



The Grapevine



September 2019



President's Message



It is time to get back in the groove of business. Hope you had a wonderful summer and were able to attend the fair.

Thank you to all who worked at the fair. You will find a report elsewhere in the newsletter.

The next big thing there will be 8 of us attending the State HCE Convention in Manitowoc. If you had a Cultural Arts item that will be going to the state show, get it ready. You will be receiving a call.

On October 7th, we will be hosting the West District Meeting at Trinity Lutheran Church in Loyal. We have a busy day planned. Would love to have many of you attend. You can come for the day at no cost. The county will pay your registration. We will need help with refreshments in the morning, serving the lunch and clean up. Let me know if you're interested or can help.

On October 8th, the Fall Business Meeting will be at the ADS in Greenwood. Registration will be at 6:00 p.m. with the meeting beginning at 6:15 p.m. Please be sure to fill out the registration form letting us know your officers. This is important. Make sure to use it. Registration for annual dues is still \$10.00 per member.

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 Tuesday, August 20th, 2019

Meeting was called to order at 6:00 p.m. by President Lois Becker with the Flag Pledge and Creed. Other members present included: Joanne Trunkel-VP for Program and Community Outreach; Diana Schuette, Wisconsin Bookworms; Betty Loos-Historian; Donna Odeen, Dairy Bar Coordinator, Mary Kipp, Secretary and Nancy Vance, FLA Agent/HCE Advisor.



The Secretary's report was read and placed on file.

The Treasurer's report was read and placed on file.

DIRECTOR REPORTS

- **DAIRY BAR:** Donna Odeen reported on the Dairy Bar. It was again a very successful year due to the work of the members and volunteers who helped, many of whom were students. Donna was thanked for her leadership and hard work. She has agreed to be the coordinator for next year.
- **WISCONSIN BOOKWORMS:** Diana Schuette reported that 142 sets of books have been received. The sets also include activity sheets for the children. They will be distributed to area Head Start centers, Four Year Old Kindergarten classes and day cares in the area.
- **VICE PRESIDENT FOR FAMILY & COMMUNITY OUTREACH:** Joanne Trunkel reported that 24 more Comfort Quilts were made to be donated to Marshfield Medical Center in Marshfield.

COMMITTEE REPORTS

- **SCHOLARSHIP:** Scholarship winners this year are McKayla Nigon, Sierra Koski & Jillian Tyler.

UNFINISHED BUSINESS

- **STATE WAHCE CONFERENCE:** Will be held September 16-18 in Manitowoc.
- **WEST DISTRICT MEETING:** Will be held October 7th in Loyal at Trinity Lutheran Church. Pastor Asafa from the UCC Church in Greenwood will speak on Madagascar. Clark Co HCE Members are encouraged to attend. There is no charge for Clark County members. Each club is asked to provide a refrigerator dessert & a quick-bread. Registration form in this newsletter.
- **FALL BUSINESS MEETING:** Will be held October 8th at ADS in Greenwood beginning at 6:15 p.m. Membership forms & dues should be brought to the meeting.



NEW BUSINESS

- **PROJECT FOR SEPTEMBER:** It was announced that there may be a change in the project for September 30th. More information will be provided later.
- **STRENGTH TRAINING CLASSES:** Nancy Vance announced the start of StrongBodies - a strength training class for middle-age and older people. Trained instructors will guide participants through the program and help them see improvements in their health and wellness. The class will be on Wednesdays and Fridays from Sept. 18th thru Nov. 15th from 9:00 a.m. to 10:00 a.m. It will be held at the Clark County Courthouse Auditorium. For more information, contact the Extension office.
- **CONGRATULATIONS:** Nancy Vance was congratulated for receiving a National Award for Financial Education which is presented by the National Extension Association for Family & Consumer Science. The award is based on the project "Small Savings Builds Big Dreams". She will receive the award in Hershey, PA.

Meeting was adjourned at 7:40 p.m.

Submitted by
Mary Kipp, Secretary

Fall Business Meeting / Member at Large Form

WANTED

Officers for Treasurer, Secretary,
Membership/Marketing &
Wisconsin Bookworms.

If interested please call Lois
Becker

(715) 255-8307

Clark County HCE Fall Business Meeting



October 8, 2019
ADS - Greenwood
6:00 p.m. - registration
6:15 p.m. - meeting

WANTED

2 people for Cultural Arts & Interna-
tional Citizenship Committees

1 person for Scholarship Committee

(3 year terms - start at bottom & move
up each year until chairman)

Need people to step up to maintain
our great organization!

