



## THE BRIDGE

## FEBRUARY 2009

Dear Friends,

I hope you are staying warm with all the cold winter weather that we have been having. I think back to sharing "Clean Up Clutter" with you. Cold days spent inside seem to lend themselves to perhaps cleaning out a drawer or closet. How are you doing with your goals to "clean up clutter" in your home?

For many, Valentine's Day means a day to tell those special to you and loved ones, how much we care and value them in our lives. The following story illustrates that a true value is sometimes hidden. To share:

### The Peasant and the Apple Tree

"A small apple tree growing in the middle of a peasant's garden never blossomed. Each year, the peasant grew increasingly frustrated at the tree's barrenness, and one day he decided to cut it down.

The sparrows and crickets who made their nest in its branches begged the peasant not to do it.

'This tree is valuable,' they said. 'Destroy it and you will force us to find new homes elsewhere. You won't hear our singing and chirping anymore.'

The peasant ignored their pleas, grabbed his ax, and began hacking away. But after several strokes, he realized that the tree was hollow. More curiously, the tree was dripping a yellow liquid. The peasant looked inside the trunk and found a hive of bees making a large

store of honey.

Delighted with his discovery, the peasant thought to himself: *Why, this small tree is more valuable than I realized and worth keeping after all!*



Aesop's Moral: True value is sometimes hidden.

Reference: Noonan, D., (2005). [Aesop & the CEO: powerful business insights from aesop's ancient fables.](#) Nashville: Nelson Books.

*Karen*

### FEBRUARY CALENDAR



#### February

- 9—Family Impact Seminar Planning
- 10—BCCF Team Meeting, Stevens Point
- 12—Reality Store, Sparta High School
- 14—Happy Valentine's Day!
- 16—Agriculture & Extension Education Committee
- 17—Monroe County Planning Council
- 18—Staff Development, Tomah
- 24—FLP Team Co-Chairs, Madison

#### March

- 2-4—Statewide Department Head Conference, Stevens Point
- 5—Strengthening Families, Tomah
- 10—Strengthening Families, Tomah
- 12—CAP Board, Westby
- 12—Strengthening Families, Tomah

# WAYS TO SAVE MONEY IN 2009



- **Plan meals around what you have on hand and what is a good price in the store.** A good goal is to keep ingredients on hand for at least 5 meals for breakfast, lunch and dinner.
- **Planned leftovers** help save time and money.
- **Do not buy snack or dessert foods in bulk;** they will not last longer they will get eaten!
- **Buy grains, canned beans and frozen vegetables in bulk** when they are on sale.
- Use **seasonal produce** for meals and snacks for better value. Right now you can find specials on potatoes, cabbage, carrots, broccoli, apples, pears and citrus fruits.
- **A general rule of thumb for better buys:** The less processed the food, the lower the cost. Bulk rice is cheaper than boxes of flavored rice. Whole potatoes are less expensive than frozen-fried and boxed instant mashed. Whole apples are a better value than apple pie or apple bars. Rolled oats are less expensive than packaged cereal or cereal bars. And these items are better for you because they are usually lower in fat, sodium and sugar. They are often higher in fiber.
- **Rice and pasta make great staples** for the pantry and are very low in cost per ounce. They keep for a long time, too. Rice can add variety to meals. Take a look in your grocer's rice aisle. Shoppers now have more choices than ever with rice. Rice is a cheap food when compared to most cost per ounce. It is naturally low in fat and sodium. Some interesting varieties worth trying are brown wehani rice, brown basmati rice, brown jasmine rice, forbidden black rice, and red rice.
- **Plan your meals and make a list.** Shop by yourself when you are not hungry or stressed so you can make better decisions.



## HIGH-CARBOHYDRATE DIETS

The problem with many high-CHO diets is that they are loaded with refined grains (white flour, corn starch, white rice, etc.) and refined sugars (sucrose, corn syrup, honey, etc.) and fruit and vegetable juices. The key to eating a healthy high-CHO diet is to get the vast majority of your CHO calories from whole grains, vegetables, fruits and beans. People should try to get at least 80 to 90% of their CHO calories from those foods rather than the refined carbs that are nearly as bad as too much salt, saturated & trans fats, and cholesterol in promoting CVD, weight gain, and diabetes and increasing the risk of many cancers. Unfortunately the average American gets the vast majority of calories from foods full of salt, unhealthy fats, and refined carbs.



