



The Grapevine



November 2019



President's Message



Where has the time gone? Winter, whether we like it or not, is just around the corner.

We are still looking for 2 people to fill positions on the international/citizenship committee. Could someone please step up and volunteer. You don't have to attend the board meetings, unless you would like to.

Anyone is welcome to attend a board meeting at any time. We meet the first Tuesday of January, February, March, November and in August towards the end of the month.

If anyone has an idea for a leader training project, please let us know.

Also we need ideas for HCE Day, a speaker, and break-out sessions. HCE day is tentatively set for April 18.

The project on "Cooking with Herbs" was a huge success. Maybe some of you have invited a friend or neighbor to join HCE.

Hope you all have a wonderful Thanksgiving and Christmas holiday.

Lois Becker
HCE President

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Growing Stronger, Reaching Wider, Caring To Make A Difference

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.



HCE Executive Board Meeting November 5, 2019

The meeting was called to order at 6:00 p.m. by President Lois Becker.
The Creed and Flag pledge were recited.

Members present were: Joanne Trunkel - VP for Program, Betty Loos - Historian,
Diana Schuette - WI Bookworms, Debra Gries - Treasurer, and Nancy Vance - HCE Advisor.

The Secretaries and Treasurers reports were read and placed on file.

Presidents Report: Lois reported that she delivered the Comfort Cart quilts to the
Marshfield Medical Center and shared a "Thank You" that we received from them. They
really appreciate our continued support of this project.



Directors Reports:

- ◆ Wisconsin Bookworms: Diana reported that all the books have been distributed and the readers are busy reading. She also reported that she has applied for grants from the Marshfield and Clark County Community Foundations.
- ◆ HCE Day 2020 has been tentatively set for April 18 at Our Saviors Lutheran Church in Greenwood. The Loyal clubs will host. If anyone has any suggestions for a main speaker or mini-sessions contact any board member before January.

Committee Reports:

- ◆ International/Citizenship: Clark County HCE has decided to donate to Heifer International. This organization has provided needy families around the world with livestock ranging from water buffalo to bees, as a stepping stone to self-sufficiency. Clubs can collect and donate what they wish and bring it to the 2020 HCE Day.
- ◆ Scholarship: Since our Dairy Bar has been doing so well in the past years, and this money is designated to go for scholarships, there was some discussion on whether we should consider adding another scholarship, making a total of 4, or just increasing the amount of our present scholarships, which is \$500. If anyone has any thoughts on this please contact a board member before January.

Unfinished Business:

- ◆ A motion was made by Diana Schuette and seconded by Betty Loos to subscribe to the Update for all club presidents. The Update is the WAHCE newsletter and lets us know what is going on around the state in HCE. The motion carried.

New Business:

- ◆ Nancy reported that she has a tentative list of project lessons for 2020 and they are: Strong bodies - background of it (January), Lyme Disease (March) and another one in October TBD. These and more information will be in the 2020 yearbook.

The meeting was adjourned at 7:15 p.m.

Respectfully Submitted:

Joanne Trunkel
Acting Secretary



Membership remains an ongoing county challenge to to increase our membership by at least two.

Sometimes all it takes is a personal invitation.

Cultural Arts - 2020

There are several changes for possible entries in 2020.

Checkout the form on their website at: www.wahceinc.org.

The special category for 2020 will be "Seeing HCE Through New Eyes".

Congratulations !!!

Clark County HCE did very well in the Cultural Arts department at State Convention.

Cindy Craig received a blue ribbon and the "Medallion" for her winter scene photography.

We also had 8 more blue ribbons and 2 red.

Good work ladies!

International / Citizenship

We will have a special collection this year at HCE day for "Heifer International".

Please start collecting your nickels, dimes, and quarters for the collection at HCE day.

UW-Extension's Nancy Vance Wins National Award for Higher Education Outreach

The human development and relations educator for the University of Wisconsin Extension has been recognized for her participation in the Small Savings Build Big Dreams workgroup.

Nancy Vance was part of the workgroup, which created outreach materials for parents, grandparents, and community members interested in learning more about promoting and saving for children's higher education.

The recognition occurred at the National Extension Association for Family and Consumer Sciences (NEAFCS) 85th annual conference. The theme of the conference was nurturing the richness of lifelong learning.

Nancy is the co-chair of the Small Savings Builds Big Dreams team that received the first-place national award and first place regional Dean Don Felker Financial Management Award. The Dean Don Felder Award recognizes extension family and consumer sciences educators who have developed financial management programs that help individuals and families make decisions and plans for their present and future needs.

The award is named in memory of Don Felker, a past dean of the school of consumer and family sciences at Purdue University, for his contributions to NEAFCS.

Congratulations Nancy!

WINTER FUN Word Search

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|---|---|---|---|---|---|---|---|---|---|
| D | S | K | K | S | E | T | A | K | S |
| O | N | Q | K | I | T | S | T | B | L |
| I | O | Z | I | T | D | D | B | Y | I |
| G | W | H | I | C | L | S | O | Z | P |
| L | F | B | K | O | E | X | E | P | P |
| O | L | C | C | Q | F | A | J | D | E |
| V | A | I | W | H | U | R | E | B | R |
| E | K | H | A | T | S | L | A | L | Y |
| S | E | C | A | R | S | R | R | C | W |
| S | N | O | W | M | A | N | Z | Q | S |

| | | | |
|------|----------|--------|-----------|
| SKI | COLD | GLOVES | SNOWMAN |
| SLED | ICE | KIDS | SNOWFLAKE |
| HATS | SLIPPERY | SKATES | SCARF |

Strength Training Class

StrongBodies

Interested in joining a strength training class?

Extension Clark County will be offering an evidence-based strength training program for middle-age and older people. Trained instructors will guide participants through the program and help them to see improvements in their health and wellness. No experience is necessary.

Strength training has been shown to reduce the risk for chronic diseases such as diabetes, heart disease, osteoporosis, and arthritis. Strength training also increases strength, muscle mass, and bone density.

Need More information?

To get up to date information please contact Extension Clark County to be notified by email, check our website, or follow the Extension Clark County Facebook page.

Nancy Vance
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Human Development & Relations
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Current Classes

Clark County Courthouse Auditorium
Wednesdays & Fridays 9:00 a.m.
Mondays & Wednesdays 4:40 p.m.
\$20.00 fee includes all sessions

If you have a group of people (men and women) who would like to start a class and have a location please contact Nancy and we will get something organized.

We are getting 4 new instructors this week!!!

LIFTING PEOPLE TO BETTER HEALTH



STRONGBODIES

HCE 40th Year Historical Quilt on display at Clark County Courthouse



Stop in and see it!!!

