



Outagamie County Home & Community Education

News & Views

Fall 2020

President's Letter

Greetings HCE Members,



This "Pandemic" reminds me of the isolation times we had growing up in Green Bay. We had siblings ages 7, 5, 3 and 2 when I came home with measles, chicken pox, mumps and German measles. Our home was quarantined by the city's Board of Health with a large sign they put on the front door for two weeks, until the city nurse inspected us and removed the notice. Sadly to say all four of us came down within days of each other!

We have had the "Polio Crisis," the seat belt and "no smoking in public places." Ironically, all the new and old mandates are for our safety and health. (Please wash masks daily and throw away disposables immediately after use!)

The news:

- * We are charging \$5 for dues in 2021. The state and district dues will come out of our coffers, as decided by the Board.
- * The fall district meeting has been cancelled.
- * Picture Perfect Day has been cancelled.
- * The membership form, included with this newsletter, must be signed by you (include your \$5 payment) and returned to your club president. The must be done by October 1! Jeanne Baum will send a list of club members to club secretaries and treasurers.

So please my friends, wear your masks, wash your hands frequently, wipe the faucets, door knobs, car doors and steering wheels. I know this sounds odd, but "Safety First!"

Lois M Dalke

President

Outagamie County HCE

Contents

Extension Note 2 ● Upcoming Events 3 ● Feature Page 6, 7 ● Bookworm History 8



Dear HCE Members,

In a time of lots of change and uncertainty, I've been thinking of you as we move forward into the remainder of 2020. Our vision of life has certainly changed over the last six months.

This newsletter was combined with the assistance of the Executive Board who met via Zoom/telephone recently. We have another Zoom/Teleconference planned for October and all are invited to that experience. The connection information is included in this newsletter. We hope to do some discussion of program planning and moving forward. Even if you don't have a computer or Zoom capabilities you can call in on your phone and be connected!

My home "Joy" room is now my office at home, and it will be that through the rest of 2020. Outagamie County has most of the staff working off site, virtually. I have learned many new skills when it comes to technology, but bottom line is that I miss you and the many people we work with over the course of a year. We are doing the best we can, given our resources and connections. Our office is closed and we cannot conduct meetings at county buildings.

I have been testing pressure canner dial gauges. Last week I had appointments and a trusty cart I used in the parking lot to get the lids, run into the office, checked them and returned the apparatus to the owner who was waiting in their car. It worked! I do not have a secret stash of canning lids, I know that they are scarce and so I've been advising people on alternatives of freezing and drying if they don't have a supply of canning lids.

Caregiver Chats are now done via Zoom as are all the Children Caught in the Middle Classes. I did a food preservation class a couple weeks ago for a Fox Valley group who had sent an invite out to their national members, and we had people on from Canada, Puerto Rico, and about five other states besides Wisconsin. I had to admit I did not know the altitudes of some of the Canadian or Puerto Rico folks! And I didn't know these folks were on until I asked what county they lived in...

The Joy Conference committee met and has decided that we will not offer the Joy Conference in 2021 as we could not sign speaker contracts and did not know what the recommendations would be for large groups by February of 2021. I'm developing an email that will be sent out sporadically and if you would like to be on that email listing please let me know.

On pages 13-16 you will find a lesson on "Influencing Others with the Stories You Tell" and on the final page there is a form for you to start your own story about your first "Homemakers" meeting. The lesson comes from Kentucky, so we didn't insert "HCE" but you can do that! Some of you started your membership in the days of Homemakers and some of you only know HCE. Write from your heart and your memories! This is only the starting point! If you've ever wanted to be published -- here is your opportunity to share your stories, memories and ideas. Your newsletter is for you so tap the resources available to you!

Extension Note

(Continued from page 2)

We are all learning to value the important relationships in our life and build on our strengths. So read on – we have some great articles in the newsletter, and I encourage you to share your writing talents with some of the information shared in this newsletter. Judy Asman has shared some examples of her skills, and said we could pick one article – but each article is unique and fun, so they are all shared in the spirit of priming the pump for you to write your own stories!!! We will be looking at a late fall/early winter newsletter if there is information and stories to share. You can email your work to me – or mail it to the office. I go to the office about once a week to check on mail, and update my computer. You can call my phone at 832-5126 and it will forward to my cell phone.

