



News & Views

Outagamie County Home and Community Education

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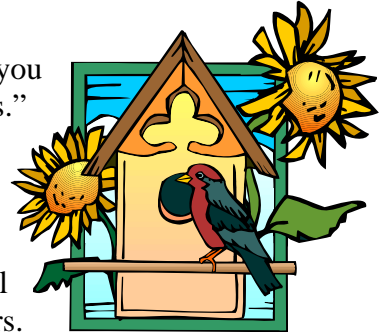
President's Letter

Happy Spring,

There is an old saying in Wisconsin—"If you don't like the weather wait fifteen minutes."

We take our weather for granted. There isn't anything we can do about it anyway.

But the calendar says it's spring. You can see and hear the geese, robins, sandhill cranes amid the snow and rain showers. That's our beautiful state!!



We are anxious to start planting, pruning and preparing for spring cleaning. Remember to use our "Household Tips" booklet we worked on.

Now membership and Strongwomen are encouraging light exercises, walking and trying to recruit new members. "Go to it ladies!"

Our April 23rd Spring HCE Association potluck supper will feature a style show arranged by Linda Biese and hosted by the Never Idle HCE Club. The Country Apples HCE club has been working hard preparing for the annual Spring Banquet, May 7th at Doxbee's. Many thanks ladies. Let's have a full membership at both events.

Our heartfelt thanks for the guidance and leadership of Karen Dickrell, our Family Living Educator, and for the help of Mary Lou Senf and the support staff. Sometimes we take you all for granted but always remember we thank and appreciate you.

Remember the task ahead of us is never as great as the POWER behind us.

Lois Dalke,
HCE President/Membership Chair

**Make the
commitment
to find one
new
member!**

Advisor's Letter

Dear HCE Members,

Looking for something to do that is fun and educational all wrapped together into one package? This summer have an educational adventure. Experience college life, stay in university dorms and attend seminars taught by UW-Extension faculty. From Victorian theater to 50's television, from Typhoid Mary to the Ringling Brothers, there is something for everyone at College Days 2007!



Top-notch speakers will begin and end the conference this year as Professor Shakhshiri opens the conference with his amazing chemistry show and Dr. Dennis Maki of the UW Medical School closes with a talk entitled,

“Outbreak! Bird Flu, AIDS, and Biological Warfare.” There’s something for everyone with new seminars on the Rwandan genocide, China, Laura Ingalls Wilder, Chinese brush painting, sex hormones and the aging mind, intergenerational family history, babysitting grandchildren, cheesemaking, and more.

The complete listing of opportunities is available at the Outagamie County UW-Extension office or you can call 1-888-391-4255 or visit our web site at www.uwex.edu/ces/flp/conference.

Happy Summer!

Karen M. Dickrell

Karen Dickrell
Advisor/Family Living Educator/Department Head

May/June 2007 Calendar of Events

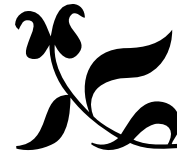
April 23	5:30 p.m.	Spring Association Meeting, Ellington Community Center, Stephenville, Never Idle hosting, potluck, style show, raffle tickets for quilt due and gift baskets for the silent auction
May 7	6:00 p.m. 6:30 p.m.	Reception, HCE Spring Banquet, Doxbee's, Seymour Dinner
May 31		HCE newsletter deadline
June 2		Master Gardener Plant Sale, UW-Extension, Brewster Street
June 5-7		College Days, UW-Madison
June 5	9:00 a.m.	Newsletter Committee
June 5	10:00 a.m.	Fair Booth Committee
July 10-15		County Fair
July 19-21		NVON National Meeting
July 19-20		Grandparents University, UW-Madison
July 26-27		Grandparents University, UW-Madison
July 31		Newsletter deadline
August 2-3		Grandparents University, UW-Fox Valley
August 7		Newsletter Committee Meeting
August 9		Pre-registration due for “Discover Brewster Village”
August 16	1:00 p.m.	Discover Brewster Village! at Brewster Village



Upcoming Events



Spring HCE Banquet May 7, 2007
Doxbee's, Seymour
Social 6:00 p.m., Dinner 6:30 p.m.



