

Port-O-Gram

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



November - December 2016

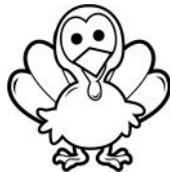


NOVEMBER

6-12 National HCE Week



24 Thanksgiving Day



DECEMBER

3-4 Tomorrow River Christmas

Lettie Jensen Center,
Amherst

Each member is asked
to furnish 6 dozen

(2 batches) homemade cookies, candy,
or other goodies or donate \$20.00.



7 Christmas Honor Tea

1:30 - 3:00 PM

Host: Stevens Point
Annex Building,
Rooms 1 & 2

Installation of County Officers
Honor Fifty Year Member

Anna Young

Honor Wisconsin Bookworms™
Readers

Ramona Romundson

Jean Schwirtz

Esther Trzebiatowski

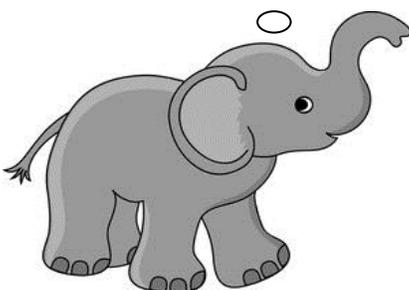


15 Port-O-Gram deadline

25 Merry Christmas!



*Remember 2017
Program Book
Information is due to
Jean Schwirtz
by November 8th!*



A Message From President Dianne Trzebiatowski



First of all, thank you for your continued faith and support for me as county HCE president; also, my special thanks (and congratulations) to Jean Schwirtz for accepting the nomination and being elected county secretary for another 2-yr term. The standing committee chairs have also graciously agreed to continue serving our organization for another year. Thanks to these dedicated ladies.

I want to challenge each member to help this organization continue, and maybe even expand, our outreach projects. Working together, we can help create positive change and continue to make a difference in our homes and communities.

Nine Portage County HCE members attended the recent State Conference, "76 Trombones Leading HCE", in Eau Claire. Thanks for allowing me to represent our county at the WAHCE business meeting. Conference statistics and highlights are included in this newsletter, as well as reports from those who attended.

Nine ladies (8 members plus a friend) got our new "Stitches of Love" project off to a great start by finishing 23 quiltlets on August 31. Marge Thiele took the remaining fabric that had been cut and finished an additional 6 quiltlets at home. Thanks for all of the hard work!

It was great to have such a good turnout for Fall County Day in Nelsonville on Oct. 5. We accomplished a lot at the business meeting and also helped Sherry Daniels celebrate her birthday and her return to work following recent back surgery.

Dianne

Program Book Information ~ Dianne Trzebiatowski, President

Please have all your program book information, meeting dates, sites, officer names etc. to Jean Schwirtz by November 8th. We need the information in order to have the 2017 Program books ready to be distributed at the Christmas Honor Tea on December 7th.

We are including the "Impact of HCE" forms in the program books so everyone can jot down their HCE activities and contributions during the year. We need to show our support for our state organization by our participation in this WAHCE Project. Please take a few minutes NOW to recall and write down what you have done since June 1(2016), so you can then record and continue to keep track of what you do for HCE (until June 1,2017) in the program book.

I am sure we will all be surprised at the "estimated monetary value" our time, volunteering, and contributions amount to for the year.

Portage County Association for Home and Community Education (HCE) 2017 Program Book
HCE - Working Together Can Create Positive Change Let's Make it Happen!
Name _____
Club _____
Address _____
Phone _____
 HCE is associated with me and Community Education HCE Website www.wahcenc.org

“NEW”- ONE TIME CONTINUOUS Photo Release ~ Dianne Trzebiatowski, President

Please fill out your NEW "Photo Release", which is now continuous, you only will have to complete it once!

Complete your form indicating if you:

Yes, give HCE permission to use photographs of you and/or specific family members.

or

No, if you choose not give permission.

YES

NO

Regardless of your choice, please turn your form in as soon as possible at a club meeting, at the Christmas Tea, or to the Extension Office.

