

# Port-O-Gram

Portage County UW-Extension  
1462 Strong Avenue  
Stevens Point WI 54481-2947  
715-346-1316



April- May 2016



## March

- 30    **Spring County Day**  
Host: Stevens Point  
Portage County Annex  
Rooms 1 & 2  
9:00   Gather with Refreshments  
9:30   Business Meeting  
12:00   Potluck Luncheon (*bring a dish to pass and personal table service*)  
1:00   Educational Program;  
Food Label Lingo  
by Sherry Daniels,  
*UWEX Family Living Educator*



## April

- 19    **Spring Central District Meeting**  
HCE --All Aboard  
Host County: Waupaca  
Waupaca County Courthouse  
Waupaca, WI  
(See Page 6 for details)
- 27-30 **SPARTA Used Book Sale**  
Call Nancy Kemmeter  
715-344-2598
- 29    **Arbor Day**



## MAY

- 8    **Mother's Day**
- 11    **Achievement Day**  
Host: ABC Center  
St John's Church, Almond  
9:30   Gather with Refreshments  
12:00   Potluck Luncheon (*bring a dish to pass and personal table service*)  
Educational Program; Mindfulness  
Taking care of You --  
Body, Mind & Spirit  
Presented by Sherry Daniels,  
*UWEX Family Living Educator*

Thank you,  
Mom



- 15    **Port-O-Gram Deadline**
- 17    **Pleasant Hour—ABC Center**
- 25    **Executive Board Meeting**  
Wednesday, 9:30—Noon,  
Annex Building, Room 3
- 30    **Memorial Day**



**GET INVOLVED**  
Be a volunteer and reap the rewards

**Volunteers are needed to help review and revise our County By-laws and Portage County HCE brochure.**  
**Please contact Dianne at 715-366-7685 if you can help!**

## **A Message From President Dianne Trzebiatowski**

Spring is here and I hope everyone is as ready and as excited as I am to begin this year's HCE activities (and fun)! Because there was no scheduled winter Executive Board meeting, Spring County Day (March 30) will be our first get together of the year and we will have a lot of things to cover at the business meeting. The agenda is included with this newsletter.



I have also included information about Achievement Day (May 11), the Spring District Meeting (April 19), and a great opportunity, if anyone is interested, to attend some educational classes at the Waupaca Spring Extravaganza (sponsored by Fox Valley Technical College) being held on Saturday, April 9. (As a fund raiser for their Wisconsin Bookworms™ project the Waupaca County HCE will be providing the lunch at this event.)

The SPARTA Used Book Sale will be held April 27-30 at their new location near the Children's Museum downtown. You can drop books off from 10:00 to 3:00 on the third Monday of every month.

So, let's get this show on the road! I hope to see ALL of you on March 30!

*Dianne*

## **"Sing Like No One's Listening" ~ Dianne Trzebiatowski**

ABC Center would like to invite you to this year's Achievement Day, May 11, at St. John's Lutheran Church in Almond. Come and enjoy a day of goodwill and relaxation with your HCE friends.



Please bring the item(s) you've made and want to enter in our cultural arts show. And, don't forget to create something for the Bonus Category, "Let's Make Music!" for the State Conference.

Sherry Daniels, UWEX Family Living Educator, will be presenting an educational program on mindfulness, "Taking Care of You---Body, Mind & Spirit." We are also planning a second program which will be interactive and hopefully, fun.

Again, please consider bringing a friend, neighbor, or family member to share the day with us!

## **Wisconsin Bookworms™ Fundraiser ~ Jean Schwirtz, Coordinator**

The Stevens Point Area Coop has picked our Wisconsin Bookworms™ program to receive funds from their 1% Friday's Program, this month of March 2016. I hope you had a chance to shop there and support our program.



We also received a donation from the Badger HCE Club. At this point we have enough money to purchase half of our books for the 2016-17 school year.

Let's keep this wonderful program going. If you have a suggestion for a place for us to request money, please let me know.

