

From the President's Desk:



HAPPY NEW YEAR 2018!

The big news that I am extremely excited about is that Judy Spaeth and Pat McIntee have stepped up to take on the editorship of our Roots & Branches. Our newsletter is such an important part of our organization as it is our way of keeping in touch sending information and reminders about events and of course enjoying all the pictures that grace each issue. Just a reminder that it is OUR newsletter and I encourage EVERYONE to contribute. If you have an item of interest such as a story about your club, a class you took (or a session you enjoyed at State Conference) or a memory of something that happened a long time ago or anything else you can think of feel free to send it to Judy jurispæth@charter.net, Pat patriciam@nconnect.net or Jenny (at the office). Feel free to take pictures and email them also. Jenny and Carol do the actual layout and do a great job. A big THANK YOU to Susan Beck for her many years as editor. You did such a great job and I'm confident Judy and Pat will also do a wonderful job and make it their own. Thank you also to Judy Etta who is our new North Center Chairperson who I know will do a super job-she's very detail oriented!

We also had another very successful Mitten Drive. Thank you Deb LaBonte for your great organizational skills and many thanks to all to showed up to sort and deliver the mittens.

As we catch our breath from all our 80th anniversary activities last year we look forward to the New Year. January is our Do-it yourself month, Let us know what fun things your clubs are doing. The Board members have been discussing possibly doing a giving project for Family Promise. More details as we get them. February 8 will be a tour of the Spaulding Research Clinic. I think this will be very interesting-hope all of you will think so too.

We also will be changing our Quilt Raffle to a Cash Raffle this year with a \$500 top prize and continued donations of gift cards from our clubs and possibly local businesses. We are also doing a Bake Sale and possible Plant sale in Jackson instead of a rummage sale which we all agreed that it's time to do something different due to the amount of work involved and the fact that Claudie has moved. Her neighbor is willing to host the bake sale in May.

Keep tuned for more info On State Conference as Southeast District will be hosting the conference in Pewaukee and we will be called on to help out with hostess duties, table favors (candy) and anything else that may come up. I know that I will be able to count on all of you. Hopefully we will have more members than ever attending since it is close by-even if you only go for one day.

Again, I thank all of you for your continued support and readiness to help out for all our activities. THANK YOU! THANK YOU! THANK YOU!

I hope for a happy, healthy New Year 2018 for all of you!

Ginny Ramstack, Washington County HCE President ginnyramstack@gmail.com

January/February 2018

Roots and Branches



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HCE Officers

Liason's Message

Liaison's Message – Carol Bralich



New Year = New Focus!

We are coming off of a year of celebrating Washington County HCE's 80 years! This collective effort has sparked several clubs to think about how we can continue this high energy and momentum as an organization. HCE has been growing their presence out in the community this past year. Your organization is an asset to the community through educational efforts, volunteering and providing a positive social connection. As the community recognizes this, more opportunities will become available to continue to impact families in the community. You will be hearing more about one such effort from our Secretary Michelle Hansen. As discussed at the December 2017 board meeting, Michelle is connecting with Family Promise to investigate the agency's needs for the families and individuals they serve. You may recall that about one year ago, Kathleen Fischer presented information about Family Promise and the new Karl's Place facility currently under construction. Stay tuned to learn more about this opportunity.

Looking forward to working with all of you this New Year!



Carol Bralich
Family Living Educator



Calendar of Events

January/February/March Schedule of Events

❖ **Monday, January 1** ❄️

UW-Extension Office closed for New Year's Day holiday

❖ **Tuesday, February 6** – Board of Directors Meeting,
6:30 pm, PAC, West Bend, Room 3005 ❤️

❖ **Thursday, February 8** - Special Interest Meeting
Spaulding Clinical Tour at 1:00 P.M.,
525 S Silverbrook Drive, West Bend, 53095 ❤️

❖ **Thursday, March 1** – Special Interest Meeting -
Exploring Places of Interest in Wisconsin at 7:00 pm,
at the PAC, West Bend, Room 1113A&B 🍀

