



# BCAHCE

2019

# January-June

Burnett County Association for Home and Community Education Newsletter

## Letter From The President

Greetings,

I hope everyone had a great holiday. Hard to believe it is six months since the last newsletter. Summer has come and gone and hardly any fall. Now we are back to snow and slippery roads. Garden catalogs are coming in the mail so that must be a good sign.

We had a nice fall meeting in Barron with a very informative talk by their sheriff called "If you see something, say something".

The spring district meeting will be in Cable May 16. Hope to see many of you there.

We will be hosting the fall 2019 meeting at Bethany Church in Siren October 10. Get your thinking caps on. What will we serve for lunch and do you want crafts or speakers?

We also will be hosting the state meeting in Hudson in the fall of 2020.

Harmony welcomed two new members this past year. If someone is new in your neighborhood or church, invite them to a meeting.

As you probably all know by now, Beth Greiff's job is being terminated. Thanks for all the help and good luck in the future. You will be missed.

*-LaVonne O'Brien*

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## Future Meetings

### Executive Board and Program Chairs Meetings

- March 19, 2019
- July 16, 2019
- September 26, 2019
- November 19, 2019
- Siren Government Center, Rm 165

### Spring District Meeting

- May 16, 2019
- Cable, WI

### County Recognition Lunch

- May 21, 2019
- Location TBA

### NVON Conference

- July 23-25, 2019
- Springdale, AR

### State HCE Conference

- September 16-18, 2019
- Holiday Inn, Manitowoc

### Northwest District Fall Meeting

- October 10, 2019
- Bethany Lutheran Church, Siren

## HCE Online

Statewide site:

<http://www.wahceinc.org/>

Burnett County site:

<http://burnett.uwex.edu/youth-families/hce/>

Facebook statewide page:

<https://www.facebook.com/WAHCEinc/>

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## HCE Upcoming Events

### January

- 1 New Years Day, UW-Extension Office **CLOSED**
- 1 Articles **DUE** to Update
- 8 12 pm, Odds 'N' Ends Meeting
- 22 10 am, Harmony Meeting

### February

- 7 Early Readers @ Head Starts  
9:30 am - St. Croix Tribal Head Start  
10:45 am & 12:50 pm - Mina Copeland
- 11 HCE Healthy Lifestyle Begins
- 12 10 am, Harmony Meeting
- 12 12 pm, Odds 'N' Ends Meeting
- 18 Presidents' Day, UW-Extension Office **CLOSED**

### March

- All Month: HCE Healthy Lifestyle
- 7 Early Readers @ Head Starts  
9:30 am - St. Croix Tribal Head Start  
10:45 am & 12:50 pm - Mina Copeland
- 10 Daylight Savings Time begins
- 12 12 pm, Odds 'N' Ends Meeting
- 15 Articles **DUE** for April Newsletter
- 19 11 am, Executive Board and Program Chairs Meeting
- 20 Spring Equinox
- 26 10 am, Harmony Meeting

### April

- All Month: HCE Healthy Lifestyle
- TBA Douglas County Crafty Day

- 1 High School Scholarship Applications **DUE**
- 1 UPDATE articles **DUE** to Editor
- 4 Early Readers @ Head Starts  
9:30 am - St. Croix Tribal Head Start  
10:45 am & 12:50 pm - Mina Copeland
- 9 12 pm, Odds 'N' Ends Meeting
- 19 UW-Extension Office **CLOSED**
- 23 10 am, Harmony Meeting

### May

- TBA HCE Healthy Lifestyle Ends
- 1 Pennies for Friendship **DUE** to County Treasurer
- 2 Early Readers @ Head Starts  
9:30 am - St. Croix Tribal Head Start  
10:45 am & 12:50 pm - Mina Copeland
- 14 12 pm, Odds 'N' Ends Meeting
- 16 Northwest District Spring Meeting
- 21 11 am, Recognition Lunch. County Spring Meeting. Location TBA
- 27 Memorial Day, UW-Extension Office **CLOSED**
- 28 10 am, Harmony Meeting
- 31 End Tracking for "Impact of HCE"

### June

- 1 New Year: Start Tracking Volunteer Hours for "Impact of HCE"
- 11 12 pm, Odds 'N' Ends Meeting
- 14 (Tentative) Dairy Day, Alpha, Burnett Dairy
- 15 (Tentative) Dairy Breakfast, Location TBA
- 25 10 am, Harmony Meeting

## From the HCE Advisor

Happy New Year to you all. I hope your travel and holiday plans worked out as well as possible.