## MAKE THE RIGHT CHOICE

A cinnamon roll is about 500 calories.

A healthy breakfast plate can be just 250 calories and contains more food. The healthy breakfast plate formula is 1 cup of milk/nonfat yogurt, 1 serving of whole grain and 1 cup fruit. Variations might include: oatmeal with skim milk/fruit; yogurt with whole-grain cereal, fruit; smoothie (skim milk, fruit) whole grain toast; or whole grain cereal, skim milk, and fruit.



When choosing foods for lunch and dinner, think vegetables! Half of the plate should be non-starch vegetables like salad, steamed broccoli, spinach, summer squash, asparagus, cabbage, tomatoes, etc. The other half should be split between a starchy, high fiber food like potatoes, yams, or whole grains and a lean protein choice. Examples are rice with baked chicken or fish & veggies; potatoes, fish, steamed veggies; or pasta with vegetables and lean turkey.

Source: Communicating Food for Health, January 2009

# Earned Income Credit and Child Care Credit



Today we are confronting the most serious downturn in many decades. In 2009, an increasing number of low and moderate income working families and individuals are struggling financially and are more likely to need help from two federal tax benefits, the Earned Income Credit (EIC) and the Child Tax Credit (CTC).



What is the Earned Income Credit? The EIC is a tax benefit for working people who earn low or moderate incomes. It has several important purposes: to offset taxes, to supplement very low wages, and to provide a work incentive.

## Who can get the EIC?

Single or married people who worked full-time or part-time at some time in 2008 can qualify for the EIC, depending on their income.

- Workers who were raising one child in their home and had income of less than \$33,995 (or \$36,995 for married workers) in 2008 can get an EIC up to \$2,917.
- Workers who were raising more than one child in their home and had income of less than \$38,646 (or \$41,646 for married workers) can get an EIC of up to \$4,824.
- Workers who were not raising children in their home, were between ages 25 and 64 on December 31, 2008 and had income below \$12,880 (or \$15,880) for married workers can get an EIC up to \$438.

Workers with investment income exceeding \$2,950 in 2008 may not claim the EIC.

## How do you get the EIC?

- Workers raising a “qualifying child” in their home in 2008 must file either Form 1040 or 1040A and *must* fill out and attach Schedule EIC. Workers with children cannot get the EIC if they file Form 1040EZ or do not attach Schedule EIC. Married workers must file a joint return to get EIC.



- Workers who were not raising a “qualifying child” in their home in 2009 can file any tax form—including the 1040EZ. These workers write the dollar amount of their credit on the Earned Income Tax Credit line on the tax form. They do not file Schedule EIC.
- A correct name and Social Security number must be provided for every person listed on the tax return and Schedule EIC. If this information is incorrect or missing, the IRS will delay the refund.
- Workers don’t have to calculate their own EIC; if they choose, the IRS will do it for them! Write “EIC” to the left of the line on the tax form for the amount of EIC.

## Child Tax Credit Expanded for 2008

The financial rescue legislation enacted by Congress in October 2008 included a Child Tax Credit (CTC) expansion that will immediately benefit 13 million children. Families are now eligible for the CTC if they earned at least \$8,500 in 2008, a change from \$12,050 which would have been the minimum income this year. In addition to the newly eligible people, many low-income families with earnings higher than the previous \$12,050 will get an increase in the CTC. For example, a worker with two children who earned \$16,000 in 2008 will now receive a CTC refund of \$1,126 as compared to a CTC refund of \$593 under the previous rules.

How do families get the Child Tax Credit refund?

1. File a federal income tax return—Form 1040 or 1040A, but not 1040EZ.
2. File Form 8812. This form must be attached to the tax return for a family to receive the CTC refund.



## How does the CTC work?

- Eligible families can get up to \$1,000 for each qualifying child under age 17 claimed on their tax return.
- The CTC refund is based on the amount by which the earned income of a worker (and spouse if married) exceeds \$8,500.