Country Apples is busy getting ready for the Spring Banquet, so hope many of you will attend.

It is being held at Doxbee's on County C about a mile south of Seymour.

The meal consists of chicken, beef and all the trimmings.

The entertainment will be "Something Old, Something New," a barbershop quartet that sings and adds a little humor. Don Theobald Masonry is donating it.

The cost of the banquet will be \$13.00.

Tickets will be available at the County Spring Meeting at Ellington Town Hall on April 23 at 5:30 p.m. We are asking that each club make a donation that is worth at least \$10.00 for the silent auction.

The money will be split between the scholarship fund and Wisconsin Bookworms.

If you don't get your tickets on April 23, please contact Judy Shafel at 986-3810.

Reservations are due by April 29th.

Join the Fun at College Days 2007



Be part of the fun as UW-Extension Family Living Programs hosts the 44th College Days conference June 5th to June 7th on the beautiful campus of the University of Wisconsin-Madison. Experience college life, stay in university dorms and attend seminars taught by UW-Madison and UW-Extension faculty.

There are seminars to interest everyone at College Days 2007. Hear experts on current topics like the obesity epidemic, climate change, stem cells, and the effect of hormones on the aging brain. Meet Martha Washington and Abigail Adams, runaway slave Joshua Glover, and Laura Ingalls Wilder. Try your hand at Chinese brush painting. Learn about one of the worst mass crimes of the late 20th century—the Rwandan genocide. Choose from many more timely and interesting seminars.

Get a bang out of our opening speaker, UW chemistry professor Bassam Shkhashiri, and discover how much fun science can be. Hear closing speaker, UW's globally renowned Dr. Dennis Maki, discuss pandemics.

Tap your toes—or maybe even dance—to the sounds of the Down Home Dairyland Band. Enjoy the smooth sounds of Jan Wheaton, one of Madison's longtime favorite jazz songstresses. Tour the renovated Camp Randall Stadium, the Aldo Leopold Nature Center, the Walnut Street greenhouses, "Mansion Hill," or the sites of great science discoveries at UW-Madison.

There's something for everyone at College Days 2007. For more information, visit the College Days web site at www.uwex.edu/ces/flp/conference/. For a brochure call 832-5121 or toll-free 1-888-391-4255.

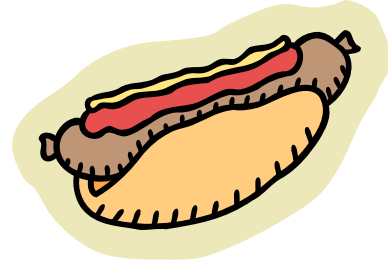
Upcoming Events

“FUN” Raising Brat Fry

Friday, May 11, 2007

10:00 a.m. – 5:00 p.m.

Piggly Wiggly, New London (next to Wal-Mart)



If you can help call Marcie Suprise at 757-5407

We're also asking for two-dozen cookies in Ziploc bags brought to the banquet.

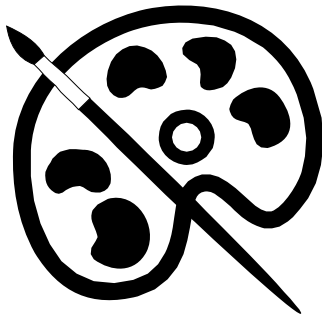
(Proceeds go to Wisconsin Bookworms)

2007 WAHCE STATE CONFERENCE

September 17-18-19

Voyageur Inn and Conference Center

Reedsburg, WI



Southwest District extends an invitation to you to join us for the 2007 WAHCE State Conference, Reedsburg, WI., at the Voyageur Inn and Conference Center.

The theme will be:

“Brushing Up on the Art and Heart of HCE”

We will be “Brushing Up on the Art and Heart of HCE” in the Butter Capitol of the World, Reedsburg WI., September 17-18-19, 2007 at the Voyageur Inn and

Conference Center, which also houses a large Norman Rockwell Art Collection. We'll have every hue for your palette, and some colorful entertainment. You will see some new ideas, learn interesting things, meet some silver and some gold friends, and be a part of the art and heart of HCE. We'll have the red carpet out for you! Come, help color our future!