Thank you to the Program Book committee who met recently to update things for the 2019 year. The group was efficient as each person was asked to contribute some information for each month. Bobbie Schaffer is our new District Director for the Northern District of HCE so she contributed the state information. LaVonne O'Brien, our county President, contributed county information, Diane Medaglia, Program Book chair, contributed club information. Beth Greiff, Administrative Assistant for UW-Extension, contributed information about book layout and printing.

When we all take a role in working on a task it seems easier to accomplish. I encourage everyone to collaborate with one another, both within HCE and beyond. Let's all share the work...and the fun!

We have an exciting new year ahead of us. I look forward to seeing what we can accomplish together.

- Beth Rank



Irene Peterson and Judy Marek presented a check from Odds 'N' Ends to Kristina Kelley-Johnson, Grantsburg Library Director, during HCE week.

# BCAHCE Executive Board Meetings

September 18, 2018 - Roberta Shaffer

Executive Board Meeting for Burnett County Home and Community Education was held on September 18, 2018 at the Government Center at 11am.

Meeting was called to order and opened with the HCE Creed.

Roll Call was taken with nine members present. Lavonne O'Brien, Judy Marek, Diane Medaglia, Amy Kopecky, Joyce Kyle, Irene Peterson, Karen Brooks, Muriel Anderson and Bobbie Shaffer.

Secretary's Report was given and approved by all.

Treasurer's Report: was given and approved by all.

Committee Reports:

- Historian: N/A
- International/ Family Life: N/A
- Marketing/Membership: Muriel Anderson is working on finding new members.
- Program/Community Outreach/Cultural Arts. Diane we had no cultural arts that went to state conference. Nothing else to report at this time
- Scholarship: Karen asked how to get scholarship forms. You can find them on the HCE website or from Beth in the office.
- Early Readers: Karen and Judy informed members everything is set for the school year. Books and the schedules have been handed out and we are ready to start. Karen is waiting to hear if Voyager Village will be making a donation this year.

● Family living report : N/A

Unfinished Business:

- No members attended State Conference.
- Beth will be back from her leave the day before Halloween.
- Fall district meeting is in Barron on October 4. Members who are attending are to be at Lavonne's by 8:30am.
- Mary Corton our District Director is resigning.

- Our fall county meeting will be on Wednesday November 14 at the Pour House at 11:am hosted by Odds 'N' Ends.

New Business:

- Webster Fair is September 21-23. Harmony received a first on their entry in the Grantsburg fair.
- State Conference for 2020 will be in Hudson at the Hudson House and hosted by all members of the Northwest district. The theme will be 20-20 vision. So we need to be thinking of ideas for centerpieces and ways we can help to make this conference a success.

With no further business Karen made a motion to adjourn and it was second by Amy all present approved. Meeting closed with the WAHCE Prayer.

Members enjoyed coffee and homemade apple squares that Lavonne made for us.



At the July Executive Board meeting, Rosemary Yaekel gave us a fun and filling program on "Salad In A Jar". We received recipes and lots of tasty salads to try.

November 14, 2018 - Roberta Shaffer

Fall Meeting for Burnett County Association for the Home and Community Education Executive

Board Meeting was held on November 14, 2018 at the Pour House in Siren, WI at 11:00 am.

Hosted by Odds 'N' Ends.

Meeting opened with the creed.

Roll call was taken with thirteen members present: Judy Merek, Irene Peterson, Pat Johnson, Karen Brooks, Joyce Kyle, Muriel Anderson, Diane Medaglia, Adeline Ingalls, LaVonne O'Brien, Amy Kopecky, Jennifer Janssen, Bobbie Shaffer, Beth Rank.

