



HCE CONNECTION

Wood

April 2021



Hello,
Welcome to the second edition of the COVID-19 style Connection. We have received many great comments regarding the first edition. Thank you for all who have sent in articles. Remember this is your Connection newsletter and without your input we could not publish the Connection.

We are looking forward to our COVID-19 immunizations and being able to meet face to face again.

Some things to look for in this edition:

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Flyers enclosed:

- Cultural and Textile Arts has changed since the last publication. There is a new Registration Form included in this edition as a flyer. Please read it carefully. — Enclosed Flyer
- Update Calendar. Dates are still changing due to COVID-19. — Enclosed Flyer
- Decision Worksheet Moving Forward During COVID-19 — Enclosed Flyer
- Think Native — Enclosed Flyer

We are excited to publish your HCE newsletter. If you would like to have additional articles regarding a special topic, please let us know. Please Do Not send articles to the extension at the Court House because they have reduced hours due to COVID-19.

Presidents Diane & Jim Nickel
365 Peckham Road
Nekoosa WI 544457-1556

E-mail: denickel@solarus.biz
Telephone: (715)886-4230

Cultural Arts Corner by Marilyn Cournoyer

Well everyone, I think we can see the light at the end of the tunnel. 2020 will be a year that we will not forget for a long time. Luckily we HCE members are resourceful and found ways to keep ourselves busy – whether that be making phone calls to check up on one another, sending cards in the mail to let someone know that you were thinking of them, learning a new craft, finishing an old project started long ago, reading a new book, trying and sharing a new recipe, and now getting back outside to enjoy the warmer spring weather.

Our plan for the upcoming 2021 County Day / Cultural Arts Show on May 11th has taken a step back. It was decided to cancel our County Day, and reschedule the **Cultural Arts Show on Thursday July 8th**. Pink registration forms are included in the newsletter and are due back to me by **June 7th** - my address is printed on the form. If you need any additional forms, contact Diane or Jim Nickel at (715)886-4230 or e-mail: denickel@solarus.biz

Cultural Arts Judging Day will be held at the Family Natural Foods Annex Building located behind the store on 9th Ave. North. There will be signs on the corner of West Grand and 9th Ave. to mark the destination.

Our HCE Community Service Day, which was to be held in April, will need to be postponed again this year. We are still unable to use many of the facilities used in previous years because of Covid-19. We will try and get this up and running again in the fall. This should not stop any of you from working on some of the projects that are listed in the “Home Project Opportunities” from the Marshfield Clinic Health System. I have listed these projects / instructions / website to follow. If you are so inclined, please feel free to work on any of the projects. Please mark them as “Home Project Opportunities” and you can either drop them off at the reception desk at the Marshfield Hospital, or contact me and I can collect them and make the delivery.

Have a GREAT Spring!! Marilyn Cournoyer

Project Idea’s from Marshfield Clinic Health System – Home Project Opportunities

<https://marshfieldclinic.org/mDonate/Documents/Home%20Project%20Listing%206.2020.pdf>

Crib and Bassinet Sheets (PRIORITY)

- Cotton preferred – pre-washed
- Plain material only (no pattern), any color
- Needed to fit two mattress sizes:
 - White Crib: 33 ½” (L) x 21 ½” (W) x 3 ¼” (H)
 - Bassinet: 25 ½” (L) x 12 ½” (W) x 2” (H)
- Two styles needed:
 - Open pillowcase style to slide over mattress
 - Fitted, elastic style Neonatal Intensive Care Unit (NICU),

Sheets are used to cover crib mattress.

(Continued on next page)

Isolette & Warmer Sheets (PRIORITY)

- Cotton preferred – pre-washed
- Plain material only (no pattern), any color
- Fitted, elastic style
- Needed to fit three mattress sizes:
 - Giraffe Isolette/Warmer: 25” (L) x 18 ¾” (W) x 2” (H)
 - Hill-Rom Isolette: 29” (L) x 15” (W) x 1” (H)
 - OHMEDA Warmer: 28” (L) x 22 ½” (W) x 1” Neonatal Intensive Care Unit (NICU).

Sheets are used to cover Isolette and warmer mattresses.

Adult Quilts (PRIORITY)

- 40 X 60 inches
- Can be embroidered or patchwork.
- Cotton
- Washable
- Assorted, gender-neutral, as well as men and women patterns.

