



Good News

WALWORTH COUNTY ASSOCIATION FOR HOME & COMMUNITY EDUCATION
c/o UW-EXTENSION, 100 W. WALWORTH ST., PO BOX 1001, ELKHORN, WI 53121 (262) 741-4951

President's Notes

By Mary Vander Veen

WINTER 2016

It seems every time I write this article I'm thanking someone, how great is that! Thanks to all of you who volunteered to host at the Log Cabin during the fair. I noticed there was lots of interaction in the days when I was in the cabin with the demonstrators and sales of our sewn items went very well, we also sold 40 Chica Nica doll dresses. At this writing, the Southeast District Meeting is still ahead, but it looks like we will have plenty of help. Thank you to those who have volunteered.

Seven Walworth County HCE Members attended the WAHCE State Conference at the Plaza Hotel in Eau Claire September 12th through the 14th. West District did a great job hosting the conference. I'm sure that when they signed the contract with the hotel they didn't realize ours would be the last event to be held there. The site has been sold to neighboring Marshfield Clinic and was due to be torn down after we left. At the district meeting we will begin to talk about plans for the 2018 WAHCE State Conference that Southeast District will host in Pewaukee. The 2017 conference will be held at Wisconsin Dells.

It was good to see so many attend the Evening of Learning. I had been thinking about Deputy Rowland's comment that "no one can help an addict rid themselves of a drug habit unless they want to be cured." I was looking through my computer files and came across something called "Personal Journey" and thought, "what the heck was that?" When I opened it, I found it was an article I had written reporting on the President's Workshop at the 2008 WAHCE State Conference. "Personal Journey" was a beautiful brochure prepared by the University of Arkansas Extension; which will be included in this newsletter.

It's hard to think positive when we're going through one of the nastiest political campaigns in memory and we hear a lot about rights; civil rights, right to own a gun, human rights, right to life and the list goes on. Can we have rights without responsibilities? Just as addicts must accept the responsibility to rid themselves of a life-destroying habit, we too, must accept responsibility for our own happiness and contentment; no one can give it to us. Be sure to read "Personal Journey."

I consider the right to vote one of my most valuable possessions; many have fought and died so we have that right. The Constitution gives us the right to life, liberty and the pursuit of happiness, but do we have the right to expect those rights to be there if we don't take the responsibility to exercise our right to vote? I know the choice may be difficult, but please VOTE! (Now I'll climb down off my soapbox)

Look forward to seeing you October 27 as we - Celebrate 70 Years of Learning, Caring and Sharing.



Wisconsin Association for Home and Community Education, Inc.

INSIDE THIS ISSUE:

<i>Program Coordinator's Report</i>	2
<i>Treasurer's Report</i>	3
<i>Personal Journey</i>	4-5
<i>Stitches of Love</i>	6-7
<i>Wisconsin Bookworms™</i>	8
<i>Chica Nica Doll Dress</i>	9
<i>Fall Association Meeting</i>	10-11
<i>International Report</i>	12
<i>International Committee</i>	13
<i>76th WAHCE Annual State Conference</i>	14-18
<i>New Support Staff</i>	19
<i>2016 Calendar</i>	20
<i>WCHCE SE District Meeting Pics</i>	21
<i>WAHCE Eau Claire Pics</i>	22
<i>Our Creeds</i>	23



Program Coordinator's Report

By Eileen Guthrie, Program Coordinator

Fall is definitely in the air, the leaves on the trees are beginning to turn color. There is a special sound in the country as the dry corn leaves rustle about in the wind. The soy bean fields sway as the fresh air of fall blows through them. In the distance you can hear combines and tractors working long hours as the corn and soy bean fields are being harvested. There is action everywhere as the farmers reap their harvest, it is a time of year a farmer looks forward to from the time they put the seeds in the ground.

As the fields are harvested it often feels like a wall has been lifted and you can see long distances once again. If you grew up in the country, this may bring back memories of years gone by and if you live in the country now, you know what I am talking about.

Did you attend the Evening of Learning classes on September 29? Angie Flickenger taught us how to become the Queen of Green and we had the opportunity to make some cleaners that contained fewer chemicals and cost considerably less money. We also received recipes to make several different types of cleaners.