## **Spring County Day Agenda ~ Dianne Trzebiatowski**

*Portage County Association for Home & Community Education*

*Spring County Day, Wednesday March 30, 2016 – Portage County Annex, Rooms 1 & 2*

- 9:00   Gather with Refreshments**
- 9:30   Business Meeting**
- 12:00   Potluck Luncheon (Bring a dish to pass and personal table service.)**
- 1:00   “Food Label Lingo” presented by Sherry Daniels, UWEX Family Living Educator**

### **Business Meeting Agenda**

- 1. Call to Order, Announcements, Additions to Agenda - Dianne Trzebiatowski**
- 2. Homemaker's Creed/Flag Pledge – Dianne**
- 3. Roll Call – Jean Schwirtz**
- 4. Secretary's Report – Jean**
- 5. Treasurer's Report – Donna Martens**  
(Reports due to State Treas. by Mar. 31 & May 15, 990N Postcard Filing by Mar. 31)
- 6. Program Planning – Jean**
- 7. Family & Community Life – Betty Daberkow, Jane Peterson, JoAnn Tess**
- 8. Standing Committee Reports**
  - \* **Budget & Review – Donna**
  - \* **Cultural & Textile Arts – Lynn Isherwood**
  - \* **Historian – Ramona Romundson**
  - \* **International – Lorraine Danczyk**
  - \* **Marketing & Membership – Marge Thiele**
  - \* **Wisconsin Bookworms™- Jean**
- 9. Correspondence**
- 10. Unfinished Business**
  - \* **Photo Release, e-mail addresses**
  - \* **“Impact of HCE” form for members, “On the Move & In the Groove”, Women Walk the World**
- 11. New Business**
  - \* **County project(s) to replace HB blankets, Club projects?**
  - \* **Sewing Day for “Cuddle Pillows”**
  - \* **“Spring Getaway”/trip?**
  - \* **Achievement Day (additional program, cultural arts)**
  - \* **Spring District Day, April 19, Waupaca County (reservations by 4/5)**
  - \* **County by-laws and rules**
- 12. Sherry Daniels, UWEX Family Living Educator**
- 13. Adjourn with Homemaker's Prayer – Dianne**



# DO YOU HAVE AN EMAIL ADDRESS?

If so, we want to know! Please send an email to

Denise Rocha at UW-Extension  
[denise.rocha@ces.uwex.edu](mailto:denise.rocha@ces.uwex.edu)



## From the Desk of Sherry Daniels ~ Portage County FLE & HCE Advisor

### Check Your Free Credit Report

By law, everybody can obtain three free credit reports each year. It is important to check your report regularly to make sure it is accurate and up-to-date. The credit reporting system is set up so that you are responsible for finding and correcting errors—you must play the role of quality controller for the information in your reports.

I encourage you to mark your calendars on 2/2, 6/6, and 10/10 this and every year as a reminder to request a copy of your free report on those days. “2/2, 6/6, 10/10” is meant as a simple way to remember to pull your free credit reports regularly.

Despite the importance of reviewing one's credit report regularly, only one in three Wisconsin adults obtain a copy of their credit report each year. Across all 50 states, Wisconsin adults rank 6th lowest in terms of reviewing their credit reports. In addition, many people who check their credit reports pay for this service—even though everyone is entitled by law to three free reports each year.

Information on how to obtain your FREE Credit Report are listed on the next page. Feel free to call me at 715-346-1321 if you have questions or need additional information or assistance.



*Sherry*

## How to Get Your Free Credit Report

### *Information needed to access your report*

1. Full Name
2. Social Security Number
3. Date of Birth
4. Address
5. Previous addresses from the past two years. We recommend having this information ready before starting and not relying on memory if you have moved several times. Entering wrong addresses can delay the process.

### *Online at [www.annualcreditreport.com](http://www.annualcreditreport.com) ~*

1. This is the **ONLY** website that provides the free credit reports you are entitled to by law. Completely free and does not require you to subscribe to any services. Other websites charge for similar services and may even be spam.
2. This site is secure and safe, and only asks for information needed to verify your identity.
3. Be careful of spam emails and websites that imitate AnnualCreditReport.com.
4. Other websites that claim to be free often charge monthly fees of \$15-\$20 after a short trial period.