Critical Care, Intensive Care, Palliative Care, Medical or Oncology Unit Various items are provided on the unit comfort carts for the patient or families to create a more “homelike” environment during this difficult time. Families are then encouraged to take the quilt home to help deal with the loss and grief.

NICU Isolette Covers (PRIORITY)

- 55x55 inches (must be this size)
- Single layer of flannel, stitching around end.
- Washable – not sent home with families.



Communicator Web Page

We have received this year’s edition of the Communicator. The Communicator is the State Boards yearly news document stating the information and policies to follow for the year. I encourage everyone to read the Communicator. You can find it at the state web site under the **Other** drop down arrow: <https://wahceinc.org/communicator/>

[Contact](#) ▾ [Education Programs](#) ▾ [HCE Forms & Documents](#) ▾ [Wisconsin Bookworms](#) ▾ [Other](#) ▾ [2021 WAHCE Conference Info](#) ▾ [Early Readers Survey](#)

You will find many other interesting articles to read in order to help understand the Mission Statement of HCE. You may also click on Wood to find out what is happening in Wood County.

If you are looking for forms, calendars and anything else associated with HCE. Go to the state web page: www.wahceinc.org Once there you can hover over Contacts and it will drop down a list for 2021 Officers, 2021 Committee Chairs and WAHCE Counties. Clicking on Counties will take you to a page listing the counties by District. There are links to almost all of the counties. Click on the county and it will take you to their page. On Wood County you will find minutes, calendars and officers. On the Home page there are categories for Forms and Documents, Scholarships,

INTERNATIONAL

I hope this finds you all safe and well, and you had a happy holiday season.

Wisconsin Nicaragua Partners—Shipments are still being made to Nicaragua so donations are welcome as well as monetary donations which can be used for purchase in Nicaragua.

Wisconsin Nicaragua Partners has teamed up with Kwik Trip. They did the same back in 2014. W/NP is selling Kwik Trip gift cards. A portion of the price goes to W/NP for shipping and Learning Center needs. They have raised almost \$30,000. Kwik Trip donations vary from 5% TO 10% depending on their special offers and when cards can be purchased. They had a rate of 21% special so W/NP snatched up a bunch. If you are interested in purchasing any, contact Amy Wiza, Room 129, Nelson Hall, UWSP, Stevens Point, WI 54481. Telephone number is (715)346-4702. E-mail: awiza@uwsp.edu

Submitted by Eileen Gottebeheat (International Chair — 2021) to the UPDATE.

2021 International Goals.

Our goals for this year will be simple;

- Funding our six scholarships with Ventures in People for Haiti students
- Collecting supplies (especially fabric and notions) for Wisconsin Nicaragua Partners
- Working with “Days for Girls”

The only other thing we may include this year would be if NVON or CWC would begin a new international project. If they do, I will inform you.

I spoke with Amy Wiza from W/NP, and she says it is helpful if boxes can be filled with like things. For example, a box of just fabric and a box of all notions, or a box of all cooking supplies. The distribution is much easier when it gets to Nicaragua if we can do that. Amy sent a new list of what they are collecting so I am including that for you.

- Sewing supplies (fabric, scissors, needles, yarn)
- School supplies (pencils, paper, scissors, backpacks)
- Cooking supplies (mixers, blenders, bowls utensils)
- Carpentry tools (hammers, nails, saws, hand tools)
- Gardening supplies (especially now for food security reasons)

Please no medical or electronics

I look forward to working with all of you in 2021.

Submitted by Lylene Scholz, International Chair to the UPDATE.

If you are interested in donating items, contact:

Amy Wiza

Room 129, Nelson Hall, UWSP

Stevens Point, WI 54481.

Telephone number is (715)346-4702. E-mail: awiza@uwsp.edu

A Big Thank You To All The Readers by Julie Carlson Wood County Bookworms Chair

I'd like to tell you how I was introduced to Wisconsin Bookworms. Linda O'Donnell had approached one of our club's members and told her that HCE needed a new person to take over Wisconsin Bookworms. None of us had ever heard of it. She thought maybe we could run it as a club. I was president at the time, so I called Phyllis Haas to find out what Wisconsin Bookworms was all about. She explained about reading at Headstart and giving each child a book to take home. She asked if I would like to go with her the next time she read. So I met her at the West site and we read. On our way back to my car, she said she had some things in the trunk of her car for me. She proceeded to hand me boxes of books and a tablet with some instructions. I'm thinking that there's obviously been some sort of miscommunication! I brought everything home and looked it over. At our club's next meeting, I told everyone that I would take care of it. So it is now 13 years later! At this time we were still called First Book. Then Wisconsin decided to rename our involvement.



