

# Port-o-Gram

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



June - July - August 2016



## JUNE



- 14 Flag Day
- 18 37th Annual June Dairy Day  
Groshek Farms  
Amherst Junction, WI
- 17-19 Midwest Renewable Energy Fair  
27th Anniversary  
7558 Deer Road, Custer, WI 54423
- 19 Father's Day
- 22 Pillow Sewing Day - Annex Bldg  
Rooms 1 & 2, 8:30 - Noon

## JULY



- 4 Independence Day
- 14-17 Amherst Fair
- 19-21 2016 NVON Conference  
Marriott Hotel, Normal, IL,  
[www.nvon.org](http://www.nvon.org)
- 19-21 WI Farm Technology Days  
Walworth County  
*"Farming for the Future" ~ Snudden Farms*
- 20 Feed Bag Sewing - Annex Bldg  
Rooms 1 & 2, 8:30 - Noon

## AUGUST



- 3 HCE Summer Trip  
George W. Mead  
Wildlife Area  
Presentation &  
Wagon Ride Tour  
S2148 Cty Rd S, Milladore, WI  
(715) 457-6771  
[www.meadwildlife.org](http://www.meadwildlife.org)
- 5-15 Wisconsin State Fair
- 13 State Conference Registration Due
- 17-22 28th ACWW Triennials World  
Conference  
Warwick Conference Park,  
Coventry, England
- 18 County HCE Work Day  
W/NP Warehouse 9:00 am
- 24 Executive Board Meeting  
Wednesday, 9:30—Noon  
Annex Building, Room 3
- 31 Quiltlet Sewing Day - Annex Bldg  
Rooms 1 & 2, 8:30 - Noon

**"Wisdom is not a  
product of schooling  
but of the lifelong  
attempt to acquire it"**

**~ Albert Einstein ~**

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



Spring is finally here (I hope!) and maybe we've actually seen the last of those snow showers and freezing temperatures until fall. Isn't May supposed to be when we can get outside to garden and enjoy other outdoor activities?

Thanks to everyone who attended Achievement Day. We had a great turn out and also a lot of Cultural Arts items to enjoy and to vote on. The standing and sitting exercises lead by Santha Bickford were fun and the presentation about mindfulness was eye opening and informative. Thank you to FLE Sherry Daniels for that excellent lesson. Okay everyone, get off auto pilot!

Please note that the pillow sewing day has been changed to June 22.

Join Lynn at the Annex on July 20 to make tote bags out of woven feed sacks.

August 3 is the County Tour to the George Mead Wildlife Area.

Please join us for these activities, and remember to invite a friend!

*Dianne*

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

### **Tips to make the most of your medical appointments**

Having health insurance is one piece of your personal health care picture, but knowing how to make the most of your medical appointments is another significant part.

“It’s important for consumers to get involved in their care, be open and honest with their medical provider and help decide the best course of action,” says Sherry Daniels, Family Living Educator from Portage County UW-Extension. Daniels offers some tips for making the most of visits to your health care providers.

1. Schedule an appointment.

Call your provider and ask to make an appointment. A primary care provider is the doctor, nurse practitioner, or healthcare professional you see for routine care.

2. Before your appointment:

Write down the names of medicines and vitamins you are taking, and any health concerns or questions. Find a pharmacy near you and bring the name and address to your appointment since this is where you will pick up prescriptions. Make sure you have reliable transportation to get to your appointment and arrive at least 15 minutes early since you will need time to do paperwork. If possible, bring someone you trust to the appointment. This will help you remember what the provider said. *(continued on page 3)*

*(continued from page 2)*

3. During your appointment:

Tell the provider your health concerns and questions. Ask what tests are right for your age. Write down any instructions the provider gives you, or ask the provider to write them down. Repeat the instructions back to make sure you understand. If you don't understand, ask the provider to tell you again. Tell the provider if you don't want or can't afford what he or she is recommending.

4. After your appointment:

Read the instructions from your provider. If you do not understand the instructions, call the doctor's office. Go to the pharmacy to pick up any prescriptions and talk with the pharmacist about how to take the medicine.

For more information on this subject feel free to contact me at 715-346-1321.



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## **2016 Achievement Day ~ Dianne Trzebiatowski**

Our HCE Achievement Day, “Sing Like No One is Listening”, was held on May 11 in Almond, with ABC Center hosting the event. Twenty-seven members and guests were in attendance.

The Cultural Arts show had twenty-one entries representing a wide variety of categories. There was only one “Bonus Category” item. The six items receiving the most votes will be entered in the Cultural Arts Show at the State Conference in September.

