Dear Oconto County HCE Member,

Where has the year gone? Oconto County HCE members have had a very busy year.

All of our monthly meetings and pot luck lunches were well attended. The Spring Banquet was a great success with our Bra Display. The Bras had a booth at the Oconto County Youth Fair in August. 5 of the Bras made an appearance at the Fall District meeting in Brown County.

The BOOKS R 4 U are all packed and ready for Mrs. Santa and her Elves to deliver them. This will happen on December 15th, 16th and 17th. A complete list is in the newsletter.

I have 85 Book Bags ready to sew. If anyone wants to sew beforehand, let me know. We never have enough time at the Stitches of Love or BOOKS R 4 U to get them all done. I can bring them to anyone at our monthly meetings.

Joann Swanson and her committee have some great programs for us in 2016. A complete list of programs are in this newsletter. Thanks Joann.

In this newsletter there is a Mission Statement from the HCE Handbook. I am going to try and get different information from the Handbook in each newsletter. We all need refresher information now and then.

So until next year, 2016.

Happy New Year.

Sincerely,

Joy Campshure
HCE President
Thank You
Thank you Lorry Runge for the excellent article in the Update. Will try to get a copy of the article to each club at Presidents Activity Day. Thank you for all the news articles that you get to the local newspapers. They are great. Thanks again.

Thank you, Thank you, Thank you
Joann Swanson, Maggie Hornick, Judy Hill, Pat Bath, Lorry Runge, Ruth Dehne, and Arlene Hanrahan. Without these officers, I could not be a good president. Thank you also goes out to Eli Raindancer for stepping in to be the Newsletter Typist. Thanks to all committee members.

Slippers
The slipper lady said she is running out of yarn. If anyone has some extra yarn left over from knitting projects, would you consider donating it to our BOOKS R 4 U program? In 2015, we used 115 pairs of slippers. White Lake now has a 4 Kindergarten, so if we have time and yarn we may need 120-130 pairs of slippers. Are there any other knitters out there? Thanks, Joy.

Hats, Hats, and More Hats
Thank you Pat Bath, Joan Houska and Karen Kadec. The three members crocheted and knit 130 hats. The hats will be used in our BOOKS R 4 U program. Thanks again.

Slippers For Warm Toes
Laverne Ristow was busy this last year with her knitting needles. She knit 115 pairs of slippers for BOOKS R 4 U. Thanks again.

Book Markers
WOW. Evie Parker outdid herself this year. There’s over 750 book markers for our use. Thanks to Eileen Sallmann, who helps out Evie sometimes. Thanks Ladies. Keep up the good work.

BOOKS R 4 U
What a great group of members you are. The BOOKS R 4 U was again a huge success.

Here’s the list:

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pencils</td>
<td>1216</td>
</tr>
<tr>
<td>Notebooks</td>
<td>157</td>
</tr>
<tr>
<td>Notebook Paper (sheets)</td>
<td>2400</td>
</tr>
<tr>
<td>Colored Pencils (boxes)</td>
<td>12</td>
</tr>
<tr>
<td>Glue Sticks</td>
<td>118</td>
</tr>
<tr>
<td>Bottles of Glue</td>
<td>37</td>
</tr>
<tr>
<td>Boxes of Crayons (24 count)</td>
<td>150</td>
</tr>
<tr>
<td>Rulers</td>
<td>38</td>
</tr>
<tr>
<td>Ball Point Pens</td>
<td>105</td>
</tr>
<tr>
<td>Book Bags</td>
<td>126</td>
</tr>
<tr>
<td>Scissors</td>
<td>17</td>
</tr>
<tr>
<td>Erasers</td>
<td>50</td>
</tr>
<tr>
<td>Used Books</td>
<td>734</td>
</tr>
<tr>
<td>New Books</td>
<td>115</td>
</tr>
<tr>
<td>Coloring Books</td>
<td>115</td>
</tr>
<tr>
<td>Folders</td>
<td>118</td>
</tr>
<tr>
<td>Hats</td>
<td>130</td>
</tr>
<tr>
<td>Slippers (pairs)</td>
<td>115</td>
</tr>
<tr>
<td>Crayola Markers</td>
<td>40</td>
</tr>
<tr>
<td>Getting There Safely Book</td>
<td>15</td>
</tr>
</tbody>
</table>

Total number of students 4K – 8th White Lake, Oconto Headstart, Wabeno Headstart = 165

Grade 8 (10 students)          Grade 7 (12 students)          Grade 7 (13 students)
2 notebooks each              2 notebooks each              2 notebooks each
5 pencils                     5 pencils                     5 ball point pens
5 ball point pens             5 ball point pens             Book marker
Book marker                   Book marker                   Book marker
Wisconsin Association for Home and Community Education, Inc.