As most of you know by now, my cancer has returned with a vengeance. I regret that I have had to resign from my position as the coordinator. Christine Goodness has graciously volunteered to take over. I'm sure she will do an excellent job.

I want to thank all of you who have read with me all these years. You have made my job so much easier. Spending time with you and getting to know you has enhanced our friendship. I know you will also make the transition so much easier for Christine.

For the past several years, we have been reading to 138 - 140 children in total between Biron and the West sites. When I started, we read to 204. The Vesper site closed and the Biron and West sites started to take in infants for child care. Our funding also dropped, so the only thing I could do was to divide the children into 2 groups and read to each group every other month. That way, we could stay involved in the program. Each group receives 4 books instead of 8.

Because of the COVID pandemic, there are only 61 children in total this year, so they will each receive all 8 books this year. And of course, we could not read this year.

Lynn Marcks, the state coordinator arranged to have the children read to virtually. She set up a link which I forwarded to the Director of Wood County. I have checked in with her from time to time and she said she and the staff sort of tweaked it and they are doing great with it.

I certainly hope that by next fall, things will get back to normal.

Again, thanks to all of you and I cherish the time we've had together.



Wisconsin Bookworms



The road to becoming a reader begins the day a child is born and continues through elementary school. Learning to read starts at home, long before children go to school. Children begin to learn about the sounds of spoken language when they hear their family members talking, laughing, singing, and when they respond to all of the sounds that fill the world. They

begin to understand written language when they hear adults read stories to them and see adults reading newspapers, magazines and books for themselves.

I would like to thank members that have been making "Bookworm Donations". It all helps in purchasing books for Early Childhood children in Wood County. Please use the form in the "CONNECTION" it helps me get the notice for the donation to the person you are honoring. Again thank you for promoting the love of reading!

Christine Goodness



WISCONSIN/NICARAGUA History of the partnership between WAHCE and **PARTNERS of the AMERICAS Wisconsin/Nicaragua Partners**

Wisconsin/Nicaragua Partners of the Americas (W/NP) is a progressive and viable humanitarian service organization actively implementing programs between people in Wisconsin and Nicaragua.

The heart of Partners is a "people-to-people" philosophy, which grew out of a 1962 call by President John F. Kennedy for citizens of the western hemisphere to work together. Inspired by the challenge, Jim Boren, one of our founders, envisioned a two-way network of volunteer partnerships that would enable everyday people to contribute to communities in the Americas.

Partners of the Americas, Inc. was founded in 1964 as part of the people-to-people component of the "Alliance for Progress." States and countries with commonalities were linked together. Wisconsin became linked with Nicaragua in 1965. Today, as a private, non-profit and nonpartisan organization, W/NP brings together volunteers – citizens of both countries getting to know each other, working to find solutions to common problems, leveraging international and local resources, and providing technical training.

The Nicaraguan W/NP Learning Center participants are immensely grateful to WAHCE members all across Wisconsin that share in various ways to help this project continue.

Affiliations like WAHCE, are important assets that the Partnerships bring to their development projects. W/NP and WAHCE have much in common, and by working together we can carry out a wide range of activities, which improve the quality of life in Nicaragua and promote humanitarian values.

W/NP Learning Center Program

The objective of the Learning Center Program (LCP) within Wisconsin/Nicaragua Partners (W/NP) is to provide and promote opportunities to develop skills that will improve vocational options, income, self-sufficiency and empowerment for people living throughout Nicaragua. Many WAHCE women have access to materials that are very useful for the classes taught in Nicaragua.

