



THE BRIDGE

JULY/AUGUST 2009

Dear Friends,

Summer has finally arrived. I'm sure many of us wondered with our cool spring if summer would ever make an appearance. Although summer is hectic, it always seems to be a more relaxing time.

The focus of summer for many families is family get-togethers, reunions, picnics, family events such as weddings, spending quality family time and perhaps reconnecting with friends.

Gergen, D. & Vanourek G. (2008) from their book Life entrepreneurs: Ordinary people creating extraordinary lives, offers these thoughts on relationships.

"Our relationships—the interpersonal connections we may have with a spouse, partner, family, friends, mentors, colleagues and others—deeply pervade our core identity. Our identity is a pale shadow without the people in our lives. According to the Zulu saying, omuntu ngumuntu ngabantu; 'A person is a person because of other people.'

It is through the people in our lives that we find opportunities to serve, learn, grow, share, wisdom, find solidarity, and celebrate what we can accomplish together."

I hope you have the time this summer for interpersonal connections in your life whether it be with family or friends.

Happy 4th of July,

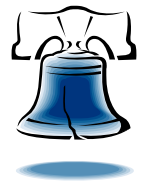
Karen



JULY/AUGUST CALENDAR

JULY

- 3—July 4th Holiday—UW-Extension Office closed
- 6—Welcome to Brittany Johnson 4-H Youth Interim
- 9—Tenure Workshop, Stevens Point
- 13—Agriculture & Extension Education Committee
- 16—Affordable Housing State Team meeting, Tomah
- 29-August 2—Monroe County Fair



AUGUST

- 5—Monroe County HCE Executive Board meeting & picnic
- 10—CLC Advisory Committee
- 11—Safe Communities Coalition
- 26—Monroe County Housing Coalition



SUMMER SHOPPING BEST BETS

To eat healthier and get everyone in your house doing the same, be a clever shopper this summer.



- Stock up on seasonal fresh fruits. Now is the time to stock up on more fruit and less packaged snacks. Or to visit a farmer's market to try new things. It is best if you prepare the fruits so they are ready to grab and eat from the refrigerator. Some seasonal options you might consider are cherries, berries (strawberries, blueberries, raspberries, blackberries, etc.), peaches, plums, melons, mangos, and grapes. Of course you can always top your fruit with a variety of flavored yogurt for an additional nutritional boost.
- Stock up on seasonal vegetables such as tomatoes, corn, zucchini, and potatoes that can be used in a variety of meals and dishes.
- Put the healthiest food items in the easiest to see and reach spots in your pantry or refrigerator. Juice, milk, and water should be the easiest to reach drinks.
- Buy less "junk food" and store it out of site or in hard-to-reach places. Eventually you may find yourself eating less of it and buying less over time.

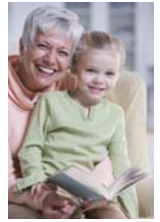
If you haven't in the past, you may want to try a variety of flavored vinegar to top salads. Consider that vinegar is less expensive and lower in sodium, fat, and sugar than most bottled dressings.

Whole grain cereals can be used to top fruit treats or to put on top of baked fruit cobblers and yogurt. What a great and healthy way to add crunch and whole grains to your diet.

Source: Communicating Food for Health Newsletter, June 2009



GRANDPARENTS RAISING GRANDCHILDREN



Have you heard these comments from people who are raising children for a relative and who are parenting for the second time around?

- These kids aren't like mine when I raised mine.
- These kids know more about drugs and sex than I did when I was married.
- These kids expect the best in clothing and everything. My kids had nice things, but it was what we could afford.
- I don't know how to help these kids with schoolwork; everything has changed because of computers.

These are real concerns. Raising children is becoming more and more challenging each year. For grandparents or other relatives who are raising children, the challenges are even greater.

In today's world, children learn about life on the playground or in the media; often before parents think they are ready. We can't always choose our children's friends, but we can set a good example and we can be clear when we speak to them about our own values. Today, children ask about sex or drugs at a very young age. It's not just curiosity; they need to know basic facts to protect themselves from those who might try to harm them. If you need help learning how to start conversations with the children that you care for, ask their teachers, health professionals, a social worker or clergy person for advice.

