

**Fond du Lac County
HCE Officers**

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Emma Jung

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Vacant

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Tharcilla Matznick

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Betty Birschbach

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Coordinator
Delores Miller

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Delores Fritsch

Treasurer
Mary Kastning

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Shelley Tidemann

President's Report

A new year, a new beginning, a new challenge and a chance to make a difference.

A big thank-you to Marianne Geiger for her role as our president for the last four years. Her dedication and enthusiasm will be hard to match.

A big thank-you to Marianne Geiger and Char Honold-Searl for stepping in to assist me in the president's role. They will be great to have as back-ups; however, each member should do their

best to be an active part of HCE.

A big thank-you to all committee leaders and county and club officers. All ideas need someone to take charge to make them work.

Read FOCUS for all important dates. Check out the information on scholarships and the State Conference which will be in Superior on September 14 – 16. Spring Council meeting is March 23 and the East District Meeting is April 22, both at UW-Fond du Lac.

Articles for FOCUS are due April 15 with Center 2 to submit articles for their club activities.

Plans are in the works for our HCE Banquet which is May 7th.

Joyce Ritzema is working on the "Car Fit Program" scheduled for May 20th. Plan now to volunteer to help.

Mark your calendars for all the events.

Let's make a difference and have fun with whatever we do.

Looking forward to spring,
Emma Jung

2009 Calendar of Events

- | | |
|----------|--|
| March 3 | "Pretty Plants All Summer" Leader Training, UW-Fond du Lac – 4:00 pm |
| March 23 | Spring Council Meeting, UW-Fond du Lac – 6:30 pm |
| April 2 | "Fashion Sense for Ageless Dressing" Leader Training, UW-Fond du Lac – 7:00 pm |
| April 22 | East District Spring Meeting, UW-Fond du Lac |
| May 7 | HCE Night, American Legion Hall, Fond du Lac |

Fund Raisers for 2009

A **bucket raffle** will be featured at HCE Night on May 7. It would be appreciated if clubs could bring a \$10 item for the raffle and also provide an ice cream bucket with your club name for the raffle drawing.

A **brat fry** is planned for summer. This will be discussed at the Spring Council Meeting.

Fond du Lac Center 1

HCE Night

Thursday, May 7
American Legion Hall, Fond du Lac
Theme: "Grow & Bloom with HCE"

Details will be sent to club presidents in the near future.

Fond du Lac Center 2

WAHCE East District Conference
Wed., April 22 – UW-Fond du Lac

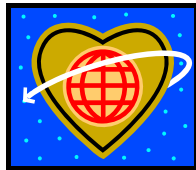
- 8:45-9:15 Registration & Refreshments
- 9:30 Welcome, Call to Order, Creed, Pledge of Allegiance, Roll Call & Introductions
- 10:00 Workshops (descriptions attached)
- 11:00 Break
- 11:15 Keynote Speaker – Peggy Laehn, Ronald McDonald House
- 12:00 Lunch with music provided by UW-Fond du Lac Music Dept.
- 1:00 Business Meeting & Workshop Reports
- 1:55 Invitation to East District Fall Meeting in Sheboygan County
- 2:00 Closing, Prayer Creed

If you'd like to attend or would like further information, contact Ann at UW-Extension, 929-3170. Registration is due April 1.

WAHCE East District Conference
Hosted by Fond du Lac County HCE
Wednesday, April 22, 2009
UW-Fond du Lac Campus

The theme of the East District Conference is "Caring & Sharing with HCE". Workshops will include: President's Meeting, Family Living & International, Membership, and Wisconsin Bookworms™. Additional information on the conference is provided in this newsletter.

The keynote speaker is Peggy Laehn from the Ronald McDonald House. Peggy is a retired elementary school teacher who started the Little Guardian Angel Fund for children in Fond du Lac County staying at the Ronald McDonald House while receiving treatment at one of the local hospitals. As a member of the Speakers Bureau, she will acquaint us with a tour of the House through a slide presentation. It is truly the "House that Love Built".



Aluminum Pull Tabs Wanted!



In keeping with the "Caring & Sharing" theme for the East District Meeting, participants are invited to bring aluminum "pull tabs" to donate to the Ronald McDonald House.