The Wisconsin Association for Home and Community Education, Inc. is a nonprofit educational organization comprised of 52 associations in 52 counties in Wisconsin. The organization is in that the members extend the information they receive from University faculty and other reliable sources to the member's community. Program planning and leadership training are provided by a collaborative effort of WAHCE, Inc. and the UW-Exl Family Living Program. The UW-Extension faculty serve as leaders to both the state and county HCE Associations. Education programs are developed after careful study of statewide concerns.

WAHCE Values

- Families and communities
- Opportunities for personal growth through learning, sharing, volunteering
- Meeting great people and forming friendships and enjoyment
- Volunteering to make a difference
- Leadership

WAHCE Member's Pledge

1. I will treat others in a respectful manner.
2. I will assume the best of others.
3. I will listen and make an effort to understand and respect other's point of view.
4. I will accept assignment(s) with an open mind, a willingness to learn, and be mindful of deadlines.
5. I will be dependable, recognizing the commitment and responsibility to my volunteer assignment(s).
6. I will speak and act in a way that does not demean or offend others.
7. I will be respectful of our leadership.

Mission Statement of the Wisconsin Association For Home and Community Education, Inc.

HCE offers opportunities for

- Learning in a social setting
- Sharing what we learn
- Caring to make a difference in our homes, communities and the world.

WAHCE Handbook – Page #2
February is American Heart Month

**SIGNS OF A HEART ATTACK**

Symptoms Every Woman Should Know and Pay Attention to

Women and men may differ in their experience of heart attack symptoms, as women are more likely to have unusual or “atypical” signs of a heart attacks. Some of these may come and go before a heart attack occurs.

- Nausea or vomiting
- Dizziness or lightheadedness
- Shortness of breath with or without chest discomfort
- Discomfort or pressure in the center of the chest. It often lasts more than a few minutes, or goes away and returns
- Pain in one or both arms, upper back, neck, jaw, or stomach
- Paleness or clammy skin
- Fainting
- Inability to sleep
- Breaking out in a cold sweat
- Unusual fatigue

Heart disease is a woman’s #1 health threat, causing 1 in 3 deaths each year.

If you have any of these symptoms for more than five minutes and are unsure as to the cause, call 911. Sometimes just one or two of these symptoms can indicate a heart attack, or sometimes they can go away and return.

Treatment works best if given within 1 hour of when heart attack symptoms begin. Within one hour, your risk of dying reduces 50%. Within three hours, your risk of dying reduces 25%.

Every minute counts.

**SISTER TO SISTER**
The Women’s Heart Health Foundation

SISTERTOSISTER.ORG/HEART-ATTACK-SIGNS

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How to Make a Winter Survival Kit

Everyone should carry a Winter Survival Kit in their car. In an emergency, it could save your life and the lives of your passengers. Here is what you need:

- shovel
- windshield scraper & small broom
- flashlight (reverse batteries to avoid accidental switching & burnout)
- battery powered radio (extra batteries)
- snack foods (energy bars or raisins)
- raisins and mini candy bars
- matches and small candles
- extra hats, socks and mittens
- first aid kit with pocket knife
- necessary medications
- blankets or sleeping bag
- tow chain or rope
- road salt, sand, or cat litter for traction
- booster cables
- emergency flares & reflectors
- fluorescent distress flag & whistle to attract attention
- cell phone adapter to plug into lighter
Thought for the day...

"Don’t compare yourself to others, compare yourself to the YOU of yesterday!"

～ Anonymous

Where: Lakewood Administrative Bldg. (near Lakewood Super Value Store)
When: 10:00 a.m. - 11:00 a.m.