Research has shown that grandparents who are raising their grandchildren feel closer to their grandchildren. They find parenting grandchildren more enjoyable and easier than they did parenting their own children. Many say they are more relaxed and able to give greater attention to their grandchildren. The challenges that they face, however, are lack of energy and physical limitations due to aging. Sometimes they feel the strain of trying to be both a traditional grandparent and a parent.

HEALTHY COOKING WITH FRESH HERBS



Whether you plant them or pick them up at the grocery store or farmers' market, adding fresh herbs is a quick way to transform *ordinary* meals into *extraordinary* meals.

Besides helping flavor foods when cutting back on salt, fat, and sugar, herbs may offer additional benefits of their own. Researchers are finding many culinary herbs (both fresh and dried) have antioxidants that may help protect against such diseases as cancer and heart disease.

Take some "thyme" (pun intended) to cook with fresh herbs. Here are some tips to help you enjoy the flavor and health benefits of fresh herbs in your cooking.

When substituting fresh herbs for dried herbs a general guideline is to use 3 times as much fresh herbs as dried herbs. When substituting you will be often more successful substituting fresh herbs for dried herbs, rather than the other way around.



If you are purchasing fresh herbs, purchase them close to the time you plan to use them. When growing herbs in your own garden the ideal time for picking is in the morning after the dew has dried but before the sun gets hot. This helps ensure the best flavor and storage quality.

Fresh herbs can be stored in an open or perforated plastic bag in your refrigerator crisper drawer for a few days. If you don't have access to commercial perforated bags, use a sharp object to make several small holes in a regular plastic bag.

Wash herbs when you are ready to use them. Wash smaller amounts of herbs thoroughly under running water. Shake off moisture or spin dry in a salad spinner. Pat off any remaining moisture with clean paper towels.

For most recipes, mince herbs into tiny pieces is to chop with a chef's knife on a cutting board or snip with a kitchen scissors. While some recipes call for a sprig or sprigs of herbs, normally the part of the herb you harvest will be the leaves. For herbs with sturdier stems, such as marjoram, oregano, rosemary, sage and thyme, you can strip off the leaves by running your fingers down the stem from top to bottom. With small-leaved plants such as thyme, you can use both leaves and stems for cooking early in the season. Later in the season as the stems become tougher, use just the leaves.



Unlike dried herbs, fresh herbs are usually added toward the end in cooked dishes to preserve their flavor. Add the more delicate herbs, basil, chives, cilantro, dill leaves, parsley, marjoram, and mint a minute or two before the end of cooking or sprinkle them on the food before serving. Less delicate herbs such as dill seeds, oregano, rosemary, tarragon and thyme, can be added the last 20 minutes of cooking. Fresh herbs can be added to refrigerated cold foods several hours before serving. Allow time for cold foods with herbs to chill to help the flavors blend.

The easiest method to freeze herbs is to "wash, drain and pat dry with paper towels". Wrap a few sprigs or leaves in freezer wrap and place in a freezer bag; seal and freeze. These can be chopped and used in cooked dishes.



FASHION SENSE FOR AGELESS DRESSING



What happens as we age?

In our 30's, laugh lines appear, shoulders narrow, body fat changes to 30%.

In our 40's, gray hair appears, we have wider hips, some belly fat, flabby arms and rounded shoulders.

In our 50's, more gray hair, laugh lines turn into folds, we become heavier.

In our 60's, we begin to see our mothers in the mirror, hormones begin to change, we get age spots, we experience hair loss, less body fat, skin tone changes.

In our 70's, our joints begin to stiffen, we have drooping breasts, shrinking height, our legs are thinner, varicose veins develop and we lost muscle tone.

In our 80's, our muscles weaken, we have facial contours, our ears get bigger, have droopy eyelids, flexibility and balance begin to decrease.