Deputy Jason Rowland talked about the drugs in our community. He talked about methamphetamine and heroin, which seem to be the most prevalent in the area and also about cocaine and marijuana. There were many questions that followed his talk.

By the time this arrives at your house the District Meeting that Walworth County hosted on October 11 will be history. For those of you who attended this meeting, thanks so much for coming and helping us serve refreshment in the morning and serving the lunch. We all enjoyed hearing about Abigail Adams.

Mark your calendar for Thursday, October 27 for the Fall Association Meeting at 6:30 pm at Millard Church. You will find more information in this newsletter about this event.

Remember that November 6th through the 13th is HCE Week!

Our next newsletter will be after the holidays, so let me wish you a fun Halloween, a great Thanksgiving, and a blessed holiday season, followed by a prosperous 2017.

Eileen Guthrie,
Education Coordinator Program



Treasurer's Report

By Audrey Wuttke

The fall association meeting will be at Millard Church on Thursday, October 27th. There will be a potluck at 6:30.

Clubs- member names and addresses- \$10.00 each, and your Pennies For Friendship will be collected that evening.

Members-at-large: dues are \$15.00 each and a donation to Pennies For Friendship can be made.

All members- Monies from the sale of your quilt tickets will be taken.

The drawing of the winning tickets for the quilt and monetary prizes will take place that evening.

Come and enjoy the fun!

Audrey Wuttke, Treasurer





Personal Journey

Life is a Journey Full of Choices – None of us can coast to a mountain top. We must work, struggle and climb. The same is true for having a great life. We won't get there by accident or without effort. If we make good choices along life's path, we are likely to have a successful journey. ***Are you ready to hike?***

Enjoy Today. In the hike of life, we can focus on the obstacles along the trail or the beauty that surrounds us. Those who find the beauty in daily life travel well.

What beauty have you experienced today?

Find the Gems in Your Past. Anyone who wants to find a gem must be willing to search for it. Likewise, we find treasures in our life stories when we are willing to dig through challenges and disappointments to find them. Those who find and cherish the gems in their past are those who live the best lives.

What are some of the gems you have found along life's path?

Look Forward to Tomorrow. People who are excited and hopeful about the future are likely to have better journeys. Hikers who for and expect to find good things usually do find good things. Who knows what great things will happen tomorrow.

When anxiety and fear tempt you, how will you stay hopeful about life's possibilities?

Use Your Strengths. Each person has strengths and weaknesses. The greatest joy and progress come from using our strengths while managing our weaknesses. We discover our strengths by noticing what we love to do – those things that challenge us and get us so engaged that we lose track of time.

What are your greatest strengths? How will you use them?

Choose to Serve. When we focus primarily on ourselves, our view of the world is narrow and limited. As we turn more energy and attention to helping others, the meaning and satisfaction of our own lives expand. There are countless places and ways we can serve others. ***What will you do to make the world a better place?***

Continued on page 5

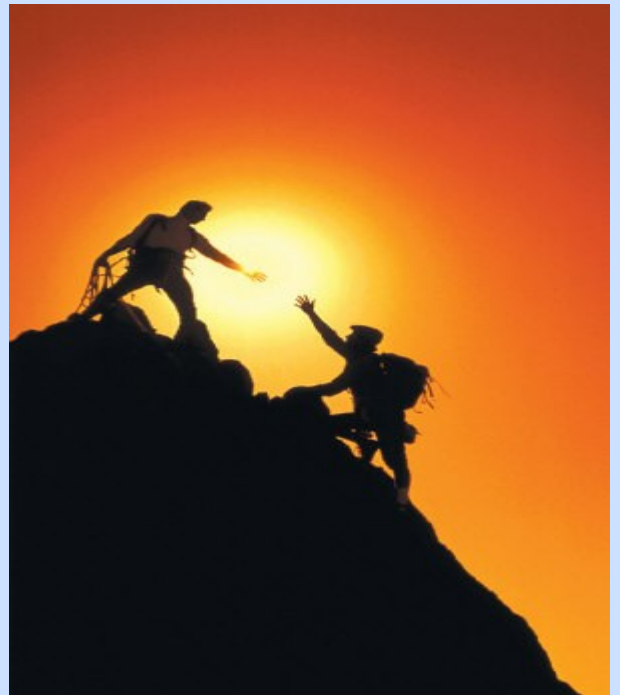


Choose to Grow. Growth is the surest sign of progress in life. Seeking new ideas, experiences, and projects help us grow and enjoy our journey.