Stay safe and stay connected with your HCE friends!

Karen Dickrell

Human Development and Relationships Educator
UW-Madison Division of Extension Outagamie County

Upcoming Events

September

- 22 Finding Balance Together ● 9:00 - 10:00 am
Meeting online, please check flyer for information
- 22 Hortonville Harvest Resource Fair ● Hortonville Village Complex ● 11:00am
-12:00 pm

October

- 1 Membership registration Due
- 22 Planning Meeting ● 1:30 pm
We'll be meeting online using Zoom. This tool is a great way to connect and stay safe.
- Join Zoom Meeting
- <http://bit.ly/HCEFallZoom>
- Or call 1-312-626-6799
- Meeting ID: 966 3688 3298
Passcode: 416122

JOIN US | FOR THIS FREE VIRTUAL FALL PREVENTION COMMUNITY EVENT

**20/20 FOCUS ON YOUR FUTURE...
A HEALTHIER YOU**

**WE'RE GOING VIRTUAL FOR 2020
AND BRINGING OUR SPEAKERS TO YOU!**

Tuesday, September 22, 2020

Event - 9:00am - 10:00am

AGEISM is Everywhere...and It's BAD for Everyone's Health

Finding Balance Together is pleased to present Betsy Abramson, JD, a leading expert on healthy aging, as our first guest speaker. She is currently the Executive Director for the Wisconsin Institute for Healthy Aging (WIHA). A lifelong Wisconsin resident with both undergrad and law degrees from the University of Wisconsin-Madison, Betsy has over 30 years of experience in Wisconsin's aging network, previously as a public interest elder law attorney.



PRE-REGISTRATION is REQUIRED

To receive your link to register and join the conversation visit www.FindingBalanceTogether.org now.



In response to COVID-19, Outagamie County residents 60 years and older may order weekly Nutrition Program **GRAB N GO MEALS** by calling a location below and picking up meals during “pick-up” timeline:

Appleton - The Grand Meridian 920-209-4175 11:00 AM - NOON

Hortonville - Village Municipal Building 920-740-4648 10:00 - 10:30 AM

Kaukauna - Streets, Parks and Recreation Building 920-740-4641 10:30 - 11:00 AM

Seymour - Municipal Building 920-213-3490 10:30 - 11:00 AM

Please call in meal order by Monday 12:00 Noon before Wednesday meal “pick-up”.

September 2

Breakfast Casserole
Homemade Mac and Cheese with Ham
Tomato Basil and Chef’s Choice Soups
Fresh Romaine Salad with Dressing
Parkerhouse Roll with Butter and Peanut Butter
Apple Cake
Milk Carton

September 23

Turkey and Cheese on Wheat Bun
Hot Beef Gravy over Mashed Potatoes
Three Bean and Chef’s Choice Soups
Pineapple Orange Rice Salad
Parkerhouse Roll with Butter and Peanut Butter
Banana Cake
Milk Carton

September 9 ***

Ham and Cheese on Wheat Bun
Turkey and Gravy over Mashed Potatoes
Cheesy Broccoli and Chef’s Choice Soups
Fresh Cantaloupe with Pineapple
Egg Dinner Roll with Butter and Peanut Butter
Chocolate Applesauce Cake
Milk Carton

September 30

Chicken Pot Pie over Biscuit
Chef’s Choice Entrée
Baked Potato and Vegetable Beef Barley Soups
Three Bean Salad
Egg Dinner Roll with Butter and Peanut Butter
Blueberry Coffee Cake
Milk Carton

***** Call in meal order by Friday, September 4th 12:00 Noon due to Labor Day Observance.**

September 16

Teriyaki Chicken with Fried Rice
Baked Penne Pasta with Meat Sauce
Chicken Vegetable and Chef’s Choice Soups
Tossed Caesar Salad
Wheat Dinner Roll with Butter and Peanut Butter
Coconut Crunch Cake
Milk Carton

CANTEEN provides Nutrition Program GRAB N GO Meals.

Memories

By Judy Asman

We surround ourselves by things that bring back fond memories of childhood, family, travels, etc.

