



June 2021



### Message From The Presidents



Hello,  
Welcome to the June edition of the Connection. Summer has arrived. Sometimes the weather may not look like it but it is here. 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.

Some really great news. Club 51 held their first club meeting in person since the start of the COVID-19 pandemic. Hooray!! This is a sign of many good things to come. The WAHCE State Conference is in full planning mode. They have a lot of exciting things waiting for all who attend the conference. This is a chance for us to meet with other members from around the state and share experiences and ideas. They have many exciting trips planned and some really great classes to attend. As always, the Cultural Arts corner is exciting. This is your chance to see many great and innovative projects from around the state. This is your chance to get some great ideas for next year's Cultural Arts Day.

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Flyers enclosed:

- — Enclosed Flyer — Wood County HCE Calendar
- — Enclosed Flyer — 2021-2022 Impact of HCE Form
- — Enclosed Flyer — Awards & Market Place Order Form
- — Enclosed Flyer — Cultural Arts Invitation

## Cultural Arts Corner by Marilyn Counoyer

We have made it through spring and are now looking forward to that summer season. I am looking out my kitchen window and see the hanging baskets out on the deck. I am waiting for the humming birds to find the Million Bells flowers in one of them. I have a small garden and put in a few pickle and tomato plants yesterday, after getting rid of those pesky weeds. Last year I put down cardboard on top of my garden and Husband Rich added the manure and mulched leaved on the top. This helped to deter a good share of those weeds, besides providing the compost to help build up the soil below for the new plants that I planted yesterday.

Just a reminder that Wood County HCE Cultural Arts Show will be taking place on Thursday July 8<sup>th</sup> at the Family Natural Health Foods Annex Building on 9<sup>th</sup> Ave. North, behind the store. There will be signs on the corners for that day. Your entry form should be mailed to me by June 7<sup>th</sup> at the latest. Drop off your projects at the Annex Building between 9 A.M. – 9:30 A.M with judging starting at 9:30 SHARP. If the weather is nice, please feel free to bring along your lawn chair and favorite morning beverage to sit outside and visit while the judging is going on. Entries can be picked up between 11A.M. – 11:30 A.M.

While visiting with a friend this past month, we were recalling some memories from belonging to Eight Corners Homemakers. Now we are talking about 35 – 40 plus years ago. This was in the era when “Mr. Yuk” was very popular when teaching children about poison prevention. Sue McGrath, at Riverview Hospital, asked our club to take on the task of promoting poison prevention at local kindergartens, daycares, and head starts. They needed to get the word out to the kids and families and we were willing to help. The hospital provided the story of “Mr. Yuk, Goldilocks and the Three Bears” which we used for our performance. They also provided the Mr. Yuk stickers, and poison prevention flyers which we handed out at each performance. Our club made the Mr. Yuk, Goldilocks, and the 3 bear’s puppets, and the stage used in the puppet show performance. We went to WFHR radio station to make an audio tape of the story, with Mark Skibba as Mr. Yuk, and used that at each performance. We visited MANY schools and day cares in our travels and told our story to a great many students and little ones. It was a lot of fun and my friend and I had fun reminiscing about our travels with our puppet friends!!!

Hope to see you and your projects at the HCE Cultural Arts Show on July 8<sup>th</sup>. Have a great summer, and stay safe.

Marilyn Counoyer, Cultrural Arts

## {BOOK REVIEW}

Name \_\_\_\_\_  
Book Title \_\_\_\_\_

### SUMMARY

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

### CRITIQUE & RECOMMENDATION

\_\_\_\_\_

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\_\_\_\_\_

\_\_\_\_\_

## Book Title: **It's Never Too Late, By Kathie Lee Gifford;**

This is a story that helps all to remember-"we're not done yet, but isn't that the way it goes? " God always seems to have his own ideas of what's best."

