



Happenings

Dane County Association For Home and Community Education

Cooperative Extension – University of Wisconsin

MARCH, APRIL, MAY 2004

PRESIDENT'S LETTER

Dear Homemakers,

We have many exciting things to look forward to this spring. I hope you are enjoying the leadership training sessions that were made available in January. The Spring Banquet will be full of surprises and the tour promises to offer us another interesting adventure.

Spring brings new beginnings, a time to start anew as the snows melt away and trees and flowers begin to blossom. Spring can be a busy time for many of us, but we should try to keep things in balance. Take time to enjoy each day for what it brings. Children can teach us a lesson here. They live in the present, while too often we are worrying about something coming up or replaying something that has already happened.

Take time to enjoy the people and things around you and as Richard Carlson says, "Don't Sweat the Small Stuff."

See you at the Spring Banquet!

Carol Guenther
HCE President

ADVISOR'S LETTER

Dear HCE Members:

I was thinking about the Dane County HCE club recently as I listened to Terry Ludeman, from the Wisconsin Department of Economic Development, speak about population trends in our state and county.

You have probably heard these statistics, too. In the next 30 years, the number of people in Dane County over the age of 55 will double. Currently, there are 70,600 people over 55 and in 2030, projections are that there will be 138,900 people over 55 in our county. These figures could have significant impact on the membership of

Dane County HCE. And it could be very positive! With more older adults in the county interested in volunteering, making a difference, and wanting to participate in an important cause in their communities, HCE could become a perfect home base for some of them. If your clubs were interested in increasing membership with this 55+ age group, there are some first steps that might be helpful.

One way to plan ahead for these demographic changes would be to do some visioning and strategic planning as a local or county HCE club in the near future. Another possibility would be to conduct focus groups with local people in the 50+ age group to hear about their interests and hopes for their later years. For example, you might ask, "What qualities are you looking for in a group you would be interested in joining?" Maybe the state HCE organization has some recommendations or information to share on this topic. Or you might even think about some of the relevant concepts offered by "branding." As much as I shudder at the use of such a marketing tool, we might be able to apply some of that research to a very good cause!

Strategic planning, visioning, leading focus groups, sharing research are all things that your Dane County UW Extension office can teach and help with. I understand that the state HCE advisor, Gloria Green, has consulted with the State HCE Board on this very topic! I just thought I'd offer you something else to chew on as the snowdrops push their way up once again.

Happy Spring and see you at the Spring Banquet!

Yours, Joan

Joan Laurion
Dane County UW-Extension Family Living Educator

CLUB MEMORIES

Do you have great old and current photos of your club? What are your memories of those club activities?

We would like to share your memories with other clubs through a video presentation. We hope to present this at the 2004 Fall Tea. Please help us by sending lots of photos and articles. Label them carefully and they will be returned. Send to:

Mickey Colwell
160 Columbus St
Sun Prairie WI 53590

Or you could bring your items to the Spring Banquet. Thank you!

month from September through May, and have enjoyed summer outings such as trips to the State Historical Society Museum, the newly restored State Capitol, Little Norway, American Players Theater, and concerts in the park.

During the forty-four years of its existence, the club and its members have participated in many community activities. For the past fifteen years, we have collected and supplied teddy bears to the EMS for distribution to sick or injured children who are conveyed by ambulance.

Handy Homemakers enjoy meeting with each other and learning from lessons supplied by the Dane County Extension Office. Last year's lessons on landscaping to protect our groundwater and identity theft led to spirited discussions. When county lessons are not available, we have drawn on the experience and knowledge of members and others in the community. We have had lessons on China, Thailand, vegetarian cooking, books we have enjoyed, and last, but not least, household hints that help to make us all better, handier homemakers.