2020 Member-At-Large Registration / Renewal Form

Please register me as a Member-At-Large with

Clark County Association for Home and Community Education (HCE)

Name

Mailing Address (include PO Box if needed)

City and Zip

Telephone Number

Please **return completed form and your payment of \$13.00** (made payable to Clark County HCE) to:

Lois Becker
Clark County HCE President
N8094 County Rd K
Loyal, WI 54446

Mission Statement of the Wisconsin Association for Home and Community Education

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

Save the Date



oregano



sage



basil



rosemary

“Cooking With Herbs”

Presented by Chef Michael Waldera

Monday, September 30th, 2019

6:30 p.m.

Loyal High School FACF Room

The event is being sponsored by the Clark County Home and Community Educators (HCE) and is open to the public free of charge. Chef Waldera will discuss the different types of herbs, demonstrate how to use fresh herbs in cooking, how to start with a quality soup stock and will include an opportunity to taste some of his recipes. We hope to see you there for an informative and tasty evening.

Please call (715) 743-5121 to register



mint



parsley



marjoram



lavander



cilantro

Dairy Bar 2019 & HCE Scholarship



A very special thanks to Coordinator Donna Odeen and the many volunteers and members who helped make the 2019 Dairy Bar a success!

110 Buckets of Ice Cream were used to sell 2,791 menu products!

Profits were up 13.7% from last year. This will help us continue with the HCE scholarships and help with the Bookworm Project.

See you next year at the fair!



HCE Scholarships Awarded

The Clark County Association for Home and Community Education Scholarship Committee has made its selections for the recipients of the \$500.00 Scholarship: Sierra Koski of Loyal (UW-Oshkosh), McKayla Nigon of Greenwood (UW-La Crosse), and Jillian Tyler of Granton (UW-River Falls). Congratulations to all. The Clark County Association for Home and Community Educations at the Clark County Fair Dairy Bar raises money for the scholarship. As a recipient of this scholarship, HCE asks each winner to work a shift (or two) during the Clark County Fair.

If you would like information about the Clark County HCE Scholarship, you can contact Marjory Sanders at the Extension Clark County office at 715-743-5121. Applications will again be available after January 1, 2020.



Strength Training Class StrongBodies

LIFTING PEOPLE TO BETTER HEALTH



STRONGBODIES

Starting in September

Clark County Courthouse Auditorium
517 Court Street, Neillsville, WI
54456

9:00 a.m. - 10:00 a.m.

Wednesdays & Fridays from 9/18/19
- 11/15/19

\$20.00 fee includes all sessions

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.

More information will be coming soon

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.

Interested in LEADING a strength training class?

Please call (715) 743-5121 or email nancy.vance@wisc.edu

Nancy Vance
Associate Professor
Human Development & Relations
nancy.vance@wisc.edu
(715) 743-5121



Extension
UNIVERSITY OF WISCONSIN-MADISON
CLARK COUNTY

HCE West District Fall Meeting



2019 HCE West District Fall Meeting

Monday, October 7th, 2019

Trinity Lutheran Church

201 N West Street, Loyal, WI 54446



9:00-9:30
9:30-9:40
9:40-10:20
10:30-11:30

Registration, Coffee, Refreshments
Welcome, Clark County HCE President Lois Becker
West District Business Meeting, Jane Grabarski
Pastor Asafa - The Pastor at UCC Church in Greenwood will present her home country of Madagascar. She will talk about what it was like to grow up there, their traditions, culture, schools, language, religion, and give an overview of the island. She will happily answer any questions you may have on life in Madagascar.

11:45-12:30
12:30 - 1:15
1:15 - 2:00

Lunch
Sheila Nyberg - Clark County Highlights
Breakout Sessions:
Cultural Arts - Shirley Schweiger
International - Eileen Gottbeheat
Membership/Marketing - Louise Buchholz
Wisconsin Bookworms - Bernie Arena
2:00-2:15 Summary, Invitation to West District Spring Meeting



Each club is to bring a 9x13 refrigerator dessert and either a loaf of quick-bread or muffins for morning refreshments
Please write on your registration form which of these things (if any) you can supply.
Any questions call Joanne Trunkel (715) 267-7264 or Lois Becker (715) 255-8307
We would like to see many attend!



Registration Form
HCE West District Fall Meeting
Registration Deadline: September 23, 2019



County _____
Name _____
Address _____
City _____ State _____ Zip _____
Phone _____

Please send registration form and \$12.00 check, payable to Clark County HCE, to: Joanne Trunkel, N9569 River Ave, Greenwood, WI 54437