Fall County Day Business Meeting ~ Dianne Trzebiatowski, President

We spent a lot of time discussing and revising the proposed 2017 budget so that the expenses include Port-O-Gram costs and book label printing,* as well as increased amounts for book purchases, conference expenses, and Update subscriptions. (*To cut expenses, we will no longer put labels on the pillowcases or quiltlets.)

The revised County By Laws were approved and, following a discussion regarding state conference expenses, the County Rules were accepted with the addition of a rule regarding that the room expenses be paid for the conference.

It was decided that we will no longer play bingo (Pleasant Hour) at the PCHCC and we will address the possibility of perhaps playing at a different location, or doing a different activity, at a later date. Any suggestions? The individual clubs should find and decide on a club project to do or support. We will include information on those "Club Services or Stitches of Love" in future newsletters.

The members also voted to raise the price of our cookies to 50¢ a piece or \$5.00 a dozen at the Tomorrow River Christmas Cookie Sale. Your monetary donation should reflect that increase as well, if possible.

Sherry's program on "Building Money Wise Children" was very informative and everyone was encouraged to discuss money and making wise "money" decisions with their children/grandchildren/great grandchildren. We received some great ideas, suggestions and sources to use when helping children understand and deal with money matters. Thanks, Sherry!

The final Fall Central District Meeting (hosted by Waushara County HCE) will be Oct. 25 in Wild Rose. Six members will be attending from Portage County.

Executive Board Minutes August 24, 2016 ~ Jean Schwirtz, Secretary

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; 8 members present plus our FLE: Dianne Trzebiatowski, Jean Schwirtz, Donna Martens, Betty Daberkow, JoAnn Tess, Lynn Isherwood, Ramona Romundson, Henrietta Garski and FLE Sherry Daniels.

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

Treasurer report: Donna Martens; Donna presented the treasurer report; accepted and filed for review. Ramona had the \$25.00 bill for our 4 tables at the Tomorrow River Christmas cookie sale, December 3 and 4. The new organizer is Brenda Fletcher from Plover.

Program Planning: Jean Schwirtz; Our summer tour to the George W. Mead Wildlife Center on August 3 was very good. A picture and article is in the September/October Port-o-gram. Jean will look into going to the refurbished house in Scandinavia that has a lot of sewing machines and Antiquity Acres in Amherst for next year... and also a spring trip to the Heath Farms in Coloma for flowers.

Family and Community Life: Betty Daberkow, Jane Peterson (absent), JoAnn Tess; We made 80 Cuddle Pillow cases on June 22 at the Annex. The sewing day for quilt-lets for Nicaragua is Wednesday, August 31, 8:30 to noon at the Annex. Lorraine has not heard from the lady with the labels. Sewing machines: Pat Leary, Marge Thiele, Betty Daberkow and Jean Schwirtz

Sherry Daniels, UWEX FLE:

The summer Giving Gardens have done extremely well with all the rain we have had. They have been able to share produce at several food pantries, the HOPE Center, and the mobile pantry. Sherry has been on TV 7 promoting the Food Preservation Lunch and Learn classes that are held on Mondays at noon at the Lincoln Center. There has been good attendance of people wanting to learn to preserve their own garden produce. Sherry is also teaching Financial Wellness at the Juvenile Detention Center in Stevens Point once a week.

Budget and Review: Donna Martens; not at this time

Cultural and Textile Arts: Lynn Isherwood; Lynn had a Bag sewing day on July 20. She has more bags if anyone would like to make more of them. Arrangements were made as to who will be picking up/taking items to the state HCE show. Next year we will look into entering 11 items.

Historian: Ramona Romundson; Ramona will look into having a window display at the Jensen Center in Amherst for National HCE Week, November 6-12. We could highlight our W/NP projects.

(Minutes continued)

International: Lorraine Danczyk; (absent) Portage County HCE workday at the warehouse was Thursday, August 19 beginning at 9:00. 6 HCE members attended along with many others and accomplished a lot.

Marketing and Membership: Marge Thiele; Pay dues by September 30.

Wisconsin Bookworms™: Jean Schwirtz; We will continue to read at our 5 sites to 260 students. Readers should get their “number of students” to Jean as soon as possible. Jean will bring the books for October, November and December to Fall County Day in Nelsonville on October 5. Donna will apply to SPARTA for another donation. New member Nancy Schulze would like to be a reader. There will be a bill for the printing of our book labels/payable to the Extension office. Correspondence: None

UNFINISHED BUSINESS:

We will vote on the revised bylaws at Fall County Day, October 5.