- Dates to Remember -

- Feb. 2nd  Arthritis Advice
- Feb. 9th  Strength Exercises & Safety
- March 1st  Healthy/Homemade Freezer Meals
- March 8th  Managing Diabetes

Refreshment provided
No Cost to Attend

Contact Information:
Jill Cholewa
Family Living Agent
UW-Extension, Oconto County
Phone: 920-834-6848
Email: jill.cholewa@ces.uwex.edu

An EEO/AA employer, University of Wisconsin Extension provides equal opportunities in employment and programming, including Title IX and American with Disabilities (ADA) requirements.
# 2016 HCE NEWSLETTER SCHEDULE

If you have information for the  
Newsletter, send it to the Editor:  
Joy Campshure  
5152 Glynn Rd, Oconto WI 54153  
920-834-2257  
Education Coordinator: Joann Swanson, 3807 County J, Abrams WI 54101

<table>
<thead>
<tr>
<th>2016 HCE NEWSLETTER SCHEDULE</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>January/February</strong></td>
</tr>
<tr>
<td>Newsletter Issue</td>
</tr>
<tr>
<td>January/February</td>
</tr>
<tr>
<td>March/April</td>
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<tr>
<td>September/October</td>
</tr>
</tbody>
</table>

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## 2016 HCE Program Schedule

<table>
<thead>
<tr>
<th>Date</th>
<th>Event Description</th>
<th>Location</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>January 14</td>
<td>President's Day (Thursday) starting at 9:30 am at Romy's Holiday Inn, Kelly Lake. Scholarship Auction. Registration due by January 7th. Cost $10.00 payable to Oconto Cty HCE.</td>
<td>Romy's Holiday Inn, Kelly Lake</td>
<td>Send to: Joy Campshure, 5152 Glynn Rd, Oconto, WI 54153</td>
</tr>
<tr>
<td>February 16</td>
<td><strong>Cookbooks and Domesticity</strong> by Amy Reddinger at Wells Fargo, Gillett. Registration 9:30-10:00 am. Potluck lunch (soup and small sandwich) 11:30 am. Executive Board Meeting at 12:30. Cost $2.00 payable to Oconto County HCE.</td>
<td>Wells Fargo, Gillett</td>
<td>Send by February 10: Joann Swanson, 3807 Co J, Abrams, WI 54101</td>
</tr>
<tr>
<td>March 10</td>
<td><strong>Stitches of Love</strong>: Pensaukee Town hall, Brookside. Start time 9:30 am. Cost $2.00 payable to Oconto County HCE.</td>
<td>Pensaukee Town hall, Brookside</td>
<td>Send by March 3 to: Joy Campshure, 5152 Glynn Rd., Oconto, WI 54153</td>
</tr>
<tr>
<td>March 15</td>
<td><strong>The Great Depression</strong> by Daniel Kaligren at Wells Fargo, Gillett. Registration 9:30-10:00am. Potluck lunch (Depression recipes?) at 11:30 am. Association Meeting 12:30 pm. Silent Auction: General Funds. Registration $2.00 by March 10 to: Joann Swanson, 3807 Co J, Abrams, WI 54101.</td>
<td>Wells Fargo, Gillett</td>
<td></td>
</tr>
<tr>
<td>April 21</td>
<td><strong>All About Herbs</strong> by Jill Cholewa at Wells Fargo, Gillett on Thursday. Registration 9:30-10:00 am. Potluck-cooking with herbs. Registration $2.00 by April 14 to: Joann Swanson, 3807 Co J, Abrams, WI 54101.</td>
<td>Wells Fargo, Gillett</td>
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<tr>
<td>May 2</td>
<td><strong>Spring Banquet</strong> at Romy’s Holiday Inn, Kelly Lake. Meal 6:30 pm. Silent auction and Cultural Art Show and craft judging. Scholarship winners invited to attend. Cost: TBA.</td>
<td>Romy’s Holiday Inn, Kelly Lake</td>
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</tr>
<tr>
<td>May 4</td>
<td><strong>NE District Meeting</strong>: Sturgeon Bay</td>
<td>Sturgeon Bay</td>
<td></td>
</tr>
<tr>
<td>June 12</td>
<td><strong>Oconto County Breakfast on the Farm</strong> ‘R’ Family Farm, 6947 Old 15 Rd, Oconto WI 54153</td>
<td>‘R’ Family Farm, 6947 Old 15 Rd</td>
<td></td>
</tr>
<tr>
<td>June 23</td>
<td><strong>Picnic at Joy’s</strong> Meet at 11:30 am at Joy Campshure’s, 5152 Glynn Rd, Oconto WI 54153</td>
<td>Joy Campshure’s, 5152 Glynn Rd</td>
<td></td>
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<tr>
<td>August 2</td>
<td><strong>Breeze Into Learning Event</strong> Hillside Assembly of God, Gillett. (replaces ELL &amp; M&amp;O) More information later.</td>
<td>Hillside Assembly of God, Gillett</td>
<td></td>
</tr>
<tr>
<td>August 11</td>
<td><strong>Executive Board</strong> 12:30 pm at Wells Fargo Bank, Gillett. All club presidents (or appointed member) and any individual members may attend. Registration by August 4 to: Joy Campshure, 5152 Glynn Rd, Oconto WI 54153.</td>
<td>Wells Fargo Bank, Gillett</td>
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<tr>
<td>August 17-21</td>
<td><strong>Oconto County Fair</strong></td>
<td>Oconto County Fair</td>
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<tr>
<td>September</td>
<td><strong>CWC Meeting</strong> details later</td>
<td></td>
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<tr>
<td>September 12-14</td>
<td><strong>WAHCE State Conference</strong> Eau Claire Plaza Hotel. All members can attend. See January Update for details and registration.</td>
<td>Eau Claire Plaza Hotel</td>
<td></td>
</tr>
<tr>
<td>September 20</td>
<td><strong>Lewis and Clark Trail</strong> explore with Ken Altagrott. Wells Fargo Bank, Gillett. Soup and sandwich potluck. Registration by Sept 13 to: Joann Swanson, 3807 Co J, Abrams, WI 54101.</td>
<td>Wells Fargo Bank, Gillett</td>
<td></td>
</tr>
<tr>
<td>October 13</td>
<td><strong>Books R 4 U</strong> 9:30 am Brazeau Town Hall. Chili and more. Cost $5.00 payable to Oconto Co. HCE. Register by October 6 to: Joy Campshure, 5152 Glynn Rd, Oconto, WI 54153</td>
<td>Brazeau Town Hall</td>
<td></td>
</tr>
<tr>
<td>October 18</td>
<td><strong>Potatoes!</strong> By Pat Bath and Joy Campshure at Wells Fargo Bank, Gillett. Registration 9:30-10:00 am. Potluck with all potato based food. Register by October 13 to: Joann Swanson, 3807 Co J, Abrams, WI 54101. Association meeting. Auction for Books R 4 U and Stitches of Love.</td>
<td>Wells Fargo Bank, Gillett</td>
<td></td>
</tr>
<tr>
<td>October 20</td>
<td><strong>Northeast District Meeting</strong> in Brillion. Hosted by Calumet County.</td>
<td>Brillion</td>
<td></td>
</tr>
<tr>
<td>November 15</td>
<td><strong>International &amp; Craft</strong> Wells Fargo, Gillett. Registration 9:30-10:00 am. Program 10:00 am. <strong>Korea by Kristin Laufenberg</strong> Korean food for dinner. Registration $2.00 by Nov 8 to: Joann Swanson, 3807 Co J, Abrams, WI 54101. Craft with Pat Bath and Lorry Runge, cost TBA.</td>
<td>Wells Fargo, Gillett</td>
<td></td>
</tr>
</tbody>
</table>