❖ **Friday, March 15** – Scholarship Application Forms
due in the UW-Extension Office 🍀

JANUARY 2018

S	M	T	W	T	F	S
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28	29	30	31			



FEBRUARY 2018

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25	26	27	28			



MARCH 2018

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25	26	27	28	29	30	31



(This letter to the editor was published in the Daily News on Saturday, Dec. 16, 2017)



An 80th Anniversary Thank You

This is the time of the year to reflect on the past and to be thankful for the blessings in one's life. During 2017 members of the Washington Co. Assn. for Home and Community Education reflected on 80 years of lifelong learning and community service. With clubs located all around Washington Co. the mission of this volunteer organization includes education, leadership and volunteerism. We are thankful for all of the members, past and present, who have dedicated time and resources toward the accomplishment of our mission. Many of our members have been active for over 55 years.

Activities during 2017 to commemorate the 80th anniversary included an exhibit at the History Center of Washington Co., an anniversary celebration at the Museum of Wisconsin Art, and a dedication of a legacy tree at the Washington County Fair Park grounds. We are thankful to our volunteer members who have worked to make our 80th year special. From monetary sponsorship to stuffing envelopes to serving refreshments to

greeting guests, the contributions of HCE volunteers are greatly appreciated. As a result they made our 80th year something to be remembered.

Thank you to those who supported our events: Carol Bralich and the UW-Extension Family Living staff, Museum of Wisconsin Art, Washington County History Center, Jill Badzinsky, Daily News, and many HCE members. Thank you to the 4-H youth who provided entertainment at our celebration: Rebekah Stege, Hartford; Andrew Beine, Allenton; and Jared Peterson, West Bend.

The planning committee provided opportunities to honor and remember our past members, to thank our present membership, to share with the community our accomplishments and to provide for a long lasting legacy for HCE. We hope that there will be many more years of learning, friendships, and community service for our present and future members.

Marma McIntee
HCE 80th Anniversary Planning
Committee Member
West Bend

SOUTH CENTER REPORT

October & November 2017



Slinger HNO made a donation for Pennies for Friendship. Their Christmas Party will be at MJ Stevens.

Hubertus Honeys contribute to Pennies for Friendship each month. Claudie updated all future special events and the upcoming 2018 year activities.

Coney River welcomes a new member, Judy Stephenson. They support Ventures in People, Haiti, and Pennies for Friendship. They look forward to programs in 2018. Their Christmas Party will be at the home of Mardell Rauh and will donate a variety of socks to a local food pantry.

Sugar N Spice Three members from the group made dishes from the November Whole Grain Goodness program. Deb Labonte shared her "Road Scholar" trip to Corning, New York on glass making. She reminded everyone about the Mittens for Many distribution on Dec 5th. Ruth Knetzger presented the evening project, a Hexagon quilt design from the early 1900's. They brainstormed ideas for the 2019 special interests programs. Jan Jilling will host their Christmas party on December 5th.

Respectfully submitted by
Janice Oestreich and Dorothy Bayard



Club Center News

NORTH CENTER REPORT

December 2017

EverReady held their Christmas Party on Dec 9th at their favorite NoNo's. Their Bake Sale fund raiser will be held in February.

Wayne Willing Weavers had a short October meeting before the County's Fall Association. In November they met at Culver's where they discussed projects for 2019. Their Christmas Party was Dec 1st at Top of the Ridge. They support Haiti, Samaritan Home, and Kewaskum Food Pantry. Judy Etta will donate for a water purifier.

Pressure Cookers will donate to a local needy family and are also looking into the Family Promise homeless center project, Carl's Place. Their Christmas Party was catered into the Hampton Inn conference room where three former members joined in the fun.

Twisted Sisters Michelle contacted the Gingerbread House to research volunteer opportunities for the group and Christine mentioned the Norbert Restaurant's community Thanksgiving Dinner and their need for donated pies. They are actively pursuing information about Carls' Place both for the club and to share with the county. After the business portion of their meeting, they painted ceramic ornaments.