As I look around my yard during spring and summer, I see and smell fragrant Lilies of the Valley, a gift from my father-in-law from the flower bed on the side of his house. Wood Violets of white and purple from my dad's farm crowd a small flower bed. My perennial garden holds a Mystery Lily (Naked Lady), a gift from my friend Denise. It sends up green leaves in the spring, then dies back, and in August erupts with stalks of pink blooms. Rocks from my dad's farm fields surround a bird feeder pole. Did you have spring days of "picking rocks" from the fields and putting them on a sledge to haul away to leave room for crops?

In the living room, there is a small pillow on the rocking chair crafted by my sister-in-law. After my father-in-law passed, she had each of her siblings pick out one of his ties and then she made a decorative pillow for each with the tie opened on the front and a button from one of their dad's sweaters on the back. In a diamond of white fabric on the front, she embroidered a cup in a saucer. Her dad used to put cream in his morning coffee and spoon some coffee into the saucer to cool so he could drink it. The quote below the cup is, "I'm drinkin' from the saucer of my cup that overflowed," something he often said while expressing his blessings.

On the living room wall is a painting of a blue bowl filled with red poppies and white daisies with a tiny green frog sitting nearby. The artist was my Aunt Faye. She had a very unconventional and adventurous life, spending her later years in the Arizona deserts with her third husband, a prospector and "collector" of antiques. They traveled in a Silver Stream and she hand painted scenes on gold prospecting pans and ate dates from the nearby date palms. Her letters often contained drawings and stories of life on the move.

What memories surround you as you look around your home and yard?

Full Moon Phone Calls from the Past at the Extension Office

Collected by Judy Asman

Can you can pears if you are having your period?

How do you make pickled lawyer (a fish)?

I found this turkey in my mother's freezer. It's been there at least 5 years. Can we still use it?

I use my dishwasher to cook fish. Is that O.K.?

Prunes aren't what they used to be. Why?

My cat used a box of potatoes as kitty litter. Can I still use the potatoes? How about as seed potatoes?

I make apple cider in my garbage disposal and it's real good. Is that O.K.?

Is blood candy legitimate? How do you make it?

I just made a big pot of chili and noticed that the tomato sauce can is all pitted inside and the inside of the lid looks like it has lipstick smeared on it. Is it safe to eat? Can I bring it somewhere to have it tested?

I cooked some red meat. Three days later I got it out of the refrigerator and turned it over. It was green on the bottom. Is it safe to eat?

What's the difference between tin foil and aluminum foil? I was told to cover my buttons with tin foil before I take my clothes to the dry cleaners.

I left eggs in the refrigerator when I went to Florida 6 months ago. Can I still use them?

I made a whole batch of red elderberry jelly and took it to the hospital auxiliary bazaar. They called because they heard elderberries might be poisonous. (Only the black elderberries are O.K. to eat)

I bit my tongue and left the raisins on the counter overnight. Are they still safe to eat?

How do you make bear jerky?

Where does baby corn come from? Where do baby carrots come from?

How do you prepare tongue? My husband wants it but I'm not too crazy about it.

Promise you won't laugh at me. I am babysitting my grandchildren and my daughter had put a large house plant out on the porch. When we brought it back in the house we noticed that some animal was in the dirt digging a hole and kicking dirt all over the living room. She was sure it was a mole and wanted to know how to trap or kill the animal.

What would your answer be? Karen did a great job of answering these calls.

Bookworms History

Marcie Suprise and I had great plans to do the history together once we completed our final year of reading at Head Start. Unfortunately, she passed away before we could begin.

A big THANKS goes to Joyce Kabat for collecting Marcie's boxes of Bookworms files from her husband Harold and bringing them to me. Harold was glad to give them up and I was glad to get them before he moved again.

The boxes sat behind the door in a closet for months while I struggled with memories and the daunting task of doing this on my own. Then the pandemic hit, the calendar cleared, and I had time and no excuses. I needed to get this done.

First came the sorting of the four boxes. Marcie saved everything! Piles were made of correspondence, donors, readers, books, budget, pictures, and newsletter and newspaper articles. Duplicates were quickly tossed.

How do you condense 21 years into a three ring binder? You start at the beginning. When all the information was compiled into a draft copy, it looked pretty good. Letting it age for a week brought a new perspective. I shifted some things around, added more pictures, and made a new draft copy. The aging process and draft copies continued a few more times and finally I felt like Marcie said, "It's done. Print a final copy and let it go."