From chapter three, a poem written by Kathie Lee entitled-"All That I Need- Lord You Have Told Me that if I Have A Need, I Should Just Ask It Of You. There Is Never Too Great a Task For You. So Lord, Now I'm Asking Of You..."

Kathie became an advocate for babies born with HIV and started a Center where HIV babies were loved and cared for and then one year later HIV testing was mandated in every state in the nation. Kathie and her husband Frank went on to purchase the Ronald McDonald House and attempted to renovate it, but were denied the permit needed due to building codes that restricted this. It was then completely torn down and a four story state-of-art facility was built to house all of ABC and a center to care for the growing number of HIV babies.

Kathie and Frank were with Ethel Kennedy, as friends of the family, when Ethel's son Michael died from a skiing accident and were able to comfort her. She would not leave his side until Kathie quoted "To be absent from the body, is to be present with the Lord." After Frank's death and many years of co-hosting the Today Show, Kathie Lee then moved to Nashville, Tenn, where she knew people and felt at home there. She then went on to write and sing and produce movies(Hallmark), This book can be found on the Christian bookshelves of any bookstore.

**If interested in joining a book club, call 715-424-1819.**

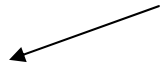
Respectfully Submitted: Sandra Deering, Historian



## WAHCE Web Page

You can find the state web site page at <https://wahceinc.org>

Every year at the WAHCE State Conference there are two sessions related to Programs. If you are looking for information on this and did not attend the session at the WAHCE State Conference, you can get the information by clicking on Education Programs. Multiple years are available.



[Contact](#) ▾ [Education Programs](#) ▾ [HCE Forms & Documents](#)

You can get the information as a PowerPoint pdf file, presentation notes and handouts, a program evaluation, and other valuable information. Currently 2017, 2018 and 2019 are available for review. Check it out.



## Message From Jackie Carattini: Greetings!

I hope you have had a productive spring and have been able to get outside and enjoy the sun! I know the past year was difficult for many and the remainder of this year still may cause anxiety for some. I encourage you to communicate your feelings with those around you. We ALL have been through a lot and there is no right or wrong way to feel about it all. I still encourage you to check in on each other and those you love. There is no script for coming out of a global pandemic, but we do know we need to be kind to each other and continue to care. So hopefully as the summer goes on you can do more of the things you enjoy! I encourage you to find and do something that brings you joy each day. Finding joy is a great coping skill. Research also tells us that giving is beneficial. I know you may have not been able to volunteer in the same capacities in this past year but there are many opportunities for you to contribute in any way you feel comfortable even from home. If you are looking for new volunteer opportunities, I encourage you to contact the United Way of South Wood and Adams counties. They have a great list of opportunities for all abilities. Volunteering and giving back has been identified as a key to healthy aging and longevity. I encourage you as an individual and your clubs to get back out

## Quick Tips for Safe Preserving

### Your recipe guide to safe preserving this summer

Follow a research-tested, up-to-date recipe from these sources:

#### National Center for Home Food Preservation

[nchfp.uga.edu](http://nchfp.uga.edu)

How do I...

- Can (includes fruits, tomatoes, salsa, vegetables, meats)
- Freeze
- Dry
- Cure & smoke
- Ferment
- Pickle
- Make jam & jelly

#### UW-Extension Safe & Healthy Food

[fyi.extension.wisc.edu/safefood](http://fyi.extension.wisc.edu/safefood)

Anyone can subscribe to the blog for weekly canning updates & food safety tips! Sign up using link at the bottom of the Safe & Healthy Food website.

An EEO/AA employer, University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming, including Title VI, Title IX, the Americans with Disabilities Act (ADA) and Section 504 of the Rehabilitation Act requirements.

