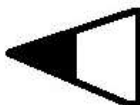


# HCE CONNECTION


## Wood County

### Home and Community Education

December 2021



## Message From The Presidents




Hello,  
Welcome to the December edition of the Connection.

Happy Holiday greetings from your Wood County Presidents,  
Jim and Diane.

We hope everyone is having a wonderful and safe holiday season! We are looking forward to an exciting new year, with many new program opportunities for you to participate in, with many of your ideas for the 2022 HCE calendar year.

WOW!!! What a Wood County Christmas Party!!! Fantastic Food! Very Talented Singing!! Cute Reindeer! Friendly Take-away Bingo!!! Many baskets to pick and choose from!!!! Awards for years of Service, even one for 70 years of Service!! Election of Board Officers!! And Santa came to visit us!! What a Party!! Thank you to Club 51 for a great event!

**(Continued on Page 2)**

Some things to look for in this edition:

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Flyers enclosed: 2022 Calendar

We would like to congratulate the new officers for stepping up to help serve HCE with their commitment and talents. They are:

- Scholarship: Peggy Wettstein
- Secretary: Peggy Wettstein.
- Bookworms: Christine Goodness
- Cultural Arts: Denice Mancl and Nichol Mancl
- Historian: Linda Reber



They are all great additions to our HCE Board. We would also give a big THANK YOU to our outgoing board members for all of their hard work, devotion and service to the HCE Board of Directors over the years!

We would like to thank all of you for your programming ideas that were given to us at the Wood County Christmas party. We are using many of your requests for programs in 2022. In the past, HCE would have a new lesson each month, that we would send a delegation to so they would receive the hand-outs and information. The delegation would share the information with their club. So----- We have been asked to bring this idea back to 2022.

Thanks to the McMillian Library in Wisconsin Rapids, we have booked the multi-purpose room for meetings, the 3<sup>rd</sup> Wednesday of each month from 1-3pm through 2022, for our lessons/programs. They are as follows:

- January 19, 2022 - Everything you ever wanted to know about Air Fryers by: Jackie Carattini
- February 16, 2022 – Older Adults Well-Being by: Jackie Carattini
- March 16, 2022 – Soap Making by: Brook Mitchell
- April 20, 2022 – Service Day and Craft Day by: Denice Mancl and Nichol Mancl
- May 18, 2022 – To be announced
- June 15, 2022 – To be announced
- July 20, 2022 – To be announced
- August 17, 2022 – To be announced
- September 22, 2022 – To be announced
- October 19, 2022 – To be announced
- November 16, 2022 – Cooking Class
- December 21, 2022 – To be announced

The members at the Christmas party would also like a summertime trip!! If you would like to offer an idea as to where to go, please call me at (Diane and Jim, 715-886-4230). Some ideas:

- Historic Point Basse Event in June.
- Alpaca Farm with wool craft activity.

- A Winery.
- Robot Cow Farm in Stevens Point.
- The Planetarium - UW Stevens Point.
- ? Your idea.

HCE Week is November 6<sup>th</sup> through the 12<sup>th</sup>. Would anyone like to be the chair of that week. (It can be more than one person, call Jim and Diane) Ideas:

- Board of Wood County Proclamation.

Program Booklets will be coming out in January. Please read them completely! New ideas, programs, policies, etc., from State and local.

In your Program Booklet, is a list of Board Meeting with dates. They will be held at Nekoosa Library starting at 9:00am. Everyone is invited to attend, however, only Board Members can vote.

Due to requests, we will have a cooking class this year!!! Check your book for the date. If you would like to cook something special, let Jim and Diane know.

This year, each member will be getting a membership list, except for the members that checked the box on the membership form stating you do not want your information published. If you checked that box, you will not be on the list.

Please be aware that there are scholarships for HCE members to apply for to attend events. Jackie Carattini will be willing to help anyone interested in fill out a scholarship form. Watch for them in future issues of the Connection.

## **Important News:**

If you have not filled out a 2022 Membership Form this year, you will be dropped from the membership roster and no longer receive the Connection or other news from Wood County HCE.

If you wish to continue being a member of Wood County HCE, please contact Diane Nickel at (715)886-4230 or email: [denickel@solarus.biz](mailto:denickel@solarus.biz) so we can send you a 2022 membership form.

### **What The Homeless Vets Need:**

Pillow cases, dish rags, dish towels and Christmas stockings. If you would like to contribute to this cause, please contact Diane Nickel at (715)886-4230 or email [denickel@solarus.biz](mailto:denickel@solarus.biz) for pickup.

# Cultural Arts Corner

Craft Day at Prevail Bank.  
November 9, 2021



Thank you Marilyn Cournoyer  
for a great day

A good time  
was had by all



Fun sharing with Adams County HCE  
and community members





# Wisconsin Bookworms



Wood County Bookworms is off to a great start! We did our first reading and book donation in October. We were able to go into classrooms (so far) and it was great to see all the happy faces and good book listeners. A big thank you to the volunteer readers

helping out the program.