Thanks to Dorothy Paltzer for proofing the history for me. Thanks to all the volunteer readers for your valuable part in the history. Your name has been included.

DECISION WORKSHEET

MOVING FORWARD DURING COVID-19



Extension
UNIVERSITY OF WISCONSIN-MADISON

The COVID-19 pandemic led to months of “Stay at Home” orders across the country closing businesses, places of worship, daycares, and encouraging people to stay at home to avoid the spread of the virus. Now that these places are slowly reopening, how do you decide how or when to return to these places or who to start engaging with in-person? This worksheet will help walk you through the decision-making process by helping you weigh out your own risks and benefits of interacting with others in public spaces or in your homes again.

1 SITUATION

What are you trying to decide?

Who is involved? How many households?

2 LOCAL CONTEXT

Find your [local COVID-19 activity level](#) from the WI Dept. of Health Services.¹

› Circle the burden (cases per 100,000 population):

0–50 50–100 100–500 500–1,000 1,000–2,000

› Circle the trend: **Shrinking** | **Holding steady** | **Growing**

› Circle the activity level: **Low** | **Moderate** | **Moderately high** | **High**

Have there been recent outbreaks or surges?

Consider outbreaks in the communities of all the households involved. Yes No Unsure

Have there been high-risk events (e.g., large gatherings) in your area?

Yes No Unsure

How do you feel about the local risk overall? Consider all the households involved if you don't all live in the same area.

1 2 3 4 5
low risk high risk

3 POTENTIAL RISK

Does anyone involved have a [higher risk](#) of serious illness, or interact with someone at high risk?² For example, older adults and people with chronic health conditions or poor immune systems, or who take medications that affect their immune system, have higher risk.

Yes No Unsure

Does your family have a plan in case someone gets sick? The Centers for Disease Control and Prevention (CDC) has useful [information about making a plan](#).³

Yes No Unsure

Does anyone involved have higher daily risk exposures? Activities are lower risk when they are short, infrequent, outdoors and involve fewer people. Safety measures such as wearing masks and physical distancing (staying 6+ feet apart) also help lower risks. Think about work/school, shopping, leisure outings, and other activities. Talk to others involved about their daily activities as well.



School	Yes	No	Unsure
Work	Yes	No	Unsure
Shopping	Yes	No	Unsure
Leisure	Yes	No	Unsure
Other	Yes	No	Unsure



3 POTENTIAL RISK CONT.

What safety measures are reasonable for me, my family, and/or others involved? Check the applicable box(es).

<input type="checkbox"/> Physical distancing (6+ feet apart)	<input type="checkbox"/> Washing hands
<input type="checkbox"/> Staying outdoors	<input type="checkbox"/> Limit other interactions before and/or after
<input type="checkbox"/> Wearing masks	Other (list below)
<input type="checkbox"/> No shared food/toys	

How do you feel about the personal risk overall?

1	2	3	4	5
low risk			high risk	

4 POTENTIAL BENEFITS

What are the possible benefits for everyone involved? Consider physical, emotional, mental, social or spiritual needs.

What are the consequences of not meeting the needs listed above?

Is it possible to meet the above needs in other ways (e.g., by phone or videoconference)?

How long is the current situation sustainable without a change? Could you go on as you are for 3 months? 6 months? One year?

How do you feel about the potential benefits overall?

1	2	3	4	5
low benefit			high benefit	

5 MOVING FORWARD SAFELY

Look again at the potential risks and benefits. How do you feel about the balance? Circle one:

Benefits
outweigh
risks

Risks
outweigh
benefits

How have you decided to move forward?

ADDITIONAL RESOURCES

For more guidance on what to consider and how to plan to move forward, use these resources:

- › For family caregivers considering respite care, visit the COVID-19 Respite and Caregiver Resources website:
<https://archrespite.org/Covid-19-Respite-Resources>
- › For families deciding about visiting grandparents or sending kids back to daycare, see advice from Emily Oster:
<https://emilyoster.substack.com/p/grandparents-and-day-care>

If you think you may have been exposed to the virus that causes COVID-19, you can find more information about getting at test from the Wisconsin Department of Health Services (<https://www.dhs.wisconsin.gov/covid-19/testing.htm>).