How will you cultivate personal growth?

Don't Forget Your Compass. Each of us is equipped with a person compass – or conscience – to guide us along life's journey. Conscience is the peaceful voice inside of us that invites us to be compassionate, kind and honorable. When we ignore the compass we let lost. When we use our compass well, our journey will be richer and more meaningful. ***How will you better follow your compass?***

Have a great journey as you hike through the coming year!



Submitted by Mary Vander Veen



Stitches of Love

By Eileen Guthrie, Program Coordinator

STITCHES OF LOVE

Tuesday, November 8, 2016

Our October meeting was canceled because half of our sewers were busy that day. The next meeting has been scheduled for Tuesday, November 8, I realize that it is Election Day, but I think there will be plenty of time for you to exercise your right to vote either before the meeting or after we sew.

Once again we will sew on quilts, hats, and comfort pillows. Same story, plan to bring your own lunch, a beverage will be provided as well as a mid- morning snack. Bring your sewing machine and your favorite sewing gadgets.

I have a couple of stories to share with you, one of the stories happened at the Log Cabin during the fair.

Audrey Wuttke and I were closing the Log Cabin when two women walked into the cabin. The one woman was looking at our items and was asking for a card so she could order a hat; she asked over and over again, I asked her why she wanted a card after I told her we didn't have cards. She told me she wanted to get some hats from Kenosha County, I told her we don't take hats to Kenosha County, well I want to get some hats. I told her where we deliver hats and Kenosha was not one of our stops. She again wanted a card to get hats. I told her that she should pick out two hats and she could have them, well she wanted to pay for them and I told her the hats were hers to have because we give them to cancer patients at other hospitals. She finally picked out two hats and she thanked me over and over again. As she left the Log Cabin she was crying, no one has ever been so kind to me since I have had cancer.

Just before the fair I had a call from the Breast Care Coordinator of Pewaukee; she told me that she was in need of hats and pillows for Pewaukee, her office was moved from Waukesha. I now deliver hats and pillows to Mukwonago and she picks them up when she makes her visits there. I told her I could not bring them until after the State Conference, the day after Barb Papcke and I got back from State Conference off to Mukwonago I headed with 62 comfort pillows and 60 hats. I had two big bags of pillows and a large bag of hats to take in, as I took the bags out of the car a woman asked if she could help me and I was grateful for the help. We went up on the elevator and walked into the Cancer Center, I thanked the woman for her help.

Continued on page 7



Stitches of Love

By Eileen Guthrie, Program Coordinator

STITCHES OF LOVE

Tuesday, November 8, 2016

As I walked into the room and woman sitting there said, there she is, I'm thinking, "who is she"? This woman asked me, "do you have a blue hat"? I wasn't sure so we looked through the hats together and there was one hat a solid blue hat. She tried the hat on and loved it. She too was very happy to have a new blue hat. When I took the hats and pillows to the store room the woman from the front desk told me, she asked for a blue hat every time she comes for a treatment.

Earlier in August I mailed 148 Drain Pouches to Michelle the Specialty Care Coordinator at Waukesha, she sent an email thanking us for our generosity and sharing our talents as we make the Drain Pouches. She commented on how important and helpful they are for the patients who have had surgery.

So let me say thanks to all of you sewers.

Hope to see you on Tuesday, November 8th.

Eileen Guthrie,
Stitches of Love Coordinator.



Wisconsin Bookworms™

By Emma Peterson, Coordinator

WISCONSIN BOOKWORMS™

Walworth County is starting their 17th year of reading to Head Start in Sharon & Lakeland School in Elkhorn. We have 7 readers who read at 9 different sites.

This year's book list is:

Barnyard Banter

Clifford the Firehouse Dog

The Mitten

Puddle Pug

Quick as a Cricket

Siesta

Snow Happy

Too

Tall Houses



This past July we gave out several left over books to small children at Farm Progress Days in Zenda.

Keep up the good work!