Secretary's Report was read and approved by all.

Treasurer's Report was given and approved by all

Committee Reports:

- Historian N/A
- International/Family Life N/A
- Marketing/Membership N/A

- Program/Community Outreach/Cultural Arts Diane reported that Harmony Club did a display at the Larson Family Library for HCE week.

- Scholarship LaVonne reminded all that applicants need to in by April 1 2019.

- Early Readers Judy reported everything going well.

- Family Living Educator N/A

- County President N/A

Unfinished business N/A

New Business:

- Diane will set up a time to work on the 2019 program books with Beth.

No further business meeting closed with the HCE Prayer.

All members enjoyed lunch.

# Club Notes

Harmony - Roberta Schaffer

## July 24, 2018

Harmony HCE Club Meeting was held on July 24, 2018 at 10am at the home of Lavonne O'Brien.

Meeting was called to order and opened with the creed.

Roll was taken with eight members present and one guest Lavonne O'Brien, Karen Brooks,

Adeline Ingalls, Pat Johnson, Amy Kopecky, Joyce Kyle, Sharon Wilber, Bobbie Shaffer. Guest Marge McCardle.

Secretary's report was read and approved.

Treasurer's report was given and all approved.

Old Business:

- Lavonne passed a thank you card around from Sarah Shaffer one of our scholarship winners.
- Lavonne informed members that she attended the HCE County Executive Board Meeting on July 17, 2018. There was nothing new to report.
- Rosemary Yaekel showed members at the meeting how to make salads in a jar. She also passed out some of her recipes for different salads. All member then got to enjoy tasting the salads.
- Ringing of the Bells went well. The next time to ring will be in November or December 2018. We need to be thinking of when we would like to ring the bell.

New Business:

- If we are going to enter into the Grantsburg Fair the entry needs to be in by August 9, 2018.
- The Webster Fair is September 21 thru 23, 2018.
- HCE week is November 4 thru the 10.
- August meeting will be the Cedarwood picnic. Diane has already made the posters for this. Members are asked to bring a dish to share. We need to plan for 30 people.
  - ◇ Diane: Baked beans
  - ◇ Club: will supply the coffee and napkins
  - ◇ Amy: watermelon
  - ◇ Pat: juice and chips
  - ◇ Sharon: salad
  - ◇ Adeline: Forks knife and a dessert
  - ◇ Karen: buns and ketchup and mustard
  - ◇ Bobbie: Hot Dogs
  - ◇ Joyce: jello salad
  - ◇ Lavonne: corn
  - ◇ Guest: Marge McCardle: salad
- State conference is September 17 thru 19, 2018 in Pewaukee WI.

- Joyce is having a 80 birthday party on September 8, 2018 from 1 to 5 out on French Road more details to follow.

With no more business Karen Brooks made a motion to close the meeting and Joyce second it. Meeting closed with the WAHCE Prayer with a great food and fellowship to follow. And members put together or Club display for the Grantsburg fair.

## August 28, 2018

Harmony Meeting August 28, 2018 was our annual picnic with the residents at Cedarwood Manor. All enjoyed good food and fellowship.

## September 25, 2018

Harmony Meeting was held on September 25 2018 at Cedarwood Manor at 10 AM.

Hosted by Joyce Kyle.

Meeting opened with the HCE Creed.

Roll call was taken with ten members present. Amy Kopecky, Karen Brooks, Adeline Ingalls, Pat Johnson, Joyce Kyle, Diane Medaglia, LaVonne O'Brien, Sharon Wilber, Marge McCardle and Bobbie Shaffer and one guest Nicole Rossow from ADRC of Aging and Disability Resource Center.

Secretary's report was read and approved.

Treasurer's report was given and approved by all. Amy collected \$10.00 for dues \$20.00 for the no bake bake sale, and \$20.00 for scholarship. Members also gave to the Connections food shelf and pennies for friendship.