REFERENCE LINKS

- 1 <https://www.dhs.wisconsin.gov/covid-19/local.htm>
- 2 <https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/index.html>
- 3 <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/at-home.html>

DECISION FLOWCHART

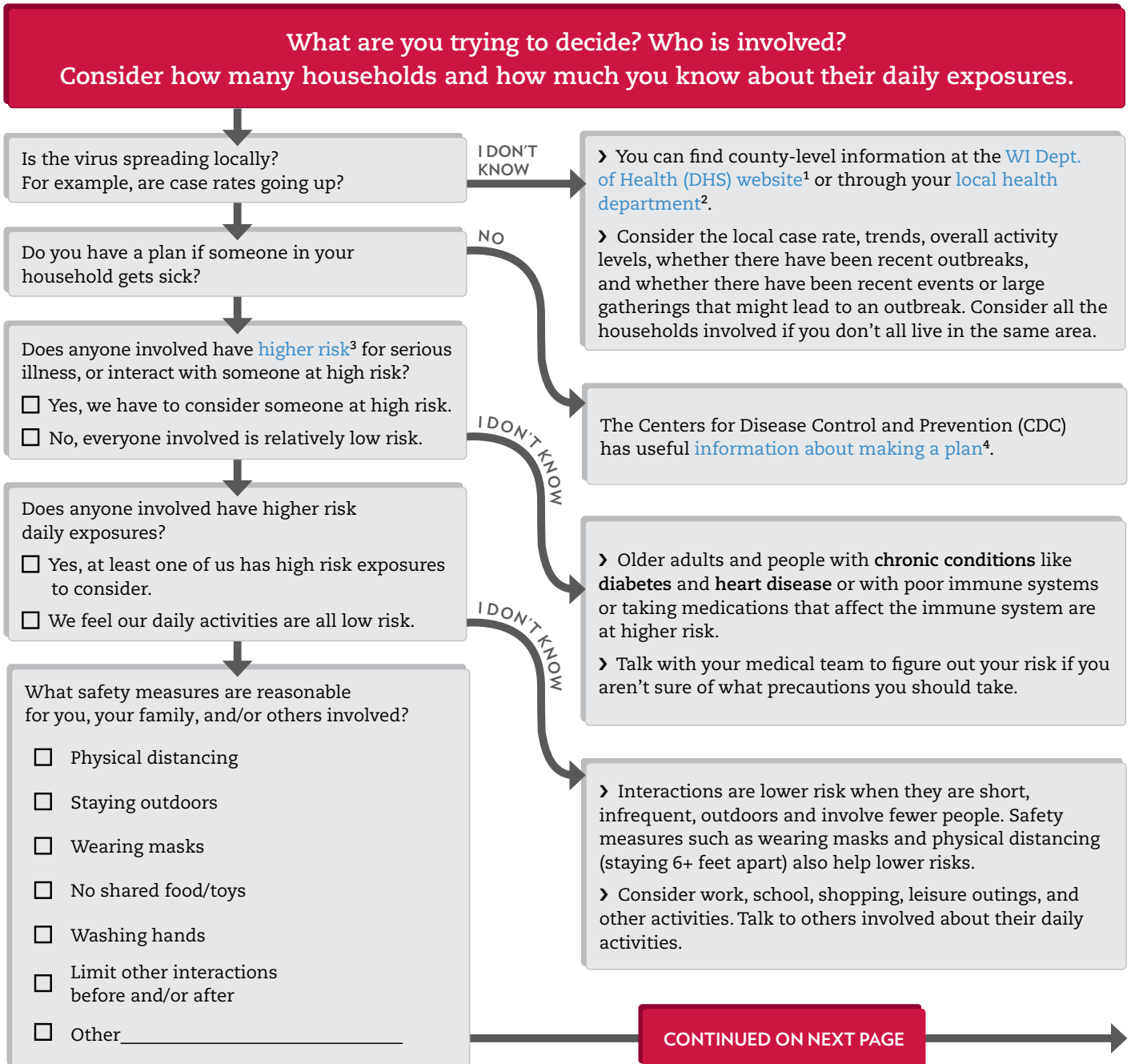
MOVING FORWARD DURING COVID-19



Extension

UNIVERSITY OF WISCONSIN-MADISON

The COVID-19 pandemic led to months of “Stay at Home” orders across the country closing businesses, places of worship, daycares, and encouraging people to stay at home to avoid the spread of the virus. Now that these places are slowly reopening, how do you decide how or when to return to these places or who to start engaging with in-person? This worksheet will help walk you through the decision-making process by helping you weigh out your own risks and benefits of interacting with others in public spaces or in your homes again.