Emma Peterson, Wisconsin Bookworms™ coordinator



Chica Nica Doll Dress

Submitted by DuAnn Webb, County International Chair

Chica Nica doll dresses with matching panties that are made by women in the Nicaraguan Sewing Centers are still available for sale. The women are able to put a roof over their heads and support their families with the profit from the sale of these beautiful doll dresses. The dresses fit an American Girl Doll and sell for \$20 when bought in the USA. We sold 40 of these dresses at the Walworth County Fair. One hundred percent of the money raised from these sales goes directly to the women in Nicaragua who sew them. Susan Beck, State International Chair, has some dresses available at her home. She can be contacted at beckschick@yahoo.com.

Read more about the dresses and women who make them at www.chicanica.org. The dresses can also be purchased online from the Chicnica.org website for \$25, which includes shipping.



Wisconsin/Nicaragua Partners of the Americas, Inc. sponsors and supports the sewing centers. Read more about the many projects this partnership supports at their website.

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Thank You from Wisconsin/Nicaragua Partners

Dear Walworth County HCE Members,

Thanks so much for selling the Chica Nica Doll dresses at your county fair. It is great that we have so many volunteers who are willing to help the less fortunate in the world.

Thanks again to all of you!

Lorraine Danazyk

Chica Nica Doll Dress Coordinator



Invitation

Fall Association Meeting

Join us for food, fun and memories at

October 27, 2016

Millard Church

6:30 P.M. Pot Luck Supper

(Table Service will be provided)

Reminder: Bring raffle tickets for Quilt Drawing

Celebrating 70 Years of Learning
Sharing and Caring



FALL ASSOCIATION MEETING

Thursday, October 27

6:30 pm Millard Church

Be sure and mark your calendar for Thursday, October 27 for the Fall Associated Meeting. It will be a potluck dinner so bring your favorite dish to share with fellow HCE Members. The evening starts at 6:30 pm and will be at Millard Church. There is a short business meeting, followed by the drawing for the Quilt Raffle. That means there is still time for you to sell your raffle tickets or buy them yourself. Remember this is a fund raiser and a way for you to help your organization. Who knows you may be the winner of a beautiful quilt.

This evening is going to be a fun; we are celebrating HCE (Walworth County Homemakers) 70th Anniversary. HCE, as we are now known as, has been an organization for 70 years in our county and we plan to celebrate. There will be a special cake and some reminiscing going on during the evening. We are planning some fun games, the kind that you don't have to think, just have fun. So be sure to come and enjoy a good dinner and help us celebrate.

Eileen Guthrie



**Annual International Report – 2016 from: Lylene Scholz, International Chair**

Having completed my final year as the NVON President, as well as my first year as your International Chairperson, it has been a little busy.

I have been working on a number of things this year for International in WAHCE. In early April, I had a visitor from Haiti. His name was Louis and he is the director of the scholarship program for the poor children of Mirebalais, Haiti. This village and the surrounding area is the main focus of the Wisconsin based organization “Ventures in People” with which we have worked for many years. Their scholarship program provides a student with everything they need during one year of education at the cost of \$160.00. Some of the International donations will be used to support that program. They truly believe that education is the main path out of poverty.

Many of our members have been working on Quiltlets for the Wisconsin Nicaragua Partners, and I am sure any of you who attended the WAHCE state conference were truly impressed with the results of this program. We certainly want to thank all of you who participated in this project. The need for these is truly great and they have assured me that they can use all that are sent. In July, following the State Board meeting, a number of those attending went to the warehouse to deliver boxes of supplies and sewing machines. I am always impressed with the amount of donations made by HCE members from all over our state. You are surely making a difference in the lives of women in Nicaragua. Your generosity is certainly appreciated and we will continue working with W/NP throughout the foreseeable future. Some of the Silent Auction money will help with shipping and also the cinder block stove project there.

I want to thank you also for the continued support of the NVON Water Around the World project of supplying water filters to regions of the world where clean water is not available. NVON has sent out over \$96,500 worth of filters to people in countries with little or no availability to clean water. Nearly 2,017 filters have been sent out which are providing clean water to almost 16,100 people. Last year WAHCE sent twenty five filters to Nicaragua and they are beginning to help families in the mountains where people were suffering from water borne illnesses. I am hoping to have a more complete report on these filters in the near future. Some Silent Auction proceeds will go for water filters.

So, as you can see, the WAHCE International Committee continues to do good work helping families around the world. Thank you again for all the support you give in your counties. It is making a difference in many countries.