With this report, I am proud to pass the "North Center" torch to **Judy Etta**. She is knowledgeable, involved and community minded. I look forward to her contributions as Center Chair.

Respectfully submitted by Judy Spaeth

HNO Remembers Dolly

by Sue Burke et al

Everyone is special!
But there are those who
are exceptional!
We in HCE and HNO were
saddened by the loss of
our dear friend, Dolly
Tannehill on December 7,
2017. She became a
member of Slinger HNO in
1971 and each of us has a
memory or two to share.



Jean Ritterbusch remembers Dolly being a very active member of HCE who enjoyed both State and National Conventions. She loved and attended most of the 50 years of College Days also. "Always ready for adventure", Dolly loved her Door County Air Stream home away from home. A few years ago, seven of the HNO girls spent a few days there taking in all that the Door had to offer, including the ferry to Washington Island and a theater night out at the Penninsula Players. Ususally known to have a no-carry-in alcohol policy, Dolly, with her finesse, managed carry-in approval. We had wine in plastic stem ware glasses and dessert! "Cheery, welcoming Hostess," that was Dolly!

Lil Butcher remembers several college days in Madison, and State Conferences that she attended with Dolly, and the fun of being one of the room-mates. She also was surprised to learn that sometimes the Tuesday Nite Board Meetings were enhanced with snacks and various liquid libations often supported by Dolly. A few years ago, Dolly asked Lil to repair an heirloom "Sunbonnet Sue" quilt that needed replacement of worn squares making it suitable for a Christmas gift for one of Dolly's granddaughters. Lil fondly recalls this collaboration with smile and laughter!

Past member, Vicki Laughlin, remembers her friendship with Dolly as one of the luckiest things in her life! Getting to know her as members of Red Hats, Senior Center Activities and AARP, eventually led Vicki to join HCE. She enjoyed several College Days and State Conferences, but also attending movies, plays, and lunches with Dolly enthusiastic spirit for the Arts. When Vickie suffered a serious shoulder injury and was "out of touch" for too long, Dolly "hunted" her down. Not knowing the last name of the son-in-law, Dolly went to his place of business to find how we could re-connect with Vicki! And we did! Vickie will be happy when she can reconnect with her very special lady-friend and can say: "Well Hello Dolly! Let's catch up!"

We know that Dolly's friend, Ila Gaynor, has wonderful stories to tell about their many years together as neighbors, and in HNO & HCE. My memories of Dolly share a lot of the good times mentioned by the gals of HNO, locally and in Door County. I loved her energy and eagerness to "go-for-it" whatever it might be! (I think she always had a suitcase ½ packed & ready to go!) I also loved her kindness and consideration for others. I can't remember her being negative about anything – and if so – she kept it to herself. I know we all in HCE will always feel glad to have been one of her zillion friends. We'll miss her!

Do you think Heaven was really ready for her arrival? Good bye Dolly. xo

P.S. Her obituary appeared in December 13th, 2017 in the West Bend News, more information available from the Phillip Funeral Home - Services January 8th at Cabrini.



Club & Center News

Come join us in April for our International Meeting on Cuba



There is more to Cuba than 60 year old autos. Come to the Special Interest meeting on Saturday, April 14, 2018 from noon to 3 PM and learn about Cuba, the land and the people!

WASHINGTON COUNTY HCE PROGRAMS FOR 2018

Project	Date of Meeting	Time(s) of Meeting(s)
Spaulding Clinical Tour	2/8/2018	1pm
Exploring Places of Interest in Wisconsin	3/1/2018	7pm
Cuba	4/14/2018	12 noon
Shalom Wildlife Tour	10/4/2018	10am
Casa Guadalupe	11/1/2018	7pm

INTRODUCING the R & B EDITORS FOR 2018.....