Old Business:

- Our entry at the Grantsburg and Webster fair booth got a blue ribbon. We will display the board at the Larson family library the first week of November for HCE Week. Joyce will set the board up.
- The picnic had 19 in attendance. 9 guest ate in and we delivered 2 meals. A short discussion followed on ways to include more of the residents for the picnic like maybe changing the day of the week. Members need to be thinking about this for next year.

New Business:

- Lavonne read a letter from Mary Corton the district director about the fall district meeting. Mary will be stepping down as district director. Lavonne will give a short report on our county activities at the district



meeting. Lavonne will be driving to the meeting. Those attending need to be at Lavonne's at 8:30am.

- Adeline will be hosting the November meeting.
- October meeting will be hosted by Karen Brooks At Cedarwood Manor.
- The fall county meeting will be on November 14 at the Poor House at 11 am. The Odds and ends members will be hosting the luncheon.

With no further business Diane made a motion to close the meeting and Sharon second it. The meeting closed with the WAHCE PRAYER.

Our guest Nicole Rossow informed members on ADRC and handed out information for members to use when they have questions or need help on everyday needs. She also handed out different types of classes that we can attend. Members enjoyed food and fellowship after the meeting.

### October 23, 2018

Fall October Meeting of Harmony Club HCE was held on October 23 2018 at 10 am at Cedarwood Manor. Hosted by Karen Brooks.

Meeting was called to order and opened with the HCE Creed.

Roll call was taken with nine members present and one guest. Lavonne O'Brien, Amy Kopecky, Joyce Kyle, Marge McCardle, Diane Medaglia, Adeline Ingalls, Bobbie Shaffer ,Karen Brooks, Pat Johnson and the guest was Anne Burford.

Secretary's report was read and approved by all present.

Treasurer's report was given and approved by all present.

Amy collected for sunshine, pennies for friendship and for the connections (food shelf).

Old Business:

- Lavonne discussed the fall district meeting that she attended on Barron.
- Joyce will set up our board at the library for HCE week.

New Business:

- We will be hosting the fall district meeting in the fall of 2019. It will be at Bethany Church in Siren. We

will need to discuss detail in the coming months.

- The spring district meeting will be at Cable in the spring 2019 and Bayfield county will be hosting the meeting.
- Election of officers was discussed and they will all stay the same for the upcoming year. All members approved this decision .
- We will be making table decorations for the 2020 state conference in Hudson WI.
- November's meeting will be at Adeline's at 11am. It was decided to have potluck to celebrate the Holidays and not have a December outing this year. Members signed up to bring:
  - ◇ Joyce and Amy Ham or Turkey
  - ◇ Anne appetizer
  - ◇ Lavonne sweets
  - ◇ Diane Waldorf salad
  - ◇ Karen Cheese potatoes
  - ◇ Marge Cranberry salad
  - ◇ Bobbie rolls
  - ◇ Adeline drinks
  - ◇ Pat appetizer
- Members are asked to give a \$5.00 donation to be given to the battered woman's home.
- Anne Burford's contact information was provided. With no further business Diane made a motion to close the meeting and Karen second the motion. Meeting closed with the HCE PRAYER. Karen talked about pumpkin spice and we all made a batch of pumpkin spice to take home and use. Members enjoyed a great lunch and great fellowship after the meeting.

### November 27, 2018

November and December meeting Harmony Club was held on November 27 at 11:00 am

Hosted by Adeline Ingalls.

Members enjoy a potluck lunch and great fellowship.

Harmony Club will meet again in the new year.

Happy Holidays to all.

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Odds 'N' Ends - Acting Secretary Judy Marek

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### July 10, 2018

Our meeting was held at Muriel Anderson home.

Meeting opened with WAHCE Creed.

Attending were Judy, Muriel, Anita, Mary Anne, Irene, Rosie.

Secretaries report read, approved and filed

Treasurer's report was read, approved and filed for audit.

Nineteen pounds of food were donated to Family Pathways.

We discussed the music in the park at Siren for July 19. Due to inclement weather the program was moved to the school.

Early Readers met at 10:00 to discuss the material and sign up for times to read.

Attending were Muriel, Judy, Irene, Anita, Rosie.