The primary need is to expand education and training opportunities out of the existing W/NP Learning Centers (LC) spread across Nicaragua. In 2021, W/NP will be supporting 42 LC's and the training and workshops offered through the W/NP Learning Center Program are directed to selected LC's where we feel the greatest impact will result. The enhanced training opportunities empower women/people with skills that can be put in practice from their own home or other community outlet. For example, sewing, tailoring and culinary specialties such as cake decorating, and specialty baking are in demand. With minimal training, these types of skills can be immediately applied as a personal or commercial service. The emphasis on self-improvement and empowerment fulfills a great need through which individuals acquire a spirit of hopefulness and confidence. The results have been astounding as women acquire coping skills and self-determination. In addition to skill training and human development, WNP has incorporated lending libraries with 12 learning centers with plans to provide learning resources that will supplement training and skill building programs.

Amidst a worldwide economic crises, our programs have the added benefit of blanketing an individual's spirit with a confidence that emerges when skills never thought possible, are acquired. Empowering people and providing educational opportunities is a gift that will leave a legacy for future generations.

Wisconsin Bookworms Donation Request

Fundraising efforts for Wisconsin Bookworms is under way for the current school year. Once again, Wood County HCE members who are able, are asked to support this worthy cause by purchasing a set of books for the 2021—2022 school year. Each set contains eight books at a cost of \$25.00.

Wiggly is my name! Reading is my game! Let me tell you what I'm all about.

W is for **Wisconsin Bookworms**

I is for **Interest**. I'm interested in all kinds of books.

G is for **Good**. Be a good listener when someone reads to you.

G is for **Great**. Books can be great friends.

L is for **Love**. I love to read.

Y is for **You**. I love all of you!

Submitted by: Faith Kettner Wausau, Wisconsin

To make a donation, make check payable to **Wood County HCE** and mail to:

Wood County HCE
c/o Christine Goodness
1194 Kimball Avenue
Nekoosa WI 54457-1556

You can purchase a set of books in honor of someone. We will send them a notice of your donation. Include your name and the name and address of the person you are honoring.

A notice of your donation will be sent to them.



YES! I would love to support the Wisconsin Bookworms project by purchasing a set of books for the 2021—2022 school year. I have enclosed payment of \$25.00.

Name: _____

In Honor of: _____

Address: _____

Phone Number: _____

Balance Exercises to Prevent Falls

Carl's Corner



Do these strength exercises for **two sets of 30 seconds each day**.

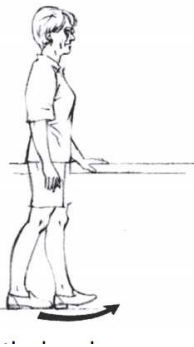
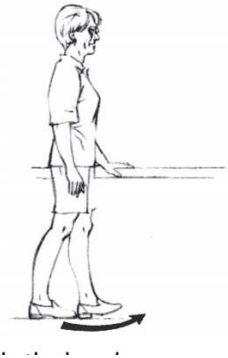


Sideways walking - Just as it says, walk sideways! Hang onto a table or counter if needed.

Great for hip related balance and turning while doing The Hustle.

2. Heel-to-toe standing - Stand with one foot directly in front of the other one.

Great for balance in tight spaces and practicing for a tightrope.



3. Heel-to-toe walking - Walk with one foot in front of the other. Hold onto something if needed.

Again, awesome for tight space balance and perfecting tight-rope walking!

4. One foot balance - Stand one foot. Be close to something to grab just in case!

Excellent for balance during your Jackie Chan kicks.



Bonus Facts:

- Interesting fact: A fall itself isn't a problem. How many times do toddlers fall when learning to walk? The problem is an injury from a fall or not being able to get up from a fall.
- If you can still get up and down from the floor safely and easily, make a point to do it every day! Barring anything catastrophic, you'll never lose the ability to get up if you find yourself on the ground unexpectedly.

Carl is a physical therapist from Roberts Physical Therapy in Wisconsin Rapids. He is also a high school wrestling coach, competitive obstacle course runner, and dad of a fluffy Pomeranian.



Minutes of the Board of Directors Meeting January 19, 2021

Opening: President Jim Nickel opened with Pledge of Allegiance. Jim Nickel led the Homemakers Creed.

Present: Jackie Caratinni, Diane Nickel, Jim Nickel, Darlene Schumacher, Marilyn Cournoyer, Pat Klein, Wendy Young, Christine Goodness, Agnes Langeberg.

Minutes: Secretary's minutes from the Board Meeting of December 8, 2020 were read by Jim Nickel. A vote to accept the minutes by Diane Nickel. All approved.