## Safe Preserving Recipes

[fyi.extension.wisc.edu/safefood/recipes](http://fyi.extension.wisc.edu/safefood/recipes)

- Freezing Fruits & Vegetables (B3278)
- Canning Fruits Safely (B0430) – updated 2020
- Canning Meat, Wild Game, Poultry & Fish Safely (B3345)
- Canning Salsa Safely (B3570)
- Canning Vegetables Safely (B1159)
- Tomatoes Tart & Tasty - updated 2021!
- Care & Use of a Pressure Canner (B2593)

**Have canning or home preserving questions or to reserve a time to test your dial gauge:**

Call: Extension Wood County, 715-421-8437

Email: [Jackie.carattini@wisc.edu](mailto:Jackie.carattini@wisc.edu)



## Program Chair's Update Tomato Diseases

Who doesn't look forward to picking homegrown tomatoes from the garden? The flavor compared to what's available at the grocery store is out of this world. We may not have as big a vegetable garden as we once did, but just about everyone grows at least one tomato plant.

Some common tomato diseases to watch out for include wilt diseases such as **Fusarium Wilt** or **Verticillium Wilt**. Their symptoms are very similar and usually first appear mid-season after the plant begins to flower. The oldest leaves (located on the bottom of the plant) turn yellow and begin to droop. As the disease progresses, the yellowing and wilting will continue up the stem until all of the foliage is killed and the stem dies.

Both of these diseases are caused by a fungus. Fusarium only affects tomatoes and appears during warm weather whereas Verticillium can affect a wide range of plant species and is more prevalent in cool weather. Both pathogens can remain in the soil for many years so it is extremely important to rotate your tomato planting to a different spot in the garden each year. At the end of the growing season, because the fungi can survive in infected plant debris, you should also remove and destroy all infected plant tissues including dropped leaves. It's also important to grow varieties that are resistant to these diseases. Many varieties are resistant to both diseases and the seed packet will note them as VF varieties.

Another disease, **Tomato Late Blight** affects tomatoes as well as other members of the Solanum species such as eggplant, pepper, nightshade weeds and petunias. Potatoes can also be highly affected and in fact, Late Blight is what caused the Irish Potato Famine in the 1800's. This very serious disease looks quite different from the wilts described above. From the UW-Extension bulletin "symptoms may be found on any above-ground part of the tomato plant. Infected leaves typically have green to brown patches of dead tissue surrounded by a pale green or gray border. When the weather is very humid and wet, late blight infections can appear water-soaked or dark brown in color, and are often described as appearing greasy. White, fuzzy growth may be found on the undersides of leaves or on lower stems. Stem lesions are brown and are typically not well defined in shape. Discoloration may also occur on the flowers, causing them to drop. Symptomatic tomato fruits appear mottled, often with golden to dark brown, firm, sunken surfaces. White, fuzzy pathogen growth can also be found in association with the fruit lesions."

"Strategies for managing late blight in tomato include planting resistant cultivars, eliminating volunteers (tomato plants that have re-seeded from the previous year's crop), spacing plants to increase airflow and reduce humidity, and applying preventive and effective fungicides to avoid infection." Further detailed information and photos of infected plants can be found at the UW Learning Store at the following internet address: <https://learningstore.extension.wisc.edu/collections/lawn-garden> This website is a great resource for lawn and garden topics and offers research-based information. It contains many bulletins that you can print out for free or you can order a copy that will be mailed to you for a small fee.

Article submitted by Barb Herreid, Wood County Master Gardener Volunteer

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





## Wisconsin Bookworms

The Wisconsin Association for Home and Community Education, of which Julie Carlson was a member, is a non-profit educational organization that promotes the Wisconsin Bookworms Program. Julie was the coordinator for Wood County for many years. She just recently passed away.



I would like to thank members that have that have been making “Bookworm Donations”. We have also received generous donations from the family and friends of the Carlson family. It all helps in purchasing books for Early Childhood children in Wood County. I know Julie was very passionate about the program and would be grateful that her legacy in promoting childhood literacy will be carried on.

On another note I would like to remind any member that is interested in reading to the children to please let me know for next fall. I’m waiting to hear what the regulations will be for us to be in the classrooms. Julie did give me a list of readers to call and if you would like to be added that would be great.