Hotel reservations can be made at:

- **Voyageur Inn** 200 Viking Drive, Reedsburg, WI, 53959
Telephone: 608-534-6431 or (800) 444-4493
Room rates: \$69.00 for 1-2 occupancy
 \$8.00 per person over 2 per room
- **Comfort Inn** 2115 E. Main St., Reedsburg, WI, 53959
Telephone: 608-524-2888
Room rates: \$69.00 for 1-2 occupancy
 \$8.00 per person over 2 per room

Please make your room reservations soon.

As of July 2007, rooms not booked will be released.

Committee Reports

The Scholarship Committee

The Scholarship Committee met and reviewed three applications. The winner of the Outagamie County Home and Community Education Jeanette Fenske Memorial Scholarship is Alyssa Marcks, granddaughter of HCE member Dorothy Paltzer. The alternate is Ryan Rock, grandson of HCE member, Janet Springstroh.

Congratulation to all applicants.



Wisconsin Bookworms

Outagamie County HCE is celebrating the 10th Anniversary of the First Books—Wisconsin Bookworms Literacy program in

Wisconsin. We have been in the book program since it started in 1998. We will be celebrating at the May 7th Banquet. All volunteer readers and coordinators present and past will be recognized. We will also be celebrating at the Seymour Fair with our new display banner and Wisconsin Bookworms display.

We are coming to the end of another successful school year. This year we had challenges with the name change, but we have moved forward. Our book program is still the same, getting books to 3-5 year olds who do not have many or none at all. We are the Wisconsin Bookworms, be proud of all we have done with the literacy program in Outagamie County. In 1997 we were given 96 free books to try out the program. In 1998 we started the First Book

program in our county. We planned the program by working with Karen Dickrell, UW Oshkosh Head Start and Wisconsin Public Television. We raised funds to pay for the books and get readers. We have read to over 2,000 children, gave out 18,000 books and raised over \$45,000. It has been a big success, you should all be proud of the job we have done.

Thank you to all who have worked on the Wisconsin Bookworms program. Whether you were a reader, coordinator, put labels in books, wrote grants, made quilts, fleece throws and quillow for the raffle, or sold raffle tickets—you are a part of the success of this program. Since 2003, Oneida Nation has participated and contributed the total costs of the books for Oneida Nation Head Start.

Wisconsin Bookworms Coordinator
Marcie Suprise

Announcements

Please remember to go over the by-laws at your club meeting so this can be discussed at the Spring Association potluck on April 23rd for review. The final vote will be taken at the Fall Association meeting October 29, 2007.

**Thank you
for donating the many school supplies for the Malawi Indian School project.
Again, you came through this project wonderfully.**

Announcements

Memorial

Elda Matilda Burke

Elda, former Outagamie County Home Economist, passed away Sunday, March 4, 2007. Elda took a position as UW-Extension county agent in the 1970's.

Doug Sennett

Doug, age 19, passed away on Sunday, March 4, 2007. He was the grandson of Rosemary Stare, retired UW-Extension Family Living Program Specialist.

Welcome New Member Dorothy Noble—Holiday Club

Feature Club Articles

Country Apples

Judy Shafel

Country Apples has set up some interesting programs for this year. We started our year out hearing about Ireland from Mary Schumacher. She had some great pictures from Ireland! Mel and Judy Shafel talked about Optimist Clubs in February. We found out that Optimists are NOT Optometrists. The Optimists have many programs to help kids. We worked on our table decorations for the banquet tables one month and in April we will visit Black Creek Garden and Gifts for a tour. We are happy to have a number of HCE members from other clubs joining us in May for our tour to Manitowoc. In the future we plan on touring a Goat Farm in Black Creek, making apple magnets, and making Christmas ornaments. We finish off the year with another yummy meal at the River Rail in Shiocton for our December Christmas Party and found out who our secret pals were.