Submitted by Emogene Dodsworth, President of Handy Homemakers

DANE COUNTY HCE FIRST BOOK PROGRAM HOPES TO SERVE 200 CHILDREN IN 2005

Carol Montgomery and Rachel Hagen have been hard at work preparing and defending the \$5,000 grant application that Dane County HCE submitted to the Madison Rotary Foundation for the 2004-2005 First Books Program. That's right! They asked for \$5,000 this year so that Dane County HCE could enrich the pre-reading skills of 80 more 3-5 year-old children who come from low-income families. The recipients of the Rotary Foundation grants will be notified within the next few months. Thanks to Rachel and Carol for all their planning and writing! Good luck!!

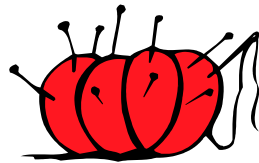
The current First Book readers go once a month to read with their new young friends. They give each of them a copy of the book to keep and encourage them to read with their parents and siblings. Recently, I was delighted to visit Marian Keinitz and Ginny Miller's group of family child care providers. Because some of the children are Spanish speakers, Marian arranged to have each book translated into Spanish. Marian and Ginny read the book in English and the Spanish-speaking family child care provider read the book in Spanish. The result is that all the children enjoy the story time with the

JUST A REMINDER

If anyone has sewing materials, patterns, notions, good used sewing machines, yarn, etc., that you would like to donate to our ongoing Nicaragua Sewing Centers project, please bring them to the Spring Banquet, April 15, 2004 and I will collect everything at that time.

Thank you.

Barbara Brotzman, International Chairman



SPOTLIGHT ON MAZOMANIE HCE CLUB

The most northwestern HCE club in Dane County, Handy Homemakers, is located in Mazomanie. Over the years, members have been drawn mainly from the Village of Mazomanie, the Town of Mazomanie and the Town of Black Earth.

Currently in 2004, we have thirteen members: Barbara Brotzman, Phyllis Calkins, Rosemary Deneen, Emogene Dodsworth, Judy Howard, Verna Roelke, Jane Rossbach, Lucille Royston, Sara Shackleton, Paulette Timm, Mae Wildt, Mary Ann Wilhelm, and Eva Wolf. Of these, four (Eva, Verna, Phyllis and Rosemary) are proud to have been among the eleven charter members who established the club in 1960.

Since then, the Handy Homemakers have generally met at each other's homes on the third Thursday of each



state leaders of UW-Extension. To encourage more applicants, the two scholarships were combined in 2001, into one \$1,000 scholarship. Applications must be postmarked by April 1, 2004.

Dane County HCE Scholarship Three \$500 Scholarships

HCE is awarding three \$500 scholarships to seniors graduating from a Dane County high school in 2004. Students must attend either a two or four-year college or university or technical college. Applications are available in all Dane County high schools and are due on Friday, March 12, 2004.

Contact the Dane County Extension office for applications at 224-3707, or go online at the Dane County Extension website at www.uwex.edu/ces/cty/dane/flp/hce.html

YOUR VOTE COUNTS!



WisconsinVote.Org Provides Resources For Voters

By Moira Harrington

Eligible voters sometimes stay away from the polls, thinking, "My vote doesn't count."

Yet election history proves that it does. Ask President George W. Bush about his razor-thin margin in Florida that helped put him in the White House. Ask U.S. Senator Russ Feingold about his first try for elective office, a state senate seat captured by only 31 more votes than his opponent.

Election Information 24/7

These two candidates are on the ballot again this year, along with other presidential, senatorial, congressional and state legislative contenders. Go to the recently relaunched Wisconsin Vote Web site, wisconsinvote.org, to find out more about the candidates, their position and their races.

The site is unbiased, available 24 hours a day, and filled with content from the award-winning news-gathering staff of Wisconsin Public Radio (WPR) and Wisconsin Public Television (WPT). During the last statewide election, it proved so popular the server crashed. (All technological glitches have since been righted.)

Print, Video, Audio and Links

That's a testament to the valuable information to be found at the site, which includes information about the February 17 presidential primary, fall primaries and the November general election as well as voter registration information.

