



News & Views

Outagamie County Home and Community Education

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**MAKE THE
COMMITMENT TO
FIND ONE NEW
MEMBER.**

President's Letter

Hello everyone,

Fall is upon us and the holiday season will be here before we know it. This will be my last letter to you as president. Ruth Biese will be taking over in January. The last two years have gone by so fast, and together we have accomplished a lot. Thank you to all for your help.

The seven members who attended the state conference in Superior were Lois Dalke, Marjoire Zibell, Ruth Biese, Dorothy Paltzer, Shirley Richardson, Marcie Suprise, and Linda Biese. It was awesome. We learned a lot and had fun. The weather was wonderful. The workshops we attended will be presented to our members next year. The conference next year is in Eau Claire. There were six members who attended the East District meeting last week in Sheboygan. Those who attended were Lois Dalke, Marcie Suprise, Janet Springstroh, Marjorie Zibell, Ruth Biese and Linda Biese.

The scholarship information was mailed to all of the club presidents. Please get it out to your members as they are due by March 15, 2010. An application form can be obtained by calling either the Extension office at 832-5121 or the scholarship chairman, Linda Biese at 833-2618.

The prayer shawls will be collected in November and we will have them blessed and then distribute them. Also, we are still working on lap blankets and small pillows for the Dialysis Center.

The charity I have chosen for Christmas is to adopt a family through Community 2000. In reaching out to others we are showing kindness. Kindness is the golden chain in which society is bound together. You cannot do kindness too soon because you never know how soon it would be too late. Kindness in words creates confidence. Kindness in thinking creates profoundness. Kindness in giving creates love. Kindness is more important than wisdom and the recognition of this is the beginning of wisdom.

It has been a pleasure to work with all of you. I want to thank Karen and her staff for all the help and the friendship that was formed. Have a happy and safe holiday season.

Have a great fall!

Linda K. Biese

Linda K. Biese
HCE President

Advisor's Letter

Dear HCE members,

There are only two dozen hours in each day. How do you use your time? If we spend it on anger or spite or resentment, we are not going to get very far. Choose to spend your time with the possibilities in mind. Everyone has the same amount of time; it is how we choose to use our time that makes the difference in how we see life. Do your best and leave the rest! The joys you will accumulate by reaching out to others cannot be bought; but enjoyed moment by moment.

Our recent leader training on cleaning green covers a topic that we all do—but do we really enjoy the many tasks we are faced with each day? Use your cleaning time as a reflection time—as you clean, think about what else you want to accomplish that week—and there are rewards with a clean kitchen floor or sparkling windows or freshly raked leaves, unfortunately our work is never done—all the more reason to enjoy the moments!

Enjoy the moment!

Sincerely,

Karen M. Dickrell

Family Living Educator/Advisor/Department Head



Calendar of Events

- | | | |
|----------|------------|--|
| Nov. 1-7 | | WAHCE week—Celebrate! |
| Nov. 2 | 1:00 p.m. | Program Book Planning, UW-Extension, Brewster St. |
| Nov. 5 | 1:00 p.m. | Energy Savings Leader training, presented by Focus on Energy
UW-Extension, Brewster St. |
| Nov. 27 | | Newsletter deadline, feature page by Woodland and Country Apples |
| Dec. 7 | 10:00 a.m. | Newsletter Committee, UW-Extension, Brewster St. |
| Dec. 7 | 11:30 a.m. | HCE Holiday Gathering, Old-Country Buffet, Appleton
Donation: Adopt-a-Family |
| Dec. 8 | | Snow date for newsletter and/or HCE Holiday Gathering |

Upcoming Events

Focus on Energy, "Energy Savings"—Leader Training

November 5 at 1:00 p.m., UW-Extension, Brewster Street

Presented by: Kevin Hogan, Program Coordinator, Home Performance with Energy Star

If your home could talk, what would it say? We'll explore home energy in terms of comfort, problems, energy efficiency and condensation. We'll listen to what your home would say. We'll look at different facets of the home evaluation and what homeowners may need to do to be more energy efficient. You'll learn more about Focus on Energy and what the program has to offer. You'll also learn more about cash back rewards.

