



Volume 79
Issue 50

THE FOGHORN

A Monthly Collection Of Information For Kewaunee County
Kewaunee County Extension Web Page: www.uwex.edu/ces/cty/kewaunee

November 2009

INSIDE

Home And Community Education
A Letter from the President.....page 2
Calendar of Events.....page 2
Upcoming Programs.....page 2
Community Development Education
Facing the Financial Crisis.....page 3
Nonprofit Board Series.....page 3
4-H Youth Development..
4-H Week Window Displays.....page 4
Charter Renewal Forms.....page 4
Leadership Opportunities.....page 4
4-H T-Shirt Order.....page 5
Trips Information.....page 5
Calendar of Events.....page 5
Agricultural Education
Communication Skills.....page 6
Designing Modern Dairy.....page 6
Animal Husbandry Conference....page 7
Backgrounding Feeder Calves....page 7
Back Page
National Pancreatic Cancer
Awareness Month.....page 8

University Of Wisconsin-Extension, Mary Novak, M.S., Family Living Educator, 920-388-7137
E-Mail: mary.novak@ces.uwex.edu

Grandparents and Others Raising Children – Building Connections

Kewaunee – Being a grandparent brings to mind the image of a person who makes the best cookies or tells the best stories. Some grandparents though find themselves providing much more for their grandchildren. This additional care may be day to day care or increasingly laundry, meals and help with homework.

Are you a grandparent, or relative who is providing considerable care in raising children or do you know others who are? Would you benefit from connecting with others who are in the same situation?

If you answered yes and are interested in programs and connecting with others on this topic, contact the UW-Extension office, 388-7137, or Aging Services, 388-0626. A community group is meeting to discuss the needs of

grandparents and others raising children and how to address those needs for education and support. During meetings committee members learned about several resources available to help grandparents and others raising children.

One of these resources is GRAND

(Grandparents/Relatives Raising and Nurturing Dependent Children), which is available on a University of Wisconsin-Extension web-site to give grandparents and relatives a quick overview of services, programs and places to start looking for resources and how to access them.

GRAND is organized into chapters on issues and problems common to grandparents and relatives raising their children or kin.

Each chapter contains questions grandparents may have about services or programs available for children. Chapter topics are childcare, counseling, education, financial assistance, health, housing, legal, and parenting again. To visit



GRAND Resource Guide

Grandparents/Relatives Raising And Nurturing Dependent Children

GRAND on your computer, go to <http://www.uwex.edu/ces/flp/grandparent/grand/>

For more information on how to use GRAND if you don't have computer access, go to your local library or University Extension office. If you are interested in upcoming programs contact the UW-Extension office, 388-7137, or the Aging Services, 388-0626.

FOGHORN ADDRESS CHANGES

Please let us know if your mailing address changes. Since the Foghorn is mailed 3rd class, it is not forwarded, and UW-Extension must pay for incorrect addresses. Call 388-7141 for address changes or you will be removed from the list.

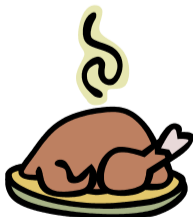
USDA Meat & Poultry Hotline

The USDA Meat and Poultry Hotline can answer your food safety questions. This is a toll-free telephone service. Call the USDA Meat & Poultry Hotline at:
1-888-MPHotline
1-888-674-6854

Or send Email to: Mphotline.fsis@usda.gov
By phone or on the Web, find answers to your questions on...

- * Safe food storage, handling, preparation
- * Product dating
- * Product content
- * Power outages and much more!
- * Food recalls

Ease your food safety concerns by using the hotline. A live person will answer your questions.



In addition, many fact sheets are available at the website.

Harmony at Home Essential to Kids' Well-being - Ideas to Strengthen Family Relationships

A home environment where family members treat each other with respect and work through problems together protects children against emotional, psychological, learning and social problems later in life, according to family and child researchers.

"Children learn how to treat others and how to solve conflict from what they see in their own lives," says Mary Wood, University of Wisconsin-Extension family living agent in Buffalo and Pepin counties. "Ongoing conflict between parents can be a predictor of difficulties for children."

Some of those difficulties can include increased aggression and hostility; anti-social or withdrawn behaviors; learning and school problems; trouble adjusting and solving problems; depression and poor interpersonal relationships that last into young adulthood

That's not to say that differences, disagreements and problems are always a bad thing. "They are unavoidable," says Wood. "But we can grow and learn by facing them directly and working to understand others' points of view." Wood points out that habitual avoidance of conflict is the number one indicator of divorce or failure of a relationship.

Wood offers eight tips to help build a happier home.
--1. Make family your top priority. Close, strong families make a conscious decision to keep family life their number one responsibility.
--2. Invest your time doing things with family members together or separately. In a large national study, children and young adults were asked, "What makes a happy family?" The overwhelming response was "Doing things together."

--3. Don't neglect saying some important words. Close families know the power of "I forgive you," "Let's try again," and "I love you."
--4. Establish and maintain family rituals. Rituals and traditions are the glue of family life. They are especially important today as family time becomes more limited. As often as possible, share meals with family members. Stepfamilies especially need to respect pre-existing traditions and create new ones.

--5. Stay connected. Be available and keep in touch with your partner and children--no matter how busy you are. Children, especially, need to know you are available.

--6. Teach your children how to love and be loved. Nothing is more important to a child's feeling of self-worth as the experience of being loved. Your children need to know beyond any doubt that they are lovable, that you love them and that you love each other.

--7. Use words wisely. Speak to your partner and children in ways that affirm and assure—not attack or abuse. Choose your words carefully. "Words can echo forever," says Wood.

--8. Speak positively about your partner and kids—both in public and in private. The things we say about and to family members can have a powerful impact.

"By working to cultivate trust, affection and respect, parents and other adults in the home can create a place where family members feel safe, loved and supported—a refuge from the storms of life," says Wood. "There is no better lifelong legacy to give a child."

For more educational resources on strengthening families, contact the Kewaunee County Extension office.



Managing Between Jobs

This series of 16 publications (4-8 pages each in easy to read newsletter format) presents valuable strategies for dealing with job loss or a drastic reduction in income. Get help setting spending priorities, keeping a roof overhead, finding another job, and more. Managing Between Jobs topics include:

- Bartering
- Community Agencies That Can Help
- Deciding If Bankruptcy Is an Option for You
- Deciding Which Bills To Pay First
- Helping Children Cope
- How You Can Help When Mom or Dad Is Unemployed
- Keeping a Roof Overhead
- Looking For a Job – Watch Out For Scams
- Making the Most of What You Have
- Meeting Your Insurance Needs
- Setting Spending Priorities
- Starting Your Own Business
- Strategies for Spending Less
- Taking Care of Yourself
- Talking With Creditors
- Where to Go For Help Finding a Job

Three ways to get this information:

Go on-line to <http://learningstore.uwex.edu/Managing-Between-Jobs-C71.aspx> where you can view and print any or all of the 16 publications.
Go on-line <http://learningstore.uwex.edu/Managing-Between-Jobs-C71.aspx> or call The Learning Store toll-free at 877-947-7827 to order the entire set of 16 publications for \$8.50 or order one or more of the topics that are most important to you.
Call the UW-Extension Office in Kewaunee County at 920-388-7137 to request the publications that are most important to you. We'll print and mail them to you for free.

The Foghorn

University of Wisconsin-Extension

A monthly publication for Kewaunee County residents. These programs are supported by your tax dollars. We look forward to receiving your comments. Please call us at the phone numbers provided in the individual headers.