

**Fond du Lac County  
HCE Officers**

President  
Marianne Geiger

Vice President  
Tharcilla Matznick

Chair of Program  
Delores Miller

Community Outreach  
Coordinator  
Betty Birschbach

Secretary/Historian  
Delores Fritsch

Treasurer  
Mary Kastning

Advisor  
Shelley Tidemann

## President's Report

It's hard to believe that four years have passed and my time as HCE president is coming to an end. It has been a rewarding four years. Organizations can only be successful when members step forward and do their part. Any time you are asked or have the opportunity to serve as an officer, I hope that you will say YES. It is a great learning experience.

Thank you to Fond du Lac Center I, Highland and Willing

Workers Clubs, for hosting the HCE Banquet. It was a nice evening. Thank you to Tharcilla Matznick for chairing the recent brat fry in Brownsville and to everyone that helped.

Each club is encouraged to submit program planning ideas with their September minutes. Any time you think of a topic, jot it down and bring it along to your meeting. Each club should send at least one representative to the Program Planning & Fall Council Meeting on October 27 which begins at 6:30 PM at UW-Fond du Lac in the Admin/Extension Building.

Membership continues to be our number one priority. Our organization won't be able to thrive unless we recruit new members of all ages. **OUR BEST RECRUITMENT TOOL IS OURSELVES!** I challenge each member to bring a guest to a meeting or HCE event just once during the year. Some guests just might join! You will never know unless you ask! They would then be able to share in the benefits that we value from HCE.

Here's to a successful HCE season!

Marianne Geiger

## 2008 Calendar of Events

- |             |   |
|-------------|---|
| Sept. 4     | "Traveling Tips Update"<br>Leader Training, AE-205/206,<br>UW-Fond du Lac – 7:00 pm                 |
| Sept. 15-17 | WAHCE State Conference,<br>Manitowoc  |
| Oct. 2      | East District Fall Meeting,<br>Outagamie County   |
| Oct. 6      | "Organ, Tissue & Eye Donation"<br>Leader Training, UC-113,<br>UW-Fond du Lac – 7:00 pm              |
| Oct. 15     | Articles due for FOCUS<br>newsletter to Extension office  |
| Oct. 27     | Program Planning Meeting and<br>Fall Council, UC-114,<br>UW-Fond du Lac – 6:30 pm                   |
| Nov. 3      | Stitches of Love Workshop, Char<br>Honold-Searl's house – 2:00 pm                                   |
| Nov. 4-10   | WAHCE Week  |
| Nov. 6      | "International Adoption<br>Experiences" Leader Training,<br>AE-205/206, UW-Fond du Lac –<br>1:00 pm |

## Pictures Needed

Please help! We are looking for pictures from our Community Outreach Membership/Marketing event at the Forest Mall in March (sold cookies). If anyone has pictures to share, please contact Char Honold-Searl at 922-7099.

## Welcome New Member

Bev Hartgerink, Country Roads

## Program Ideas

Delores Miller and Betty Birschbach are asking for ideas for next year's programs and community service ideas.

If you have any interesting ideas, please send them to either of them or call them.

We will meet on October 27 at 6:30 p.m. to pick the projects for next year. Everyone is invited to come as the more input we have the happier folks are with the projects.

Thank you for all the wonderful participation in past projects.

Delores Miller & Betty Birschbach  
Chair of Program & Community Outreach Coordinator

## Cultural and Textile Arts

I hope that all of you are enjoying our green summer! Maybe when it was too hot to be outside, you stayed in and did some sewing or crafting! I hope so, because I will be placing a box in the Extension office for all the mittens, both children and adult size, and the larger size adult lap quilts. That way LaVerne and I can see just how many items we have. We do need about 150 pairs of mittens for our Wisconsin Bookworm children.

If you need the mitten patterns, please call me at 922-7099 and I will send it to you.

The larger lap quilts can be about 5 feet by 4 feet (the 5 ft. being the width).

We will be having a Stitches of Love workshop at my house at W7563 Brown Road, Fond du Lac, on November 3, 2008. It will start at 2:00 p.m. and continue into the evening (for those of you that work daytime). Let me know if you can come. I know it will be fun. Bring what you can: sewing machine, scissors, material, whatever you prefer to be working on for our Stitches of Love.

This will be a great time to celebrate WAHCE Week !! And it is time to have some fun working together for others.