# Wisconsin Association for Home & Community Education Cultural & Textile Arts Show -- 2009

## 1. Paintings/Drawings Framed or Wrapped

- A. Oil
- B. Acrylic
- C. Water Color
- D. Mixed Media
- E. Other

## 2. Photography

- A. Color - Landscape
- B. Color - Plants
- C. Color - Animals
- D. Color - People
- E. Miscellaneous
- F. Black/White - any subject

## 3. Sewing

- A. Children's Wear
- B. Adult Wear
- C. Original Design
- D. Wearable Art
- E. Other

## 4. Knitting

- A. Bedspread/Tablecloth
- B. Wearable Item
- C. Machine Knit
- D. Afghan
- E. Other

## 5. Crocheting

- A. Bedspread/Tablecloth
- B. Wearable Item
- C. Doily/Dresser Scarf
- D. Afghan
- E. Other

## 6. Hand Stitching

- A. Needlepoint
- B. Embroidery
- C. Crewel
- D. Counted Cross Stitch
- E. Plastic Canvas
- F. Hardanger
- G. Sampler (any skill)
- H. Other

## 7. Heritage Skills

- A. Rosemaling
- B. Tatting
- C. Quilling
- D. Woodworking
- E. Basketry
- F. Spinning/Weaving
- G. Felting
- H. Beading
- I. Swedish Weaving
- J. Rug Making
- K. Other

## 8. Quilting

- Tied*
- A. Pieced
- B. Appliquè/Embroidery
- Hand Quilted*
- C. Pieced
- D. Appliquè/Embroidery
- Machine Quilted By You*
- E. Pieced
- F. Appliquè/Embroidery
- Machine Quilted Professionally*
- G. Pieced
- H. Appliquè/Embroidery

## 9. Wall Hanging

- A. Hand Quilted
- B. Machine Quilted
- C. Paper Pieced Only
- D. Other

## 10. Table Runner

- A. Hand Quilted
- B. Machine Quilted
- C. Paper Pieced Only
- D. Other

## 11. Miscellaneous

- A. Textile
- B. Wood-Construction
- C. Glass
- D. Handcrafted Toy or Doll
- E. Jewelry
- F. Painting on Fabric or other
- G. Painting on China
- H. Ceramics/Polymer Clay
- I. Cards - six
- J. Scrapbooking
- K. Other

Poem, Essay, Short Story/Play must accompany this form. Include 3 copies, stapled individually if multiple pages.

## 12. Poem

## 13. Essay

Original, 1 topic; 250-500 words

## 14. Short Story/Play

- Original that has beginning, middle and end.
- 3,000 words or less. (Do not count "a", "an", and "the".)



WI Association for Home & Community Education



# Association for Home and Community Education

## "BITS AND PIECES FROM LOUISE"

BRRRRR! Sounds like the coldest week of the year is upon us as I write this.



On January 10, we had a well attended day at Ginny's Cupboards in Sparta. Executive Board Meeting was followed by lunch then a lesson on slow cooking. One club was not represented, if they would like a copy of the lesson they should contact me. The lesson was from a State Conference workshop.

Are you a 50 year member? If so, call me for an application form to fill out and return to me by March 1.

State Conference 2011 will be in Onalaska at Stoney Creek Inn. The committee is looking for a theme for that conference. If you have any ideas, get them to me by March 12<sup>th</sup>.

Applications for scholarships for high school graduates are available from schools or from Wilma Tucker. Please encourage those grandchildren to fill one out.

Our Christmas Cookie and Candy sale was a success. Final figures are not available but will be over \$200.00. Thank you for a job well done.

Spring Fling is coming up on April 18 in Sparta. Are you working on your Cultural Arts exhibits? A copy of the entry form is in this newsletter.

A Leadership Training is scheduled for February 24, check your program booklet for details. Plan on joining us that day. Special thanks to Marlene Kamrath and Bernie

Arena for the completed program booklet—well done! And to Joan and the office for the typing and completing.

KEEP WARM!

Louise Buchholz, HCE President

## FEBRUARY CALENDAR



**February 15 - March newsletter deadline**

**February 24 - Leadership Training @ Tomah**

**Please note that the 2009 WAHCE Cultural & Textile Arts Show categories are on page 4 of this newsletter.**

## HCE 2008-2009 STUDENT SCHOLARSHIP



Monroe County HCE Scholarship application for students for the school year 08-09 are now being accepted. All must be received by May 1, 2009.

Students must be a son, daughter, grandson or granddaughter of a Monroe County HCE member.

