

**Fond du Lac County  
HCE Officers**

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Community Outreach  
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## President's Report

With the arrival of Fall, our HCE clubs return to their regular club routine. Included elsewhere in this newsletter are suggested Roll Call topics that were shared at the WAHCE conference. If your club does not do this, why not give it a try?? It could be something that your members would enjoy.

A total of 404 people attended the WAHEC Conference held September 15-17 in Manitowoc, including

64 first-time attendees. Fond du Lac County had good representation which included Betty Birschbach, Delores Fritsch, Marianne Geiger, Sue Gierach, Charmayne Honold-Searl, Charmaine Jenkins, Emma Jung, Shirley Maltby, LaVerne Markert, and Tharcilla Matznick.

More than 40 workshops were offered which provided attendees a variety of topics to learn and take back to their counties. The Cultural Arts Show had 348 entries. The International Silent Auction netted \$2,490.29 with the money being used to bore a well in the village of Mabezi in Tanzania, Africa. This will improve the health and well-being of the village by eradicating water-borne diseases like Malaria. Thank you to Cathie Seffern for donating an iris-folded picture for the Silent Auction.

More thank you's follow: Thank you to Charmayne Honold-Searl for her tri-fold display at the conference on Fond du Lac County's 2008 programs and events. Thank you to Mary Kastning and Emma Jung for helping with the speakers' gifts and cards. Another thank you to Cathie Seffern who made the BEAUTIFUL thank you cards to give the speakers. Everyone was very impressed.

The 2009 HCE State Conference will be held in Superior, Wisconsin, on September 14-16, 2009. East District plans to reserve a bus for multiple counties to "bus pool", including Fond du Lac County. You can include this date on your 2009 calendar!

The Fall East District Meeting was held October 2 in Seymour. Thank you to Charm and Roger Searl, Doris Rymer, and Delores Miller for representing Fond du Lac County HCE.

All club secretaries should submit their club organization sheet to the Extension Office by November 30. This information is needed so that the names of the 2009 club officers and reps can be included in next year's HCE Program Book.

Articles for the next FOCUS newsletter are due December 15. Clubs in Fond du Lac Center III (Calumet, Calvary, and Marytown) will be featured.

Remember - we want our organization to flourish, so we need to keep inviting guests to our meetings and projects.

Yours in HCE,  
Marianne Geiger

### 2008 Calendar of Events

- |           |  |
|-----------|--|
| Nov. 3    | Stitches of Love Workshop, Char Honold-Searl's house – 2:00 pm                             |
| Nov. 4-10 | WAHCE Week   |
| Nov. 6    | "International Adoption Experiences" Leader Training, AE-205/206, UW-Fond du Lac – 1:00 pm |

## HCE State Conference 2008

Sessions I attended:

POOL-Taking Care of the Family Caregiver - Too often caregivers neglect their own health. This session focused on providing tools that can help you take care of yourself.

Relationship Skills for a Lifetime – Session was about learning the skills for a healthy couple relationship, expectations and gender differences.

POOL-Making Decisions about Health Care – Suggestions for use by HCE clubs or other groups include:

- 1) Study one article each month and use the discussion questions to share personal experiences and wisdom.
- 2) Print information in your newsletter.
- 3) Partner with Family Living Educator and offer your community and workshops highlighting one of the three topics available on PowerPoint presentation.
- 1) Choosing a Health Care Provider
- 2) Communicating with your Health Care Provider
- 3) Gateway to Health – Reliable Information on the Internet
- 4) Use with other groups you are connected to: service organization, senior centers, church groups and 4-H clubs

I thought this is a very good project for us to use as a project for 2009. I have lots of handouts with internet websites that would be useful.

Family: What it is to you – We broke up in different groups and discussed different family situations.

Life on Both Sides of the Wall – Speaker Gunther Skalititz, author from Two Rivers, spoke about his personal experiences in wartime and post wartime in Germany and Russia.

For topics marked POOL we should use the material and program ideas from the last three years for Education Program Awards.

Betty Birschbach  
Community Outreach Coordinator

## State Conference Report

I attended the State Conference with seven others Sept 15-17. I took the tour of the London Dairy Alpacas. There are 100 head. They have such beautiful eyes. I also toured the Parallel Forty-four Vineyards which consists of 25 acres.

Life on Both Sides of the Wall was given by Speaker Gunther Skaletz who experienced the war in Germany and Russia.

Insects of the World was presented by retired school teacher Tom Vogel. He has been collecting insects for 40 years. I didn't realize collecting them could cost 100's or 1,000's of dollars.

Life in a Lighthouse, a reenactment of the tenders of the Eagle Bluff Lighthouse, William & Julia Duclon in the years between 1883 and 1918.

Life in Kenya & Guatemala – The Maasai American Organization partners with indigenous communities in Africa and Central America to promote education and health.

What's in an Oyster – I never realized how many different uses a button could be. Marlin Ruce was our keynote speaker, a retired minister. He has been a motivational speaker since 1965. He focuses on "Do you want to be well?" There are many resources out there if we want to use them.

Sue Gierach

### 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.

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## City & Country HCE Club

On May 15th, City & Country members Char Honold-Searl, Doris Rymer, Ann VandeZande, and Donna Bray Peachy went for a walk through Hobbs Woods followed by dining at Rolling Meadows Restaurant. In August, fellow members Roger and Char Searl, Doris Rymer, and Marion Lancor helped with the brat fry at Hoff's in Brownsville. While volunteering there, a food demonstrator expressed an interest in HCE. Betty Jane Arnold is now a member of City & Country. Good food and fellowship is certainly a GREAT thing!!!

Donna Bray Peachy



## Country Roads HCE Club

Country Roads members live in the Fox Lake, Waupun, Oakfield and Brandon areas in the southwestern part of Fond du Lac County.

We have 16 members; two of them welcomed this year. Some of our members are still in the workforce and others are retired, but they all have energy to make our meetings fun and interesting.

What did we do this year? We worked at the brat fry in Brownsville and baked lots of cookies for the bake sale at Forest Mall. We donated paper products at the spring banquet, which, sadly, were ruined in the flood in June, we were told. Two of our members really enjoy reading to the Headstart children as part of the Bookworm program. Some of our group sewed for nursing home residents or made mittens for children. We collected items for the food pantry every month at our meeting and donated money to the pantry at our Christmas party, graciously hosted by Gloria Drews every year. Joyce Ritzema hosted our picnic on a patio in the summer, which was enjoyed by all.

We are looking forward to interesting programs in the next year and wish our retiring president Marianne Geiger many thanks for all the work she has done on behalf of the Fond du Lac County HCE organization.

Delores Miller, Secretary  
Country Roads