six received a long form that contained additional socioeconomic questions. Do not worry about being the one that gets the long form. The 2010 Census will be a short-form only census and will count all residents living in the United States. In fact, the 2010 Census questionnaire will be one of the shortest in history consisting of 10

questions, taking less than 10 minutes to complete. The census will ask for name, sex, age, date of birth, race, ethnicity, relationship and housing tenure. Strict federal law protects the personal information you share during the census. The more detailed socioeconomic information is now collected through the American Community Survey. The survey provides current data about your community every year, rather than once every 10 years. It is sent to a small percentage of the population on a rotating basis throughout the decade. No household will receive the survey more often than once every five years.

Expect to receive your census questionnaire between February and March 2010. Complete the questionnaire and return it by April 1, 2010 - Census Day. Participation in the census is required by law. Households that do not return their census questionnaire will be visited by a census taker. Increased mail-in response saves the federal government money by reducing the number of census workers needed for Non Response Follow Up.

The information gathered from the 2010 Census is used for a variety of purposes. It determines the number of seats each state will have in the House of Representatives, helps states draw their legislative districts, determines how over \$300 billion in federal funds will be distributed to local, state and tribal governments each year, provides businesses with marketing data, provides demographic data used for school aid, helps community planners to create future development plans, and helps communities understand the needs of their residents.

So get ready, get census and be counted. Visit <http://2010.census.gov/2010census> for more information.

Contact: Dena Mleziva
Phone: 920-849-1442



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Chilton, WI 53014-1198

Return Service Requested



Calumet County UW-Extension

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Bryce Larson, Agriculture Agent
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Teri Zuege-Halvorsen, Family Living Educator
Ellen Andrews, 4-H Agent
Darlene Kramer, WNEP Coordinator

Support Staff:

Connie Leonhard, 4-H/Ag Program Assistant
Linda Schaffer, Family Living/CRD Program Assistant

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