Some ageless outfits:

- Little black dress
- Straight leg jeans
- Neutral classic suit
- Scarves
- Sweaters (long sleeve cardigan)
- Blazer
- Straight skirt
- Pearls
- Black pumps
- White button down shirt
- Black slacks, khaki slacks

Some ageless dressing tips:

- Never leave the house in sweats.
- With a short jacket, wear a longer skirt—it should be 1/3 to 2/3 proportion.
- With longer jacket, wear a shorter skirt.
- Don't focus on your flaws, but on your good points.

Clothes must fit comfortably, no matter what the size. The technique is to create illusions:

Top: hair, color, cut, make-up, glasses

Neck: scarves, V-neck, beads

Shoulders: small shoulder pads

Hips: jackets below the heaviest part of the body

Legs: create long-leg look

Feet: widen with age

If it makes you feel good, wear it!





Association for Home and Community Education

“BITS AND PIECES FROM LOUISE”

Summer is such a busy time of the year. Those of you who have flowers and gardens, I hope you are enjoying them. The cooler weather has kept the flowers lasting longer but warmer weather is needed for the gardens and corn.



Saw some of you at Dairy Breakfast. A great deal of work by many people went into making that a successful day.

A reminder to Awards and Constitution Committees to be working on their revisions.

Two important activities will be happening in August—the picnic, Executive Board, and Rummage/Bake Sale.

August 5th is the Annual Picnic. All members are invited. The picnic is at Winnebago Park starting @ 12 noon. Bring a dish of food to share and your own eating ware (plates, cups, silverware). Beverage will be provided. The Executive Board meeting will follow the meal. In case of bad weather (rain/cold), we will meet at the Adrian Town Hall (intersection of T and Hwy. 16). Call Luann Marten at 372-4541 by 10:00 a.m. if unsure of weather. Hope to see many of you there.

On August 14-15, we will have our annual Fall Bookworm/Scholarship Rummage and Bake Sale. As before, it will be held at 903 Hollister in Tomah (the Cramer's). Bring your items to sell on the 13th if possible. We can use helpers setting up and selling if you have a few hours to help. “Many hands make light work”. Bake sale items are needed also. I

have a truck and will pick up items in the Wilton-Kendall-Tomah area. Give me a call.

State Convention is coming up September 14-16 in Superior. Our room has space for two more people. Registration is due August 17. Call Louise for more information or registration forms.

Our county board needs to fill a few positions. This will be done at Fall Fest. We need you to continue our organization. The areas in need right now are membership and cultural arts. Responsibilities are minimal or as large as you make them.

Continue with your many projects -

- Love bags
- Glasses and glass case collections
- Nicaragua sewing supplies
- Operation Homefront supplies
- Food pantries
- Baby basket items
- Bookworms
- Books for infants

And many, many more.

Much information was given to you at our last leader training on Caregiving. Hope you will be using it as lessons for your club this fall.

Thank you to those of you who called or sent words of encouragement to me this last spring. Every bit of support helped.

Enjoy the rest of your summer and get ready for fall activities and regular meetings of your HCE. Start the year with renewed energy.

Louise Buchholz, HCE President



2009 WAhCE Conference Registration
September 14, 15, and 16
Barkers Island Inn Resort & Conference Center, Superior, WI



Name _____ County _____ District _____
 Address _____ City _____ State _____ Zip _____
 Telephone (include area code) _____ email address _____
 Officer or Committee Chair: (circle one) State District County Specify office: _____
 First time attendee? _____ Special needs? (i.e. vegetarian) _____
 I grant the WAhCE, the right to use, publish, and copyright my image for educational programs and publications, web sites and promotion of WAhCE programs. **Signature** _____

Make check payable to WAhCE, Inc. and mail with registration form to Conference Registrar: Diane Sattler
 Address: W3103 County Road F, Chilton, WI 53014 Phone 920-849-4584 Email: sattlerd48@aol.com
Registration Deadline: August 17, 2009

Tours and Workshops: Must indicate first (1), second (2), and third (3) choice.
 * Indicates **POOL Session** (Leadership Institute). Please return your **POOL voucher** with this registration and deduct below.