The site will grow throughout the year to include candidate biographies, streaming video and audio of WPT and WPR news reports, candidate statements that originally ran on WPT, campaign ad "reality checks," links to political information sites and electoral watchdog groups resources for classroom use and much more.

Click on wisconsinvote.org

"We're pleased to again inspire democratic activity and help dispel some electoral apathy by offering this online resource," says Kathy Bissen, executive producer of news and public affairs for WPT.

Submitted by Joan Laurion

SPRING CLEAN TO ELIMINATE PANTRY PESTS

Spring will be here before too long, regardless of what the groundhog says, and that will mean spring-cleaning for some of us. Whether it's washing winter blankets or sweeping away cobwebs, spring-cleaning can be challenging, and sometimes fun. For me, it means a chance to re-connect with all those boxes in the basement. Spring cleaning can also be a time to clean out cabinets and pantries and get rid of any bugs that have spent the winter hiding in bags of flour or boxes of dried pasta.

Insect Pests of Stored Food

Insects infesting stored foods are one of the most common household insect problems. The many different kinds of insects that invade stored dried foods are often referred to as "pantry pests." They contaminate more food than they consume, and most people find the contaminated products unfit for consumption. Pantry pests are often discovered when they leave an infested food to crawl or fly about the house. They often accumulate in pots, pans or dishes or on windowsills. Fortunately, they do not bite or sting people or pets nor do they feed on or damage the house structure or contents.



Nearly all dried food products are susceptible to insect infestation, including cereal

products (flour, cake mix, cornmeal, rice, spaghetti, crackers, and cookies); seeds such as dried beans and popcorn; nuts; chocolate; raisins and other dried fruits; spices; powdered milk; and cured meats. Non-food items that may be infested include birdseed, dry pet food, ornamental seed and dried plant displays, ornamental corn, dried flowers, garden seeds, potpourri, and rodent baits.

A stored food product may become infested at the processing plant or warehouse, in transit, at the store, or right in your home. Most of the stored food insects also are pests of stored grain or other commodities and may be relatively abundant outdoors. Food products that are left undisturbed on the shelves for long periods are particularly susceptible to infestation. However, foods of any age can become infested.

Stored food insects are capable of penetrating unopened paper, thin cardboard, and plastic, foil, or cellophane-wrapped packages. They may chew their way into packages or crawl in through folds and seams. Insects within an infested package begin multiplying and can spread to other stored foods or food debris that has accumulated in corners, cracks and crevices, and eventually the entire cupboard. All stages (egg, larva, pupa, and adult) may be present simultaneously in infested products.

Most home infestations of pantry pests maintain themselves on spills in the crevices of cupboards and drawers or in opened packages of food stored for long periods of time. Following a few general guidelines when storing food products will help you avoid many potential problems.

Prevention and Detection

- Purchase dried foods in quantities small enough to be used up in a short period of time. Use oldest products before newer ones, and opened packages before unopened ones.
- Inspect packages or bulk products before buying. Packages should be sealed and unbroken. Also check the freshness packaging date. Look for evidence of insects, including holes in the packaging or wrapping.
- Store insect-free foods in tightly closed glass, metal, or heavy plastic containers. Refrigerate or freeze small amounts of highly susceptible foods.
- Keep storage areas clean. Do not allow crumbs or spilled foods to accumulate.

Pest Elimination

- Locate the source of the infestation. Carefully examine all susceptible foods.
- Throw away all foods that are infested.
- If infested material is to be salvaged, for example birdseed, or if infestation is questionable, heat the product in shallow pans in a 130 degree oven for at least

30 minutes, or place in the freezer at 0°F for at least four days.

- Empty and thoroughly clean cabinets and shelves with a vacuum cleaner to pick up crawling insects and spilled or infested material. Empty the vacuum cleaner or discard the vacuum cleaner bag after use to prevent re-infestation.
- As a precaution, consider storing susceptible foods in sealable glass, metal, or heavy plastic containers or in the freezer or refrigerator until you are sure the infestation is gone.
- If insects are infesting ornaments or decorations made with plant products or seeds, place the items in a freezer for four days.
- Consider insecticide sprays only as a last resort. Call a professional pest control company rather than attempting the use of an insecticide spray yourself.