Hi, I am Pat McIntee. Currently I am the President of our club, The Pressure Cookers. I have been in HCE since 1988 and love every minute of it. The close friends I have made will be a part of my life forever. I look forward to this new challenge as co-editor of the newsletter. Please make our job easier by submitting your interesting adventures as HCE members!

Hi, I am Judy Spaeth. You have seen my name in the newsletter for quite some time now as North Center Chair. I have been with this organization since 1978 and have seen many changes since then. Pressure Cookers is also my club so Pat and I will be able to collaborate on our new assignment quite easily. We both are hoping to gain further insight into the technology of this position but do feel free to communicate with us in any way that is comfortable for you.

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Let us know if you signed up but are not receiving emailed copies of the Roots & Branches.

Newsletters are also posted on our UWEX website.

Roots & Branches issue dates are Jan/Feb, Mar/April, May/June, Sept/Oct., and Nov/Dec.



Membership Ideas from SE District Chair

“Retired and Inspired”. Some counties’ clubs are going into nursing homes and beginning nursing home clubs.

Talk to other people about HCE – what it is, what it means to you, why you joined – in hopes of garnering new interest.

Prepare information for your club on what membership includes, like CWC, NVON, and ACWW. Let your own people know what we are really a part of (not all of our members are aware of the structure of our national and international ties).

If you don’t already have a new member kit, put one together. Perhaps have a committee or club within you county to handle that.

Contact members who are missing or absent to let them know they are missed.

Celebrate HCE week is November 5th-11th. Celebrate by increasing visibility, possibly by putting signs in grocery stores or other local businesses.

Consider paying membership dues for those who have reached 50 years or more, or one year membership for new members.

Consider a subscription to Update for the presidents of your clubs.

If you have a newsletter, put a few copies in the library.

Try hard not to use the word “Homemaker”. It hasn’t been our name for 25 years.

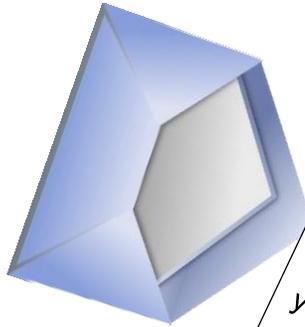
If you invite a new person to a meeting, make sure it’s a fun one!

Charlene Southworth
Membership Chair – Southeast District
Waukesha County HCE President

Southeast District Meeting in Waukesha



We enjoyed a spectacular show at the Planetarium Meeting. After the business meeting and lunch from the Rochester Deli, we enjoyed a spectacular show at the Planetarium.



Thank you so much for the generous donation of hats and mittens for our students! Thank you for your kindness!

Olivia Wetzel
Rossman School
Counselor



Little Selah modeling a hat

In 2018
Making Mittens For Many
meets at the West Bend
Library: 9:00 a.m. – 1:00
p.m.
January 6th, February 10th,
March 10th, and April 14th
In the Board Room, north
side of building, 1st floor.
Follow the SIGNS.
~Marge Kufahl

All bagged up and ready to go to the car.



This talented and generous group made 908 soft cozy items to be distributed throughout our county. If you'd like to contribute your time and skills to this project, contact Marge Kufahl for information.

This year the mitten tree project delivered to 27 agencies in the county. Two of these agencies were new. We had twelve volunteers that made the day move along quickly. Thanks to you gals for being a part of this great project. We delivered over 1200 gifts of mittens, gloves, scarves, hats, blankets, and slippers. Thanks to all who donated these beautiful gifts.

Debbie Labonte





National
Volunteer
Outreach
Network



2018 NVON and WAHCE Conferences

You may now make your **reservations for the 2018 NVON Conference and the 2018 WAHCE Conference** to be held at the Country Springs Hotel, 2810 Gold Road, Pewaukee, WI 53072 (Waukesha County).

Reservations may be made at any time by calling (262) 547-0201. You must mention either the NVON Conference (July 16-18, 2018) or WAHCE State Conference, September 17-19. The group rate is \$99.00 per night for up to two people in a room. Additional people are \$10 each. Water park tickets are also available.