Keep reading!

Christine Goodness



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



**Basic Sewing Class:** “We want to thank the supporters for this learning opportunity, it was a new experience, very good and satisfying, we feel we will have more opportunities to get a job in the future. We feel motivated, it filled our expectations. Teacher Petronila is an excellent person, thanks to her patience, will and love we developed skills and abilities that we did not have, she managed to transmit her knowledge with much patience.”  
NOTE: We had students who did not know how to use a sewing machine, or to use scissors to cut and take simple measures, at the end they managed to learn all the basics, it was an excellent course, a very dynamic and practical class.

**Advanced Sewing Class:** “We are very grateful, happy and satisfied. We had a very creative and technical course. It was very useful allowing personal development and we learned

new techniques. The teacher was a blessing sharing her valuable knowledge, it was a very nice experience to spend time learning with our classmates.”

NOTE: There are women who took this class who now feel inspired to get ahead, able to make their own garment dress and share the new knowledge acquired. There were other women who were able to strengthen what they already knew.



## 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: \_\_\_\_\_

## Arm Exercises for Building Muscle

## Carl's Corner



Do these strength exercises for **two sets of 10-15 reps 3x a week.**

Use a household object for a weight. A can of soup is about 2lbs. A gallon of milk is 8lbs. A toy poodle is about 6lbs. Use a weight that works best for you!

**Overhead press-** Start with your arms at the shoulders and push straight up.  
Great warm up before working on your gymnastics handstands.



**Bicep curls-** Start with straight arms by the hips and bend your elbows to bring the weights to your shoulders.  
Ensures you'll be able to keep up your 12oz curls during a night out.

**Sideways raise -** Start with hands at your sides and raise them out to sides with arms straight.  
Perfect for sculpting the shoulders for a summer beach body.



4. **Upright row -** Have hands in front of your hips and reach your elbows to the sky, lifting weights next to your body.  
Arnold Schwarzenegger will have nothing on your sculpted back.

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 March 16, 2021

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

**Present:** Jackie Carattini, Diane Nickel, Jim Nickel, Darlene Schumacher, Christine Goodness, Judy Steinert, Linda O'Donnell, Denise Mancl.

**Minutes:** Secretary's minutes from the Board Meeting of January 19, 2021 were read by Jim Nickel. A motion to accept the minutes as typed was made by Linda O'Donnell. Seconded by Darlene Schumacher. All approved. Motion carried.

**Treasurer's Report:** tabled until the next meeting.

**Word From Jackie:** The Extension Wood County office is open Tuesday and Thursday for April. The extension is still doing things virtually and hope to get back to face to face in the fall. Jackie listed three virtual programs that are free to the public. The flyers containing information will be posted on the HCE Wood County web site. They are Aging Mastering Program to include information on medications, staying active in the community, etc.. Planning ahead that explains the end of life planning. Wise Wednesdays is a program that includes April 7: Compassion, April 14: Decluttering, April 21: Developing Connections and Belonging to our Family History, April 28: Gardening For Life. And Adult Mental Health First Aid Program. All are free and they are Zoom meetings and they start 9:00am to 10:00am. Call the Extension Wood County office to sign up. There will be an answering machine for your convenience. (715)421-8437.

### **Old Business:**

**Thank You From Julie Carlson:** We received a Thank You Card from Julie. She expressed her gratitude and special thanks for the basket. Christine Goodness gave a report on Julie Carlson's health. She is as well as to be expected. She becomes more tired and frail and appreciates everyone's cards and contacts.

**Bookworms:** Christine Goodness reported that she is looking for information for the state regarding volunteer readers that have served, for the past 10, 15, 20 years of reading. If you know of someone please contact Christine Goodness. Christine has been receiving Memorials for the Bookworms Program.