What are the possible benefits for everyone involved? Summary of the benefits:

I DON'T
KNOW

- › We all need social connection, and we also need a break from our responsibilities (e.g., caregiving, household upkeep) and time to ourselves.
- › How would this interaction help meet your physical, emotional, mental, social, or spiritual needs? How would it alleviate stress and help you regain some balance in your life?

Overall, how would you rate the risks & benefits?

RISKS

1 2 3 4 5

low risk

high risk

BENEFITS

1 2 3 4 5

low benefit

high benefit

Do the benefits outweigh the risks?

YES

NO

- › It's okay to say no to an invitation or wait to change your routine. It's also okay to make a decision and change your mind later.
- › Continue to track the local situation, your own needs, and the needs of others around you to decide when and how to move forward.
- › If you still feel conflicted, try breaking the decision down to two options. For example, should we see family this weekend, or not see them at all until next year? Then pick new options that are less extreme and try again. This exercise might help clarify what feels right for your family.
- › It also might help to talk with your family or those you want to interact with about their own thoughts on the questions above, and how you can all feel most comfortable moving forward.

Visit us online for more
COVID-19 resources

➤ fyi.extension.wisc.edu/covid19

➤ @UWMadisonExtension



It sounds like you have a plan to move forward! It's a good idea to also talk about this plan with everyone involved, so you are all in agreement. Summary of plan for moving forward:

ADDITIONAL RESOURCES

For more guidance on what to consider and how to plan to move forward, use these resources:

- › For family caregivers considering respite care, visit the COVID-19 Respite and Caregiver Resources website: <https://archrespice.org/Covid-19-Respite-Resources>
- › For families deciding about visiting grandparents or sending kids back to daycare, see advice from Emily Oster: <https://emilyoster.substack.com/p/grandparents-and-day-care>

If you think you may have been exposed to the virus that causes COVID-19, you can find more information about getting a test from the Wisconsin Department of Health Services (<https://www.dhs.wisconsin.gov/covid-19/testing.htm>).

REFERENCE LINKS

- 1 <https://www.dhs.wisconsin.gov/covid-19/local.htm>
- 2 <https://www.dhs.wisconsin.gov/lh-depts/counties.htm>
- 3 <https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/index.html>
- 4 <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/at-home.html>



Facilitator's Guide

Influencing Others with the Stories You Tell

*Tell me a fact and I'll learn. Tell me the truth and I'll believe.
But tell me a story and it will live in my heart forever. —Indian Proverb*

Rationale:

Effective leaders have learned that good illustrations can make a point. Stories can be used to train, mentor, and coach others. Stories of how others have dealt with change can be useful to help organizations manage their own change or communicate complex facts or basic truths.

Program Goal:

To develop effective storytelling skills for enhancing leadership development opportunities.

Program Objectives:

- To examine the value of storytelling as an effective communication tool
- To contrast storytelling themes used to relate truths or personal experiences
- To practice storytelling skills to improve potential for influencing others in leadership development situations

Pre-Program Preparation:

- Read and make copies of "Influencing Others with the Stories You Tell" fact sheet.
- Prepare favorite childhood memory
- Secure paper and pencil for each participant
- Make copies of *My First Homemaker Club Meeting activity sheet*
- Secure flipchart & markers

Introduction:

Effective storytelling is a fine and beautiful art. A well-developed and presented story can cut across age barriers and will capture the interest of its listeners. Good stories will be remembered long after they are

told. Even folks who say they can never remember a joke will say, "Oh, I've heard that one!" as soon as the storyteller gets started.

Stories, analogies, and metaphors are also one of the best ways to communicate complex facts and basic truths. Stories are a way for our minds to see and remember what our ears hear.