International News from DuAnn Webb, Walworth County International Chair



2017 WAHCE International Committee / Plan of Action

The International Committee met by Wisline on October 2nd.

They decided that we would promote the CWC Project in Common # 1007 Production of Indigenous Rice and Vegetable Cultivation among Marginal Women Farmers and Prevent the Migration to Towns.

This project fits with the ACWW Resolution #3 Food Sovereignty. Be it resolved that the ACWW accept Food Sovereignty as part of ACWW agriculture policy and that ACWW begin a campaign to bring awareness of Food Sovereignty to the organization and its members during the Next Triennium.

Definition: Food Sovereignty is the right of people to healthy and culturally appropriate food production through ecologically sound and sustainable methods and their right to define their own food and agriculture systems. It advocates for equality and full access to resources to women on farms and in rural communities/ Food Sovereignty aims to reduce rural poverty, food insecurity, and environmental degradation. All of this is action we can take to work on the United Nations ZERO HUNGER initiative.

How can we all participate? If each of our almost 4000 members will each donated 25 cents to the CWC Project in India we will all have learned something about this resolution and the project, and all have personally participated in the action. We can also think about how each of us can cut back on what we waste as an individual and as a family.

We can use the sheet with the four boxes to check with all of our members as a simple activity and have a special jar to pass to collect quarters to see how they accumulate. We just have to make sure that those quarters get sent to the treasurer designated India Project or CWC Project so she knows what they are for.

We also want you to know that we are continuing the "Quiltlet" Project for Nicaragua. What you as members did in 2016 will make a big difference in the lives of many people in Nicaragua. This simple project meets the need for something to sleep on at home and or for those in the hospital to now have something to cover their body for dignity. Thank you again for all your time and fabric.

We will also continue to work with NVON to supply water filters to people in need around the world. At this time, NVON is sending out filters as fast as we get the money in. There is so much need, and we can make a difference to so many people with so little effort. Clean safe water changes lives. As of March 1, 2016 \$96,500.00 had been contributed to purchase water filters. NVON has impacted lives worldwide one filter at a time in such places as Haiti, Zimbabwe, Northern Mozambique, Thailand, Sierra Leone and most recently Nepal following the earthquake. WAHCE and you our members have been a continuing supporter of that project. Thank you for your compassion. I will continue to send information from the ACWW Triennial to you as District Chairs and also through UPDATE to many of our members.



76th WAHCE Annual State Conference

Welcome to Eau Claire and the 76th WAHCE Annual State Conference, September 12-14, 2016 at the Plaza Hotel and Suites. "76 Trombones Leading HCE ". Conference Registrar report: Entire Conference 335, One day registrations 22, First Timers 55, Out-of-State 1, Men 8, UW-Extension 8, Non-members 4, Cancellations 13, registrar was able to fill these cancellations. Cultural Arts: Total entries 418, number of counties entering 44.

Monday Evening Keynote speaker J.P. Olson, Women Empowerment.

Empowerment is to "release, unfetter, redeem, set free...in order to pursue!

There are many attributes in women. DOER'S: Women who are behind the scene "the unsung hero who go unnoticed", looking for no reward in return for their services.

DREAMERS: Women who are Visionaries and role models in their community. Women

whose motto is "Dare to Dream". TRAILBLAZERS: Women who are role models and have set the pace for others, women, who are innovative, involved in the community with supporting others to make a difference, embracing change, persistent, tenacious "and determined when faced with oppositions. ACHIEVERS: Women who have face challenges in life and were able to overcome these obstacles. PIONEER: A women with wisdom. Pioneer is a woman who opens up with new ideas and thoughts. "HOWEVER, IF THERE IS ONE FLAW IN WOMEN, IT IS THAT THEY FORGET THEIR WORTH".

SESSION # 1 Tuesday Morning: 8:30-9:45

Women Empowerment J.P. Olson

Internal & External Beauty. Inner beauty never needs make-up! Put your make-up on you look good but inside you are destroyed. Internal beauty sometimes verbal, mental abuse may cause internal problems. What's in your soul that matters! Society is the harshest critic of beauty! At the end of the day, call it what you want, Inner beauty or outer, there's just one and it's the kind of beauty you see when you look into the mirror.