**Connection Progress:** We have received many positive comments of the COIVD-19 edition of the Connection. We thank all of the members who have submitted articles. We look forward to hearing from many more people with articles to be printed. Articles may not be copied from a document. Articles must be original.

**Membership:** Denise Mancl gave a report that she has written two articles. The first one was already published and the other to be published in either March or April in The River Times. A discussion followed as to what she can send to new members. Two ideas were mentioned. A flyer regarding HCE and a business card. Any contact information regarding the extension will be removed from future brochures due to changes in the extension organization.

### **New Business:**

**Privacy & Legality Discussion:** A discussion followed regarding logos, private personal data, state policies and where to find state information. Information can be found on the state web site in the Communicator and many titles listed in the state web site. The Update was also mentioned. This is a quarterly newsletter put out by the state and mailed to member's homes. If anyone continues to have unanswered questions, please feel free to bring them to the board meetings.

**Membership Flyer:** A membership flyer was presented to the board. A discussion followed to changes that

needed to be made. The flyer will be printed on yellow paper. This is a tri-fold flyer. Denise will distribute the flyers as she sees fit. Other members were also invited to distribute flyers to places of business.

Diane and Jim Nickel will check into the cost and feasibility of the membership flyer.

**Business Cards:** Denise brought up a suggestion about business cards. It has been suggested by the state that each county have a membership business card to present to potential members. The board has decided to print off 50 business cards to give each member a card that they can give to a friend. This will be a pilot program.

Denise brought up the idea of a second business card from the past. It contains the Homemakers Creed on one side and the Homemakers Prayer on the other side. Each member would be given one to keep in their wallet. The board decided to print 50 of these.

Denise will include these two cards and flyer along with her welcome membership newsletter to new members.

Diane and Jim Nickel will check into the cost and feasibility of the business cards.

**County Day and Craft Day:** After discussing these event, a motion was made by Denise Mancl and seconded by Judy Steinert to cancel these events due to COVID-19. All in favor. Motion carried.

**Cultural Arts:** After discussing this event, a motion was made by Denise Mancl and seconded by Christine Goodness to have the Cultural Arts portion of County Day to be held July 8, 2021 at the Annex Building of Family Natural Foods on 9th Avenue North. All in favor. Motion carried. Marilyn Cournoyer will have signs on the corner of West Grand Avenue and 9th Avenue North pointing to the Annex Building.

**West District Spring Meeting:** April 12, 2021 at 9:00am. This is a Zoom meeting. More information to follow.

**Membership Roster:** There cannot be a membership roster for the board members because of legal issues. Diane will pursue this matter at the state conference.

**Historian:** Sandra Deering, our Wood County Historian, has run out of contacts numbers for getting historic notes from members. She needs more telephone numbers but we cannot give them to her because of the legal issues. We are asking members to get in touch with Sandra Deering. Jackie mentioned that there are boxes at the court house to go through to look up historic information. Jim Nickel mentioned that there is a web site at UW that has information on Wood County HCE.

**Facebook:** HCE does not have a Facebook page. Jackie said we could promote Wood County HCE events through the Family Living Facebook page.

**Bookworms Fundraiser:** Bookworms is funded through 2022. Currently there are some extra books. Jackie mentioned that Christine could give Headstart books at Christine's discretion. A discussion followed on how many books should be ordered for the Bookworms Program. A final decision will be made at the end of April.

**Membership Flyer:** A discussion followed about using a PO Box and a cell phone that would be handed to the next president. A motion was made by Christine Goodness and seconded by Darlene Schumacher to look into the costs involved. All in favor. Motion carried.