Warning on the Use of Chemicals:

Be sure to consider your health and safety if you choose to use chemicals to deal with pantry pests:

- <http://www.ipm.ucdavis.edu/pmg/pestnotes/pn7452.html>
- <http://edis.ifas.ufl.edu/pdf/IG/IG09500.pdf>
- <http://lancaster.unl.edu/food/ftoct03.htm>

Suggested On-line Resources on This Topic:

- Pests of Homes, Structures, People, & Pets (Pantry Pests)
www.ipm.ucdavis.edu
- Bug Review – Univ. of Illinois Extension
<http://www.urbanext.uiuc.edu/bugreview/pantrypests.html>
- Insect Pests of Stored Food
<http://www.extension.umn.edu/distribution/nutrition/DJ1000.html>
- UWEX Extension Horticulture bulletins
<http://www.hort.wisc.edu/mastergardener/bulletins.htm>

FORUMS AIM TO EMPOWER WOMEN IN WISCONSIN

Lt. Gov. Barbara Lawton will go on the road with her campaign to improve the economic status of women in a statewide series of forums to hear about their experiences.

To gather better data about which services and practices are working ... and which aren't ... Lawton says it's important to hear directly from women across the state.

The 10 forums will be held over the next two weeks and focus on issues of economic sufficiency, education,



leadership and political participation, and health and safety.

"Women and men understand we can no longer go forward and develop the economy without the contributions of women," Lawton said. "We haven't had a way to pool information, data, services and our power until now."

Lawton launched the "Wisconsin Women = Prosperity" project last summer to evaluate and define ways women could be served better. It grew out of a report published in 2002 that concluded the quality of life for women in Wisconsin rated a C-minus grade. The report was done by the Women's Fund of the Greater Milwaukee Foundation and the Institute for Women's Policy Research in Washington, D.C.

Participants at the forums will be asked to identify the things that contribute to their ability to work and balance family responsibilities; address what holds women back from careers in math and science; think about what can be done to foster female leaders; and evaluate what hinders women from having control over their own health.

Already, the group has combined the use of statistics with individual situations to spot trends in how women are served, Lawton said. For example, a county that had just one report of domestic violence in a year raised a red flag. After greater scrutiny, the group learned there wasn't a support network in place in that area to encourage women to report incidents of domestic violence in the first place, she said.

By gathering that kind of anecdotal evidence, Lawton said, it will be easier to recognize the best practices in use across the state, and to make recommendations to encourage wider use of those strategies.

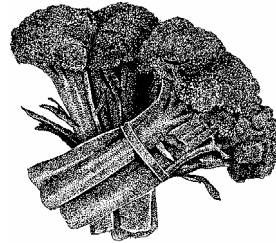
"What we hope to come up with is a list of best practices, because we know there are many good things happening," Lawton said. "We will also be able to zero in on those areas where we need better public policy."

The forums will be videotaped and broadcast on local cable television. For those who can't make a forum in person, written statements can be contributed on the project's Web site at www.wisconsinwomenequalsprosperity.org

From the Feb. 17, 2004 editions of the Milwaukee Journal Sentinel

DOES MICROWAVING HARM THE NUTRITIONAL QUALITY OF VEGETABLES, ESPECIALLY BROCCOLI?

A consumer in Waushara County contacted Jennifer Caravella about a story that had appeared on CNN citing loss of 97% of the nutrients in broccoli when it was cooked in a microwave. While I didn't see the CNN story, I believe that CNN's report was probably based on an article published in November 2003 in *Journal of Science of Food and Agriculture*. In the study, scientists in Spain cooked broccoli four different ways: high-



pressure boiling (pressure cooking), conventional boiling, steaming and microwaving. They measured chemicals in the broccoli and the cooking water before and after cooking. The scientists noted large losses of

flavonoids in the microwaved broccoli (97%), and high losses of other compounds as well.