Treasurer's Report: Discussion on the budget. Darlene made a request to change Western District to West District. Budget was approved with the change of Western to West.

Word From Jackie: Jackie appreciates everyone's articles. Jackie will continue to put in things on classes in our community and specifically on classes sponsored by the Extension. There is a session on Aging Mastery that was done in December and January. They will be starting another one soon. It is a ten session program and comes from the National Council on Aging. There is one in February and other one starting in April. They will be twice a week for ten weeks done in Zoom. Also coming is Wise Wednesdays in Zoom with informational and fun topics. They will be open to the public and she will keep us informed when they start. They are all free.

Old Business:

Connection Progress: We will have some regular contributors. Marilyn will do an article on Cultural Arts. Agnes Langeberg will do an article on gardening. Dr. Carl De Luca will do an article on exercise. Carol Grorich will do an article on cutes sayings and jokes. Amy Wiza will do an article on the Wisconsin/Nicaragua Project. Jackie will do her article on what is happening. Pat Klein and Julie Carlson will be doing a one time letter for the February issue of The Connection. Christine Goodness will do an article on Bookworms. The Marketing Form will be in the February issue. Let Diane Jim know if you want to do an article.

Thank You basket For Julie Carlson: Tabled until the next meeting.

Scholarship Report: Wendy mentioned that she does not send out a scholarship letter. The schools contact her and if they do not hear from Wendy they just assume it is not being offered.

New Business:

Budget Report: Should the Budget be posted in The Connection? No.

Membership Drive: We have a lady at the Wisconsin Rapids Chamber that will help with brochures. Are there any ideas for new membership. Diane will contact Denise Mancl to see if she has anything. Most new members are usually from word of mouth. Diane will check with the River Times. If anyone comes up with and ideas, give Diane and Jim a call.

2021 Events: The three major events for 2021 will be hosted by individuals versus clubs as in the pass. Looking for hosts for County Day, Fall Kick-Off and the Christmas Party. Darlene will help with County Day. If a club wants to do it they can. Agnes will check with her club to see if they would like to host an event. Christmas is Club 51.

Telephone Tree; Diane is wondering if we need a telephone tree for notifying member of an upcoming meeting. Diane and Jim will continue notify everyone of a meeting. They will also send out the minutes and an agenda a week prior to the meeting. Jim gave information on how to transfer your telephone to your cell phone and will publish it in The Connection.

Condolences: Do we send flowers for the passing of a member? The Board decided not to do this. Each club does their own thing.

Nicaragua Service Project: The WAHCE State Conference will be having a tour to their facility in Stevens Point. Will Amy's article suffice to fill the International Position for the county.

Money Making Ideas For Bookworms: 2021 and 2022 are taken care of. Bills will be sent to Connie Eisch and she will pay them. Julie said we need to plan two years in advance. There are grants that are available. Christine Goodness follow-up on this. A discussion followed about the web site.

Bookworms: Christine Goodness gave us a biography about herself.

Hardship Dues: It was brought up last month that maybe we need a hardship clause for dues. Also should there be an age limit for dues or become charter members. Maybe something that can be brought up at the state level. Tabled until the next meeting.

Membership List: Would the Board like a membership roster. This would be for board members only and not to be released. Wendy will check with Jackie to see if we can share this. Possibly a release of information form.

Cultural Arts: Marilyn Cournoyer said there is a list of items that can be made for the Marshfield Hospital. The list is available on their web site. Marilyn would make arrangements to pick items up. Marilyn would like ideas for making things at home. It may be possible to do this with Zoom. She is checking on how to do this. Darlene Schumacher and Marilyn Cournoyer explained about diamond painting. Diane mentioned about a block of the month. And explained the disappearing nine patch block.

Marketing Report: Carol Grorich would like us to put the form in The Connection.

State report: Darlene Schumacher gave a report on state news. The insurance that we had is not available this year. We may have to look for our own insurance. West District Spring Meeting on April 12, 2021 is a Zoom meeting. They are encouraging everyone to attend. Hotel reservations can be made for the state conference. Discussion followed about state conference.

Message From The President: We are so blessed to have all of you to help us through this. COVID has put a crimp in everything. We plowing a new road this year in trying to keep everyone enthusiastic about HCE. Call us with any questions or concerns. Thank you to everyone.