SESSION # 2 Tuesday Morning: 10:15-11:30

Educational Program # 1 Super Foods and a Healthy You

Presenter: Mary Ann Schilling, Waushara County UW-Extension FLE

Learn about "Super Foods" and how they decrease your risk factors for chronic diseases.

"Cancer, Clear & Simple"

A- Add Add in what? More exercise, fruits, vegetables

B- Better what better choice could I make? 2% milk, help others.

C- Change what change could I make to be healthier? More exercise, park farther away from the store. What challenges? Plan ahead, price, portions, cooking for one, drive by your favorite Ice Cream shop.

Self-care means looking after yourself in a healthy way. Between 30-35% of cancer risk is related to an unhealthy diet. 1 out of 8 women may have breast cancer.

SUPER FOODS- "Eating a Rainbow of Color"

RED- Cranberries, red grapes.



ORANGE- Peaches, pumpkin, squash, cantaloupe

YELLOW- Sweet corn, yellow apples, lemon, pears, helps with macular degeneration

GREEN-Cabbage, cauliflower, broccoli

BLUE-PURPLE- Blueberries, blackberries, plums, prunes, grapes, raisins, helps reduce risk of cancer, stroke, and heart disease. Blueberries may improve memory functions.

WHITE-TAN- Bananas, mushrooms, onions, parsnips, turnips.

OTHER-Avocado, garlic, spinach, salmon, black beans. Add some color to your plate and remember to eat a balanced diet by choosing a wide variety of foods.

SESSION # 3 TUESDAY 1:30

2016 ACWW TRIENNIAL TO ENGLAND REPORT

SESSION # 4 TUESDAY 3:15-4:30

Food Sensitivities and Food Allergies

Presenter: Sarah Siegel, Wood County-UW-Extension FLE

“One man’s food is another man’s poison”. When faced with food sensitivities and food allergies, it can be challenging to make food choices. We have three items to consider allergies, intolerances, sensitivities.

Who has food allergies? People with genetic tendency, people with other allergies.

8 foods account for 90% of all allergic reactions

- Peanuts (legumes not nuts) children won’t grow out of this allergy

- Tree nuts, (walnuts, cashews, almonds, pecans, brazil nuts, hazelnuts)

- Fish

- Shell fish (shrimp, crab, crawfish, and lobster)

- Milk

- Eggs

- Wheat

- Soy (soybeans)

Who is at risk? Anyone at any time. Only 1-2% of the population are truly affected by food allergies. Your body reaction-adverse reaction unusual responses to food are: reaction on your skin, respiratory system, within digestive tract; gas, nausea, vomiting, and cardiovascular system, rapid heartbeat, and drop in blood pressure. If you have a life threatening reaction, only a small percentage have a severe reaction. Anaphylactic shock a whole body allergic reaction to an offending substance. Consult your doctor do not diagnose yourself! Wear a medical bracelet obtain an Epi-pen if needed. Treating food allergies cannot be cured with medication only prevention. Food labeling passed a law in 2006 must clearly state if the ingredients contain 8 major food allergens or their protein derivatives.

Food Intolerances: Lactose Intolerance is NOT a milk allergy. It is not enough Lactase.

Gluten Intolerance also known as celiac disease, people do not outgrow celiac disease.

Other examples of Intolerance: chemicals in foods (MSG), Sulfites, Yellow # 5, food additives.

Do meal planning, grocery lists, shopping strategies, and seek out help.



TUESDAY EVENING: 6:00

An evening with J.P. Olson who was our Monday evening keynote speaker and also had a session on Tuesday morning, J.P Olson is also a gifted musical entertainer. Taking us down memory lane with some of the "oldie's" but great music! I would say she is an Achiever: A women with the ultimate success story.

WEDNESDAY MORNING: 8:30-9:45

SESSION # 5

Educational Program # 2 Keeping Your Brain Fit As You Age

Presenter: Nancy Schultz- Shawano County UW-Extension-FLE

Keeping mentally fit as we age is important to every one of us.

Ten Things to keep your brain fit:

Keep moving- Get at least 150 minutes of exercise each week. Walking is a good start.

Eat like a Greek- Make sure to include in your diet: fruits and vegetables, whole grains, lean meats, fish and poultry, low-fat or non-fat dairy products, less fat, sugar, and salt, proper portion size, adequate fluids. Make sure you get your antioxidants! Vitamin C, Vitamin E, and Beta-carotene rich foods are excellent sources.