If you have pull tabs and will not be attending the Conference, please bring them to the April 2nd project, "Fashion Sense for Ageless Dressing".

We hope to collect a large amount of pull tabs for the "House that Love Built". Thank you for caring and sharing!

April Leader Training

"Fashion Sense for Ageless Dressing"

Thursday, April 2, 7:00 pm, UW-Fond du Lac

Presenter: Sheila Koca/Dornfeld, former UW-Extension agent, with a degree in dress design and fashion merchandising, as well as home economics education. She promises we will all laugh and learn about our fashion sense.

Being well dressed and looking your best knows no age. Fashion smart women know how to use clothing to create illusions that help them look their best whatever their age or shape. This program will explore some of the aging changes that affect our fashion silhouette and what to do about it!

November Leader Training

Below is a description of the Costa Rica program to be held November 10:

Costa Rica is a beautiful Central-American country with a landscape as diverse as its biological treasures. In this program we'll learn about the people, eco-systems, and socio-political issues of this unique democracy.

Wisconsin Bookworms™



It's hard to believe that we have only THREE books yet to read before the end of the school year. Even though it seems that winter has lasted forever, the time has gone by fast! The children, instructors, and volunteers enjoy the monthly visits and realize the value of the program. Reader involvement is what makes the Wisconsin Bookworms™ project special.

Our February book was "Groundhog Gets a Say". The book was rather long, but the laughter from the related activity more than made up for it. Students enjoyed having their very own groundhog pop out of the ground (activity project was a groundhog picture attached to a wooden stick). Would you like to experience this fun? How about being a reader for next year's program!

INVITATION TO ALL MEMBERS –

"Wiggly" is the name of the worm in our logo. All HCE members are invited to compose a short writing, poem, or song about our new friend Wiggly. You do not need to be a Bookworms reader. Depending upon the response, writings could be included on the website, Update magazine, and/or put into a small booklet.

Please mail or email me your writing by **April 27, 2009**. I will then forward it on to Marcie Suprise, Wisconsin Bookworms™ Chair. On a separate paper include your name, address, phone number and give permission to reprint your writing. As an added bonus, you could also enter your writing in the Cultural Arts contest.

Marianne Geiger, Wisconsin Bookworms™ Chair
Email: countergeiger@hotmail.com

Lost and Found

A white scarf was left at the Extension office after the HCE District Meeting planning meeting on Jan. 14. Contact UW-Extension if it is yours.

2009 is a Perfect Time to Join HCE

It's time again to push forward and try to gain some new members. This year our membership drive is entitled "Special Invitation Event." Simply invite someone who may want to join HCE to our April meeting. The project that night is "Fashion Sense for Ageless Dressing." The date is Thursday, April 2, 7:00 pm at UW-Fond du Lac. The prospective member must attend the meeting and sign the reimbursement form when she or he joins. The membership fee for that night is only \$5.00. WAHCE will reimburse our County the \$5.00 membership fee. You as the sponsor and the new member will receive a free one year subscription to "Update."

Please consider inviting friends, family and co-workers who are just waiting to be asked to join your club and be a part of HCE. Remember, April 2, 7:00 pm at UW-Fond du Lac. Hope to see you there.

Marcia McLinn, Membership Co-Chair

Membership Activity

Fond du Lac Center 3 is in charge of the membership activity. There is information going out to the club presidents soon. It is going to be FUN and it will encourage us to meet our neighbor. It has been proven that inviting one on one gets new and past members to join. Go and get them. Prizes to be given out at HCE Night in May.

Shirley Maltby, Membership Co-Chair

HCE Program Book Corrections

Page 8 – Sue Gierach's phone number is 322-0867

Page 11 & 15 – Interior Decorating/Staging Leader Training is Tuesday, October 6 (not Monday)

Cultural Arts

Thanks to all of you that helped make adult lap quilts, bibs and mittens for our Stitches of Love project. It was a pleasure to deliver them to All About Life Rehabilitation Center in Fond du Lac.

We gave out 20 adult bibs, 14 pairs of fleece mittens, and 7 lap quilts. One lady was so happy to get the double fleece lap quilt that she cried. An aide told me that this lady was always cold. She said we were a blessing.