Holiday Gathering



Our Holiday Gathering is December 7, (snow date December 8) at Old Country Buffet in Appleton at 11:30 a.m. Each member is asked to bring something for our Community 2000, Adopt-a-Family. Presidents, please call Dorothy Paltzer at 739-2729 to R.S.V.P. with the numbers that are coming. We need to have some idea on the number to reserve the room. Thank you.



Holiday Gift Wrapping
Thursday, December 10, 2009
9:00 a.m. to 10 p.m.

Barnes and Noble Bookstore
4705 Grande Market Drive
Grand Chute, WI 54913

We will need 10 to 12 people to work for this. Please contact either Marcie Surprise at 757-5407 or Linda Biese at 833-2618 if you are interested in working. Proceeds will go to Wisconsin Bookworms™.

Thank you, Linda and Marcie

Save the following date:

Joy Conference
February 6, 2010



Thank You

We would like to thank those who donated things for the state baskets: Dorothy Paltzer, Lois Dalke, Cindy Sherman, Laurie Amerson, and Seymour Woodenware. It was put together by Lois Dalke and wrapped by Kail Hoffers.

Other

In Memory

Muriel Marie Kujawa passed away September 7, 2009 at the age of 93. She was a member of the Woodland HCE Club. She believed strongly in HCE and was active until she entered a nursing home. We will remember her fondly.

State News

State Club Community Award

Marjorie Zibell accepted the “Community Club Award” as president of HCE Woodland Club. The Woodland HCE Club worked for 3 ½ years on this project. The late Rita Gosse, president of the Seymour Community Historical Society, gave a bundle of what looked like rags to Marjorie with the challenge to restore “it.” The “it” was antique quilt blocks and feed sack material. The club accepted the challenge and took lessons to wash, press name and place in acid free sleeves and sewed on acid free paper. This album is 24” x 24” and placed at the Seymour Community Museum

Executive Board

Anyone wishing more information about Outagamie County HCE should contact the UW-Extension office at (920) 832-5121.



Back row left to right: Linda Biese, Ruth Biese, Dorothy Paltzer, and Lois Dalke

Front row left to right: Marjorie Zibell and Marcie Surprise
(not present for the picture: Shirley Richardson.)

Announcements



Outagamie County Fair Dates for 2010
July 27, 2010—August 1, 2010

State Furlough Days for UW-Extension

Extension agents, educators and coordinators
will not be working the following days because of state mandated leave without pay.

2009-10

November 27, 2009 Friday after Thanksgiving
January 4, 2010 Monday after New Year's
Day
March 22, 2010 Monday

2010-11

November, 26, 2010 Friday after Thanksgiving
January 3, 2011 Monday after New Year's Day
March 21, 2011 Monday
May 23, 2011 Monday

Wisconsin Association for Home and Community Education (WAHCE), Inc.

We congratulate WAHCE for their commitment and leadership for Wisconsin Bookworms™ and as this year's recipient of the chancellor's Friend of Extension Award. Wisconsin Bookworms™ is an early childhood literacy program formed in 1997 by Wisconsin Public Television, FLP and WAHCE. Each year over 45,000 books are read to 6,000 children. Children receive eight books through the efforts of WAHCE volunteer readers in 43 counties. The number of books distributed will reach one-half million in spring 2010!

From State Family Living Newsletter: Laurie Boyce, State Program Director, Assistant Dean, Family Living Programs

All committee chairs were asked to find a co-chair to be put into the program book. Please get these names to one of the program book committee members. The planning meeting is November 2 at 1:00 p.m.

All dues are to be paid to the county treasurer by December 1, 2009. Please include the names of the members paying dues.

Send them to: Judy Schafel
 W7589 Park Avenue
 Shiocton, WI 54170

Scholarship applications were mailed to the club presidents the first week of September. Please get these out to your members. Members at large can contact the Extension office or Linda Biese our county president.

Education

Wisconsin Bookworms™



The state conference at Superior was a great time. The weather was beautiful and the workshops interesting. Linda, Ruth and I were busy handing out labels and the Wiggly booklet of poems. At the Tuesday luncheon, I presided with WAHCE FLE, Shelly Tidemann and WPT, Lynne Blinkenberg. For the year 2009, there are eight counties and 42 readers who had their 10 years in the Wisconsin Bookworms™ program. The 10-year reader from our county is Ruth Biese.