Think about your drink- Caffeine has a short term effect of speeding up neurons within our brain. It helps to keep us alert. The recommendation is to drink caffeinated beverages in moderation.

Reduce your risks from diabetes and smoking- Diabetes-can affect he brain in two main ways. It can damage the arteries that supply blood to the brain, and it can prevent brain cells from getting an adequate supply of glucose. Smoking-Long-term smokers run the following risks. The carotid artery being blocked which supplies blood to the brain cells. This can result in a stroke. Smokers have a 1.5 greater risk than non-smokers to have a stroke.

Use it or lose it- seek out new skills- Just as we exercise our bodies to keep them in working order, so must we exercise our brains to stay mentally agile and adapt.

It is the use-it-or-lose-it theory. Do mentally stimulating activities, read books and magazines, play games, learn new things, take or teach a class, be social through work or volunteering.

Stay Connected-get a social life-look on the bright side, stay connected spiritually.

Reduce your stress-What can you do to reduce stress in your life? Exercise, Relax, Socialize, Empower yourself, Laugh and have a sense of humor, Think positively. Meditation is a way to boost your brain fitness, so give it a try and see if it works for you.

Get a purpose in life- What is your purpose in life? Discovering your mission will help you stay sharp.

Protect yourself from brain injuries-As we get older we are at higher risk of falling and other accidents that can cause brain injury. Buckle up, Exercise to improve balance and coordination.

Get adequate sleep- With age, people become prone to sleep disorders. Establish and maintain a consistent sleep schedule. Do vigorous exercise early in the day. Watch your caffeine level later in the day.

Continued on page 17



What can you do to help improve your memory?

Don't expect to remember everything. Use lists, calendars, reminds, and other memory aides. Develop routines to help you remember. Take medicines the same time every day. More time helps learning and recall. Allow yourself additional time and have patience.

SESSION # 6 WEDNESDAY MORNING 10:15-11:30

Choosing the Right Apple for the Re Job.

Presenter: Jerry Clark, Chippewa County UW-Extension Agriculture Agent

Picking the right apple for the right use is important for storage, flavor and taste.

The Mother's Day frost of 2016 will have a 70-80% reduction at harvest. Variety

Selections- palate/purpose, early/late, red/yellow, organic or not? Prune after Jan. 1 or early April, prune vertically! Fruit is a flower. Apple trees are perennial, buds produce one year and fruit the next year.

Choosing the Right apple-

Lodi-matures early August, stores 1 week, tart taste, cooking.

Redfree-matures late August, stores 6 weeks.

Paula Red-Stores 3 weeks.

Zestar-matures mid-late August, stores 2 weeks.

Gala-matures mid-September, stores for 3 months, eating

Weathly-matures mid-September, stores 2 months, cooking.

Wolf River-matures mid-September, stores 2 months, cooking.

McIntosh-matures mid-September, stores 3 months.

Cortland-matures late September, stores 3 months.

Honeycrisp-matures late September, stores 4 months, eating.

Empire-matures October, stores 4 months.

Haralson-matures October, stores 3 months, eating/cooking.

Connell Red-matures mid-October, stores for 3 months.

Red Delicious-matures mid-October, stores 4 months, eating.

Jonathan- all-purpose apple, stores 4 months.

The Big 3 are Honey-crisp, Sweet Tango and Pazazz. The Sweet Tango and

Pazazz apples are what are known as "Club Apple" they are new at a few select markets and costly. Sweet Tango matures early September, stores for 2 months, eating apple. Pazazz matures mid-late September, stores for 3 months, eating apple.

I asked a question of the presenter of an apple called "Snow Apple". I remember growing up on the farm and having a snow apple tree in the orchard. He said that maybe it was years ago. I did a little research on the "Snow Apple" and this is what I found. Snow Apple aptly named for both the fruit's white flesh and the tree's winter hardiness-is one of the oldest known apple varieties. Originated in France, probably in the 1600's and was introduced to Canada and America one hundred years later.

Continued on page 18



The Snow apple fell into obscurity and is rarely grown today. The fruit is on the small side, but very sweet and juicy. The snow apple is believed to be a direct ancestor of today's McIntosh apple. Best eaten fresh, or used for cider or baked goods.