So thanks again for making one of our Mission Statements – “Caring to make a difference in our community” – come alive.

Before we left the Center, I asked if there was anything else that our HCE members could donate in the future. I was told something to keep their feet warm – some kind of slippers that would have a non-skid bottom. So.....we are asking if any of you have a pattern for a nursing home slipper. If you do, please forward it to Charmayne Searl or LaVerne Markert. Our addresses are on page 7 of our HCE Educational Program Book.

With you in HCE,
Charmayne Searl & LaVerne Markert
Cultural Arts Co-Chairs

****Attention Mitten Makers!**

There is a Stitches of Love plastic tote in the Extension Office for any fleece mittens or knit cuffs that you complete. You can place either parts or completed mittens in this tote.

Thanks so much!

Cultural Arts Co-Chair
Char Honold-Searl

Cultural Arts Workshop – Knitting Cuffs

Your Cultural Arts Committee had a Knitting Workshop on February 12 at the U.W. Campus. I am happy to report that we had seven people there (including me). Charmaine Jenkins, Calumet Club; Pat Conwell, Marytown Club; Catherine Bliefnick, Country Roads Club; Marianne Geiger, Willing Workers Club; Doris Rymer, City and Country Club; and friend (and Bookworm reader), Mary Champeau.

The purpose of this workshop was to teach/learn the basics of knitting so that we have members and friends knitting cuffs for the mittens we are sewing (out of Polar Fleece) for our Wisconsin Bookworms™ children. We need about 160 pairs by next December. This type of mitten was appreciated by the children when they were handed out this past December.

If there are any more of you willing to knit these cuffs, just call me and I'll send you the pattern and information. We sure could use more help.

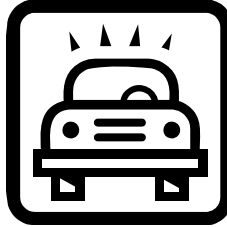
Marianne took a picture of the workshop participants. (That's why you do not see her.) ☺
Thanks Marianne, and to all that were there on February 12th.

Cultural Arts Co-Chair
Charmayne Honold-Searl



Car Fit Comes to Fond du Lac!

Car Fit, an educational program that offers older adults the opportunity to check how well their personal vehicles “fit” them, is available to our area to increase a driver’s safety. Car Fit is a program created through the combined efforts of AAA, AARP, the American Occupational Therapy Assn., and the Society on Aging.



may recommend both adaptive devices and resources to improve your driving safety.

A Car Fit check is free and confidential and takes approximately 20 minutes to complete.

A Car Fit event is planned for Wednesday, May 20, from 1:00 to 3:00 pm at the Fond du Lac Police Station, 126 N.

Main St., Fond du Lac. To sign up for your participation in this free event or for more information, call Peggy Freund at the AAA office, 923-4805, ext. 201, or go to www.car-fit.org.

Our county HCE is assisting in planning and promoting this event.

Delores Miller & Joyce Ritzema

Why is Car Fit Important?

Older drivers are often the safest drivers in that they are more likely to wear their seatbelts, and less likely to speed or drink and drive. However, older drivers are more likely to be killed or seriously injured when a crash does occur due to the greater fragility of their aging bodies.

Older drivers may need to find ways to cope with physical changes that include:

1. Reduced strength and physical endurance
2. Stiff neck and limited head turning
3. Visual impairments
4. Effects of medications
5. Reduced flexibility, and
6. Decreased reaction times.

Examples of How Car Fit Assessments May Improve Road Safety

1. Knowing how to properly adjust one’s mirrors can greatly minimize blind spots for drivers who may wish to change lanes.
2. Good foot positioning on the gas and brake pedals is important. If the driver is reaching with his or her toes to press on the pedals, it can cause fatigue in one’s leg and slowed reaction times.
3. A satisfactory position of the driver’s seat is key. Drivers run a risk of serious injury if they are sitting too close to the steering wheel.

How is a Car Fit Completed?