Monday 10:00 am Registration in the Lobby
 9:00 am Acceptance of Cultural Arts entries and Silent Auction items.
 6:00 pm Dinner with Keynote Speaker

MONDAY TOURS and ACTIVITIES

- ____ Tour #1 (all day) Bayfield -- \$30.00
- ____ Tour #2 (PM) Murphy & Visitor Center -- \$18.00
- ____ Tour #3 (PM) Windmill, Oulu Glass, Winery -- \$18.00
- ____ Tour #4 (PM) Vista Queen, Cathedral -- \$23.00
- ____ Quilt Hop (transportation on your own)

- Workshop Session #4 3:15 – 4:30**
- ____ 401 – **POOL** Resiliency: Strength Under Stress**
 - ____ 402 – Living Well
 - ____ 403 – Strong Seniors
 - ____ 404 – Northland Weather and the Northern Lights
 - ____ 405 – Beading (Cultural Arts)
 - ____ 406 – Life of Richard I. Bong
 - ____ 407 – The Forbidden Topic
 - ____ 408 – Livin’ the Dream through Readin’ and Writin’
 - ____ 409 – Duluth’s Beautiful Parks

TUESDAY AM 8:30 – 9:45

Workshops Session #1

- ____ 101 – Business Meeting
- ____ 102 – Palm Trees to Pine Trees
- ____ 103 – Food and Fun
- ____ 104 – Beading (Cultural Arts)
- ____ 105 – 2010 Census: What Might Wisconsin Look Like
- ____ 106 – Gateway to the World
- ____ 107 – Researching Your Past on the Internet
- ____ 108 – Keeper of the Light
- ____ 109 – Walking the Osaugie Trail

WEDNESDAY AM 8:30 – 9:45

Workshop Session #5 Everyone

- ____ 500 – Obesity & Diabetes: Focus on Healthy Weight Management

Workshops Session #6 10:15 – 11:30

- ____ 601 – Healthy Eating on a Budget
- ____ 602 – Talking to Your Health Care Professional
- ____ 603 – Confusion About Sweeteners
- ____ 604 – Walking the Osaugie Trail
- ____ 605 – Healthy Snacks
- ____ 606 – Gardening with Herbs All Year Long
- ____ 607 – Did Food Rationing Make Us Fat?
- ____ 608 – Step Up Your PACE
- ____ 609 – Presidents’ Workshop

TUESDAY AM 10:15 – 11:30

Workshops Session #2

- ____ 201 – **POOL** Small Steps to Health and Wealth™**
- ____ 202 – Women Entrepreneurs (International)
- ____ 203 – Shedding Light on Public Relations (Membership)
- ____ 204 – Ojibwa People
- ____ 205 – Why Does My Document Look Like That?
- ____ 206 – Because Someone Asked (Wisconsin Bookworms™)
- ____ 207 – Strong Seniors
- ____ 208 – Advantages of Genealogy Software
- ____ 209 – Mid-Life Clutter

TUESDAY PM

Workshop Session #3 1:30 – 2:45

- ____ 301 – **POOL * * What Every Adult Child Should Know**
- ____ 302 – Secretary/Treasurer Workshop
- ____ 303 – Communicating Across the Generations (Family Life)
- ____ 304 – Palm Trees to Pine Trees
- ____ 305 – Life of Richard Bong
- ____ 306 – Beyond the Book (Wisconsin Bookworms™)
- ____ 307 – Northland Weather and the Northern Lights
- ____ 308 – Father Christmas (Cultural Arts)
- ____ 309 – Brain Aerobics

Full Registration Fees:

WAHCE Member or Spouse.....	\$47.00	\$ _____
Non-member	\$50.00	\$ _____
UWEX	\$25.00	\$ _____
Late Fee (after August 17, 2009)	\$15.00	\$ _____
Total Meal Package (includes breakfasts).....	\$80.00	\$ _____
Tour Fee		\$ _____

One Day Registration fees:

Sunday Evening Fish Boil/Dinner – optional	\$20.00	\$ _____
Monday Evening Meal	\$25.00	\$ _____
Tuesday Registration Fee	\$30.00	\$ _____
Tuesday Lunch	\$11.00	\$ _____
Tuesday Banquet.....	\$25.00	\$ _____
Wednesday Registration Fee	\$30.00	\$ _____
Wednesday Lunch.....	\$13.00	\$ _____

TOTAL ENCLOSED \$ _____
 For POOL include your POOL voucher and
 Deduct \$25.00 \$ _____

Annual Fall Bookworm/ Scholarship Rummage and Bake Sale



The Bookworm/Scholarship Rummage and Bake Sale will be held on August 14 & 15th from 8:00 a.m. to 4:00 p.m. at 903 Hollister in Tomah. Set up day will be Thursday, August 13th.

We need all the help we can get to make this another success. We will take crafts, clothing in good shape, bedding, furniture, appliances in working order, books, rugs, dishes and knickknacks (not broken).

Please call Sharon Jensen at 372-7618; Ruth Sommerfield at 372-4762 or Marlene Kamrath at 372-4362 if you need help in getting items to the sale. Louise Buchholz can also be contacted.

For the bake sale items that go well are breads, pies, cookies, bars; cakes and cupcakes do not sell well.

Please, please, please participate and help.

-Sharon Jensen

Dear Louise,

Many thanks to all of the Home and Community Education cooks and bakers!

*The generosity of Tomah Needlecraft, the Kendall Jolly Janes, the Tomah Valleyettes and the Sparta Isham Valley members was greatly appreciated by the St. Clare volunteers throughout the month of May. Those Tuesday evening treats set the upbeat atmosphere for all who work at the Mission Clinic. Dr. Raftery and all of the volunteers extend a loud, shout-out **THANK YOU!***

*Sincerely yours,
Barbara Rice*

HCE CALENDAR



July

29—Aug 2 Monroe County Fair

August

- 5 Annual Picnic with Executive Board Meeting
- 13 Set up Rummage Sale
- 14-15 Rummage Sale, Tomah
- 15 Newsletter deadline

In Memorium

*Heartfelt sympathy to the family of
Elvera Ziegler and to the
Farmers Valley HCE
members upon
her recent passing.*



Congratulations!

Vera Siekert, Connie Fields, Joan Koltermann and Velma Overby have craft items going to State Conference in September.



Attention All HCE Members -

If you are interested in donating sewing items to the International Program, they need to be dropped off to Mae Flaig, 1901 Linda Lane (corner of Linda Lane & Sugarberry), Sparta by Friday, July 17th. Please call Mae at 366-1849 if you have items to donate and drop off.

Your cooperation will be greatly appreciated.



-Mae Flaig
Farmers Valley HCE Member

WEST SIDE NEWS

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



Farmers Valley: Joan Kolterman, Secy.

The Farmers Valley HCE met March 17th at noon to eat out. A short business meeting was held to discuss "The Bridge".

The Farmers Valley HCE met April 21 at 1:00 p.m. at the Senior Center. The meeting was called to order by Annabelle Sharp. The Homemakers Prayer and the pledge were recited. Ten members answered roll call. The secretary's report was read and approved. There were no treasurer's or sunshine reports.

The newsletter, Spring Fling, Baby Basket and Love Bags were discussed. The next meeting is to be rescheduled. The Homemaker's Creed was repeated and the meeting adjourned to have the lesson on "Invasive Plants."

The Farmer's Valley HCE met May 18 at 12:45 p.m. at the Senior Center. The meeting was called to order by Annabelle Sharp with the Homemaker's Creed and Pledge of Allegiance. Roll call was answered by 10 members. Secretary's report was read and approved. There was no treasurer's report. Sunshine report was given. A discussion was held on the June 2nd picnic regarding items for Nicaragua, the State Conference, Love Bags and the Rummage and Bake Sale. The meeting was adjourned and a lesson on "Caregivers" was presented.

Isham Valley: Vera Siekert, Secy.