Greenville

Pat Grall

Our club continues to enjoy the monthly meetings as we take time out from our busy lives to share our lives and lessons we have participated in. Elderhostel had five members attending. Hopefully some of us can take advantage of these trips in the future.

We have the opportunity to share personal and neighborhood activities. Greenville now has a petition to see if there would be enough interest in a grocery store. You don't have to be a Greenville resident to sign this petition. One member shared her delight in overcoming fear to look into a new health insurance. This was her first time making a big decision on her own. What progress!

Another member felt very comfortable sharing sadness in the loss of a dear friend. She had the compassion of the members in her grief. We shared the enthusiasm of our flower-loving member, who shared her day trip adventure to Chicago.

The Red Hat members are always quick to share our latest adventures, eating out, playing cards or consoling sick members.

Each meeting includes learning, friendship, and of course, yummy treats.



DITTO

by Ellemdee

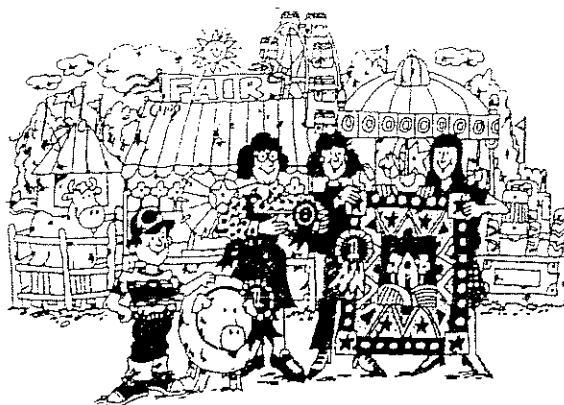
He walked like a turkey,
He talked like one too.
His smile was pure sunshine—
Warmed me through and through.
Nothing was sacred to his glance
Or his touch,
Adam wasn't scolded by grandma,
Not much, Not much.
The years have past swiftly,
Though fondly remembered
Of football, basketball,
Old flames now embered.
He's met a new love her name is Kim,
Who's smile is so sweet when
She is with him.
He's now a banker earning his
B.A. in May,
And Kim is an artist
In graphic/display.
He talks like a turkey,
He walks like one too.
His smile is pure sunshine—
Warms me through and through.
Like his daddy before him—
Has the same actions you see.
For he's my great-grandson—
Sebastian Lee.

*(This poem was written by Lois M. Dalke and received first prize
at the state HCE meeting in Wisconsin Rapids)*

OUTAGAMIE COUNTY FAIR
JULY 10-15, 2007
OPEN CLASS DIVISION

**Great Traditions, Great Family Entertainment,
Great Experiences for Youth!**

1. You must reside in Outagamie County.
2. All work must be that of the exhibitor and completed since last Fair
3. Premium Book is online at www.outagamiecountyfair.com or call the Fair Office at 920-833-2941 to get a print out.
4. Open class entry forms are available from the Outagamie Fair Association, P.O. Box 246, Seymour, Wisconsin 54165 (920-833-2941) and are due by June 15 with fees.
5. Advance entry fee is \$5.00 per exhibitor. Season gate passes for adults are an additional \$10 and \$4 for youth 19 and younger (make checks payable to Outagamie Fair Association). Parking is included with entry fee.
6. Entry tags will be mailed.
7. All entries must be in place by 6:00 p.m. on entry day.
- 8 Judging: Flowers, House Plants, & Foods - Wednesday, 6:30 p.m.
All other entries - Thursday, 10:00 a.m.
9. Release of entries - Sunday, 6:30 p.m.



Open Class Departments Include

Beef Cattle

Bees & Honey

Clothing

Cultural Arts

Dairy Cattle

Field Crops

Fishing

Flowers

Foods & Nutrition

Fruit

Goats – Dairy

Goats – Exotic

Home Furnishings

Horse

Knitting & Crocheting

Maple Syrup

Photography

Potted Plants

Poultry

Rabbits

Sheep

Swine

Vegetable Garden

Woodworking



STRONGWOMEN™ NUTRITION TIP:

Choose Fats Wisely

We all need fat in our diet; it is essential for the absorption of certain nutrients and helps to control appetite. Fat carries flavor and is digested more slowly than protein or carbohydrate, helping you feel full longer after a meal. Fat becomes a problem when we eat too much of it, because fat contains 9 calories per gram while carbohydrates and proteins contain 4 calories per gram. Different types of fat have either harmful or health-promoting properties; see below for specifics.