We will start reading October 7 and 8 to 310 children at six sites. In Outagamie County they are (48) West Appleton, (34) Kaukauna, (64) Plamann, (58) St. Bernadettes, (23) Seymour and (83) at Oneida Head Start. We have four new readers this year, with a total of 18 volunteer readers who give up their time each month to go read to the children at the Head Start sites.



“Target is pleased to inform you that a grant has been approved in the amount of \$1,000 for support of the Wisconsin Bookworms™ Program. We are proud to partner with organizations like yours to inspire education. Thank you for the work you do every day to make a difference in your community.” **Thank you Target for your support.**

I attended the East District in Sheboygan and heard a very good speaker on the Bookworm gardens. They are located on the campus of the University of Sheboygan. Their theme is “Bringing Books to Life One Garden at a Time.” It is a delightful concept, building gardens around a storybook that comes to life. I cannot wait to tour it next year and to experience it firsthand.

Wisconsin Bookworms™ County Coordinators: Marcie Surprise and Ruth Biese

Feature Club Articles

Willow Hill by Iley Ruwoldt

Things change as you get older. I’m sure we all can say that. I can’t do as much as I used to. I get tired easily.

Just returned from my 70th class reunion of Appleton High School (now Appleton West) class of 1939. First class to graduate from the so called (million dollar) school. That makes me eligible to get tired easily—don’t you think? Talk about change, Willow Hill is changing their meeting from

the second Thursday to the second Wednesday. The reason is, Myrna Griesbach is babysitting her new granddaughter a couple of half-days a week, including Thursday. After all, family comes first, right?

Enjoyed Myrna’s presentation of the lesson about Food Safety Update. Now wondering what the next lesson “Cleaning Green” is all about. Suppose this will be a change too!

Nichols

During the summer there were fairs to attend and trips to be taken. Now that summer is gone and fall has arrived, it is time for canning and freezing. We were refreshed on “Food Safety” just in time. We also need to be aware that it is time for flu shots.

Now that fall is here, it’s back to meetings and business. We would be very happy to have new members.

APPLES—Bushels of Health Benefits

Apples are unique. They differ from other foods because they're one of the best sources of pectin, a type of fiber. Research indicates that pectin limits the cholesterol the body absorbs and may be an important link in preventing heart disease.

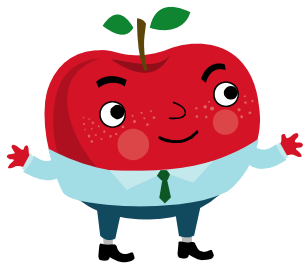
Dieters often find apples an ideal food because they're sweet and bulky, yet only have 80 calories per medium apple. They fill you up, not out.

Apples come in all shades of reds, yellows, greens and dual tones of these—so don't just look for a red color to tell you an apple is prime for eating.

Calories	80
Protein	3 grams
Fat	6 grams
Carbohydrate	20 grams
Iron	4 milligrams
Sodium	1 milligram
Potassium	152 milligrams
Vitamin A	120 units
Thiamine	.04 milligrams
Riboflavin	.03 milligrams
Niacin	1 milligram
Vitamin C	8 milligrams

Check the skins—it should be smooth and reasonably bruise-free. Don't pinch, you may bruise the apple! Light russet doesn't hurt quality or flavor.

Apple Tips



- Store small quantities in your refrigerator, in plastic bags in the crisper—between 34 and 40 degrees Fahrenheit. Don't allow them to freeze.
- Because apples can absorb odors from other foods stored in the same area, keep apples in plastic bags. The plastic also helps apples retain their own moisture.
- Apples ripen six to ten times faster at room temperature than if they were refrigerated. One or two days sitting on a counter top and the fresh crunch of your apples is lost forever.
- Lemon juice helps prevent apple discoloration.
- Baked apples in the microwave are quick and easy.
- Be careful about sugar—too much spoils the natural flavor and makes them mushy.
- Spread apple slices with peanut butter for an easy children's snack; or dip slices in honey and roll in granola.