Rosie gave a presentation after the executive board meeting on making Salad in a jar.

Brief discussion was made about serving Root Beer Floats at Shady Knoll.

Judy gave a handout concerning protection from sun.

Odds 'N' Ends club made some suggestions about an outing in August.

Next executive board meeting will be held September 18.

#### August 21, 2018

Rosie was host for August meeting. Meeting opened with WAHCE Creed.

Attending were Judy, Rosie, Muriel, Maryanne, Irene and Anita.

Judy asked everyone "What are your plans for Labor Day weekend?"

Secretary report read, approved and filed.

Treasurer's report read, approved, filed for audit.

Judy was given items for Frederic Food Shelf.

Discussed an outing for the club, but was decided to cancel plans because of limited time.

Maryanne offered to host September meeting.

Meeting closed with WAHCE prayer.

#### September 11, 2018

HCE was held at Judy's home. Those in attendance were: Maryanne, Muriel, Gladys, Irma, and Judy. Meeting was called to order and opened with WAHCE Creed.

Secretary's report was read, approved, and filed. Treasurer's report was given and approved.

Irene and Judy will go to Shady Knoll September 18th with ice cream and root beer to make root beer floats for residents and caregivers.

Muriel, Irene, and Judy will go to CCC in Grantsburg for an ice cream social in the next couple of weeks. Judy has the ice cream, chocolate syrup, sprinkles, bowls, spoons and napkins that are needed.

Muriel will be going to NW District Meeting at Barron on October 4th with some of the members from Harmony.

There is no OB department at this time at Burnett Medical Center, so we will need to be thinking of what we want to do for HCE week which is November 4th -10th. We used to give the first Burnett County mom baby presents born during this week. Last year we make a donation to the Grantsburg Library.

It was decided to continue to donate supplies for Northwoods Homeless Shelter.

Irene, Judy, and Nancy will do Christmas Head Start games this year.

We need to be thinking about door prizes for our Fall Meeting in November at the Pour House.

Meeting was adjourned. We closed with WAHCE Prayer.

Maryanne presented a program on charcoal home remedies and demonstrated how to make a charcoal poultice. Activated charcoal is antibacterial and anti-inflammatory. It can reduce the pain and swelling of bites and stings.



Ruth Ann Thiel, Judy Marek, Gladys Packer, and Irene Peterson at Frederic Nursing home in their Halloween attire at bingo. They are there each week, but not usually dressed like this.

Maryanne Wilcox presented a program on charcoal home remedies and demonstrated how to make a charcoal poultice.



#### October 18, 2018

Judy was hostess for our October meeting. Meeting was opened with HCE Creed. Those in attendance were: Irene, Jennifer, Muriel, Gladys, and Judy.

Judy gave us some trivia regarding today's date and also Halloween. In Ireland, Jack-O-Lanterns were originally made out of turnips. When the Halloween custom came to America, Irish immigrants used pumpkins, because stateside, turnips were too spendy. In 1954, on October 18th, Texas Instruments introduced the first transistor radio.

Acting secretary, Judy, read the secretary's report. Report was approved and filed.

Treasurer's report was given and approved. Judy submitted her bills from the time period of December 2017 to September of this year.

Irene and Judy went to Shady Knoll September 18th and made root beer floats for resident and caregivers.

Muriel and Judy went to CCC in Grantsburg on September 24th and served ice cream with chocolate syrup and sprinkles to residents and caregivers.

Muriel reported on the NW Fall Meeting she went to on October 4th in Barron. The NW Spring Meeting will be held in Cable at the Cable Community Center on May 16, 2019.

Odds 'N' Ends will be hosting our HCE Fall Meeting at the Pour House at 11am on November 14, 2018. Irene and Judy have gotten the door prizes. Judy will pick up candy for favors.

HCE Week is November 4th -10th. There were not any volunteers to help with this. Muriel was asked to see if she could present a check to the Grantsburg Library and have picture taken and submit short article and picture to two local newspapers.

Judy called Northwoods Homeless Shelter to see what items are needed. She will pick them up.