Your Cultural Arts Co-Chairs,  
Charmayne Honold-Searl  
LaVerne Markert

## HCE Banquet

The HCE Annual Banquet was held on May 6 at the American Legion Hall in Fond du Lac with the theme "Let's Play Ball with HCE!" Jackie Mattson Baumgart shared her thoughts and experiences as a player on the All-American Girls Professional Baseball League in the 1940's. A total of 84 people attended. There were 56 HCE members and numerous guests that included, family members, Wisconsin Bookworms™ participants, UW-Extension staff (past and present), and former HCE members. It was nice to have Mary Heisler and Barb Roder join us, as well as Shelley Tidemann and Ann Kaiser. Thank you to Rosie Klatt and Barb Roder for judging the cultural arts entries. Thank you to everyone that participated in the evening. The evening was chaired by Highland and Willing Workers Clubs.

Marianne Geiger

## Solution Center Donations

Thanks to the generosity of the Fond du Lac County Home and Community Education group, in conjunction with the Fond du Lac County Extension Office, the Solution Center received donations of coffee and paper products brought by members to their annual banquet on May 6, 2008.

Shown are co-chairs of the Community Outreach committee, Delores Miller, left and Betty Birschbach, right.



## International

The “Water for All” project in Tanzania has received an ACWW grant for approximately \$5,568. In the short term, this will provide clean drinking water for 100 families. In the long term, this will provide improved health and well being by eradicating water-borne diseases, including malaria. The women would be able to dedicate themselves to other activities and children would be able to attend school, because they no longer would have to fetch water from far away places. The grant will pay for the necessary equipment and materials. Would we be willing or could we contribute some monies towards this project?

The people of Nicaragua could use gently used sunglasses with UV protection. Wisconsin/Nicaragua Partners is collecting, cleaning and bagging them to be shipped to the Learning Center in Nicaragua. Sunglasses can be dropped off at or sent to Wisconsin/Nicaragua Partners at UW-Stevens Point, Room 129 Nelson Hall, 1209 Fremont St., Stevens Point, WI 54481. They would also accept financial donations. For more information, you can call W/NP at 715-346-4702.



Sue Gierach, County International Chair

### 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.

## October Programs - Room Locations

Please be aware that the October 6 Leader Training and Program Planning/Fall Council on October 27 will not be in our usual meeting room. They will both be on first floor of the University Center: Oct. 6 – Room UC-113, Oct. 27 – Room UC-114.

## Highland HCE Club

Our girls are involved in gardening, helping with bake sales and blood drives. Girls were involved with making lap robes, etc. for the Solution Center. Iris folding was a fun project for all. Our club was instrumental in helping put together HCE Night. Judy Marschie made the centerpieces. Those of us who have grandchildren are involved with their activities. We met at Faro’s in January for good food and holiday reminiscing. It will be ice to see all the gals again in September.

Sue Gierach, Secretary

## Willing Workers Feature

Club members donated cookies to the HCE Booth at the Spring Community Bazaar held at Forest Mall. In March, we met at Jonathan’s Italian Bistro with a theme, “Eat, Drink, Be Merry”. A good time was had by all. We co-chaired the HCE Banquet along with Highland. We are proud of the fact that many of our charter members are still with our club of 35 years and were recognized at the HCE Banquet: Delores Fritsch, Marianne Geiger, Rosie Klatt, Karen Luedtke, and Gail Majerus. Also recognized were Joan Wessing for 15 years and Emma Jung for ten years. Where has the time gone?

Marianne Geiger, Secretary

## Tough Financial Times? Save at the Grocery Store!

Costs are rising all around you – not just at the pump. By fall, some predict milk prices may reach \$5.00 per gallon. During tough times, save where you can without compromising a healthy diet.

Points to help you save are as follow:

- Before you leave home, plan your weekly menu. Check your cupboards and refrigerator to see if you have all the ingredients you need. Don't waste money buying something you already have.
- Keep a wallet-size notebook with you; in the notebook list the common items you purchase, their "best" price and the location where you can find it. Before leaving your house, check the sales advertisements. Compare the sale price with your "regular" price to make sure you're getting a good deal. Clipping coupons can also save money – but the trick is organization; use a wallet-size coupon organizer. Only clip coupons of items you would normally buy.
- Focus your shopping route along the outside of the store – where often healthier and less costly items are found.
- Purchase store-brand items for non-perishable items.
- Buy fresh foods in season. At your grocery store, check which day(s) they receive their deliveries so you buy when it's freshest. Purchasing fresh foods at farmer's markets can also be very reasonable.
- Buy in larger stock sizes for less cost. For example, buy a large package of meat and divide into smaller quart size portions and freeze. Buy larger stocks of toilet paper and similar items and store the extra in your basement until needed.
- Shop around for non-food items at stores other than grocery stores, as they need be less expensive.