Members attending the state conference are: Betty Daberkow, Lorraine Danczyk (Tuesday with Amy Wiza: W/NP), Lynne Dernbach, Rose Haarth, Pat Leary, Donna Martens, Sharon McNew, Nancy Schulze, Jean Schwirtz, and Dianne Trzebiatowski.

Pat Leary and Dianne Trzebiatowski will make a “Fall Theme” basket for the silent auction for the conference.

NEW BUSINESS:

Quilt-let sewing day, August 31

Fall district meeting is October 25 at Wild Rose. Dianne will share information when it arrives.

We adjourned with the Homemaker’s prayer at 11:30a.m.

Respectfully submitted

Jean Schwirtz, Secretary

Minutes approved: October 5, 2016

**NEW Standing Rules
Approved 10-5-16**

A copy is included with this newsletter.

State Conference Reports

"76 Trombones Leading HCE" Conference Report ~ Jean Schwirtz, Program Chair

"76 Trombones Leading HCE" was the theme for this year's 76th State WAHCE conference held at the Plaza Hotel and suites in Eau Claire, Wi. There were 335 people attending the conference which included 55 first time attendees.



Keynote presenter J.P. Olson, Women Empowerment, opened the conference. Our Tuesday banquet entertainment was also provided by J.P. Olson.

My Tuesday morning class was an extension from the "Women's Empowerment" presentation given by J.P. Olsen. We heard many stories about the need for women to FEEL empowered and to BE empowered.

As your program chair, I attended two Educational programs. They were: "Super Foods and A Healthy You" and "Keeping Your Brain Fit As You Age." I hope to offer both of these programs for our membership next year.

All the conference attendees attended the "2016 ACWW Triennial to England Report" session. Joan Staffon, our WAHCE President spoke about her trip to England to attend this conference. I also attended "Pre-planning for the Loss of a Loved One" presented by Lori Baltrusis, Sawyer County FLE and a "Trunk Show of Quilts" by Jane Weiss.

It was a great conference, and great facility. The rooms for the cultural arts display and silent auction items were huge. It made it so easy to take your time to look and enjoy.

Next year we will be heading to the Wilderness Resort in Wisconsin Dells.

Thank you to Portage County for giving me the opportunity to represent you at the State Conference as the Program Chair. It is always a wonderful time of friendship and learning.



Portage County members who attended the conference were: seated: Donna Martens, Rose Haarth, Dianne Trzebiatowski standing: Betty Daberkow, Jean Schwirtz and Nancy Schulze. Not pictured: Sharon McNew, Lorraine Danczyk and Amy Wiza.

"Super Foods for a Healthier You!" Conference Report ~ Rose Haarth

Have you ever noticed what color your food is? Just by adding some fruits and/or vegetables from each color grouping your plate looks more appealing and beneficial to your health. Let us see how appealing it can be. . .

Menu 1

Breakfast:

Oatmeal (1 cup)
Juice
Low-Fat Milk (1/2 cup)
Whole Wheat Toast (1 slice)
Peanut Butter (1 tsp)
Coffee (1 cup)

Lunch:

Roast Beef (3 oz)
Mustard (1 tsp)
Wheat Bread (2 slices)
Low-Fat Milk (1 cup)

Snack:

Graham Crackers (4)
Ice Water

Dinner:

Grilled Pork Chop (4 oz)
Wild Rice Blend (1/2 cup)
Dinner Roll (1)
Angel Food Cake (1 slice)
Low-Fat Milk (1 cup)

Menu 2 with Super Foods

To Breakfast Add:

1/4 cup of Raisins to the oatmeal

1 Tbsp Raspberry Jam to the toast

To Lunch Add:

Lettuce (2 leaves) to sandwich
Onion (1 slice) to sandwich
Tomato (1 slice) to sandwich
Vegetable Soup (1 cup)
Mini Carrots (7)

To Snack Add:

Sliced Apple (1 medium)

To Dinner Add:

Spinach (1 cup) & Strawberry
(1/2 cup) Salad

Steamed Broccoli & Cauliflower
Blend (1/2 cup)

Blueberries (1/4 cup) on cake

Add an Evening Snack:

Banana (1)

By adding these simple "Super Foods" at each meal, you may help prevent chronic diseases, cancer, and help to keep a healthier weight. A variety of colors makes the difference!