Closing: Jim led the Homemaker's Prayer.

Board Meeting: Next Board Meeting is March 16, 2021 at 9:30am. It will be a Zoom meeting. The numbers and the pass codes for all future Zoom meetings will be the same as it was for this one.

Adjourned:



**Wood County
Association For Home & Community Education
Officers & Coordinators**

Name	E-Mail	Position	Telephone
Carol Grorich	grorichf@tds.net	Marketing Scholarship Babcock President	
Connie Eisch	ceisch@boku.net	Treasurer	
Darlene Schumacher	darleneschumacher41@gmail.com	WAHCE State Conference Registrar	
Pat Klein	kleinnailcare@gmail.com	Club 51 President	
Agnes Langeberg	langberg@wctc.net	Rudolph Pines President	
Marilyn Cournoyer	hikville@wctc.net	Cultural Arts	
Jackie Carattini	jackie.carattini@wisc.edu	Family Living Educator	
Sandra Oleson	roleson@wctc.net	Family & Community Outreach	
Christine Goodness	acgoodness@yahoo.com	Wisconsin Bookworms	
Denise Mancl	deedeemancl@gmail.com	Membership	
Carol Dorn	gld@tznet.com	Scholarship	
Diane & Jim Nickel	denickel@solarus.biz	Wood County President	
No E-mail:			
Judy Steinert		Family & Community Outreach	
402 North Section Street Nekoosa WI 54457-1556			
Mary Weber		Scholarship	
8136 Hollywood Road Nekoosa WI 54457			
Nicki Jarosinski		Secretary	
5580 County Road F Wisconsin Rapids WI 54494			
Linda O'Donnell		Program	
5096 Creamery Road Nekoosa WI 54457-1556			
Sandra Deering		Historian	
610 South Biron Drive Wisconsin Rapids WI 54494			
Lorraine Hoffman		Historian	
1430 23rd Street North Wisconsin Rapids WI 54494			

Membership

HCE Impacts Generations

When I think of my grandmother, I remember a person who had unlimited talents. Gardening, sewing, and cooking were just a few of the things she excelled at. Some of these were taught to her by family. Some she figured out on her own out of necessity as a wife and mother during the great depression. Others were lessons she learned from an organization she belonged to called the "Homemakers".

It seemed every time I visited their house, she was practicing something new. Candle making and homemade noodles to name a couple. She was very involved in this organization on a local and county level. These lessons were taught so that they could be passed on to family and friends. As a 4-H leader my grandmother passed along these lessons to many youth in her area.

This organization has a very long and wonderful history with its roots dating back to World War 1. In that time it has gone by many names. Working in partnership with the UW Extension Family Living Programs, it provides quality educational lessons to our members and communities. It is now known as the Wisconsin Association for Home and Community Education.

The clubs that make up this organization generally meet on a monthly basis to learn and discuss how they can help their Community become a better place to live. Some of the ways this group does good works include the Wisconsin bookworms program which helps provide free books for children from limited income families. This is the most important lesson I learned from my grandmother. To give back to your community, is one of the most rewarding things a person can do.

Things are much different now than they were when my grandmother was a wife, mother, and Community member. We can Google how to make homemade noodles, and we all seem much busier now than we were back then. However, meeting new people, making new friends, and helping each other has never gone out of style.

If you think you may be interested in joining this community-minded group of people, feel free to call me and I will be glad to help you get started.

Denise Mancl
Membership Chairperson, HCE
715-886-5727

Submitted by Denise Mancl

We would like to thank Denise Mancl, our Wood County HCE Membership Chairperson, for the great article that she submitted to the River Times. She will continue to write articles highlighting HCE information to the public. Please look for her future articles in the River Times.



HCE MARKETPLACE: THE PLACE TO SHOP!

ORDER FORM

Wisconsin
Association
For Home and
Community
Education

County: _____ Email - _____

Name: _____ Phone: _____

Address: _____

City: _____ State _____ Zip _____

ITEM	QUANTITY	SIZE	COLOR	PRICE

MAIL ORDERS to:

Lori Hlinak, Marketing Chair
PO Box 219, Luxemburg, WI 54217
jeaniebond@centurylink.net
Ph: 920-304-1171

Total Merchandise _____

Postage _____

Total _____

(All prices include sales tax.)