**Hardship Dues:** Tabled until the next meeting.

**Closing:** Jim led the Homemaker's Prayer.

**Board Meeting:** Next Board Meeting is May 18, 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**

<b>Name</b>	<b>E-Mail</b>	<b>Position</b>	<b>Telephone</b>
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	<a href="mailto:acgoodness@yahoo.com">acgoodness@yahoo.com</a>	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  
402 North Section Street  
Nekoosa WI 54457-1556  
Family & Community Outreach

Mary Weber  
8136 Hollywood Road  
Nekoosa WI 54457  
Scholarship

Nicki Jarosinski  
5580 County Road F  
Wisconsin Rapids WI 54494  
Secretary

Linda O'Donnell  
5096 Creamery Road  
Nekoosa WI 54457-1556  
Program

Sandra Deering  
610 South Biron Drive  
Wisconsin Rapids WI 54494  
Historian

Lorraine Hoffman  
1430 23rd Street North  
Wisconsin Rapids WI 54494  
Historian

# Membership

## Learning Can Be Fun

I have been a member of Wood county Association for Home and Community Education for 40 years and something I love about it is that it gives us the opportunity to learn things that are useful, and just plain fun.

Many times these lessons come from the University of Wisconsin extension and sometimes they come from fellow members. Sometimes it's a craft they learned from their mom or grandma. Sometimes it's just something they have perfected from years of practice.

Such was the day we held our meeting at my neighbor's farm kitchen. Fellow member Ceil volunteered to show us how to bake bread. She was known for her delicious bread. Watching her was like watching an artist. She didn't do it the way my cookbook said I should, and when I asked her why not she laughed and said "That's too much work and this is much more fun".

She was right. That's true of many things in life. When we endeavor to learn new things, we are more likely to keep trying to perfect the end result if the process is enjoyable.

I would venture to guess that people who have stunning flower beds, don't just do it because it makes their home more attractive, though surely it does. They find pleasure in working in the soil, fertilizing, pruning and watering to be rewarded for their work with beautiful blooms.

The great ideas that Home and Community Education has for us can be the start of something you will grow to love and enjoy. Over the years you might become known for your excellent soup or please your family and friends with sweaters and scarves that you knitted or crocheted. But the best part is the joy of sharing something that brings you such happiness.

When you read this, you may not have ever heard of HCE, but we have been around for a very long time. Our association with the UW Extension means that we have new lessons available for us each month. If you want to learn more, please feel free to call or email me and I will be glad to give you more information.

Respectfully submitted:

Membership Chairperson

Wisconsin Association for Home and Community Education.

Phone: 715-886-5727

Email: [deedemanc1@gmail.com](mailto:deedemanc1@gmail.com)

# Nicki's Thoughts

Oh Spring, such a blessing. So nice to see and feel the sunshine again. Makes me want to plant some seeds and watch them grow! Then there is Spring cleaning. Lots to do, rummage sales too will be happening again soon.

Hope you all have your vaccine by now. Remember, safety rules, mask, 6 feet when possible and wash hands often. It's certainly lessened the chances of getting the flu this year! Hopefully it won't be too many months before we can meet in person again and have good times with family and friends.

I'm trying to appreciate these quieter days. As soon as we return to more normal days the chance to enjoy living in the moment will be harder to do. Each day is a gift.

Don't be afraid to move things around in your house to change up and freshen up. My oldest son and I used to love moving the living room furniture around. Of course my husband wasn't impressed, he doesn't like change — it's a man thing they tell me. My daughter-in-law says my son still likes to change things up! Must be genetic. Borrow a rug, a candle, a vase, a chair etc. from another space to do a little refresh. It can be fun, some pictures look good in other spaces too.

Try a new recipe with spring time veggies. They say we should eat more whole foods, less meat, and lots of veggies and fruits.

Spring is about new beginnings, new ways to look at ourselves and what's important in our lives. Helping others helps us to thrive, not just survive! It's the little things that can make a big difference!

Hope you had a nice Easter. Enjoy the warmer days, 20 minutes a day outside and lift your spirits!

## Message From the Presidents (Continued)

Another great thing at the WAHCE State Conference is the Silent auction. This is a great opportunity to pick up some great things that can be used as gifts for friends and family. Plus it helps out a great organization. The WAHCE.

