



A Letter From The President



Hello KCHCE members, Hello, KHCE members. It is a cold crisp morning and I am not ready for winter! 11 Members attended the East District Meeting in Sheboygan on Oct. 1. Sheboygan had a great day planned for us. Watch for upcoming articles in the Foghorn about what we learned. I made a pin from half a zipper. It was to look like a flower, but it took several times to roll it, as it originally looked like a snail.

Lori Hlinak is now the State Representative for Marketing. Congratulations!

We learned that 1,164 sewing machines have been donated to Nicaragua since 1999. We have no way of counting the amount of material and sewing notions that have been sent in the same time frame. Way to go all you sewers who donated, you deserve applause!

Some other bits of information from the Executive Board meeting are, 14 full back packs were collected at the "Fall Fun Fest". Next year the Wisconsin Bookworms™ will read to 45 children at a cost of \$1081 per year.

This money comes from grants, donations and fund raisers. They will be reading on Tuesdays if anyone would like to help, call Barb Hartjes or Janice Gilbertson.

Kay Ratajczak is working on an expense form for the State Conference that HCE members need to use. You will have to submit the form, your receipts, and an article to receive expenses.

Happy Homemakers are in charge of the Spring Banquet. They need your help. There are only 4 or 5 active members so we will be thinking about how to approach this situation.

One more very important calendar date. Mar. 30, 2010, East District Conference will be in Kewaunee. It will be at the Kewaunee Grade School, this is a Tuesday during Spring Break. I hope all of you can help in any way possible. There will be committees, so talk to your club presidents to sign up.

May you all have a Happy Turkey Day, Hope the Packers win!
*Living and Learning together,
Linda Vogel*

Upcoming Programs

Iris Folding



Join Ethel Zimmerman as she presents the art of iris folding on

Nov. 17 at 6 pm at the Hillcrest Learning Center in Kewaunee. This age old process is paper folding technique. She will demonstrate how to combine various shades and textures of paper to create a new piece of art each time. Each

multi-dimensional picture is an original and an expression of its creator.

This cultural arts program was presented at the WAHCE State Conference in 2008.

Register by calling Barb Schroeder, facilitator, 388-2739 by Nov. 10.

Class size is limited and filling fast. It is open to HCE members only. The fee for supplies is \$3, which will be collected at the class.

Chocolate Mania

You are invited to come and enjoy an evening at the Farm Market Kitchen for a demonstration by Mary Pat Carlson on the use of chocolate in selected recipes. This event is sponsored by Kewaunee County HCE. Mary Pat will be making a beverage, an appetizer, an entree, and a confection featuring local ingredients. You will be able to sample these dishes and receive a copy of the recipes.

Please sign up early. This will be a very popular event.

Where: Farm Market Kitchen
520 Parkway Ave.
Algoma WI 54201

When: Nov. 10, 2009

Time: 6 pm

Cost: \$8 pd evening of program

RSVP REQUIRED!

Barbara Hartjes
920-776-2192 by Nov. 3

Flower Power Program Recap

Dianne Lambrecht presented a beautiful program on flowers. She works as a professional floral designer. A designer is there to answer your questions and help you get a great arrangement.

In her presentation, using fresh flowers, Dianne made up three different floral arrangements. With the same value and type of flowers, each one was a different design with somewhat different greens and vase. They were all the same price but beautiful. Did you know flowers have different value? By calling a greenhouse and talking to the designer when ordering flowers, you can get just what you want. They can ask questions as to your preference in price and design.

I have worked at church to do the environment there for a number of years. Dianne answered questions for me in creating arrangements and about keeping flowers fresh longer by adding some preservative to water and sometimes using some crown glory spray to keep them fresh.

Flowers can come from gardens, back yards, and even the roadside, when doing up your own arrangements. They ALL have power to brighten your



Dianne Lambrecht arranging flowers

environment. Thanks to Mary Lynn Bero of DePere Greenhouse & Floral, for the fresh flowers Dianne used.

If you missed this presentation you also missed getting a small bouquet of the roses and other flowers and greens that Dianne used in her presentation. We also got freshener for our flowers and a handout with all the suggestions for ordering, preserving, and arranging flowers.

Thanks, Dianne, for this educational and inspiring presentation.
Submitted by Barbara Schroeder

Calendar of Events

Horario de los programas de HCE y reuniones



November 2009

10 Chocolate Mania, Manía de chocolate 6 pm
Presenter: Mary Pat Carlson; Facilitator: Barb Hartjes
Farm Market Kitchen, Algoma

17 Iris Folding (Place on greeting card) 6 pm
Doblar del lirio (para decorar una tarjeta)
Presenter: Barb Schroeder & Ethel Zimmerman
Facilitator: Barb Schroeder
Hillcrest Learning Ctr.

Note Date Change

State HCE Conference Reports

Strong Seniors:

Judith Azmitia, WITC Instructor, told us about the importance of being physically active: balance, strength, weight management and mental alertness. She emphasized the importance of stretching and proper breathing. She explained that she recovered from a painful back injury from a car accident as participant in an exercise program and eventually became the instructor. She gave us ideas for exercise including old panty hose for a stretchy band, a balloon, dried beans, a half/gallon jug with water for weights. She demonstrated many of the exercises and gave us a exercise handout.

The Forbidden topic: Talking About Death, Dying and Hospice Care With Loved Ones

Presenter Karen Kaufman explained the importance of The Living Will and The Power of Attorney for Finances and Property. The Living Will should be reviewed about every 3-5 years because a person's needs or wishes may change. These documents are available on line <http://dhls.wisconsin.gov/forms/AdvDirectives/index.htm> and should be completed before a sickness or accident so that they are in place when we need them. If we know that a parent has not done this yet, Karen gave us open ended questions to start the conversation. Be a good listener. Repeat what you heard so that misunderstandings can be made clear.

Four Gifts:

An interpretation of the writing of Elizabeth Kubler-Rose by Carol McEvoy and Beverly Ryan 1994: A journey toward acceptance and peace through the FOUR GIFTS.
I am sorry *Forgiveness*
I Love You *Love*

Thank You *Gratitude*
Good-bye *Farewell*

Garden With Herbs All Year Long:

Heidi Ungrodt started by giving us a test on different spices in plastic bags and only two of us got 100%! She explained the methods of preserving the herbs and spices: drying, freezing, oil, vinegar and herb jelly.

The herbs are most flavorful just before the flowers first open, after the dew has evaporated. Discard spotty or damaged leaves. Less tender herbs (rosemary, sage, thyme, summer savory and parsley) can be dried by air, dehydrator, microwave or oven.

Store herbs in cool dry dark area to protect color and fragrance-LABEL them. Colored jars work well. More tender herbs (basil, oregano, lemon balm, mints) can be frozen in ice cube trays with broth or oil. Store frozen herbs in labeled containers and use as needed-no need to thaw.

Experiment with different kinds of vinegar and herbs: mild vinegars: rice, white wine, stronger vinegars: red wine vinegar. Balsamic and Apple cider vinegar are too strong.

Slightly bruise leaves to shorten the process. Try orange peel, eatable flowers. Use glass jars or bottles (old wine bottles, steak sauce bottles) and plastic or cork covers. Heat vinegar to about 195F and pour over the herbs. Store vinegars in dark place.

Handouts were: Flavored Vinegars, Vinegar recipes and Preservation, Growing, Preserving and using herbs.
Submitted by Sheryl Rayome

More East District Reports and State Conference reports to come in the following months! Thank you HCE members for taking the time to write them.