Flavonoids are phytochemicals (plant-based chemicals) that are important in plant quality and in helping plants (while they are growing) ward off pests. Flavonoids aren't nutrients per se, they aren't like fat, protein and carbohydrate, which provide us with energy and calories. But they do appear to be important for humans because of their health-promoting properties.

Before we leap to conclusions, let's look closer at the study. Thanks to a summary in the January 2004 issue of *Environmental Nutrition* the question that Jennifer is asking has been summarized as follows:

"Microwaving is one of the easiest ways--and can be a nutritious way--to prepare fresh vegetables. There will always be some loss of water-soluble nutrients, like the B vitamins and vitamin C, because these nutrients are sensitive to heat. However the less water you use, the more nutrients you save.

What about phytonutrients? Researchers in Spain recently set out to see if microwaving preserved them too. They were surprised to measure large losses of flavonoids, a water-soluble family of phytonutrients [plant nutrients] when microwaving broccoli. The study findings.... revealed that microwaved broccoli lost nearly all (97%) of its flavonoids antioxidants, as well as 74% and 87% of two other antioxidant phytonutrients. Meanwhile, boiling the broccoli resulted in slightly less (66%) average loss of flavonoids. Steaming preserved the most flavonoids; only 11% were lost.

But don't pull the plug on the microwave just yet. This was one of the first studies to examine the effects of

cooking methods on phytonutrients in a vegetable. [And] one obvious flaw with the study is that the researchers used far more water--about 2/3 of a cup to microwave the equivalent of 1-1/2 stalks of broccoli--than is recommended. This alone accounts for greater loss of water-soluble nutrients [like flavonoids]. Most instructions call for just one or two tablespoons of water [when microwaving vegetables]."

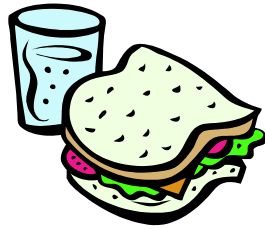
This research does, however, highlight the benefits of steaming, since with steaming nutrients don't leach out into the water.

Cooking vegetables with steaming or microwaving is simple and can be a great way to get dinner on the table if you follow these guidelines:

- Wash vegetables well, and microwave with water that clings to the cleaned veggies.
- When steaming, be sure vegetables sit well above the level of the water, usually in a metal steaming tray.
- When microwaving, use a microwave-safe container with a tight-fitting lid.
- Take care not to overcook vegetables; cook them al dente so that a little crispness remains.

DID YOU KNOW?

"While drinking water is a frequent choice for hydration, people also get water from juice, milk, coffee, tea, soda, fruits, vegetables, and other foods and beverages as well. Moreover, we concluded that on a daily basis, people get adequate amounts of water from normal drinking behavior -- consumption of beverages at meals and in other social situations -- and by letting their thirst guide them."



From the latest in a series of Dietary Reference Intake reports released Feb. 11, 2004 by the National Academy of Sciences

WILL A NEW FURNACE CUT YOUR HEATING BILLS?

Wisconsin has been a leader in converting to high efficiency furnaces. According to staff of the Wisconsin's Focus on Energy program, 75 percent of the furnaces sold today are high efficiency models. A high efficiency model is defined as one that has an Annual Fuel Utilization Efficiency or AFUE of at least 90 percent. AFUE is a measure of the amount of the fuel that a furnace uses that is turned into useful heat.

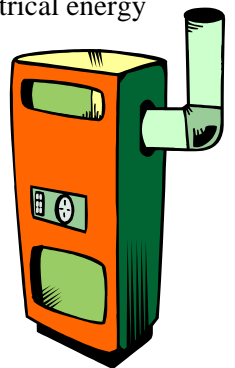
If you have a furnace with the combustion products going up a chimney instead of out of the side of the house through a white plastic pipe, chances are you have a furnace with an AFUE of 65 percent or lower. That

means that 35 percent of the fuel you pay for literally goes up in smoke. In the high efficiency (90 percent AFUE) models, only 10 percent of fuel is wasted. If you have a heating bill of \$1,000 with your current furnace (assuming it has an AFUE of 65 percent) and you purchase a 90 percent AFUE model, your bill could drop to about \$722, if natural gas prices are at 80 cents a therm. Since gas prices are expected to rise your savings would likely be higher.