POLYUNSATURATED FAT

This type of fat is liquid unless you put it in the freezer. In general, polyunsaturated fats are cholesterol neutral—as they lower both LDL (“bad”) and HDL (“good”) cholesterol. This fat may also have health-promoting properties. Scientists believe some polyunsaturated fats that contain omega-3 fatty acids may reduce the risk of blocked blood vessels and heart attacks by preventing platelets from clotting and sticking to artery walls; they may also help prevent hardening of the arteries. Cold-water fish such as salmon, sardines, lake trout, albacore tuna, and mackerel as well as soybeans are good sources of omega-3 fatty acids.

MONOUNSATURATED FAT

Monounsaturated fat is liquid at room temperature, but it becomes partly firm if chilled. Substituting monounsaturated fat can reduce LDL blood cholesterol levels and raise HDL cholesterol levels. Olive oil and canola oil contain monounsaturated fat.

SATURATED FATS

Saturated fats come from animal products (i.e. meat, dairy), plus a few plant sources. Individuals who consume a diet high in saturated fat tend to have higher cholesterol levels, putting them at increased risk for heart disease. Butter, lard, and palm oil are examples of saturated fat.

TRANS FATTY ACID

Trans fatty acid is vegetable oil that has been made solid by a manufacturing process called hydrogenation. (Look for “hydrogenated vegetable oil” on the label.) In the body, trans fatty acids have effects similar to those of saturated fats. Trans fats also decrease HDL (“good”) cholesterol. Many baked goods (i.e. cookies, cakes, pastries) and fried foods contain trans fatty acids, as do chips, crackers, and “stick” margarine. Check the Nutrition Facts label and choose foods with no trans fats.

WHAT IS A PORTION?

**Each fat portion contains
≈30-70 calories.**

Vegetable oil and olive oil = **1
teaspoon**

Butter, margarine, regular
mayonnaise (*use sparingly because
they contain saturated fats and trans
fatty acids*) = **1 teaspoon**

Diet margarine = **2 teaspoons**

Fish, dark-colored (salmon,
bluefish) = **1 ounce**

Salad dressing, regular = **2
teaspoons**

Salad dressing, low-fat = **4
teaspoons**

Quick Fat Tips

- Use tub or liquid margarine instead of stick margarine
- Dip bread in olive oil instead of spreading butter on it
- Add canned tuna or salmon to salads
- Use olive oil and vinegar as a salad dressing
- Choose mono- and polyunsaturated fats whenever possible: olive and canola oils; fish; and nuts



John Hancock Center for Physical Activity and Nutrition
Friedman School of Nutrition Science and Policy
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Let's Get Ready to Preserve!
1:00 p.m.
UW-Extension Brewster Street

September 6, 2007

There are a wide variety of topics that can be taught regarding food preservation. I would appreciate your clubs filling out the ballot below indicating the top three subjects you are most interested in. I will then plan the program according to the wishes of the majority of the people responding. So pick your top three interest topics and we'll go from there! (Please return your ballot by July 16th, 2007) If we have time, I'll go over some of the other topics, but want to be sure to cover the topics of most interest to our members as a starting point.

_____ Let's Get Ready to Preserve (General overview of food preservation basics)

_____ Freezing Fruits and Vegetables

_____ Canning Fruits Safely

_____ Making Jams, Jellies and Fruit Preserves

_____ Canning Vegetables Safely

_____ Homemade Pickles and Relishes

_____ Canning Salsa Safely

_____ Homemade Pickles and Relishes

_____ Canning Salsa Safely

_____ Drying Foods at Home

Complete and return to: Karen Dickrell, Family Living Programs, 3365 W.
Brewster St., Appleton, WI 54914. Fax: (920) 832-4783 or e-mail your
response to karen.dickrell@ces.uwex.edu