The morning program was presented by Santha Bickford. Santha leads the “Fun & Fit” classes at Lincoln Center. We joined her as she instructed us on some sitting and standing exercises that increase flexibility and strength. We got quite a workout!

After a delicious potluck luncheon and Cultural Arts judging Sherry Daniels, UWEX Family Living Educator (and HCE adviser), presented a program on mindfulness, “Taking Care of You—Body, Mind, & Spirit”. By being more aware of things in our everyday life we can reduce stress and learn to concentrate on and enjoy what we value in life. Focusing on the sensations at the moment in time—touch, sight, sound, taste, smell—enables us to bring mindfulness into our everyday life.

Lynn Isherwood announced the winners of the Cultural Arts Show. Congratulations to the winners and to everyone who brought their projects to be displayed and enjoyed. Door prizes were given to five lucky attendees.

I would like to express our thanks to Santha Bickford and Sherry Daniels for their presentations. Special thanks also to Vila Vroman for donating 22 small teddy bears she made over the winter to the Ronald McDonald House (to be given out with the cuddle pillows). Thank you to everyone who contributed to and/or shared the day with us.



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## Executive Board Minutes October 7, 2015

Meeting was called to order by President Dianne Trzebiatowski. We opened with the Homemaker's Creed and Pledge to the Flag.

14 Members present plus our FLE: Dianne Trzebiatowski, Jean Schwirtz, Jane Peterson, Betty Daberkow, JoAnn Tess, Lynn Isherwood, Pat Cummings, Sharon McNew, Rose Haarth, Ella Jane Hall, Eunice Schultz, Nila Peskie, Anna Young, Vila Vroman and FLE Sherry Daniels.

Secretary Report: Jean Schwirtz; Lynn Isherwood made a motion to accept the minutes as read. Betty Daberkow seconded...passed.

Treasurer report: Donna Martens; Dianne presented the treasurer report; accepted and filed for review. We discussed the conference scholarship reimbursements. Jean made a motion to pay the full registration \$48.00 amount for those attending the whole conference, \$20.00 registration for the one day with classes and \$10.00 for one day, no classes. It will total \$454.00. Ella Jane seconded the motion; motion passed.

Family and Community Life: Jane Peterson, JoAnn Tess and Betty Daberkow; Nothing new at this time. Jean gave Dianne 26 more pillow cases to put labels in. Marge is finishing the rest.

Program Planning: Jean Schwirtz; Jean attended the P.O.O.L sessions at the conference. Jean will meet with Sherry to discuss possible lessons for next year.

Centers should have their dates and places to Jean by November 1 for the program book.

Budget and Review: Donna Martens; We discussed the proposed budget for 2016. Without Donna here we are going to table until later.

Cultural and Textile Arts: Lynn Isherwood; All 4 items taken to the State show received blue ribbons. Lynn will have an article in the next Port-o-gram.

Historian: Ramona Romundson; absent

International: Lorraine Danczyk; absent

Marketing and Membership: Marge Thiele; absent

Wisconsin Bookworms™: Jean Schwirtz; Books for October and November have been given to the readers. The rest of the books will be given to them at the Christmas Honor Tea. We will be reading to 260 students each month.

Correspondence: We received a thank you note from Bonnie Maier. We passed a card around to sign for Donna Martens upon the death of her husband Bert.

UNFINISHED BUSINESS:

Dues and Photo release forms are due to the office NOW.  
Dianne shared several highlights from the state conference.

NEW BUSINESS:

Election of officers; Donna Martens and Jean Schwirtz were re-elected to continue their duties as treasurer and program chair.

Each person attending the state conference should have a report for the next Port-o-gram due October 15.

Central Fall District meeting will be Tuesday, October 20 at the Main Event in Cecil, Wisc.

Tomorrow River Christmas Cookie Sale/fundraiser will be December 5 and 6.

The schedule will remain the same.

Saturday: Set-up begins at 8:00 a.m. Ramona Romundsen and others

11 a.m. to 2 p.m. Stevens Point 2-5 p.m. ABC Center Sunday: Badger

Each member is asked to furnish 6 dozen of something homemade: cookies, bars, snack items etc. or donate \$20.00

Christmas Honor Tea will be hosted by the Amherst Center on Wednesday, December 9, 2015

1:30 to 3:00 p.m. at the Nelsonville Lutheran Church.

We will be honoring Rose Haarth, Badger Club 10 year Wisconsin Bookworms™ reader.

No blankets, books or toilettes this year.