### *By Mail ~*

Send a request form to  
Annual Credit Report Request Service  
P.O. Box 105281  
Atlanta, GA 30348-5281  
Requests by mail may take 2-3 weeks for delivery

### *By Phone ~*

(877) 322-8228

### *Don't Get Discouraged!*

You may be asked to provide follow-up information in order to verify your identity. This is a common step and only takes a few extra minutes.

## **From the W/NP Office of Amy Wiza**

### **Wisconsin/Nicaragua Partners Learning Center Updates**



**WISCONSIN/NICARAGUA  
Partners of the Americas, Inc.**

The objective of the Learning Center Program within Wisconsin/Nicaragua Partners is to provide and promote opportunities to develop skills that will improve vocational options, income, self-sufficiency and empowerment for women living throughout Nicaragua.

A very special thank you goes out to all the HCE members who have been donating cooking and sewing supplies, as well as tables and chairs. These items are much appreciated by the Nicaraguan women who use them for their Learning Center classes.

Please note the following changes to the in-kind donation process in 2016. The shipping process is costly and very labor intensive. This past year, some items needed to be discarded or recycled upon receipt in Nicaragua due to age, deterioration, or simply too worn out for further use. Any pre-sorting you can do ahead of time is very much needed and appreciated.

Please, Do not seal or tape boxes/bags. (this allows for sorting and consolidating boxes)

Be very attentive to quality when selecting what is donated.

Do not include patterns if any pieces are missing.

Do not include silk and polyester materials.

Any questions regarding donations please contact HCE member Lorraine at 715-340-7142.

We would like to share with you a few comments from the last monthly Learning Center Meeting in Managua, Nicaragua (69 attended). Full report and photos are available upon request to [wnp@uwsp.edu](mailto:wnp@uwsp.edu) or 715-346-4702.

“Each leader was introduced and expressed their thankfulness to the Wisconsin volunteers as well as putting their volunteer services to order. Similarly they expressed that all knowledge acquired throughout the workshops have led them to an improvement in their economies in their homes many of them are women entrepreneurs, willing to work hard and with enthusiasm, as well as continue filling themselves of knowledge in crafts also they disclosed that they like the human warmth that there is in this organization and solidarity which the work was done.”

Conclusion. “The last meeting of the year of Learning Centers has been more than relevant, women have a strong commitment to teach others to get changes in their lives, such as high self-esteem, undertake a small business; exchanging of various knowledge, improve economic level, leadership in their community and a strong family unit; all these goals are achievable by working together and united in just one beating heart towards into a common goal.” - Leonor



## WAHCE Information ~ Dianne Trzebiatowski

### Club Member Responsibilities

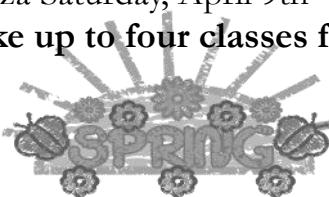


- Attend meetings. Consider your attendance a personal responsibility.
- Arrive on time.
- Support officers who are trying their best.
- Accept an office graciously.
- Be an active committee member when called on to serve.
- Pay attention during business meetings and contribute ideas on business brought forth.
- Pay dues on time.
- Take your turn as a project leader/presenting a lesson.
- Cooperate in all your group's activities for continued learning and fellowship—remember, the effort of each lightens the load and avoids burdening a few.
- Promote membership in the club.

## Waupaca Spring Extravaganza ~ Dianne Trzebiatowski

Fox Valley Technical College is again offering a great variety of classes at their Spring Extravaganza Saturday, April 9th 8:00 a.m. - 5:00 p.m.