The Isham Valley HCE met at Dolores Kenyon's on May 4, 2009. After a rhubarb dessert, President Dorothy Peterson opened meeting with a pause of silence for our dear departed member Dolores Jenkins. We recited the Creed. There were two guests present. Seven members answered roll call with bringing plants for exchange and how to take care of it.

A "thank you" was received from the Jenkin's family for food and monies. Invite was read from Sheltercare and Brighter Tomorrows to an Open House on May 14 from 12:00-5:00 p.m.

Secretary's and Treasurer's reports were read and accepted. "Pennies for Friendship" is due. Margaret Rowan and Wilma Tucker reported on District Meeting and five attended Spring Fling. Club received honors on one certificate. Wilma received club award, Dolores Kenyon 60 years in HCE and Dolores Jenkins 40 years. One entered crafts and two were picked to go to State Conference.

Bake sale at Sparta reaped well. Copy of missing constitution received. Appeal for personal items for service personnel overseas. Eva Clay will see about June outing. Board meeting and Caregivers session May 6th at Barney Center. Voted to distribute Jenkins's monies to Headstart, Scholarships and local Treasury.

Snacks for St. Clare Mission on May 26 by Eva, Margaret and Vivian.

County rummage sale in Tomah, August 14-15—bring day before.

Vivian Webster received door prize of Azalea plant. Items brought for Food Pantry. Wilma Tucker gave lesson "Generation Gap" with props in 30 minutes.

The club met June 1st for a tour of the Monroe Shelter Care Group Home. This is a safe haven for ages 12-18. The residents go to school during the school term. Home-like activities are provided and there is a caretaker there at all times. There is a need for school items and Love Bags should include items for teens. The group met at Southside Tap & Café for lunch and a brief meeting.

EAST SIDE NEWS

-Luann Marten, News Editor
Tomah Center, Luann Marten, Chair



Needlecraft: April—bought items for Operaton Homefront—discussed bake sale. Will keep collecting eyeglasses—3 members will attend Spring Fling. Will bring items for Homefront and Food Pantry next month. May—Gave 15 pounds of food for Neighbor to Neighbor. Took food to St. Clare Mission. Some attended Armed Forces Day; May 30 Tomah Area Community Cancer

Drive is a penny march—bring all your pennies; Rummage Sale will be August 14-15 at Cramer's; will have club luncheon on June 9th. Closed with HCE Prayer.

Valleyettes: Club went out to eat for clubs anniversary in April. Eight members plus 1 guest attended. No one could attend Spring Fling but our club got all Superior awards for last year. May meeting— added up all money collected for food pantry—sent a check. Discussed rummage sale in August—some will try to help work. Will make two love bags again for pre-school age kids. Will have Stanley party again at September meeting. Gussed secret pals and drew new ones. All members rejoined again for another year. Luann Marten gave a lesson on MRSA. Some members gave to Operation Homefront. Everyone is to collect items for Love Bags and baby basket. Had Potluck supper to end our club year.

Kendall Center, Lois Eberhardt Chair

Will serve nutrition snacks at St. Clare's Mission on May 12. Reviewed "The Bridge". Had lessons on Crock Pots—Cooking Without Looking, Clutter is Everyone's Curse and Oranges - Most Popular Fruit. Send sunshine cards to area residents. Had discussion on less money for county scholarship funds—only 64 members in county—always having to donate money. Less members, less money. Collected items for Operation Homefront and gave to volunteer LaVerne Cramer at Tomah to place into boxes for overseas soldiers. Gave money to Easter bake sale for HCE to support our education programs. Saw pictures of the white robin on a members lawn and an article and picture was in the "Messenger" newspaper. Roll call—items to sell—plants or baked goods and summer trip ideas. Club meets the third Tuesday of every month.



INTERNATIONAL NEWS—Margaret Rowan & Vera Siekert



Many thanks to Mae Flaig who has offered to deliver the Nicaragua items. We continue to collect sewing needs for this area.