Sherry Daniels, FLE:

Sherry told us about the UWEX re- structuring due to all the budget cuts. 4 educators may have to serve 4 counties. One point is they want the educators to spend 50% of their time with volunteers. That is good for us. Sherry will keep us informed.

Sherry will be teaching the Identity Theft Prevention lesson after lunch.

Sherry's tenure portfolio has passed the first step. 2nd step will be November 20.

Lynn made a motion to adjourn the meeting. JoAnn Seconded. We adjourned with the Homemaker's prayer at 11:30a.m.

Respectfully submitted

Jean Schwirtz, Secretary

Minutes approved: March 30, 2016 Spring Cty Day

1:00 Educational Lesson: Identity Theft and Prevention

We received lots of good information and materials to share with others



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**County HCE Summer Trip/Tour ~ Jean Schwirtz, Program Chair**

MARK YOUR CALENDARS: Wednesday, August 3... we are going to the George W. Mead Wildlife Area. S2148 Cty Road S, Miladore, Wi 715.457.6771

Please arrive by 10:00 am. There will be a DVD presentation, wagon ride (**NO WALKING!**) and time to tour/walk the flower gardens. The Souvenir showcase gift store will also be open.

Plan on bringing your own picnic lunch and we will stay right there to eat.

If you don't want to pack a lunch, Donna Martens has made arrangements with the Bunny Hop Restaurant in Junction City to make us Box Lunches. The lunch will include a chicken salad sandwich and your choice of potato salad or pasta salad and cole slaw or a side salad. (pick 2) Along with dessert. Bring your own drink. The cost is \$9.00 payable to Donna that day.

If you would like a box lunch contact Donna BEFORE July 27. Her phone number is 715.457.2276 or cell: 715.252.1024 or email martensd@tds.net.

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## Spring County Day Minutes March 30, 2016

Spring County Day, Stevens Point Center Hostess  
March 30, 2016 Annex building

Meeting was called to order by President Dianne Trzebiatowski. We opened with the Homemaker's Creed and Pledge to the Flag.

Roll Call: Jean Schwirtz; 12 members present plus our FLE: Dianne Trzebiatowski, Jean Schwirtz, Donna Martens, Jane Peterson, Betty Daberkow, Lynn Isherwood, Lorraine Danczyk, Marge Thiele, Pat Cummings, Violet Kawleski, Ella Jane Hall and FLE Sherry Daniels.

Secretary Report: Jean Schwirtz; Lynn Isherwood made a motion to accept the minutes as read. Lorraine Danczyk seconded...motion passed.

Treasurer report: Donna Martens; Donna presented the treasurer report; accepted and filed for review. All necessary reports have been sent into the state.

Program Planning: Jean Schwirtz; The programs for the year are listed in the Port-o-gram. Mark your calendars now so you don't miss anything. Betty Daberkow will attend the program planning meeting at the Spring District meeting for Jean. Jean will be attending the president's meeting for Dianne.

Family and Community Life: Betty Daberkow, Jane Peterson, JoAnn Tess (absent); Betty reported that her club supports the mobile pantry and now is going to support the Salvation Army. Each club is encouraged to support a charity.

Budget and Review: Donna Martens; We discussed the proposed budget for 2016. Betty made a motion to add \$455.00 to purchase books for the 2016-17 school year. Lynn seconded. Motion passed. The proposed budget was accepted as revised. We also reviewed the Financial Report for 2015. The treasurer book has been reviewed and all necessary forms have been sent to the state.

Cultural and Textile Arts: Lynn Isherwood; Cultural arts forms will be included in our next Port-o-gram for items to enter for competition at Achievement Day. The bonus category is, "Let's Make Music." Lynn will bring some bags made from feed sacks to Achievement Day on May 11, and we will discuss having a workshop to make them. The pattern was in the Jan/Feb/March Port-o-gram.

Historian: Ramona Romundson; absent

International: Lorraine Danczyk; Lorraine shared information on Quilt-lets that are being made for Nicaragua. It is just two pieces of fabric sewn together, no fillers. Lorraine will bring some to Achievement day on May 11 and we will discuss having a sewing day to make these to replace the quilt project that we did for Healthy Beginnings. The Learning Trip to Nicaragua at the end of February was very successful. The ladies are in need of beads for decorating the little bags they are making.

Marketing and Membership: Marge Thiele; nothing at the time

Wisconsin Bookworms™: Jean Schwirtz; This month of March we were selected to receive 1% of the Friday sale at the Stevens Point Area Co-op. Sherry received 260 copies of the book "Start Saving Henry" from WI Office of FDI (Federal Department of Literacy). We will use this book this fall. Donna will participate in the Wisconsin Bookworms™ Wis-Line on Tuesday, April 5.