At a Car Fit event, a team of trained technicians and/or health professionals work with each participant to ensure they “fit” their vehicle properly for maximum comfort and safety. Car Fit staff may recommend that you make some adjustments to help you fit your vehicle better and

International

2008 WAHCE Pennies for Friendship

Total amount received from counties as of Nov. 26, 2008:

2008 Silent Auction	\$2,051.50
Haiti	20.00
Save the Sight	43.35
Water for All	2,093.83
Undesignated	2,513.97
Total	\$6,722.65

Undesignated:

75% (\$2,513.97) to London - \$1,885.48

25% (\$628.49) to HCE choice – Wis. Nicaragua Partners

We have bought one well for DMI in Mbezi, Tanzania

Fond du Lac County HCE has donated \$230.24 towards Pennies for Friendship.

Thanks for your support. Please continue to support these worthy projects.

Sue Gierach, Chair

Willing Workers Club

Our club of 16 members stays very active at the county as well as the club level. We have five members who hold various offices for the county HCE. Our ladies have a combined membership of 345 years. Although we may be one of the youngest clubs in the county, we boast that we have members who have been affiliated with HCE for over 35 years! That's a lot of banquets, fund raisers, projects and just fun conversation.

We enjoy our various group activities, such as club meetings, movie nights, day trips and Christmas parties. This past year our club was in charge of HCE Night and were very excited to present our guest, a former member of the AAGBB League.

We take part in a lot of pastimes such as crafting, gardening and caring for our families. One of our members, Marianne Geiger, organizes the Wisconsin Bookworms™ program for the young readers. And another, Cathie Seffern, has become a skilled iris folding expert. Karen Kelley and her husband will soon be opening their own ice cream shop.

Our club has a lot of fun but are still
“WILLING” TO “WORK.”

Mary C. Ryan, Club President/Rep

FOCUS

A Publication of Fond du Lac County HCE, Inc.

Serving members of the Fond du Lac County Association for Home and Community Education, Inc. with an educational and leadership focus through continuing education. The Association works for the preservation and improvement of home and community life. Membership is open to all persons without regard to race, color, ethnic background or economic circumstances.

FOCUS will be published in January, March, May, September, and November. All articles are due by the 15th of the month preceding publication. Send to the UW-Extension Office. We reserve the right to edit.

University of Wisconsin, U.S. Department of Agriculture and Wisconsin counties cooperating. An EEO/AA employer, University of Wisconsin Extension provides equal opportunities in employment and programming, including Title IX and American with Disabilities (ADA) requirements.

Highland Club

Our gals are very active in their community. They assist with blood drives, bake sales, the brat fry. They donated paper products for the Solutions Center. Craft projects are a big interest for them. They enjoy outings with their grown children and grandchildren. We held our Christmas get-together at the Country Buffet on January 16.

It was with regret that Althea and Margaret decided to resign as members from our club. They were a huge support of our club, very knowledgeable and loads of fun.

Sue Gierach, Club Secretary

Non-Discrimination Policy

Periodically, UW-Extension takes steps to assure that our partners know and understand our policy of non-discrimination. This letter is to remind or notify you that the University of Wisconsin-Extension does not discriminate in the treatment of individuals, in the admission or access to its programs and activities, in the provision of services, or in employment.

Further, UW-Extension will not participate with organizations or in activities that discriminate on the basis of any of the legally prohibited categories of discrimination. Categories of prohibited discrimination include race, color, gender/sex, creed, disability, religion, national origin, ancestry, age, sexual orientation, pregnancy, marital or parental status, arrest or conviction record, or membership in the National Guard, State Defense Force or any other reserve component of the military service.

Consistent with the Americans with Disabilities Act, persons who need materials in alternative format or other accommodation must write or call the UW-Extension contact person for the specific program or call the main telephone number of the Fond du Lac County UW-Extension Office, 920/929-3170, at least ten working days prior to the event.

Individuals who need TTY access may use the Wisconsin Telecommunications Relay System - 711.

On behalf of Fond du Lac County UW-Extension and the University of Wisconsin-Extension, I want to thank you for collaborating with our faculty and staff in their many educational endeavors. We appreciate your support and working relationships as we provide educational programs designed to empower the diverse citizens of Fond du Lac County.

Sincerely,
Michelle D. Tidemann
Family Living Educator