Introductory Activity:

Ask participants to think about a favorite childhood memory. While they reflect, enthusiastically share one of your favorite childhood stories, with animation. Ask one or two participants to share their personal memories; ask "Why do you enjoy the stories shared?"

Share that good stories connect each of us with our personal experiences.

Objective 1: Examine the value of storytelling as an effective communication tool

Stories, analogies, and metaphors are often the best way to develop relationships, mentor or coach others. Share the quote "Tell me a fact and I'll learn. Tell me the truth and I'll believe. But tell me a story and it will live in my heart forever." —Indian Proverb. Stories allow our minds to hear what our ears hear and make points easier to remember.

This leadership curriculum was developed by Family & Consumer Science (FCS) agents with University of Kentucky specialists. Examples in the guide are geared toward an FCS audience such as Kentucky Extension Homemakers. This guide may be reproduced or modified for educational or training purposes and used with other audiences.

Learning Activity 1:

Extension Homemakers differ in age and length of time with the organization, but each can improve communications and build relationships by sharing personal experiences. What is your Extension Homemaker story? Take a moment and make notes on the following worksheet, My First Homemaker Club Meeting. Include who invited you to Homemakers, why you joined, the year, people, place, program or memorable things that happened at the meeting.

Objective 2: Contrast storytelling themes used to relate truths or personal experiences

Good storytelling comes from recalling events that use your experience to relate truths to others. Good stories can be built around common themes, which help structure and recall events for relating a specific truth. Write the following themes on a flip chart:

- **Mistakes and failures**—Not all things that happen to us are good. We may have learned more from the bad things that have happened, and they are almost certainly imprinted more strongly in our brains.
- **Unexpected opportunities**—The unexpected can also be a good source of stories. Those “ah ha” moments can be a rich source of illustrations.
- **Risks and rewards**—The world is full of people who were willing to take a chance. The great explorers of history are often remembered as much for their struggle against the odds as for the things they discovered.
- **Choices and consequences**—Children often learn from “if..., then...” stories, even if they have to learn the hard way. But not all choices and consequences stories are bad.
- **Lessons learned**—Life and education are ongoing experiences. The lessons can be a rich source of material for a storyteller, especially when the lessons illustrate a truth that can be passed on to others.
- **Obstacles and challenges**—Some of the highest impact stories are those that tug at our heart-strings.
- **Someone who inspired me**—All of us can mention people who made a difference in our lives. They cared enough to offer advice. They changed the direction of our lives.

Learning Activity 2:

Let's take a closer look at the notes from your “My First Homemaker Meeting” activity sheet. Would your notes indicate a potential story that would share specific truths from the storytelling themes? Think of discussing Extension Homemakers with a prospective member and using your Extension Homemaker story to influence them. Have participants answer all questions or pick and choose a few to focus on, depending on time. You may also want someone to write down answers for all to see.

- **Mistakes and failures**—Did anyone have a bad experience, from a mistake or failure, at their first Homemaker Club meeting that resulted in gaining more self-confidence through admitting the mistake or helped build stronger relationships?
- **Unexpected opportunities**—Did surprises or unexpected moments occur that led to an “ah ha” moment, resulting in more personal satisfaction?
- **Risk and rewards**—Can your story indicate taking a personal risk and receiving rewards? What rewards do you feel you have received after taking the risk of joining Homemakers?
- **Choices and consequences**—Do you feel that your story could show how a choice to join Homemakers was a decision with positive consequences that you could share with others to influence them to join?
- **Lessons learned**—Can your story share a lesson learned, with a specific truth to pass on? Is there a lesson we could learn today from listening to the different experiences each of us had at our first Homemaker Club meeting?
- **Obstacles and challenges**—Can your story indicate obstacles that were overcome with a heartfelt result?
- **Someone who inspired me**—Can your story include a certain individual that inspired your choice to join Extension Homemakers and became a mentor who enhanced your personal development?