Programs will be cancelled if less than 10 people sign up. Fund Raiser at President’s Activity Day, Spring and Fall Association meetings. Deadlines will be in Handbook and Newsletters.
President’s Day Word Search

Adams
America
Eisenhower
Jefferson
Kennedy
Lincoln
Madison
Obama
president
Roosevelt
Washington
whitehouse
CHECK US OUT!!

DID YOU KNOW...

- Oconto County has six libraries – in Oconto, Oconto Falls, Lena, Suring, Gillett and Lakewood.
- There is more to a library than books, CD’s and DVD’s. You can volunteer, use a computer, take a class or join a book club.
- You can get all this and much more free at your Oconto County Library.
- Brown County charges Oconto County for our use of their books and materials. Last year they charged Oconto County $2.90 per item taken out. This bill totaled $117,302.00.
- You can stop this, for free. Just use your Oconto County Library. They offer the same great books, CD’s, DVD’s and information resources. And, they may be closer than you think!

Check us out:

Farnsworth Public Library
715 Main Street
Oconto WI 54153
920-834-7730
www.ocontolibrary.org

Lakes Country Public Library
15235 Hwy 32
Lakewood WI
715-276-9020
www.lakescountrylibrary.org

Oconto Falls Community Library
251 North Main Street
Oconto Falls WI 54154
920-846-2673
www.ocontofallslibrary.org

Gillett Public Library
200 E Mai Street
Gillett WI 54124
920-855-6224
www.gillettpubliclibrary.com

Lena Public Library
200 Main Street
Lena WI 54139
920-829-5335
lenalibrary.org

Suring Area Public Library
604 E Main Street
Suring WI 54174
920-842-4451
www.suringpubliclibrary.org

Oconto County HCE Website: http://oconto.uwex.edu/family-living-program/home-and-community-education/