Love Bags: Last year we made Love Bags for Fall Fest. We will continue to do that for this year. However, all of the bags were for small children. You may do that again, but there is also a need for older youth. The items of hygiene and school supplies would be similar but books or clothing items would need to be different. You did such a wonderful job last year, we are sure you will know what to do this year. Thanks so much!



Congratulations!

The 2008-2009 Monroe County HCE Student Scholarship has been awarded to Megan Whitehead. Her parents are Brian and Liz Whitehead and her HCE grandmother is Evelyn Whitehead member of Farmers Valley.

Megan will be attending Wisconsin Technical College in La Crosse majoring in surgical technology.



The Monroe County HCE State Conference recipient is Margaret Rowan of Isham Valley. Margaret will be attending the State Conference on September 14-16, 2009 at Barker's Island Inn, Superior.

Congratulations Margaret!

-Wilma Tucker, Scholarship Chair

If any HCE member is interested in a Crocheted Necklace pattern, please call the Extension Office at 269/372-8722 and request a copy and we will mail it to you. The materials needed: Size N crochet hook and trellis brand yarn. Thank you.



Monroe County HCE Spring Fling, Sparta VFW

April 18, 2009



President Louise Buchholz called the meeting to order at 10:00 a.m. Welcome by Annabelle Sharp. The pledge and creed were recited in unison. Phyllis Snider moved that the agenda be approved. Bernie Arena seconded the motion. Motion passed.

Roll call by clubs and officers:

Farmers Valley	4	Ideal	3
Isham Valley	5	Jolly Janes	0
K-M Doettes	3	Needlecraft	3
Valleyettes	0	Individual Members	2

Family Living Agent, President, Co-vice Presidents, Secretary, Treasurer, Sparta Center Chair, Family, Cultural Arts, International, Community Outreach, Membership and Marketing, and Scholarship Chairs were also present.

Sharon Jensen moved that the secretary's report be accepted as printed. Dorothy Peterson seconded the motion. Motion passed.

Bernie Arena gave the treasurer's report which is to be placed on file for audit.

Margaret Rowan gave the International report. She suggested that clubs make "Love Bags" for Brighter Tomorrows, also suggested donating eyeglasses. It was mentioned that eyeglasses donated to Lions Clubs are going to Mexico this year.

Phyllis Snider in Community Outreach report had members raise their hands if they had participated in various activities, also talked about recycling.

Bernie Arena, Margaret Rowan and Ann Baker reported on the Bookworm project.

Family report was given by Bernie Arena, baby items and children's books will again be collected this year.

Louise Buchholz gave a brief report on membership.

Wilma Tucker gave a report on scholarships. She has received one application

for the student scholarship this year. She also said anyone planning to go to State Conference should apply for the State Conference scholarship.

Family Living Agent Karen Joos gave a report on Affirmative Action. Clubs should get reports in. She also mentioned the 4-H cookbook.

Louise Buchholz gave President's report, read a poem from UPDATE. Asked members to think about the HCE Mission statement.

Unfinished Business

Rummage Sale along with bake and food sale will be August 14-15 at Cramer's garage at 903 Hollister Street in Tomah. Please put prices on items.

2011 State Conference will be at Stoney Creek in Onalaska.

MCHCE Constitution will be updated—every club should have a copy of the current Constitution. Committee members Mae Flaig and Margaret Rowan would like input as well as several volunteers to help with the update.

A committee will be meeting in the future to improve and update Summary of Accomplishments. Ann Baker, Louise Buchholz, Mae Flaig and Luann Marten are on the committee.

A LTM on Caregivers will be held on May 6 at the Barney Center following the Executive Board meeting and lunch.

A brief discussion on Operation Homefront was held. Donations are urgently needed.

Margaret Rowan moved we adjourn, Sharon Jensen seconded the motion. Motion passed.

Dave Beckman from Ft. McCoy was guest speaker. He spoke on "Invasive Species". After his presentation, awards were given to clubs and individuals. Velma Overby gave results of the Cultural Arts display. Kristen Mueller was the judge. Velma would like ideas for crafting. Door prizes were given out by the Sparta Center.



-Ann Baker, HCE Secretary