We cannot forget about the Market Place. A great to place to shop and get some nice things for HCE. Check out all of their items that they will have on display.

There will be some great meals and entertainment. Don't forget about the great trips that will be available.

We hope to see all of you at the conference.

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](mailto:denickel@solarus.biz)  
Telephone: (715)886-4230



## 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 9<sup>th</sup> Avenue North. There will be signs on the corner of West Grand and 9<sup>th</sup> 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: [deedeemancl@gmail.com](mailto:deedeemancl@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 Registration Information

September 20 – 22, 2021

Holiday Inn Hotel and Conference Center

1001 Amber Ave. Stevens Point, Wisconsin

Make check payable to: WAHCE, Inc.

Mail with registration form to:

Darlene Schumacher, Conference Registrar

2531 Golf Course Road, Wisconsin Rapids, WI 54494

Phone: 715-424-2851 Email: [darlenschumacher41@gmail.com](mailto:darlenschumacher41@gmail.com)

- Registration, tour and meal fees are transferable, but non-refundable.
- WAHCE reserves the right to alter or cancel a class as necessary.
- Any Covid restrictions at meals, tours, conference will be followed.
- There is a \$50 late fee after August 13.
- Extension Educators/Advisors and County HCE Presidents are not required to pay the registration fee.

### Registration Deadline: August 13, 2021

**Registration Hours:** Sunday, September 19 ..... 2:00 pm – 6:00 pm

Monday, September 20 ..... 8:30 am – 5:00 pm

Tuesday or Wednesday, September 21 or 22 ..... 7:00 am – 8:30 am

**Tours:** Three bus tours are scheduled as well as two on-site workshops. Please indicate your first (1), second (2) or third (3) choice. It is important that you indicate your tour preference choices. The minimum required for Bus Tour 1 is 40; Bus Tour 2 or 3 minimum is 25. If your first choice is cancelled, you will automatically be given your second choice. Include the tour fee for your first choice with your registration. If you need special bus accommodations, please indicate that on your registration form.

**Cultural Arts:** Items may be brought in Sunday (9/19) from 6:30 – 8:00 pm or Monday (9/20) from 8:00 am – 11:00 am. Judging will begin at 1:00 pm on Monday.

**Business Meeting:** President Donna Zarovy will preside at the WAHCE, Inc., Annual Business Meeting which is open to all conference attendees. Voting delegates (County Presidents and WAHCE Board members) are required to attend. All voting delegates will sit in assigned seating. This meeting begins at 8:00 am, (9/21).

**Workshops:** Indicate your first (1), second (2), third (3), fourth (4), and fifth (5) choice in each time period. Second, third, fourth and fifth choices are needed in case your first choice is filled. Omitting the second, third, fourth and fifth choice will not insure placement in your first choice.

**Education Program Workshops:** **Program #1** – “*Making Physical Activity Fun!*” (September 21, 3:30 – 4:45 pm) and **Program #2** “*Healthy Aging – Improving Health Through Self-Advocacy*” (September 22, 10:30 – 11:45 am). Every county should have their Vice President of Program or Vice President of Family and Community Life (or another county representative) attend these sessions. All are welcome.

**Meals:** The cost of the meal package is \$125.00 (includes gratuity) and includes Monday night dinner, Tuesday breakfast, lunch and dinner, and Wednesday breakfast and lunch. Due to health restrictions, all meals will be served. Please indicate any special meal requirements on the registration form.

**Room Reservations:** Call the conference hotel: Holiday Inn, Stevens Point at (715) 344-0200, press #3 for Room Reservations. The Room Block is “WI ASSN FOR HOME AND COMMUNITY EDUCATION”. The Group Code is **WHC**. The room rate is \$99.00 for a standard room (2 queen beds or 1 king bed plus pullout sleeper sofa). You will be asked for a credit card to hold your reservation. Our room block will be released on August 20. Check in time is 3 pm – check out time is noon.