For more information or an application contact Wilma Tucker, 12295 State Hwy. 27, Sparta, WI 54656

-Wilma Tucker  
Scholarship Chair

## WEST SIDE NEWS

-Margaret Rowan, News Editor  
Sparta Center, Annabelle Sharp, Chair



### **Isham Valley: Vera Siekert, Secy.**

The Isham Valley HCE met January 14 with Eva Clay, President. Dorothy Peterson called the meeting to order with the Homemaker's Creed. Eight members were present. Jokes were read for roll call. The secretary's and treasurer's reports were read and placed on file. Thank you notes from Rolling Hills, Morrow Home, Time for Ease and Families First were read. Summary of Accomplishments for the past month were noted. Reports of the Executive Board meeting were shared. Handbooks were passed out and reviewed. Being recognized for years of membership will be Dolores Jenkins—55 yrs.; Dolores Kenyon—60 yrs; and Wilma Tucker—30 yrs. Vera Siekert shared information on eyeglasses. We plan to eat out in February. Roll call will be to donate money to purchase eyeglasses for the International Program. Valentines will be exchanged and secret pals names will be guessed. The Bridge was reviewed and the meeting adjourned with the Homemaker's prayer.



### **INTERNATIONAL NEWS—Margaret Rowan & Vera Siekert**

If anyone is interested in a supplier for reading glasses, contact Vera Siekert, 269-4716. We will be collecting used glasses and eyeglass cases this year as well as material and sewing notions.



## FEBRUARY 24<sup>TH</sup> LEADERSHIP TRAINING OFFERS: "GOING GREEN TIPS, NEW COUNTY RECYCLING UPDATE, PREVENTIVE MEASURES FOR EYE DISEASES, THE FLU & MORE"



Get the latest update on recycling requirements in Monroe County. Find out what you can do to help the environment and "Go Green" in your everyday life. See what's out there, where you'll find it, and how to use it. What can you do to help prevent eye diseases? Ward off the flu? And more.

Experts will answer all these questions at our leadership training.

Join us at the LaGrange Town Hall on Tuesday, February 24<sup>th</sup>. The program will feature "Going Green & Recycling" 10:00 a.m. to 11:00 a.m. A snack break from 11:00 a.m. to 11:30 a.m., "Preventive Measures" 11:30 a.m. to 12:30 p.m.

Please call Bernie Arena, 272-3371, or Marlene Kamrath, 372-4362, to register. There is no charge to attend. We just need a count for handouts.

Hope to see you there!

-Bernie Arena



**Executive Board Meeting  
Ginny's Cupboard  
127 North Water Street, Sparta  
Saturday, January 10, 2009  
10:00 a.m.**

President Louise Buchholz called the meeting to order. Creed was read. Ann Baker recommended a revision of Summary of Accomplishments be added to agenda; Bernie Arena asked to have combining of club awards on one certificate. Margaret Rowan moved additions be added to agenda, Vera Siekert seconded motion. Motion carried. Louise recognized that Wilma Tucker had observed her 90th birthday the previous day. Roll call: Marlene Kamrath, Sharon Jensen, Dolores Jenkins, Vera Siekert, Annabelle Sharp, Helen Richards, Luann Martin, Mae Flaig, Wilma Tucker, Karen Joos, Bernie Arena, Margaret Rowan, Phyllis Snider, Lois Eberhardt, Louise Buchholz and Ann Baker. Bonita Weiland and Delores Kenyon came before meeting was over.

Bernie Arena moved to approve secretary's report as printed. Phyllis Snider seconded the motion. Motion passed. Bernie Arena gave treasurer's report which was placed on file. MCHCE has 64 members at the present time. A brief discussion was held on the cookie and candy sale.

Committee Reports:

- A. Bernie gave report on Bookworm™ Project.
- B. Bernie reported on Family.
- C. Cultural Arts—no official report - several volunteered to help at Spring Fling.
- D. International—Margaret Rowan had nothing new to report; a brief discussion held on eyeglass project. Members should continue to collect sewing supplies, fabric, etc.
- E. Community Outreach—Phyllis Snider informed group of Women's Health Night to be held at Cranberry Country Lodge in Tomah on January 22, 2009, 4:00 p.m.-8:00 p.m. Also discussed Operation Homefront.
- F. Membership and Marketing—Dolores Jenkins had some excellent articles in local newspapers on MCHCE activities.
- G. Scholarship—Wilma has new application forms - Tomah and Sparta Schools have inquired if we were continuing the

scholarships. Wilma will send Monroe County schools information needed.

Family Living Agent Report - Karen Joos talked about Rent Smart program. Tomah and Sparta schools are interested in having the program. Sparta Museum will have a Tea Time Quilt program on January 29<sup>th</sup> at 4:00 p.m.