Judy showed the materials for this years Head Start games to be given to each child in December. Irene, Nancy (Swanberg), and Judy will work on these before Christmas.

Meeting was adjourned and was closed with WAHCE Prayer.

Information from the Government Center on suicide was handed out. On one of the pages it described an exercise to help a person calm down and how to retrain your mind and body to remain grounded in the moment.

Halloween bingo was played with many interesting prizes.

#### November 13, 2018

Jennifer was our hostess for our November meeting. Meeting was called to order and opened with the HCE Creed. The roll call question was "What is your favorite Thanksgiving food?" Attending were: Irene, Gladys, Judy, and Jennifer.

Secretary's report from October meeting was given by Judy. It was approved and filed.

Treasurer's report was given by Judy. It was also approved and filed. Checks had been written for BCAHCE Scholarship account and a donation to the General checking account.

A report was given regarding the Fall Meeting we are hosting on November 14, 2018 at the Pour House. Irene and Judy will get there a little early to set up.

Irene and Judy went to the Grantsburg Library during HCE week (November 4th-10th) and gave a monetary donation from our club. They put a picture and small article in the Sentinel and Leader papers.

Judy went shopping yesterday and got items for the Northwoods Homeless Shelters. She will set up a time and date to get them delivered in the next week or so.

Thanksgiving cards will be sent to Rosie and Maryanne today. Stamps and cards will come out of our "dish dues".

It was decided to give Shady Knoll residents and caregivers a Thanksgiving card and a big bag of Autumn Mix candy. Judy will take care of this.

Irene made a motion to give \$25.00 for "Christmas for Kids". Jennifer seconded the motion and it was passed.

We will do Christmas cards for Shady Knoll and give each resident and caregiver a bag of Russell Stover candy.

Christmas party and meeting will be December 11th at

11am at Irene's new home in Frederic. We will play our traditional games of Christmas bingo and a dice game. No loaded dice this year! If anyone wants to bring any inexpensive (can be gently used also) wrapped prizes, it would be appreciated.

Meeting was adjourned and closed with WAHCE Prayer.

Each member had brought a dish to pass with the recipe to share.



Irene Peterson, Nancy Swanberg, and Judy Marek working on Head Start Christmas games. "Five Little Crayons Jumping on the Bed".

#### December 11, 2018

We met at Irene's new home in Frederic for our December meeting. The meeting was called to order and opened with the HCE Creed.

The roll call question was, "When is a door not a door?" Those present were Irene, Gladys, Muriel, Irma, and Judy. Muriel recently had a birthday and research said that she could use her birth year calendar in 2020 again. Research also said that the most popular baby names were Mary and Robert on the date she was born.

Secretary's November Minutes were read by Judy. They were approved and filed.

Judy gave the Treasurer's report. It was also approved and filed. Gladys presented our club with a generous check. THANK YOU GLADYS! Since last month, a check was written to "Christmas for Kids".

Irene, Nancy, and Judy had worked on gluing colored crayon foam shapes on jumbo craft sticks for Christmas games for Head Start children. Beth from the Extension office made copies of "Five Crayons Jumping on the Bed" to go with the games. Judy put the games together and will deliver them to Mina Copeland and Hertel Head Starts.

Shady Knoll residents and caregivers received a Thanksgiving card and a big bag of candy from our club.

Arrangements were made for Virginia, director of Northwoods Homeless Shelters, to pick up the items that were requested. The items were: brushes, boxes of tissues, body lotion, disinfectant wipes, small cars (Matchbox), and combs. Gladys donated the new combs.

Judy will get lists of residents at CCC in Grantsburg, Shady Knoll, and Frederic Nursing Home and write out Christmas cards. She will deliver them also.

Shady Knoll residents and caregivers will also each get a small bag of Russell Stover candy.

Next meeting will be January 8th at noon at Gladys's home. Meeting was adjourned and ended with HCE Prayer.

Our traditional Christmas bingo and dice games were played with lots of cheer and laughter. More good memories made. Irma was lots better at shaking dice than bingo for getting prizes.



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