Make check payable to WAHCE, Inc.

NEW ITEMS

- Desktop sticky note holder \$5.00
- Purse size sticky notes 2.00
- Teal folders/ paper 3.50
- Flash drive or coin pouch 1.25

WISCONSIN BOOKWORMS ITEMS:

- Round logo pins (Wisconsin Bookworms) 1.00
- Note Cards w/envelopes (5 per pack) 2.50
- Wisconsin Bookworms Pendant 5.00

CLOTHING:

- Pleasant Purple long sleeve shirt 17.00
- Raspberry short sleeve polo shirt 15.00
- Ravishing Red and French Blue short sleeve polo shirts 15.00

PINS & EARRINGS

- Rocker pins (to go with House Pins) 2.00
- All years may not be available at this time:
Specify Years - 5, 10, 15, 20, 30
- HCE Logo Pin (original enamel pin) 3.50
- Officer Pin (25, 50 year) 4.50
- HCE Crystal Pin 10.00
- HCE Logo earrings 10.00

(WAHCE Secretary has 50 year certificates)

Updated 1-17-21

STATIONERY:

- HCE Letterhead (50 sheets) \$3.50
- HCE Envelopes (50) 4.00
- HCE Folded Notes (10 per pkg with envelopes) 3.50
- Post-it Note Pad 0.75

MISCELLANEOUS:

- Letter opener/staple remover 1.00
- Bank Bags (maroon or kelly green) 3.00
- Black briefcase bag 6.00
- "Cooking Up Some Fun" Apron 13.00
(Royal blue, burgundy, purple, & hunter green)
- 2 year Date Book 2.50
- 2 year Date Book refill 1.25
- Duffle bag (red or blue) 10.00
- Emergency Hammer with Seat Belt Cutter 5.00
- Garden Flag 5.00
- Handy-Dandy Bags 4.00
- HCE Iron-On/Sew-On Patch 1.50
- Pill Box or earring case 1.00
- Power clip magnet (blue, red, green, purple) 1.25
- Spoon Hold-It (blue or salsa) 3.00
- Little can strainers (red, blue and green) 2.00
- Tote Bags (red, blue, dark & spring green) 5.00

**NO CASH REFUNDS BUT ITEMS CAN BE EXCHANGED FOR ITEMS OF EQUAL VALUE
SUPPLIES ARE LIMITED ON SOME ITEMS**

Call for postage rates – Minimum usually \$5.00

PLEASE NOTE:

CRAFT/PROJECT DAY—CANCELLED

COUNTY DAY—CANCELLED

EVENTS HAVE BEEN CANCELLED DUE TO COVID-19

Judging for Cultural and Textile Arts will be held July 8, 2021

Judging Day: Deliver items Thursday (7/8/21) from 9:00am to 9:30am with judging starting at 9:30 SHARP. Entries can be picked up between 11 - 11:30am at The Family Natural Foods Annex Building located behind the store on 9th Avenue North. There will be signs on the corner of West Grand and 9th Avenue North to mark the destination.

Please read entry form for details.

Membership Information For All HCE Members

As your membership chairperson, I'm working on some ideas to invite new members. I'm hoping I can count on you to help me. First of all, I'm inviting you to carry business cards with information about HCE . When you are talking with a person who shows interest in our association you can give them one! The card has my email address and phone number on the back so that they have something tangible to take with them. I can send them an informational pamphlet or help them decide which club they would like to join depending on where they live.

The other option applies to those of you who are employed for a business willing to display an 8x10 paper stating that an HCE member works there. When someone shows interest, you can hand them a pamphlet that has great information about us. This pamphlet also has my contact information on it. Jim and Diane Nickel have been a great help to me in providing us with these handy tools. I will gladly send some of these to you if you request them. Please call or email me if you can help. Thank you all. I appreciate your help.

Denise Mancl

Membership Chairperson

Email: deedemancl@gmail.com

Phone: 715-886-5727

Program Chair's Update

Wood County Program Chairperson, Linda O'Donnell has been given permission to again, create programs for Wood County. Year's ago, we would have a new program presented once a month, to take back to our meetings pertaining to Wood County. She is going to bring back this concept for us to enjoy. These programs will be on topics our members request. With this in mind, if you have a topic you would like to learn about, please contact her at 715-886-3351. During the COVID-19 lock down time period, she will have a page in the Connection for her Wood County Program Lesson. When we are able to meet again, we will explain how this will work.