"As you cruise the grocery aisles, remember all forms count. Pick up fruits and veggies throughout the store; it's okay to grab canned and frozen. Try dried as well! And of course, 100% juice."

www.fruitsandveggiesmorematters.org

"She had us all singing." Conference Report ~ Donna Martens, Treasurer

A Random Assortment of Musical Instruments opened my first session with a large circle of us and Judy Miller, retired teacher playing an Appalachian Dulcimer. She is a drum circle leader in Wisconsin Rapids. After playing a couple Native American flutes and Hand Percussion Instruments she had each of us take a drum, wood blocks, sticks, Finger cymbals, Triangle, Tambourine, Cowbell and Agogo Bells. We were in four groups and each given a different rhythm to play. We played two sets of different rhythms. What fun.

The benefits of drumming are: to reduce stress, change our immune function, energizes us, get us in touch with inner creativity, find joy, experience rhythm, feel inner peace, sense a community connection, try something new and to just have FUN.

The History of the Handkerchief and the 17 types explained non-verbal form of communication. Elizabeth the First gave gestures with hankies as to her needs or wants. Shakespeare used them for emotion. And they were a symbol of wealth and class. Children's hankies were used to teach. They had history lessons, inventions and taught geography. Many of us had hankies with edges crocheted by grandma.

Choosing the Right Apple for the Right Job by Chippewa Co. UW-Extension Agriculture Agent was an extremely good update on apples. He used the saying on pruning, "If you can throw a cat through, you've done enough pruning."

Amy Wiza gave a very good presentation on How the Learning Centers Empower Women in Nicaragua. She had a very full room.

I met so many old friends and the Keynote Speaker was enjoyable and entertaining. She had us all singing.

"Hiking the Wisconsin Ice Age Trail " Conference Report ~ Sharon McNew

The workshop, "Hiking the Wisconsin Ice Age Trail" was not my first choice; however, I can't say enough about it.

The trail was proposed in the 1950's and has evolved into a beautiful way to enjoy Wisconsin and its natural beauty first hand. All segments of the trail are open to travel by foot for hiking and backpacking. On the trail you can encounter nature at its best from rock formations to Marsh Marigolds.

The speaker shared a multi-media presentation which gave the sense of walking with the presenter on his multi-month hike. The photography and music were excellent and gave me the sense of calm with every step.

On my way to town I have passed the Wisconsin Ice Age Trail sign hundreds of times but the session made the Wisconsin Ice Age Trail "come to life"!

“Learning Center Programs Empower Women” Conference Report ~ Lorraine Danczyk

This was the afternoon session I attended at the WAHCE Conference on Tuesday, September 13th. Amy Wiza discussed how the Learning Center Program within Wisconsin/Nicaragua Partners impacts the level of empowerment among Women in Nicaragua.

The Learning Centers provide vocational skill development as well as personal empowerment. Chepita, coordinator of the Cedro Galan Learning Center, was used as an example. Chepita has been a volunteer in Nicaragua with W/NP for about 20 years, once a student of a sewing class and now a teacher and Learning Center coordinator in her community. Chepita's participation in the bakery, jewelry, sewing and gardening classes have provided invaluable skills she willingly shares with all who desire to learn. Chepita and her Learning Center have received many donations of supplies from the WAHCE members in Wisconsin.

It was great to see how our efforts of gathering supplies in Wisconsin have a significant impact on the women in Nicaragua. Amy thanked the ladies for all their generous donations and their involvement with Wisconsin Nicaragua Partners.

“Busy from when we got there to the end” Conference Report ~ Betty Daberkow

The 2016 WAHCE Convention kept us busy from the time we got there to the end. I enjoyed The Amish Tour and exploring the Woodshed which was two stories of handcrafted Amish furniture, some quilts and lots of accessories for the home.