Joyce Ritzema, County Family Chair

## Whole Grain Pantry Checklist

Whole grain goods like instant or regular oatmeal, popcorn and whole wheat bread are probably already in your pantry. Use this checklist to find a few more.

<u>Popular Grain Items:</u>	<u>Whole Grain Alternatives:</u>
<input type="checkbox"/> Pasta	<input type="checkbox"/> Whole wheat pasta
<input type="checkbox"/> Waffles	<input type="checkbox"/> Whole grain waffles
<input type="checkbox"/> Cookies	<input type="checkbox"/> Hearty oatmeal cookies
<input type="checkbox"/> Muffins	<input type="checkbox"/> Whole grain muffins
<input type="checkbox"/> White bread	<input type="checkbox"/> Whole wheat bread
<input type="checkbox"/> Flour tortillas	<input type="checkbox"/> Corn tortillas
<input type="checkbox"/> White rice	<input type="checkbox"/> Brown rice
<input type="checkbox"/> Bagels	<input type="checkbox"/> Whole grain bagels
<input type="checkbox"/> Crackers	<input type="checkbox"/> Graham crackers
<input type="checkbox"/> White flour	<input type="checkbox"/> Substitute quick or old fashioned oats for up to 1/3 of the flour called for in recipes for baked goods

### Tips for Finding Whole Grains:

1. Look for a "whole grain" seal on the front of the package or near the food label.
2. Scan the ingredient list. Choose foods that name one of the following ingredients first on the label's ingredient list.
  - Whole wheat
  - Whole oats
  - Oatmeal
  - Bulgur (cracked wheat)
  - Graham flour
  - Corn

Source: [www.co.olmsted.mn.us](http://www.co.olmsted.mn.us)



## **WPT Shares Digital TV Myths and the Facts to Dispel Them**

The way people watch over-the-air television is changing. Television broadcasting is moving from the existing standard – known as “analog” – to a new standard called Digital TV. After February 17, 2009, all television broadcasts will be digital. Digital TV provides crystal-clear pictures and sound, and more programming choices.

Wisconsin Public Television (WPT) wants to be sure every viewer comes into the Digital TV age. In Wisconsin, 23 percent of households have sets not hooked up to satellite or cable. Those who watch using antennas must take action before February 17, 2009, to keep watching TV.

WPT recognizes the important role television plays in educating and entertaining Wisconsin residents and is ready with resources and information that help viewers make a smooth transition. Below are some common Digital TV myths and the facts to clarify them.

Myth: I need to wait until Feb. 17, 2009, to receive Digital TV.

Fact: On Feb. 17, 2009, stations will turn off their analog signals and will only broadcast a digital signal. Until that date, most stations, including WPT, will continue to broadcast in both analog and digital. Visit [wpt.org/schedule](http://wpt.org/schedule) on the web to see WPT’s digital programming.

Myth: I need to buy a new TV.

Fact: This is one of three options if you own an analog TV set. You can purchase a new TV that is equipped with a digital tuner or you can keep your current TV and connect it to a converter box or pay TV service (such as cable or satellite).

Myth: TV will no longer be free for me.

Fact: You can still receive free television over the air with an antenna just like you do now as long as your TV either has a digital tuner or is connected to a converter box. The federal government is offering

coupons (valued at \$40 each) to reduce the cost of the converter boxes, which cost \$40-70. Call (888)DTV-2009 for more information on the coupon program.

Myth: I need to buy a converter box.

Fact: This is just one of your options if you currently use an antenna with an analog TV. You can also choose to purchase a new digital TV or subscribe to a pay TV service.

Myth: One converter box is all I need for my TVs.

Fact: If you choose to buy converter boxes, you will need one converter box for each analog TV. Every analog set has to be connected to a converter box or pay TV service to get a TV signal after Feb. 17, 2009.

Myth: My DVD player, DVR, VCR, camcorder and video games will no longer be compatible with my TV.

Fact: These electronics will continue to work, even if they are analog.

For more information on the digital transition:

### Wisconsin Public Television

[wpt.org.digitaltv/](http://wpt.org.digitaltv/)  
800-422-9707

### Converter box coupon program

[www.dtv2009.gov](http://www.dtv2009.gov)  
888-DTV-2009

### Federal Communications Commission (FCC)

[www.dtv.gov](http://www.dtv.gov)

WPT is a service of the Educational Communications Board and University of Wisconsin-Extension. Wisconsin Public Television is a place to grow through learning on WHA-TV/DT, Madison; WPNE-TV/DT, Green Bay; WHRM-TV/DT, Wausau; WLEF-TV/DT, Park Falls; WHLA-TV-DT, LaCrosse; and WHWC-TV-DT, Menomonie-Eau Claire.