Linda O'Donnell
Program Chairperson
Phone: 715-886-3351



2021 WAHCE Conference “Reach for the Stars with WAHCE”

INVITATION TO 2021 WAHCE Conference Educational Programs & Award Books

Plans are underway for the 81st WAHCE annual conference September 20-22, 2021 to be held at the Holiday Inn, Stevens Point Wisconsin hosted by our WAHCE Central District. By then it is our hope that the pandemic will be in our rearview mirror and everyone will have been vaccinated so we can safely meet for the two "train the trainer" Educational Programs listed

on the complete conference registration form found in the May issue of Update and will be clearly marked as EDUCATIONALPROGRAM.

Registration will be completed the same as for other sessions at conference. **Each county is requested to have an individual present at each of these sessions to see, hear and participate in the presentations and to sign-out your teaching material folders that will be identified with your county name.** While everyone that registers for the WAHCE conference is welcome to attend these two programs, priority will be given to each county to have a representative present if space is limited.

Just as in past years, the materials will include the complete power-point presentation and all handout materials to aid in your taking these programs back to your county. The materials will also be archived for five years on the WAHCE website at: wahceinc.org/education-programs. This site will include the needed links for the power-point to aid in your presentation when you are back in your counties plus additional information.

The workshops confirmed are: "Making Physical Activity Fun!" presented by county UW-Madison Health and Well-Being Educators Mary Ann Schilling and Katie Gellings; and "Brief Interventions to Promote the Well-Being of Older Adults" (related to medical appointments and healthy exercise routines) presented by Dr. Robert Nix and co-horts from UW-Madison Human Development and Family Studies program. We strongly encourage you to take advantage of these current and well-researched programs in your home county.

Also remember Award Books are required to be postmarked by August 1 to be eligible for consideration, so be sure to document your county's Community Work, Stitches of Love, Service of Love and Program as the year goes along. Remember while your activities may look and be different this year we are all in the same storm, just different boats and be sure to follow the specified directions for your, submissions found on our V/AHCE website at: wahceinc.org/awards-other-forms

Submitted by Jane Grabarski, VP of Program and Lynn Marcks, VP of Family and Community Life to the UPDATE.

If anyone is interested in attending one of these sessions, please contact:

Diane and Jim Nickel
365 Peckham Road
Nekoosa WI 54457-1556

Telephone: (715)886-4230

E-mail: denickel@solarus.biz

Memories From Wood County HCE Members



I am looking for more membership memories. If you would like your memories shared or if you know of someone that would like to share their memories, please let me know.

We welcome everyone to share your memories. You can contact me at (715)424-1819.



Submitted by Sandra Deering
Wood County HCE Historian
Town and Country 2021

Message From Jackie Carattini, FLE

Spring Greetings!

I hope this finds you enjoying our fabulous spring weather. If you can, get out and enjoy that sun when it is available. It is so good for our spirits! I want to encourage you to be kind to yourself and others as we transition in the next few months. Remember, that everyone will or will not be vaccinated at different times and their comfort level with activities may vary from yours. That is 100% ok. Know it is ok to feel the way you do and I encourage you to share your feelings with others. There are predictions that the next 6 months may be even more difficult than the previous just because we are all transitioning and processing at different rates. So please be kind to yourself and others. One recommendation is to practice daily gratitude. Find things that you are grateful for EVERY day. Write them down and savor the thoughts. If you are not comfortable writing them down, consider starting or ending your day with gratitude. Research tells us that by savoring our gratitude we can decrease the stress hormones in our bodies and improve our well-being!

Become a Mental Health First Aider!

FREE Virtual Opportunity! First Aiders will complete a 2-hour, self-paced online class, and then participate in a 6-hour, Instructor-led Zoom Meeting.

MENTAL HEALTH FIRST AID teaches you how to identify, understand, and respond to signs of mental illness and substance use disorders. This training gives you the skills you need to reach out and provide initial support to someone who may be developing a mental health or substance use problem and help connect them to the appropriate care.

When: Friday, April 16, 2021 or Friday, April 30, 2021 8:30 - 2:30 PM

Register at: <https://tinyurl.com/April21MHFA>