**Wisconsin Sales Tax Exemption:** Unless you are being reimbursed by your county HCE organization, you will be charged sales tax. Please ask your County President for the letter required by the hotel.

**Conference Chair:** Betty Kastenschmidt

E-mail: [bettykas@yahoo.com](mailto:bettykas@yahoo.com)

**Co-Chair:** Marilyn Herman

E-mail: [mjherman661@gmail.com](mailto:mjherman661@gmail.com)

# Memories From Wood County HCE Members



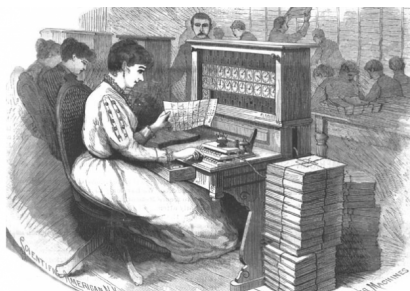
## 50 YEARS OF HCE--

Submitted by Louise Egland in 2000—Born Louise P. Flick in rural Rudolph, Wisconsin, on September 4, 1924 to Albert and Philomene Flick. Louise remembers her mother taking her turn hosting the Hillview Homemakers at monthly meetings in their home, while Louise and her four brothers and three sisters were growing up. When Louise married Jasper Egland on September 8, 1945, the Hillview Homemakers again came to the Flick farm to help serve the noon wedding meal to the numerous guests who came to celebrate; but also the light supper for the crowd who traditionally stay all afternoon! Because of these fond memories, Louise was disappointed that her move to Nekoosa with her husband offered no local Homemaker club to join. With the help of Home Agent Cecelia Shestock, Louise and others in the community formed the 51 Homemakers Club in 1949. Miss Shestock suggested the name because it was the 51st club formed in Wood County. Over the years Louise held all of the various offices at her local level and treasurer at the county level. She sang with Wood County Chorus as part of the Wisconsin Homemakers Chorus at the National meeting at Chicago in 1954 and throughout the 1950's and 60's. Louise and her daughter, Peggy Wettstein, once again joined the state chorus when they reorganized to sing to entertain for the National Convention in Milwaukee in 1989. She lost Jasper in 2007; but her life is full with news from her eight grandchildren and eight great grandchildren! Louise credits her skills gained and knowledge learned in many areas to the hundreds of lessons she participated in her past 65 as a Wood County HCE member! FIFTY YEARS AGO—we had six centers where meetings were held; Marshfield, Arpin, Pittsville, Vesper, Nekoosa and Wisconsin Rapids. Our goals then were exactly what our Creed stated. Many of us worked as leaders in our church groups and as 4-H leaders. I take pride in the fact that my husband and I have together "racked up" a combined 60 years of 4-H Club leadership. Now our youngest daughter is leader of the same 4-H Club. FIFTY YEARS AGO—Wisconsin started a Homemakers Chorus and encouraged every county to have one. Mr. Emmet Sarig and Mr. Edward Hugdahl, professors at the UW, Madison put together a group of songs and with the help of area music teachers and accompanied by Mrs. Ray Clausen, the chorus was formed. Miss Loretta Zastrow, Home Agent at the time, found funds for a new piano; therefore, all practices were held at the Wood County Courthouse. Illinois did not have a Chorus, so Wisconsin was invited to sing for the National meeting at Chicago in 1954, held at the Conrad Hilton Hotel in Chicago on the Lake front. Marathon and Wood County hired a bus, so we rode to the National Meeting in style! Due to the "changing times", our six centers eventually became one, with all the lessons presented at the Wisconsin Rapids Courthouse. I hope and pray that Homemakers Clubs will be around for many more years to help enlarge and enrich many other lives.

NOTE: Thank you to Louise Egland and her daughter Peggy Wettstein for "the memories".

Respectfully Submitted, Sandra Deering, Historian

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