In a traditional furnace a primary heat exchanger sets over the burner and transfers heat to the air flowing through the heating ducts. Even after the combustion products pass by the heat exchanger they are hot enough that they need to be sent up a chimney. High efficiency furnaces attain higher AFUEs primarily by running the hot exhaust through a second heat exchanger that cools it so that much of the water vapor that is a major part of the exhaust condenses. The exhaust is then cool enough to safely exit the house through a plastic pipe with the aid of a small built-in fan. Most high efficiency furnaces have a second plastic pipe that brings a supply of outside air to the furnace so that the furnace does not have to draw air in through cracks in the house. This cuts down on drafts.

Now there is a new generation of energy efficient furnaces that offer even more savings. They use controls that allow the burner to burn at different rates and blowers that are much more efficient and also operate at different speeds. Furnaces have traditionally had one burn rate setting so that on the coldest day the furnace would provide enough heat. On warmer days the furnace would go on and off frequently. The latest generation of furnaces is designed to run more of the time but at a lower speed when temperatures are warmer. Traditional blowers are run by AC electric motors that are very inefficient, particularly when they start. They are also only capable of running at one speed. The new generation of blowers have DC motors and can vary speed infinitely. They use about a tenth of the energy of traditional blower motors and, in conjunction with the variable rate burners, provide a greater degree of comfort and a considerable savings in both electrical energy as well as natural gas.

The independent evaluators working with the Focus on Energy program estimate that these new furnaces, using what is referred to as electrically commutated motors or ECM furnaces, could save a typical home owner about 1,020 kWh of electricity and about 20 therms of gas per year. At \$.08 per kWh and \$.80 per therm, this amounts to about \$97.60 per year. Savings



will increase if the blower is left on all the time. Savings will also increase if the blower is used in the summer with a central air conditioning system. The additional costs for this new generation of furnaces are estimated to be about \$500 over that of an older high-efficiency furnace. That means that it would pay for itself in about five years. Looked at another way, you would be earning just under 20 percent a year on your investment. As an incentive to encourage consumers to buy these new furnaces the Focus on Energy program is offering a \$150 rebate to homeowners. To find a heating contractor in your area who is participating in the rebate program call (800) 762-7077.

For more information on saving energy in your home, visit Wisconsin's Focus on Energy program Web site at www.focusonenergy.org.

If you have a housing question, you may send it to John Merrill, 1300 Linden Dr., Madison, WI 53705, or visit the UW-Extension housing web site at www.uwex.edu/house

By John Merrill, University of Wisconsin-Extension Housing Specialist

FRIENDSHIPS ARE IMPORTANT ACROSS THE YEARS

“Friendships continue to be very important to our psychological and physical health as we get older,” says Mary Brintnall-Peterson, University of Wisconsin-Extension program specialist in aging.

“Friendship involves enjoyment, acceptance, trust, respect, mutual assistance, confiding, understanding and spontaneity,” Brintnall-Peterson says. And, having a confidant – a close and trusted friend - is a critical aspect of how we adapt to aging as measured by our morale, physical health and ability to cope with stress.

A recent study on the importance of friendship among older women found that both friendships and family supports were equally effective among married and never-married women in combating loneliness and isolation.

“We are conditioned to believe that being alone is to be dreaded, so we develop the expectation that solitude may bring sadness,” says Brintnall-Peterson. “However, research has revealed that people who choose to live alone are no more lonely than people who live with others. Our social connections can make the difference.”