Room have been blocked for Sunday, Monday, Tuesday and Wednesday. When making your reservation, they are requesting a credit card and processing a payment for the first night's stay.

The Country Springs Hotel is undergoing extensive renovations. Sometime in the spring the name will change to The Ingleside. A lot of the rooms currently have two double beds, but that may change to queens with renovation. You should specify the type of room you want. There are a few Executive Suites, too.

If you have any questions please call me Donna Zarovy at (262) 857-7502. Leave a message if I do not answer.

Donna Zarovy, Conference Chair



**Whole Grain Goodness
November 2, 2017**



Special thanks to Ginny Ramstack, Judy Spaeth, Mary Deering, Pat McIntee, and Marilyn Herro who put this wonderful Special Interest Meeting together.

WCAHCE Scholarships

Washington County HCE Scholarship forms are available from the UW-Extension Office.

Scholarships are awarded to members or extended family members of WCAHCE who are deserving high school graduates, who plan to continue their education at an accredited college or vocational school.

Due to the early Spring Fling date this year, **scholarship forms are due in the UW-Extension Office by March 15th.**



HCE Challenge for the Fair

After seeing all the handmade Christmas gifts at our Christmas Party, I want you to stay busy during the winter months knitting, crocheting, sewing and other skills. If you haven't use these skills for years now is a great time to start. So the first aren't perfect we need hats, mitten/gloves, scarves, slippers, shawls for many and save your best one for the Fair. Lap robes are needed for Nicaragua. Marilyn Mayer needs sewing challengers. Sew something for your grandchildren, or make something for yourself, a scarf, dress or purse. There is a whole area of home furnishings and even card making. If you make it we will try and find a place for it. Open class is staffed by our own HCE members, Center "Show your skills" and "Questions" to match the title. Call Mary Krueger at 262-338-0539.

MAKE A BOWL

A one-bowl meal is easy and delicious! The presentation is fun, too.

The essentials...

To make a meal in a bowl you need four essentials: a cooked whole **grain or potato**, a cooked **protein**, **vegetables** (raw or cooked or both!), and a **dressing** or sauce. Items are usually cooked and hot and ready to serve but you can also make cold versions, too.

Assembly

The whole grain goes in the bottom and it is topped by protein, veggies, and then a swirl of dressing. Always go light on the dressing so you do not add a lot of calories. You can use a store-bought dressing or easily make one using oil, vinegar or lemon juice, and grated ginger or fresh herbs.

Packing it to go

A bowl is an excellent choice for lunch away from home. You can layer the items in a large sealable plastic container.

Remember to keep it chilled. For best results, put the dressing on the bottom with the grains.



Chicken Taco Bowl

- ❖ 1 cup of cooked quinoa
- ❖ 1 cup cooked chicken breast, skinless, sliced
- ❖ 1 cup raw broccoli
- ❖ 1/2 avocado
- ❖ 1 tomato, cored and diced
- ❖ 1/2 cup diced red onion
- ❖ 1/2 cup diced green pepper
- ❖ 1/4 cup raw arugula
- ❖ 1 lime
- ❖ dash of hot pepper sauce, balsamic vinegar glaze

Layer ingredients in 2 large bowls placing the quinoa on the bottom followed by the chicken, veggies, lime and hot pepper sauce. Serve with lemon wedges. This bowl can be served hot or cold.

Serves 2. Each 1 bowl

serving: 325 calories, 9g fat, 1g saturated fat, 0g trans fat, 43mg cholesterol, 91mg sodium, 39g carbohydrate, 8g fiber, 9g sugars, 25g protein.

Free Tax Assistance

Including Homestead Tax Credit



(Service provided by trained AARP volunteers.)