Center Reports from Lois Eberhardt, Annabelle Sharp and Luann Marten.

Unfinished Business—

- A. Cookie and Candy Sale—will have again next year.
- B. Christmas Event—was enjoyed by those who attended.
- C. Expense Sheets—should be turned in to Bernie Arena.
- D. Summary of Accomplishments—send to Ann Baker by January 31, 2009.
- E. WAHCE—Several activities done by clubs in county.

New Business—

- A. St. Clares Mission—4 clubs will furnish snacks on four Tuesdays in May.
- B. Spring Fling will be on April 18<sup>th</sup> at the VFW in Sparta—soup and salad luncheon—\$5 plus \$1 for extra expenses.
- C. Cultural Arts—Volunteers will help Velma Overby.
- D. 2011 State Conference, Stoney Creek in Onalaska, September 12-13-14 in 2011.
- E. Easter Bake Sale—Easter is April 12—plans should be made by Center Chairs.
- F. Special Award for Cramer's—will be planned for Spring Fling.
- G. Program Books—no mistakes found.
- H. Revision of Summary of Accomplishments and Awards—Awards Committee will take charge—changes will be presented to the Executive Board at March meeting. Discussion on Concert in Park Concession in summer.

Meeting was adjourned. Following lunch, Louise Buchholz presented a lesson on using "The Slow Cooker".

-Respectfully submitted,  
Ann Baker, Secretary



# **WAHCE AWARDED SCHOLARSHIPS**

## **Jones-Lee Scholarship**

The Nellie-Kedzie Jones and Blanche L. Lee Scholarships were established to honor two outstanding State Leaders of UW-Extension. To encourage more applicants, the two scholarships were combined in 2001 into one \$1,000 scholarship. All applicants must be associated with WAHCE. All WAHCE members in good standing, their children, step-children, and their grandchildren are eligible.

The scholarship is to be used for a two-year associate degree in a vocational, technical school or to continue education at the university level as a full or part-time student with a minimum of four credits. The recipient must be a resident of Wisconsin and may receive the Jones-Lee Scholarship only once. The Application is due April 1 to the Scholarship Chair.

## **Ardith McDowell International Scholarship**

The Ardith McDowell International Scholarship was established to honor Ardith, a long-time member of the Wisconsin Association for Home and Community Education, Inc (WAHCE), as retiring Letter Friend Coordinator for Associated Country Women of the World (ACWW) for eight and a half years. During that time Ardith matched 648 women to write to each other from 230 societies in 42 countries all over the world.

This scholarship is available to *WAHCS members only*, for travel to a WAHCE supported international project. It may be received only once in three years, and is to be used for travel expenses. The application is due April 1 to the Scholarship Chair.

## **Memorial Leadership Scholarship**

The Memorial Leadership Scholarship was established through a memorial fund from the Betty Hilbert estate and the monies from the WAHCE Legacy Fund. This scholarship (\$175) is to be used to encourage members of WAHCE to seek leadership training so they may become capable, willing and enthusiastic leaders in the organization.

This scholarship is available to *WAHCE members only* for registration to a leadership program. (Members of the WAHCE State Board are not eligible). The application is due April 1 to the Scholarship Chair and may be used for leadership opportunities during the previous months from the last Scholarship, as well as to upcoming leadership opportunities.

All of the above scholarship applications are on the WAHCE web site: [www.wahceinc.org](http://www.wahceinc.org) and should be submitted to the WAHCE Scholarship Chair: Susan Beck, 3109 Mill Road, Jackson, WI 53037.

## **Ruth Buxton Sayre Scholarship**

Ruth Buxton Sayre was known as the "First Lady of the Farm: and inspired millions of rural women around the world to improve themselves and their communities with her practicality, humor, decency, and common sense. She earned high posts in state, national and international organizations and served as ACWW President from 1947-1953.

Country Women's Council USA, offers a Ruth B. Sayre Memorial Scholarship each year to a woman who is a resident of North or South America, who shows a financial need, and who has the ability to complete her education. The Scholarship recipient or recipients shall be paid up to the amount of \$500 for a year's period of study, the money to be sent to the educational institution she is attending for tuition and/or books. Deadline for submission is March 15 to WAHCE President, Marcelline Protheroe, N6131 22<sup>nd</sup> Drive, Wild Rose, WI 54984.