A social convoy is the network of close relationships we maintain throughout life. The size of the social convoy—between two to five close relationships—does not seem to change much during adulthood, although the members may change. Throughout the adult years, women seem to have larger social convoys than men and maintain their friendships longer than men do. Older women expect friendships to be as reciprocal as they were in middle adulthood. Older women also tend to have meaningful friendships with men—typically platonic relationships in which the men help with domestic chores as well as provide closeness and support.

“Because women have larger social convoys than men,” Brintnall-Peterson says, “they are more likely to suffer psychologically when negative experiences befall their friends, confidants and spouses. And, because women tend to live longer than men, women are more often called upon to adjust to one of life’s most significant stressors, the death of a spouse.”

While each friendship is unique, Brintnall-Peterson offers the following suggestions from University of Kentucky Cooperative Extension to help nourish healthy relationships of all kinds.

-- Judge not. If we knew the past experiences of those around us, their hurts and fears, their hopes and dreams, we would be far more compassionate. Whether your friend is a child, your spouse, or a co-worker, try to understand what life is like from his or her perspective.



-- Listen wholeheartedly. Temporarily put aside your own concerns and listen with total receptivity to your friend.

-- Show appreciation. A sincere compliment, often no more than a few well-timed and honest words, can do wonders in lifting the spirit of another. As Mark Twain put it, “I can live for two months on one good compliment.” Focus on the positive qualities in those around you and express your appreciation.

-- Have fun. Bring a gentle joy to your relationships—a warmth that comes from your heart and lights your face with pleasantness. As appropriate, play, laugh, share good times, and enjoy adventures together. Celebrate life’s blessings.

-- Be authentic. Don’t pretend—to yourself or others—to be any different from who you really are. Don’t hide any part of yourself. Don’t lie, but do use good judgment in

knowing when to remain silent. Speak freely, but in an appropriately sensitive manner.

-- Give love. The giving and receiving of love is at the heart of all healthy relationships. In a casual interaction, an expression of love may simply consist of a warm smile in passing. The possibilities for showing affection and thoughtfulness in deeper friendships are endless. Love is a boomerang; the more you give it away, the more it comes back to you.

-- Embrace growth opportunities. When a disagreement arises, or your patience is tried, or you feel hurt, angry, or fearful, welcome these as opportunities for learning and growing. Avoid blaming; focus instead on changing yourself in positive and creative ways. Of course, don't allow yourself to be mistreated, and know when to ask for a helping hand.

-- Forgive. We all make mistakes; it's part of learning. Be quick to forgive those around you and yourself. Forgiveness doesn't condone wrong behavior; it simply allows for fresh starts. Through the gift of forgiveness, you free yourself from resentment and negativity.

-- Respect the mystery. Every individual is an unfolding mystery, full of possibilities. Don't box people in with limited expectations. Recognize their potential and welcome new growth and positive changes.

-- Care for yourself. Make it a priority to nourish your body, mind, and spirit. Your example will bless your friends, and you will have a much greater abundance of energy, kindness, creativity, and love to share.

From University of Wisconsin Extension Family Living New Releases, Jan 2004



FEEDBACK PLEASE!

Every year, Dane County UW Extension educators ask for feedback from the individuals and groups they work with. Please take a few minutes to share what you like and what could be improved in the ways I am providing support to Dane County HCE. Your comments will remain anonymous. Please send the form back to Emily Capicik, Dane County UW Extension, 1 Fen Oak Court, Madison, WI 53718. You can also email Emily at capicik@co.dane.wi.us. Emily will compile the results into one document with no names before I see them. Thanks in advance! Sincerely, Joan Laurion

Please rate these items from 1-5. **1=poor**
2= fair
3= OK
4= good
5=excellent

Happenings Newsletter

1 2 3 4 5

Trainings by Mail (Driving & Lemons)

1 2 3 4 5

Fall Leader Trainings (Water Quality & ID Theft)

1 2 3 4 5

First Book Support

1 2 3 4 5

Executive Board Support

1 2 3 4 5

Other Comments: