
CALUMET LEADS

VOLUME 5 September 2003

Hi Volunteer Leaders,

This issue features leadership topics that are devoted to TIME and HURRYING! I hope the summer months have fulfilled the needs in your many roles as community leaders, individuals, and family members. Reflect on the wisdom a young woman received from her mother when she was telling of the adversity she was facing in her life. As one problem was solved then a new one arose, she was weary and discouraged.

Her mother took her to the kitchen. She filled three pots with water. In the first, she placed carrots, in the second she placed eggs and the last she placed ground coffee beans. She let them sit and boil without saying a word.

In about twenty minutes she turned off the burners. She fished the carrots out and placed them in a bowl. She pulled the eggs out and placed them in a bowl. Then she ladled the coffee out and placed it in a bowl. Turning to her daughter, she asked, "Tell me what do you see?" "Carrots, eggs, and coffee," she replied. She brought her closer and asked her to feel the carrots. She did and noted that they had gotten soft. She then asked her to take an egg and break it. After pulling off the shell, she observed the hard-boiled egg. Finally, she asked her to sip the coffee. The daughter smiled, as she tasted its rich aroma. The daughter then asked, "What's the point, mother?"

Her mother explained that each of these objects had faced same adversity—boiling water—but each reacted differently. The carrot went in strong, hard and unrelenting. However, after being subjected to the boiling water, it softened and became weak. The egg had been fragile; its thin outer shell had protected its liquid interior. But after sitting through the boiling water, its inside became hardened. The coffee grounds were unique, however. After they were in the boiling water, they had changed the water.

"Which are you?" she asked her daughter. "When adversity knocks on your door, how do you respond? Are you a carrot, an egg, or a coffee bean?"

The coffee bean actually changed the hot water, the very circumstance that brings the pain. When the water gets hot, it releases the fragrance and flavor. If you are like the bean, when things are at their worst, you get better and change the situation around you.

When the hours are the darkest and trials are at their greatest, know what works for you, ask for assistance and strive to be a coffee bean!



Yours,

Faden Fulleylove-Krause

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

UW-EXTENSION FAMILY LIVING PROGRAMS

Meeting the Needs of Today's Diverse Families

Calumet County's UWEX's programs in Family Living help families thrive in a rapidly changing world. Backed by research, Family Living Educators work with their communities to promote family strengths

Cultural Perspectives on Parenting

Satellite – Iowa State University

October 23 & November 13, 2003

1:30 – 4:00 PM, Room 17, Courthouse



This two part national series shares important research findings and applications for professionals or volunteers who work with families.

Better Kid Care Program Satellite Series

6:00 - 8:00 PM

Room 17, Calumet County Courthouse

October 23, 2003 – Improving and Using Your Observation Skills



Learning child observation skills can be a powerful tool for solving some of the most important problems faced by childcare providers. Concerned about how to discipline a child? Want to know how to plan successful activities? Observation skills can help.

December 11, 2003 – Active Play: Fighting Obesity and Diabetes and Keeping Children Healthy

The number of children with health problems due to obesity and diabetes is rising rapidly in America. Find out what you can do to start children on a fit and active lifestyle. Learn appropriate ways to help children build healthy bodies.

Get Checking

November 5 & 12, 2003, 5:45-8:45 PM

Child Care Resource & Referral, Appleton

Want to save money cashing your paychecks? Need a safe place to keep your funds? Then Get Checking will help participants qualify for a checking or saving account. Registration fee is \$20.



Wisconsin Well Woman Program

The Wisconsin Well Woman Program (WWWP) is a program which provides preventive health

screening services to low income, uninsured or underinsured women. Women, 35 years and older, who meet eligibility criteria, may have free

screenings for breast cancer, depression, domestic violence, high blood pressure, cervical cancer, diabetes, heart disease, and osteoporosis. These services are available from participating providers, at no cost to WWWP clients.

Wisconsin
Well Woman
Program



A woman can enroll through the Calumet County Health Department or in some cases, through the participating health care provider. The woman who is income eligible for WWWP also must fall into one of the following categories:

- ❖ The woman has no health insurance, or
- ❖ The insurance she has does not pay for these health screenings, or
- ❖ Her insurance does not fully cover the costs of the screening every year.

To find out if you are eligible for the free checkup call the Calumet County Health Department at 920-849-1432 or 920-989-2700.



Leadership Skills....

Reference: Whiteley, R. C. (2001). Love the work you're with: find the job you always wanted without leaving the one you have. New York: Henry Holt and Company.

Catch Someone Doing Something Right

To motivate your committee, make it your style to notice the good people do. Use specific comments to show that you care about their efforts and appreciate them. For instance, when a leader offers motivational feedback as, 'I noticed that you were hesitant to share your opinion during the meeting, and I want you to know we appreciate you for offering us your expertise.'

When leaders catch someone doing the right thing, they lock in those positive behaviors for the future. The more specific your comments, the more powerful the incentive to incorporate that particular behavior on a daily basis.

Focusing on motivational feedback is essential to counterbalance the natural tendency most performers have to dwell on their shortcomings. Putting your primary accent on what is working is critical to keeping spirits high and energized. (Whiteley, 2001, p. 221).

Have you caught someone doing something right today? If not, practice this skill tomorrow, and every day!

Lighten Up About Yourself

We all have stories that prove Murphy's Law: If anything can go wrong it will. When Murphy strikes, one of the best things you can do is to enjoy the practical joke and laugh at yourself. It breaks the tension and creates recovery time. It relaxes you by getting you to breathe, loosen your muscles, and ease your mind. It holds back your tendency to self-criticize. It puts the people around you at ease and lets them know that you are aware of the mistake and recognize that it isn't fatal. It minimizes the error and builds the confidence of others that you are aware of the mistake and recognizes that it isn't fatal. It minimizes the error and builds the confidence of others that you are not thrown by it. It reflects your humility and humanness. Few people enjoy being around someone who projects a façade of perfection - until they see them actually make an error.



When you are able to laugh at your errors, people are more than willing to show compassion and laugh with you because it puts them in touch with their own fallibility (Whiteley, 2001, pp. 197-198). What do you do when Murphy strikes?

info source Got a question? Answers to your questions Free by phone 24 hours every day from UW-Extension. Call InfoSource for answers on a variety of topics. Calumet County residents can call toll free at 1-800-441-4636. View the [InfoSource web site](#) for topic lists and more information on how to use this valuable resource.

The FIRST TAKE BACK YOUR TIME DAY

October 24, 2004

**"Because time is more
than money!"**

TAKE BACK YOUR TIME DAY is a nationwide initiative to challenge the epidemic of overwork, over-scheduling and time famine that now threatens our health, our families and relationships, our communities and our environment. For more information on this initiative visit them at www.timeday.org



Millions of Americans are overworked, over-scheduled and just plain stressed out. Contemporary Americans complain of unprecedented levels of busyness in everyday life. They worry about frenetic schedules, hurried children, couples with no time together, families who rarely eat meals together, and an onslaught of "hidden work" from proliferating emails, junk mail, and telemarketing calls. The Girl Scouts recently introduced a "Stress Free" merit badge for today's harried young girls.

WHAT CAN WE DO ABOUT THIS EPIDEMIC OF TIME PRESSURE?

On Friday, October 24, 2003, thousands, perhaps millions, of Americans will JUST SAY NO to the overwork, over-scheduling and overstress that threaten to overwhelm our lives. They'll take the day or part of it

off work, and join in hundreds of activities to initiate a much-needed national conversation about work/life balance and how we can reclaim it.

The date falls nine weeks before the end of the year, making the point that we Americans now work nine weeks more each year than Western Europeans do.

The main goal of TAKE BACK YOUR TIME DAY is to call attention to the problem and begin the public conversation about what to do about it.

Some of the solutions will be personal, each in our own lives. Others will be cultural, as we evolve new norms about life balance. Still others will involve voluntary changes in the workplace and children's activity programs, or changes through collective bargaining agreements. We'll talk about why work/life balance is good for both employees and employers; about how to create decent part-time jobs and about solutions for low-income workers who can't afford to work less.

"In order that people may be happy in their work, these three things are needed: They must be fit for it, they must not do too much of it, and they must have a sense of success in it."

-- *W. H. Auden (1907-73),
Anglo-American poet*

LEADERSHIP

Are You Living Too Fast? Take The Hurry Test (short form)



1. You are behind a driver who hasn't noticed that the light has turned green. How do you respond?
 (a) Give the person a moment to notice the light has changed.
 (b) Blow your horn immediately.
 (c) Blow your horn and yell.
2. You are in a slow-moving grocery line with time to spare. What are you most likely to do?
 (a) Engage in conversation.
 (b) Keep looking ahead to see how fast the line is moving.
 (c) Become irritated.
3. In conversing with others, how often do you interrupt them in mid-sentence?
 (a) Not very often.
 (b) Some of the time.
 (c) Very often.
4. How much time during the day do you devote to pondering, meditation, and/or just taking it easy?
 (a) At least an hour.
 (b) At least 30 minutes.
 (c) Less than 30 minutes.
5. How often do you move fast when there is no reason to?
 (a) Never.
 (b) Sometimes.
 (c) I confess, I rushed through this test.

If you answered (b) or (c) to most of the questions, you may be one of millions of people who feel chronically short of time, tend to perform every task faster, and get flustered when encountering any kind of delay. Kirk Jones, Ph.D., creator of The Hurry Test and author of *Addicted to Hurry: Spiritual Strategies for Slowing Down* (Judson Press, June 2003) **suggests three basic steps for conquering hurry sickness and creating a more satisfying and sustainable living speed:**

1. Become aware of words and behaviors, which regularly, and often unconsciously, promote hurried living. Some popular speed phrases are "just a second," "as soon as possible," "grab a bite," and "I've got to run." Speed behaviors include finishing someone's sentence, feeling anxious while waiting, and dashing through a yellow light before it turns red.
2. Understand that hurry is not an innocent and inevitable consequence of modern life. Chronic hurry threatens your emotional, social, and spiritual well-being in numerous ways, including limiting your capacity to work efficiently and creatively, and diminishing quality time with family and friends.
3. Think of small things you can do to slow down. For starters, review the speed phrases and behaviors in step one and determine that you will resist using these phrases and practice altering these behaviors. Once you've succeeded, move on to other small objectives and changes. Over time, you will adjust your living speed to the point that you'll be rushing less and relishing more.

For the 12 question Hurry Test questions visit: www.savoringpace.com.

LEADERSHIP

Character Counts! SPORTSMANSHIP

In the 1964 Olympics, Italy was counting on world champion Eugenio Monti to win a gold medal in bobsledding, and after his last run it looked like he was going to make it.



The British team led by Tony Nash still had a chance to beat Monti but Nash discovered a critical axle bolt had broken, disabling his sled. Without hesitation, Monti removed the critical bolt from his sled and gave it to Nash, who fixed the axle. Nash's run was so strong that he won the gold medal.

Monti was viciously criticized in the Italian press for giving up the gold but he was steadfast. "Nash didn't win because I gave him the bolt," he said. "He won because he had the fastest run."

Every real competitor wants to win, but Olympic medallist John Naber says a true sportsman, one who believes in the Olympic ideal, not only wants to win, but wants to win against his best opponent on his best day. So the sportsman is not elated but disappointed when top competitors are injured or disqualified.

Monti won the gold medal at the next Winter Olympics, but it was his willingness to lose that earned him a prominent place in Olympic history. His act represents sportsmanship at its best: the pursuit of victory with zeal and passion, recognizing that there is no true victory without honor.

Today, with so many athletes willing to cheat or behave badly just to win, we need reminders of the noble potential of sports. Parents and coaches need to be teaching youngsters that the real glory of sport is in the striving, not the winning.

Take Care of Your Personal Infrastructure

First, safeguard your physical well-being. Eat wisely, watch your weight, exercise regularly, avoid unnecessary or imprudent risks.

Second, feed your mind. Minimize mind-numbing activities like Senseless TV, computers and ceaseless sporting events. Minds need to be worked and strengthened through learning and reflection.

Third, feed your heart. Understand and satisfy, our emotional needs for love, friendship, belonging and fun. Cope with negative emotions. Nurture meaningful relationships: form them, service them and treasure them.

Finally, acknowledge your spiritual needs. Contemplate the higher purpose and the deeper meaning of our lives.

Think about the good life -- and try to lead it. Take care of your infrastructure, it will improve your life and add value to the lives of those around you.

Calumet County Master Gardener Upcoming Events

September 17, Membership Meeting, 7:00 PM, Rm. 15, Courthouse



October 15, Membership Meeting, 7:00 PM, Rm. 15, Courthouse

October 18, Fall Day in the Garden, 9:00 AM-3:00 PM (registration 8-9:00), location to be announced.

November 19, Membership Meeting, 7:00 PM, Rm. 15, Courthouse

Are you interested in becoming a Master Gardener? If so, call the UWEX office at 849-1450.



CALUMET ASSOCIATION FOR HOME & COMMUNITY EDUCATION

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

FALL 2003

Dear CAHCE Members,

Time sure does fly by. I'm writing this letter the first week in August. It's time for the county fairs. This is also the time we hear about back to school.



In 2003, *Update*, the state WAHCE newsletter is 30 years old. Everyone who subscribes between January 1, 2003 and September 16 will have their name entered in the prize drawing. The drawing will be September 16 at the WAHCE annual conference.

The WAHCE annual conference is September 16-18 at the Plaza Hotel and Suites Conference Center in Eau Claire. We have several cultural arts entries from our county. This conference is being hosted by the Northwest District.

Ruth Schmitz will be your new President beginning January 1, 2004. Barb Krueger has agreed to accept the Vice-President appointment. Therefore, we needed an Education Coordinator for Programs. If anyone else is interested in accepting this position, or you have any ideas, please contact me. The election will be at the Fall Association meeting on Thursday, October 23.

The Fall East District Meeting will be hosted by Door County. This meeting will be Tuesday, October 21 at the Moravian Church in Sturgeon Bay.

Enjoy all the great fruits and vegetables being harvested this time of year.

Sincerely,

Marlys Mathiebe

Marlys Mathiebe
CAHCE President

HCE HAPPENINGS

Thursday, September 4
7:30 AM
Rm. 17, Courthouse

Encouraging the Heart: Practices that Support Appreciation - This program will guide leaders and other human beings in the art of rewarding and recognizing others. The basic Seven Principles of Encouragement will be applied.



September 16-18

WAHCE, Inc. will meet in Eau Claire, WI

Wednesday, October 1
7:30 PM
Rm. 17, Courthouse

Pedestrian Safety and New Traffic Law is the safety topic, Ceil Van Daalwyk, Chair. Speakers for the program will be Barb Booth, Department of Transportation and Dennis Plantz, Chilton Police Chief.

Wednesday, October 1

Information needed to the UWEX office for the 2004 HCE Program Book.

Thursday, October 9

Registration deadline for **East District Fall HCE Association meeting**. If you wish to attend, talk to Kay Hertel. The cost is \$13.00. Workshops offered are: International, Cultural Arts, County Presidents and a General Session, "Women and History."

Tuesday, October 21
9:30 AM - 2:00 PM

East District Fall Association Meeting will be held at the Moravian Church in Sturgeon Bay. See above for workshops and fees.

Thursday, October 23
7:30 PM
Rm. 15, Courthouse

Fall Association Meeting - Clubs may send two voting delegates. Programs for 2004 and the budget will be agenda items. Hostesses: Rantoul Sunshine (2 pans of bars); Hi-Hopes (cheese/crackers) and Merry Maids (beverage).

November

Program in a Box – Please order 20 days before you need it! To order, contact Barb Krueger at 756-2044. For a listing of programs available, contact the UWEX office.



NOTE:

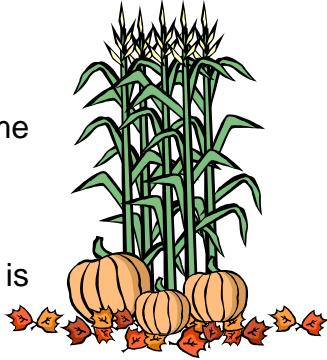
Club materials are printed 5-7 days before HCE programs, so please be sure to register your club at least one week prior to each and every program.

NOTES FROM PAT

In a few weeks, summer will be vanquishing into fall. The county fair and Labor Day holidays seem to bring summer to a climax.

I will bring my thoughts back to spring. I wish to thank everyone who came to the Spring Fling Banquet. The larger the attendance and dinner tickets sold, the easier it is to meet all expenses.

The cultural arts exhibit was great as well as the meal. Madonna Ecker was very pleased with all the quilts and hats donated for Harbor House or the police department. The Laughrin's were most accommodating. Thank you Pam and Buzz.



I hope to get to state conference this year. I always look with satisfaction on these events. When the national conference was in New Hampshire, twelve from this county went. I still look at that occasion as a great enjoyment and I'm happy I attended.

Enjoy the fall colors and the weather. Remember that poem we had to memorize in elementary school:

*"Oh sun and skies and flowers of June,
Count all ye boasts together
You cannot rival for one hour,
October's bright blue weather."*

Can't remember all the verses, but hopefully it will be a beautiful autumn.

- Patranella Degeneffe
South Center, Chairperson

THANK YOU NOTES

Quest for Knowledge

Thank you to all the members of the HCE in Calumet County for a wonderful day of sharing in the "Quest for Knowledge." I would like to congratulate your organization and the leaders for they truly enhance the community.

*Sincerely,
JoAnn Vogel*

CAHCE Scholarship

Thank you for the Calumet Association for Home & Community Education award of \$150.00. This will be used to help pay for tuition at UW-Madison. There, I plan on majoring in Horticulture, and I want to become a landscape designer.

*Thanks again,
Tracy Koffarnus*



Quest for Knowledge 2004

The Quest for Knowledge committee is planning a Fall 2004 **Quest for Knowledge**.

The Quest Chair and Executive Board discussed this and decided fall is a preferred time of year.



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