**You can take up to four classes for about \$25!**



### 2016 Classes

- |                                     |   |
|-------------------------------------|---|
| * Bicycle Maintenance & Repair      | * Learning About the Night Sky                |
| * Container Gardening 101           | * Designing with Trees & Shrubs               |
| * Made for Shade                    | * Intro to Bonsai                             |
| * Just Dance!                       | * Staying Young & Strong-What's Right for Me? |
| * How to Identify Birds             | * Perennial Partners                          |
| * EGGstra Special Ukrainian Eggs    | * Grillin' 101                                |
| * Miniature Garden Workshop         | * Fused Glass Memo Board                      |
| * Fused Glass Garden Stake          | * Pollinator Paradise                         |
| * Mosaic Stepping Stone             | * Invasive Plants in Your Backyard            |
| * Organic Gardening with the Expert | * Lawn Mower & Outdoor Machine Maintenance    |
| * Needle Felting for Home Décor     |   |

What a GREAT variety of classes and a wonderful learning opportunity for anyone interested.

More information will be available at Spring County Day or  
you can contact FVTC Waupaca Regional Center at 715-942-1700 for more details.

As a fundraiser for their Wisconsin Bookworms™ project,  
Waupaca County HCE will be serving lunch for this event.

available on the WAHCE website [www.wahceinc.org](http://www.wahceinc.org).  
HCCE volunteer hours starting on June 1, 2015 and going through May 31, 2016. All forms are  
“Impact of HCCE”. Family and Community Life would again like members to keep track of their

Elinne Nelson @ 920-787-7642 and/or [images.design@yahoo.com](mailto:images.design@yahoo.com)  
held at Roberts Park in Wild Rose at 1:30 pm on Sunday, April 24. For more information contact  
participates in this event every year and welcomes your participation! This year's event will be  
join/walk with fellow HCCE members and friends in Waushara County. Waushara County HCCE  
do. Since our county doesn't have a designated walking event, there is a great opportunity to  
join in “Women Walk the World” to bring awareness and support to ACWW and the work they  
“Women Walk the World”: On or around ACWW Day, April 29, friends throughout the world  
available on-line. County totals will be compiled and sent to the Vice President for Family and  
exercise. Each 20 minutes equals 1 point. Record your totals (in points) on the form which is  
be counted. This includes walking, cleaning, dancing, swimming, gardening, and any kind of  
and exercise as a countywide activity. Any activity you do between February 28 and May 29 can  
“On the Move and in the Groove”: Family and Community Life is again focusing on walking  
Women of the World) encourage members/counties to participate in.  
continuing programs that the state (WAHCE) and international organization (Associated County

“On the Move and in the Groove”, “Women Walk the World”, and the “Impact of HCCE” are

## 2016 WAHCE & ACWW Programs ~ Dianne Trzebiatowski



### Cooperative Extension Staff

Connie Creighton, Department Head/  
4-H Youth Development Agent

Sherry Daniels, Family Living Educator

Ken Schroeder, Agriculture Agent

Nathan Sandwich, Community Resource Development Agent

Jill Hicks, Administrator, Wisconsin Nutrition Program Education

Mary Higley, Wisconsin Nutrition Program Educator

Joanna Lickel, WNEP, Support Staff

Penny Schmitt, Wisconsin Nutrition Program Educator

### Support Staff

Denise Rocha, Agriculture/Family Living/Reception  
Ryan Nelson, 4-H/CNRED/Administration

Office Phone (715) 346-1316  
Fax: (715) 346-1323  
Toll-Free: 1-866-920-2525



### **HCE Website:**

[www.wahceinc.org](http://www.wahceinc.org)

### **Portage County Website:**

[www.portage.uwex.edu](http://www.portage.uwex.edu)

### **Publications Website:**

[www.learningstore.uwex.edu](http://www.learningstore.uwex.edu)

### **Local Government Websites:**

[www.co.portage.wi.us](http://www.co.portage.wi.us)  
[www.stevenspoint.com](http://www.stevenspoint.com)  
[www.ploverwi.gov](http://www.ploverwi.gov)  
[www.n.villageofalmond.com](http://www.n.villageofalmond.com)  
[www.amherstwi.govoffice2.com3](http://www.amherstwi.govoffice2.com3)  
[www.townofamherst.org](http://www.townofamherst.org)  
[www.junctioncitywi.com](http://www.junctioncitywi.com)  
[www.plainfieldwis.com](http://www.plainfieldwis.com)