



A Letter From The President



Dear HCE,
The 2006 HCE year certainly was an eventful and wonderful

year. We offered many good programs, had a wonderful cultural arts trip, tried a new fund raiser. We elected and installed a few new officers. Some of you have volunteered to be chair people for our committees and most importantly KCHCE increased our membership in 2006. We have kept involved and that is what is needed to keep a strong organization.

As most of you know we have a new title for the Wisconsin First Book Program. It is now called the Wisconsin Bookworms Program. It is the same program as before, just a new name. Again, this name change had to do with the copyright laws. We need to be careful and call it by the new name.

I would like to take a little time to tell you about the International Program I attended at the Fall East District Meeting. "The Danger of Assumption in Cross Cultural Communication." Presenter: Dr. Alem Asres, Director of College Diversity and Affirmative Action, Northeast Wisconsin Technical College.

Dr. Asres firmly stated "It is better not to know so many things than to know so many things that are not so." We have the wrong interpretation of other cultures and peoples and lack respect for people, leadership or anything different from us. "What we don't know is not a problem, but what we pretend to know is dangerous. The US is a melting pot of many different people. We are extremely challenged in our country because of all the different people and cultures, and we

need to be more respectful to people so we can all get along with each other. Dr. Asres pointed out that no matter what the color of the skin we are all members of the human race. I think if we keep that in mind it should not be so hard to respect others.

The following is from a handout that I received at the State Conference and would like to share with you-- Our HCE organization is unique in that members extend the information they receive from the University faculty and other reliable sources to the membership and the community. Now, in addition to providing more traditional education on topics such as nutrition, health, and gardening, HCE offers classes on topics ranging from diversity to early brain development. Addressing contemporary issues faced by families and communities is really our main focus now. Program planning and leadership training are provided by a collaborative effort of WAHCE, Inc. and the UW-Extension Family Living Program. We in KCHCE share our information thru articles we submit to the Foghorn, and information we share with our club members from the different programs we attend at our county, district, and state levels. HCE truly has an important role in our community.

I wish all of you a Merry Christmas and I hope you take time to enjoy some of the Christmas concerts, and plays that are offered. Also I have found Heritage Hill a nice place to visit during December, and the lights at the Botanical Gardens are worth a stop and see.

*Learning and Growing Together,
Janice Gilbertson*

Upcoming Events

What Are You Eating?—Reading Food Labels



Making healthy food choices is easier if you have the right tools. In this case, a powerful tool is free and easy to find. It's the Nutrition Facts panel that can be found on the label of practically all packaged foods in the grocery store.

Learn more about reading food labels and know what you are eating. Mary Novak, Family Living Educator, will present this program on Mon. Jan. 22, 6:30 pm, Kewaunee County Administration Center.

As of Jan. 1, 2006, the U.S. Food and Drug Administration (FDA)

has made this tool even more powerful by requiring trans fat to be listed on products containing significant amounts of fat. Learn what this means and learn what else the Nutrition Facts Panel has to offer? It tells us about sodium, whole grains and much more.

The Nutrition Facts panel on food labels is a tool that is there for all of us to use.

If you want to understand more about reading nutrition information on food packages, plan to attend this program.

Register for this program by calling the Extension Office, 388-7137 by Jan. 15.

Trendy Handy Tie Tote Make 'N Take Class

Fire up your creativity and sew a trendy handy tie tote bag! Mary Gaye Rank will be teaching this program on Jan. 29, 2007, 6-8 pm, Kewaunee High School, Room 26. She is well known in the area, not only for teaching, but also for her creative skills.

This is a hands-on class where participants will sew their tie tote bag. It is a make 'n take class! The class is for beginning sewers and experienced sewers alike.

Participants need to bring the following supplies:

- 1 yr (45" wide) outer fabric non-stretch material
- 1 yd (45" wide) lining fabric non-

- stretch material
- Decorative fabric that is 100% cotton is the BEST or quilting fabric
- All purpose sewing thread to match outer fabric
- 2 yds (22-27" wide) of fusible heavy interfacing

Join us in this creative adventure of sewing. Registration is required by calling Wendy Jo Van Den Plas at 388-0518 by Jan. 22. Call early to register since there is a limit of 20 people who can participate.

The program is sponsored by the Kewaunee County Home and Community Education Association.

Get Hooked—Crochet a Rug



Grab your crochet hook and join us in a rug making class on Feb. 13, 6 pm, Hillcrest Learning Center Cafeteria. Mary Vogel will teach how to make an oval rug that you can make any size that you desire. The more you like to crochet, the bigger the rug can be.

You don't have to know how to crochet to join this project. You will

learn the basics of crochet during the program.

Bring your own supplies including a "k" size crochet hook and 3 colors of yarn. Choose three skeins (8 ounces each) of your favorite color yarn to achieve your very own personalized look. Make sure that the colors go together.

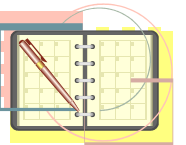
Plan to be creative by getting hooked on crocheting. Register ahead for the program by calling Mary Vogel by Feb. 6 at 863-6586.

Awards Banquet

The Wayside HCE Club cordially invites all HCE members to attend the 2007 Awards Banquet at Birchwood Gardens on Tues., May 8,

2007 at 7 pm. Please mark your calendars now.

Wayside HCE Club



Handy On-line Recipe Calculator

Double Your Recipes

Have you ever struggled with the calculations for ingredient amounts when you want to double a recipe, or how about if you want to prepare 1 1/2 times the amount? If you make a mistake, your creation may be ruined.

Here is a handy online recipe calculator that allows you to input the recipe ingredients and the computer will do that math for you:

<http://www.fruitfromwashington.com/Recipes/scale/recipeconversions.php>

About Wisconsin HCE



The Wisconsin Association for Home and Community Education, Inc., is a non-profit educational organization comprised of member associations in 59 counties in Wisconsin.

The organization is unique in that members extend the information they receive from the University faculty and other reliable sources to the membership and community. Program planning and leadership training are provided by a collaborative effort of WAHCE, Inc. and the UW-Extension Family Living Program.

The UW-Extension faculty serve as advisors to both the state and county HCE Associations. Education programs are developed after careful study of statewide concerns.

Our Goals are:

- To provide continuing educa-

tion for members and others on issues that will strengthen families and communities.

- To develop and improve leadership skills of members.
- To build coalitions with other organizations and agencies having similar objectives and concerns as WAHCE, Inc.
- To promote friendships and understanding with all people of the world.

The Logo:

The roof of the home symbolizes our past heritage with Extension Homemakers. The letters H (Home) C (Community) E (Education) make it a suitable logo by the state, county, and club. The house without walls confirms a commitment to membership open to all, regardless of race, color, creed, religion, sex, age, handicap or national origin.

Calendar of Events

Horario de los programas de HCE y reuniones

Registration is required for all programs one week in advance. Please call the facilitator. La inscripción es requerida para todos los programas una semana antes. Favor de llamarle a la persona que facilita.

December 2006

25-27 Kewaunee County Offices closed for Holidays

January 2007

1 Kewaunee County Offices closed for Holidays

22 What Are Reading? Reading Food Labels
¿Qué está comiendo? – leyendo las etiquetas de latas
6:30 pm, Kew. Co. Admin. Center

29 Trendy Handy Tie Tote Bolsas atadas (este es un proyecto de costura)
6-8 pm, Kewaunee High School Rm 26