Keynote Speaker was J.P. Olson who gave a report on her missionary work abroad. I also attended her Women Empowerment session. She spoke of the poverty and abuse in Haiti. She said that if you got a couple blocks off the main road you would find nothing has been done since the Hurricane because of the corruption over there.

I also attended Super Foods and A Healthy You presented by Mary Ann Schilling of Waushara County. Then Amy Wiza and Lorraine Danczyk came for the day and did a great job presenting how the Learning Center Program Empowers Women in Nicaragua. Next was Keeping Your Brain Fit As You Age. Lastly was the Trunk Show of Quilts presented by Jane Weiss. She is a retired Nurse Practitioner and took up quilting. She was truly an artist and has a studio in Elroy, WI. I had been seated at her table the night before and we talked about quilting but she never indicated that she would be the presenter the next day.

The Cultural Arts were displayed beautifully and the Silent Auction was great. The Plaza was a very nice to have the convention.

“The excitement of learning separates youth from old age. As long as you’re learning you’re not old.” ~ Rosalyn S. Yalow

“Cultural Arts Show” Conference Report ~ Jean Schwirtz

WAHCE held their annual Cultural Arts Show. Portage County’s entries included:

- A. Jean Schwirtz, a first communion dress, Merit Award
- B. Elinor Myers, beaded bracelets, Blue ribbon
- C. Joann Tess, antique snowballs quilt, Red ribbon
- D. Pat Cummings, red work embroidery dish towels, blue ribbon
- E. Jean Schwirtz, sunflower wall-hanging, blue ribbon
- F. Pat Leary, baptism gown, blue ribbon.
- G. In the bonus category, “Let’s Make Music”, Dianne Trzebiatowski won the viewer’s choice top award for the wreath she has made out of her grandmothers hymnal pages



A



B



C



E



D



F



G

"Impressions from a First Timer" Conference Report ~ Nancy Schulze

This was the first time I went to the HCE Annual State Conference. It was a wonderful time. I met many wonderful, inspirational women. We were busy from the time we got there.

The tour I went on was a behind the scene tour of the Zoo and then the Leinenkugel's Brewery. Everyone I talked to that went on other tours all enjoyed them as well.

Since it was my first time it was quite an experience. The host ladies did a marvelous job. I thoroughly enjoyed all the workshops I went to, which were all educational and I especially enjoyed learning about the Monarch Butterfly.

The Cultural Arts entries were overwhelming! The talent of all the women's entries that were there were exceptional. It was so hard to decide which to vote for. There were also many Silent Auction items to choose from. I am also thankful for the monetary support I received to attend the Conference.

2016 State Conference Statistics & Awards* ~ Dianne Trzebiatowski

Total Attendance 335

One Day Registrations	22
Out of State Attendees	1
First Timers	55
Men	8
FLEs	8
Non-members	4

Membership +188 = 3637 *

**30 Counties increased membership*

2016 Membership Challenge*

** to form a new club in the county*

Winners: Polk County
Sheboygan County

Cultural Arts Show

418 entries from 44 counties

People's Choice Award (2)

Glass Mosaic/Collage Window
~ Marathon County
Counted Cross Stitch Wolf
~ Juneau County

CA from Portage County (6 items)

5 Blue, 1 Red
1 Medallion ~ Jean Schwirtz (sewing)

Bonus Category "Let's Make Music"

Award (36 entries)

Portage County ~ Dianne Trzebiatowski

Cultural Arts Quilt Raffle

13 items \$1201.00

Top Counties with + Membership

Marathon +13 (2 yrs in a row)
Columbia +14
Adams +16
Polk +17 (2 yrs in a row)
Shawano +37

Silent Auction

183 items \$2,906.00

Portage Co. "Fall Decor Basket" \$50.00
Other donated items from P.C. \$71.00

"Pennies for Friendship"

Collected at the banquet \$446.33

*The WAHCE "Educational Program Awards", "Services of Love", "Stitches of Love", and "Club Community Awards" winners will be included in a future newsletter.