Correspondence: None at this time.

#### UNFINISHED BUSINESS:

- 2 photo release forms are left to collect. 4 members do not want photos taken. We will need to be mindful of this when taking photos.
- Dianne shared information about the “Impact of HCE” and “On the Move & In the Grove“ forms. We are encouraged to participate and fill out the forms.

#### NEW BUSINESS:

- County projects: We will look into making quilt-lets for Nicaragua
- Sewing Day for cuddle pillows will be June 15, 8 to 12:30. at the annex.
- “Spring Getaway” will be discussed at Achievement Day on May 11. Maybe we can just get together for breakfast, lunch or go to Coloma to see the Heath Farm’s Greenhouse.
- Achievement Day, May 11 along with Sherry Daniels presenting “Mindfulness, Taking Care of You---Body, Mind and Spirit” we will also have a presentation on chair exercise.
- Spring District meeting will be held in Waupaca on April 19. Members attending will be Lorraine Danczyk, Betty Daberkow, Lynn Isherwood, Marge Thiele and Jean Schwirtz.
- County By-laws and Standing Rules were discussed. Several changes were made. Copies will go to all clubs and the changes will be voted on at Fall County Day, October 5. Included in the changes in the Standing Rules addition of #3 will be: County budget will include the cost of printing and mailing our county Port-o-gram... payable to the extension office. (rest of the numbers re-numbered after that. Jean will check on the old number 13 to see if the Legacy Fund still exists on the state level.
- Jean will reserve three rooms for the State conference in Eau Claire, Sept. 12-14.

#### Sherry Daniels, UWEX FLE:

Sherry told us about the UWEX re- structuring due to all the budget cuts is still all in the planning stages. No decisions have been made. Our region will include Marathon, Wood, Clark and Portage. Sherry has received letters of support from the state on her tenure paper. Hopefully tenure will be granted by July. Sherry is attending a lot of training sessions and teaching.

We adjourned with the Homemaker’s prayer at noon.

Respectfully submitted

Jean Schwirtz, Secretary

Minutes approved: May 25, 2016

1:00 Educational Lesson: Food Label Lingo, presented by FLE Sherry Daniels

We received lots of good information and materials to share with others.

**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)**



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## **SPRING DISTRICT MEETING ~ Jean Schwirtz, Program Chair**

ALL ABOARD! ...The HCE Train Tuesday, April 19, 2016  
Home and Community Education (HCE) members from the Central District met at the Waupaca County courthouse for their annual Spring District meeting.

Central District includes members from: Green Lake, Lincoln, Marathon, Marquette, Portage, Shawano, Waupaca, Waushara, and Winnebago Counties. Waupaca County HCE members hosted this event. Part of the day was spent in breakout sessions for the presidents, and program chairs for Cultural and Textile Arts (Lynn Isherwood), International (Lorraine Danczyk), Membership/Marketing (Marge Thiele), Educational Programs (Betty Daberkow), and the Wisconsin Bookworms™ programs.

The educational program was presented by Mike Kirk, who talked and shared photos about the Waupaca Railroad Depot restoration.

I attended the President's business meeting filling in for Dianne Trzebiatowski and took the minutes for the day filling in for Phyllis Dollar, Central District Secretary, so I REALLY had to listen! Some of the high-lights include: the late fee for registering for the state conference has been raised to \$50.00. The Central District will not reinstate the office of VP Family and Community Life and starting in 2017 the district will only have one meeting in the spring. There is a new committee called the Childhood Literacy Committee. This group will help find funds for any childhood literacy program that HCE sponsors. All conference information will be in the May Update.

It was a wonderful day. Thank you for letting me represent Portage County. Thank you also to Betty Daberkow for attending the Educational program session for me.

**"No one has ever become poor by giving."  
Anne Frank**

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## **SPRING DISTRICT MEETING ~ Marge Thiele, Marketing & Membership Chair**

Marketing and Membership Committee

The workshop was led by Carol Sybeldon. Ideas were shared on forming new clubs in our counties geared to special interest groups.

We also need to get the word out through advertising our programs in the newspaper and brochures. We also discussed some ideas for new marketing items. In 1990 we had 24,000 HCE members... in 2015 we have 3,700.

Let's work to get the word out!

## 2016 Achievement Day ~ Lynn Isherwood, Cultural Arts Chair

The morning program featured Fun & Fit chair exercises led by Santha Bickford, more of a workout than you might predict.