Objective 3: Practice storytelling skills to improve potential for influencing others in leadership development situations

The key to telling stories is to have something interesting to say and to say it in an interesting way. Knowing and applying the basic tips of storytelling will strengthen your stories. Write the following storytelling tips on the flipchart:

- Tell a personal story
- Be honest and sincere
- Use other's stories
- Have a beginning....a middle....and an end
- Make the story visual
- Use body language

Learning Activity 3:

Ask participants to work in small groups and use their notes from the My First Homemaker Club Meeting worksheet to develop their own personal story. Ask them to sketch out a beginning, middle and end. Then ask them to choose a partner and tell the story, using the major storytelling points of delivery. If desired, ask permission to print or use some of the personal stories in the local paper or in upcoming Homemaker newsletters or other media to influence others and build relationships.

Summary:

Remember to grab the audience's attention with your storytelling. When you have their attention, you will earn their trust, and then you will be able to communicate more effectively. Facts, figures, and ideas are easier to convey when constructed in the framework of a story.

References:

Kouzes, James M., and Barry Z. Posner (2007). *The Leadership Challenge* (4th ed.). San Francisco: Jossey-Bass.

Penn, Allisen. Advocating for Extension: Storytelling. Strengthening Extension Advisory Leadership Training Curriculum, 2009. <http://srpln.msstate.edu/seal/09curriculum/index.html>.

Developed by: Kenna Knight, Pendleton County Extension Agent-FCS; Steve Isaacs, Professor, Ag Econ; Janet H. Johnson, Allen County Extension Agent-FCS; Laura F. Stephenson, Kentucky Extension FCS State Program leader

My First Homemaker Meeting

1. What year did you attend your first homemaker meeting? _____
2. Who invited you to attend your first homemaker meeting? _____
3. Where was your first meeting held? _____
4. Who taught your first homemaker lesson? _____
5. What was your first homemaker lesson about? _____

6. Did you make a craft? And if so, what did you make? _____

7. Did you have refreshments? And if so, what was served? _____

8. Items of business discussed at your first meeting: _____

9. Did anything else unique happen at your meeting? _____

Senior Autumn Fest



Tuesday September 22, 2020

11:00 AM-1:00 PM

Village of Hortonville Municipal Bldg. Parking Lot
531 N. Nash Street

**For Coronavirus/COVID safety, this event will be held in a
drive-thru format.**

Please enter the lot from Nash Street and exit onto County M/Olk Street.

Each couple or single registrant will receive a “goody” bag with informational flyers & agency contributions.

Free picnic lunch will be provided for each attendee, *reservations required*.

Please call 920-779-6011 by September 16th to order your choice of ham or turkey sandwich.

Village services will be represented including: Hortonville Police Dept., Hortonville/Hortonia Fire Dept., Gold Cross Ambulance

Hortonville High School music students will perform as you travel through the lot.

Weather permitting, tri-shaw rides will be provided by Make the Ride Happen.

To facilitate traffic flow, please attend during the times listed based on the first letter of the driver's last name:

A-F: 11-11:30 G-K: 11:30-12 L-P: 12-12:30 Q-Z: 12:30-1

The Senior Activities Committee members are looking forward to seeing you!

Remember to reserve your lunch!



Outagamie County
Home and Community Education
Fall 2020 Newsletter
3365 W Brewster St
Appleton, WI 54914



Extension

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OUTAGAMIE COUNTY

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Jeff Nooyen	County Board Chair
Travis Thyssen	County Board Vice Chair

Extension Education Committee

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Dan Rettler	Vice Chair
Daniel Melchert	Secretary
BJ O'Connor-Schevers	Member
Debbie VanderHeiden	Member

Extension Staff

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Joan Behle	Office Assistant
Kaitlin Bricco	Horticulture Assistant
Karen Dickrell	Human Development & Relationships Educator
Christi Gabrilksa	FoodWise Nutrition Coordinator*
Sarah Grotjan	Dairy and Livestock Educator
Vicki Handschke	Office Assistant
Kevin Jarek	Crops, Soils, and Horticulture Agent
Mia Ljung	Community Development Educator
Ina Montgomery	Program Assistant
Hannah Phillips	FoodWise Healthy Communities Coordinator*
Alicia Schroeder-Haag	4-H Program Educator
Chris Viau	Area Extension Director*
MaryBeth Wohlrabe	Positive Youth Development Educator
Becky Zoglman	Communication Specialist

**Serves Calumet, Outagamie, Waupaca and Winnebago Counties*

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