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

Consumer Alert: Aggressive IRS Scam Calls are Taxing Wisconsin Consumers



Fake IRS calls are hitting Wisconsin residents hard recently, and everyone is asked to be on guard against these threatening scam attempts. If you receive one of these calls, hang up immediately. The Consumer Protection Hotline at the Wisconsin Department of Agriculture, Trade and Consumer Protection (DATCP) has seen a spike in inquiries about this scam this week. Consumers statewide are reporting aggressive calls from scammers claiming to be with the IRS, demanding immediate payment for (fake) back taxes. The callers typically threaten the potential victims with legal action or jail time.

In the latest round of IRS impostor calls, the scammers have added iTunes gift cards as a way to pay. According to the Federal Trade Commission, other payment methods scammers might ask for include Amazon gift cards, PayPal, reloadable cards like MoneyPak, Reloadit, or Vanilla, or by wiring money through services like Western Union or MoneyGram. Do not fall for this scam, and tell your friends, coworkers and family members to be on alert!

Remember that the IRS will never call you demanding immediate payment or making threats. If there is an actual issue with your taxes, the IRS will contact you by postal mail – not by phone or email. If you question the legitimacy of a communication from a governmental agency, contact DATCP's Consumer Protection Hotline (800-422-7128) or call the misrepresented agency directly to inquire.

This alert was issued by the WI Department of Trade & Consumer Protection. For additional information or to file a complaint, call the Consumer Protection Hotline, 1-800-422-7128.

From the W/NP Office of Amy Wiza

Wisconsin/Nicaragua Partners and WAHCE have enjoyed a fruitful relationship for many years. We invite you to travel to Nicaragua and get a first-hand look at how the assortment of in-kind donations from HCE have been changing lives and offering opportunity to the women in Nicaragua.



WISCONSIN/NICARAGUA
Partners of the Americas, Inc.

February 16-25, 2017 Learning Center Trek

This experience provides an understanding of how one person really does make a difference. Our self-governed Learning Centers in Nicaragua have become very successful as they address the desire for continued education and learning new skills. Estimated cost \$1200 plus airfare



Deposit of \$200 will hold your reservation, remaining balance due prior to departure. Contact wnp@uwsp.edu for more information or registration form. 715-346-4702

Food as Medicine “SUPER FOODS ~ *Mastery of Aging Well Series, Extension.org*

As people age they typically need less food (fewer calories), but about the same amount of **most vitamins and minerals**. This means that older adults need to focus on eating nutrient-dense foods – those high in vitamins and minerals at a lower calorie "cost". As one eighty-five year old put it, “I need more carrots and less coconut cake.” Nutrient-dense foods include:

- most fruits and, vegetables
- low-fat or fat-free dairy foods
- lean meats
- legumes
- whole grains

Increasingly, research is finding that specific foods - typically the more colorful, plant-based foods - have disease-fighting capabilities.

- Blue, purple, and red foods, such as berries, are rich in phytochemicals that may reduce risk for some cancers.
- Dark green, leafy vegetables, such as spinach and kale, may be beneficial in preventing or slowing the disease of macular degeneration, the leading cause of blindness in aging adults.



Buying nutrient-dense foods means shopping with color in mind. Upon entering the grocery store:

- Start with the produce section and select a variety of colorful fruits and vegetables, especially those that are in season.
- Buying produce in season is not only important for taste and nutrition, it also is economical.
- Spend as little time as possible in the aisles with processed or canned foods. Those generally contain ingredients, like sugar, salt, and fat, that add calories with few or no micronutrients so important for good health.
- Start slowly and select one or two appealing vegetable items; then identify a variety of simple tasty ways to prepare them. The options abound.
- Even something less well known, such as kale (the curly-edged, dark green, leafy vegetable often used as garnish in restaurants), has tasty possibilities.
- Consider making "kale chips:"
 1. Wash and thoroughly dry the kale.
 2. Cut it into chip-size pieces with kitchen shears.
 3. Be sure to remove the middle rib on each leaf of kale.
 4. Place on a baking sheet.
 5. Drizzle the pieces with a little olive oil.
 6. Sprinkle them with a seasoning (such as turmeric, nutmeg or a salt-substitute).
 7. Bake at 350 degrees for 8-10 minutes.