I had several good sessions and I encourage you to attend either the 2017 or 2018

WAHCE State Conference you have no excuse not to attend when the conference will be right in your back yard! September 10- 13, 2017 will be held at Glacier Canyon Lodge, Lake Delton and September 17- 19, 2018 will be held at the Country Inn and Springs Conf. Center, Pewaukee. Keep in touch as S.E. District is hosting the 2018 WAHCE State Conf. and yes, Walworth County will have assignments. Lots of hands make little work!!!!

Submit by: Barb Papcke





Meet Our New Support Staff Member!

Greetings to all members of HCE! My name is Gonzalo Vega, everyone calls me Gonzo. I am very excited to have the opportunity to work with all of you. I have met several of you throughout the SE district meeting and I hope you all enjoyed my name tags. If only they would stick better.... I have been learning about all the wonderful things you do through HCE. I can tell you that I'm very proud to be your new support staff member. The new edition of Good News newsletter is out and I can't wait to hear what everyone thinks. I want to get something out of the way immediately. I take criticism very well. I encourage ideas and empower those individuals to step forth and communicate with me about what you would like to see in YOUR newsletter or what you would change. Remember, this is YOUR newsletter!

A little about me, I am a step dad. I have 2 cats and 2 dogs. Those who have met me I'm sure have noticed that I am very outgoing. I love meeting new people. I will always try and remember your name and if I don't, I always keep working on it. I have been a citizen of Elkhorn since 97'. My passions are cooking, singing, chess, martial arts, video games, and board games. I love all types of music. Karaoke is a hobby of mine. I play guitar. My favorite sports to play are tennis, volleyball and Frisbee golf. I am a Green Bay Packer fan, that being said, I am very respectful to fans of other teams. I don't really care too much for baseball but I guess I would say I am a fan of the Brewers because I love Miller Park. If you ever want to know any useless information you can come to me. I am a trivia machine, especially in history. I am a sponge and love learning new information!


Thank you very much for your support and faith in me to assist your organization in its needs!




August 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31 Walworth County Fair			





September 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Walworth County Fair	2 Walworth County Fair	3 Walworth County Fair
4 Walworth County Fair	5 Walworth County Fair 	6	7	8	9	10
11	12–WAHCE State Conference, Eau Claire	13–WAHCE State Conference, Eau Claire	14–WAHCE State Conference, Eau Claire	15	16	17
18	19	20	21	22 Evening of Learning, Gov. Center	23	24
25	26	27	28	29	30	

October 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6–Southeast Fall District Meeting, Gov. Center	7	8
9	10 Newsletter Deadline	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27– Fall Association Meeting, 6:30 Millard Church	28	29
30	31 					

November 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6 HCE Week 	7 HCE Week	8 HCE Week 	9 HCE Week	10 HCE Week	11 HCE Week 	12 HCE Week
13 HCE Week	14	15	16	17	18	19
20	21	22	23	24	25 HAPPY THANKSGIVING 	26
27	28	29	30			

Walworth County SE District Meeting



Members of HCE at District meeting



Emma Peterson, Active WI Bookworm Reader



Installation of officers

76th WAHCE Annual State Conference Eau Claire, WI



76th Year Music Displays



China Painting Entries
Cultural Art Show



Medallion Winners

HCE CREED

We, the Homemakers of Wisconsin, believe in the sanctity of the HOME, the cradle of character, blessed by motherly devotion and guarded by fatherly protection. We pledge ourselves: To work for the preservation and improvement of home and community life; To strive for healthier minds and bodies and better living; To promote the welfare of our boys and girls, the nation's greatest asset; To be true to God and country and of lasting service to our homes and communities.

Mrs. John Meise, Sauk County



PRAYER CREED

Dear God,

Give us the grace to see the blessings that have come from thee; Give us the strength to do our duty To see in everything some beauty Teach us that love and cheerful giving, Tolerance and decent living, Make our home a place sublime, Where there's no room for hate or crime, A place where good friends gather round; Where laughter, mirth, and cheer abound, Not selfish thoughts, not worldly greed,

Let this, Dear Master, be our Creed.



Wisconsin Association for Home
and Community Education, Inc.

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<http://walworth.uwex.edu/>

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