The afternoon program was "Taking Care of You - Body, Mind & Spirit" presented by Sherry Daniels. It taught us to step back during those "automatic pilot" activities and approach them in a more mindful manner. And a focus on your life values such as, live is too short not to \_\_\_\_\_ (fill in the blanks yourself) also life is too short to \_\_\_\_\_ (fill in the blanks yourself)," and focus on the important things in life.

The outpouring of crafts for the Cultural Arts Show was spectacular and varied - from quilting to embroidery, re-purposeful sewing, beading, knitting, creative use of music sheets - it was all there.

After judging we chose six items to send to the state show in September.

Beaded bracelets by Elinor Meyers; Christening dress made from the mother's wedding dress by Pat Leary; set of red-work embroidery dish towels by Pat Cummings (too beautiful to use on dishes); quilted "Simply Sunflower" wall hanging by Jean Schwirtz; "Snowball" pattern quilt by JoAnn Tess; first communions dress by Jean Schwirtz. We will also be sending "Let's Make Music" for the Bonus category, a wreath made by Dianne Trzebiatowski from special sheets of music.



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

Special thanks to all the HCE members that are making quiltlets for Nicaragua that are shipped and distributed to people in need.



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

Each and every one is very much appreciated. Here is a comment to you from one of the families who received a much needed bed for their child and a quiltlet:



Hola, estoy muy agradecida con ustedes por que han sido de mucha bendición a mi hija con esta hermosa cama se les agradece mucho xq asi como han hecho feliz a mi niña,tambien se que ha muchos niños han sido de bendicion en sus vidas. que Dios les bendiga.



“Hello, I am very grateful to you because you all have been a blessing to my daughter with this beautiful bed, we are very grateful and also have made happy my



child, I also know that many children will have a blessing in their lives. God bless you.”

**County HCE Workday ~ August 18th at the W/NP Warehouse**

**Join us at the Wisconsin  
Nicaragua Project  
warehouse on August 18th  
at 9 AM.**

**We will be helping sort and  
pack donated items!**

**Many Hands Make Light Work**



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



This May, the Wisconsin Bookworms™ program will have given out its 750,000th free book. That is truly something to be proud of.

Portage County has been a part of this program for 15 years. This year we have read to 260 students throughout Portage County.

This September at the state conference we will be honoring Ramona Romundsen for 15 years of being a reader and Esther Trzebiatowski and Jean Schwirtz for 10 years of service.

We were the recipients of \$396.00 from the Stevens Point Area Co-op from their 1% Friday sales in March and \$520.00 from the Amherst Lioness organization.



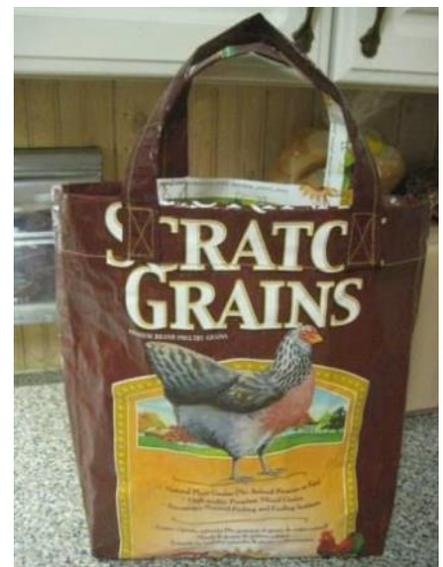
*Pictures of reader Lynn Isherwood*

**Feed Bag Bag Day ~ Lynn Isherwood, Cultural Arts Chair**

Because of the interest shown, we have scheduled a sewing day for the "feed bag" bags you have seen out and about.

**Wednesday, July 20  
8:30 to Noon  
Portage County Annex  
Rooms 1 & 2**

We will gather so find a neighbor or friend who has feed bags, wash it up and come join us. Bring scissors, sewing machine if you have a portable one, yardstick. The rest will be supplied. (a few bags will be available that day if you can't find one)



# CONFERENCE REGISTRATION MATERIALS ENCLOSED

Mark the dates of September 12-14, 2016 to attend this conference to recognize WAHCE's 76 years as an organization. Tours and workshops are planned to fill your days with fun and education.



West District invites all HCE members and friends to the 2016 WAHCE Annual Conference in Eau Claire, WI



### Cooperative Extension Staff

Connie Creighton, Department Head/  
4-H Youth Development Agent  
Sherry Daniels, Family Living Educator  
Ken Schroeder, Agriculture Agent  
Nathan Sandwick, 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)  
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