Another idea:

1. Place cut-up, well washed, and dried kale leaves in a blender or food processor and turn them into flakes.
2. Store those flakes in the freezer in a sealable bag.
3. Regularly add a spoonful of kale flakes to soups or sprinkle on salads.

This is the second in a series of articles based on topics from the “Mastery of Aging Well Series” developed in partnership with the AARP, Oregon State University Extended Campus and OSU Extension. These topics can be presented more in depth as an educational opportunity. Independent self-study is also available on line. If you are interested in learning more please contact Sherry Daniels, Portage County UW-Extension, Family Living Educator at 715-346-1316.

Wisconsin Bookworms™ ~ Jean Schwirtz, Coordinator

Portage County HCE members began our 16th year of reading in the month of October. We began in the fall of 2001 reading to 36 students in the Amherst and Almond area.



This year we will be reading/giving books to 260 students each month in the Amherst, Almond/Bancroft and Stevens Point area. Readers are Rose Haarth, Ramona Romundsen, Esther Trzebiatowski, Sharon McNew, Joyce Baird, Marge Thiele, Lynn Isherwood, Donna Martens, Dianne Trzebiatowski, Nancy Schulze and Jean Schwirtz.

Please join us at the Christmas Honor Tea, December 7 in Stevens Point as we honor 10 year readers, Esther Trzebiatowski and Jean Schwirtz and 15 year reader Ramona Romundson.

Picture Perfect! ~ Jean Schwirtz



Quilt-let Sewing Day

HCE members held the first quilt-let sewing day on Wednesday, August 31. 24 quilt-lets were made to donate to the Wisconsin/Nicaragua partners for people in the hospital. *Picture: Members attending included: Dee Erlandson (Betty's guest), Lorraine Danczyk, Dianne Trzebiatowski, Betty Daberkow* Sitting: *Pat Cummings, Jean Schwirtz, Donna Martens. Nancy Schulze attended, but is not pictured.*

Special Guests at the Badger Club Meeting

Members of the Badger HCE club enjoyed the display/presentation given by Elisha, Evie and Elwood Riley about all of their 4-H projects.

Elisha sharing information about her 4H exchange trip to Costa Rica, at their September meeting.



Tomorrow River Christmas ~ Annual Cookie Sale/Fundraiser

Portage County HCE will once again be participating in the
**Tomorrow River Christmas Holiday Sale in
Amherst on December 3 and 4**

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



Our work schedule will be:

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 10 a.m to 3 p.m. - Badger

BAKING
for **GOOD**

Christmas Honor Tea ~ Stevens Point Center

The Stevens Point Center invites you to join us
for this year's

Annual Christmas Honor Tea

Wednesday, December 7, 2016

1:30 to 3:00 p.m.



Portage County Annex, Rooms 1 & 2

We will be Honoring

50 year Member

Anna Young, North Almond

Wisconsin Bookworms™ Readers

10 years: Esther Trzebiatowski and Jean Schwirtz, Badger Club

15 years: Ramona Romundson



Share it in the Port-O-Gram!

Submit Club or Center activity information along with photos for inclusion in the Port-O-Gram to:

*Portage County UW-Extension
c/o Denise Rocha
1462 Strongs Ave, Stevens Point, WI 54481
or email: denise.rocha@ces.uwex.edu*



- ◆ Please include names of the people in any submitted photos.
- ◆ Photos will be returned via mail.
- ◆ Questions? Call Denise at 715-346-1316



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

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Toll-Free: 1-866-920-2525

*University of Wisconsin, United States Department of Agriculture and Wisconsin Counties Cooperating
UW-Extension provides equal opportunities in employment and programming, including Title IX and ADA requirements. Please make requests for reasonable accommodations to ensure equal access to educational programs as early as possible preceding the scheduled program, service or activity.*

HCE Website:

www.wahceinc.org

Portage County Website:

www.portage.uwex.edu

Publications Website:

www.learningstore.uwex.edu

Local Government Websites:

www.co.portage.wi.us
www.stevenspoint.com
www.ploverwi.gov
www.n.villageofalmond.com
www.amherstwi.govoffice2.com3
www.townofamherst.org
www.junctioncitywi.com
www.plainfieldwis.com