Please do NOT call for Reservations until after January 10th. Individuals may check for sites at www.aarp.org

BEGINNING FEBRUARY 1 – APRIL 12, 2018 SLINGER LIBRARY, 220 Slinger Road
THURSDAYS 9:15 AM – 2:30 PM **CALL 262-644-6171 AFTER 1/10/18 FOR REQUIRED RESERVATION.**

BEGINNING JANUARY 31 – APRIL 11, 2018 GERMANTOWN SENIOR CENTER, W162 N11960 PARK AVENUE
WEDNESDAYS 9:00 AM – 2:30 PM - **CALL 262-253-7799 AFTER 1/10/18 FOR REQUIRED RESERVATION.**

BEGINNING FEBRUARY 2 – APRIL 13, 2018 MENOMONEE FALLS LIBRARY W156 N8436 PILGRIM RD, 1 BLOCK EAST OF CITY HALL, **FRIDAYS 9:30 AM – 3:00 PM CALL 262-255-8460 AFTER 1/10/18 FOR REQUIRED RESERVATION.**

BEGINNING JANUARY 31 – APRIL 11, 2018 CEDARBURG TOWN HALL 1293 WASHINGTON AVENUE
WEDNESDAYS 8:30 AM – 2:30 PM **CALL 262-377-0750 AFTER 1/10/18 FOR REQUIRED RESERVATION.**

BEGINNING FEBRUARY 6 – APRIL 17, 2018 PORT WASHINGTON SENIOR CENTER, 403 FOSTER ST.
TUESDAYS 9:30 AM – 1:30 PM **CALL 262-284-5821 AFTER 1/10/18 FOR REQUIRED RESERVATION.**

BEGINNING FEBRUARY 5 – APRIL 16, 2018 SUSSEX LIBRARY, N64 W23820 MAIN ST.
MONDAYS 9:30 AM – 3:00 PM **CALL 262-246-5181 AFTER 1/10/18 FOR REQUIRED RESERVATION.**

BE SURE TO BRING WITH YOU:

- **Must have photo i.d.**
- Social Security card if not on Social Security
- last year's taxes
- all 1099 forms from banks
- Social Security, or annuities
- W-2 forms from any employers
- monthly Social Security amount
- original rent certificate or copy of property tax bill

For those not on Medicare, must have employer sponsored or ACA form (Affordable Care Act). The ACA form can be obtained from the Marketplace and shows how much was paid and what the credit was. If you would like direct deposit, bring a check with your account number and routing number. Tax forms can be obtained at the West Bend Library, your local post office, etc. Contact these locations ahead to confirm availability.



The due date for your 2017
Federal income tax return is
Tuesday, April 17, 2018.

Wisconsin Bookworms™ Report—Marma McIntee

Wow! What a fantastic year 2017 was. All of the events to celebrate our 80th anniversary were fun, successful and memorable. I hope that 2018 is a great year for everyone. Our 2017/18 Wisconsin Bookworms™ year is well under way and going very smoothly. As of January we have a great start to our fundraising for the 2018-19 school year that will start in the fall. We are about 80% of the way to reaching our goal. So it is now time to start my 2018 Match Challenge.

Thanks to all of you for your efforts in our fund raising events: rummage sale, quilt raffle, etc. Without you we could not make this such a successful program. If you know of any businesses or service groups that we might contact for 2018, please contact me or Carol Bralich with names and details.

The deadline is important for my new “Match Challenge” because we must submit our order for books by May. So read on and thanks ahead of time for your donations:

Wisconsin Bookworm™ Match Challenge:

For this year I challenge members to make a donation of \$15 or more for the 2018 Wisconsin Bookworms™ fundraising year. I will match every donation from individual members (not a club donation) up to a total of \$500 for the Bookworms program. Send your Wisconsin Bookworms™ donation to me with the **BOOKWORM CHALLENGE FORM**. Your deadline for this challenge is May 15. GO HCE GO!!!

BOOKWORMS™ CHALLENGE FORM

Here is my donation for the Wisconsin Bookworms™ Program.

Name _____

Address _____

Club _____

Amount of my donation _____

Make checks payable to: Washington County HCE
Mail to: Marma McIntee, 1409 Poplar St., West Bend, WI 53095