With the Holidays approaching, I would like to encourage you to purchase books, magazines, or journals as gifts. Choosing the right book can be fun. Go to your local librarian for ideas. Reading reduces stress, helps you sleep better, improves your memory, helps you focus and concentrate and it's cheap entertainment. It is a healthy habit whatever your age is. I encourage you to spread the joy of reading and writing for everyone!

Again, thank you for promoting the love of reading!

Keep reading!

Christine Goodness  
Bookworms Chairperson  
(715)886-5294

## Wood County HCE Christmas Party Pictures



Jackie Carattini  
Human Development and Relationships Educator  
UW-Madison Division of Extension Wood County



## Wood County HCE Presents

### The Magic of Air Fryers... Are They Worth the Investment!

Please join Jackie Carattini, Human Development and Relationships Educator with UW-Madison Division of Extension in Wood County for a discussion on air fryers.

Air fryers have been popular gifts for a few years now. But they can be a significant investment of both money and counter space. We will be covering: the health benefits of cooking in an air fryer, basic use tips and recipes, and considerations when purchasing.

**When:** January 19, 2022

**Where:** McMillan Library  
General Purpose Room and Kitchen  
490 E Grand Avenue  
Wisconsin Rapids WI 54494

**Time:** 1:00pm to 3pm

This Wood County HCE program/lesson is open to the public. Invite your friends and hope to see you there.

If you have any questions, please contact Diane Nickel at (715)886-4230 or email: [denickel@solarus.biz](mailto:denickel@solarus.biz)

# 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 2022—2023 school year. Each set contains eight books at a cost of \$25.00.

- 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: \_\_\_\_\_

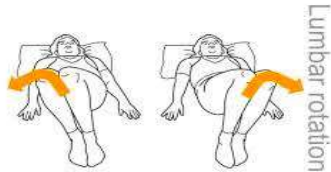
# Core Exercises for Good Back Mobility

## Carl's Corner

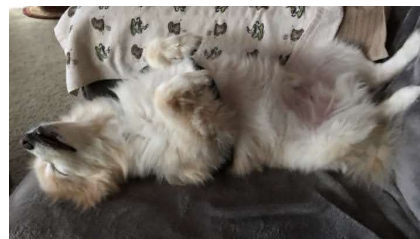


All these exercises are meant to keep the back moving well for dancing, late night partying, and picking up grand kiddos (or grand dogs).

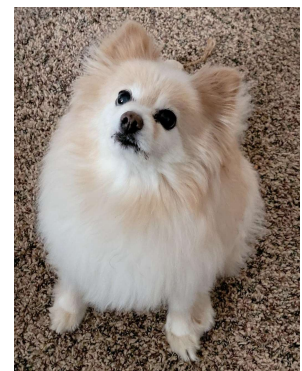
1. **Back lying knee rotation 2 x 15** - Lie on your back and with your knees bent, rotate them side to side. (Bobs was lazy here and only rotated part way!)



2. **Back lying arm rotation 2 x 15** - Lie on your back or side and this time reach your arms side to side. (This time he's just asleep...Not even close Bobs!)



3. **Seated back arches and crunches 2 x 15** - Sit in a chair and round your back and then arch to the ceiling. (At least he has the sitting part down this time!)



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.





**Board of Directors  
September 28, 2021**

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

**Minutes:** Nicki Jarosinski read the August 17, 2021 minutes. Motion by Connie Eisch and seconded by Judy Steinert to accept the minutes with corrections.

Connie Eisch asked for Basket Raffle funds from Judy Steinert.  
Printing bill from extension office for the Connection and postage paid.  
A new tax-exempt number to be sent from state.

**Treasurer’s Report:** Connie gave her report and placed on file for audit.

Diane Nickel asked to use the Visitors Bureau to do printing for our organization. Connection costs and paper checked on by Diane and Jim Nickel. Will check with extension on mailing. Denise Mancl made a motion to have the Visitors Bureau do some of our printing needs. Seconded by Darlene Schumacher. Motion carried.

Linda O’Donnell received suggestions from members for workshops or lessons.

Discussed getting our news out in the local City Times newspaper. Denise Mancl and Christine Goodness have had HCE articles published. They will continue to do so.

Carol Grorich taking over the Marketing products. Discussed who has a tote from state person.

Christine Goodness reported on Wisconsin Bookworms. She attended the session at the conference. This year, 7 books to be read. She ordered 75 sets, 69 children registered when ordered. Now 98 children at Head Start, so will make adjustments for the 3 & 4 year olds.

Leftover books from previous years were given to Wood County schools, Nekoosa, Marshfield, Port Edwards, and Pittsville.

Diane Nickel and Denise Mancl discussed donated fabric for possible book bags. Will ask for volunteers to sew for next year students. Fabric donated by Denise Mancl.

Marilyn Cournoyer has Cultural Arts day scheduled for 9:00am, November 9, 2021 at Prevail Bank, (formerly River Cities Bank), ending at noon. Won’t do lunch because of COVID.

Crafts:

- Lawn Edger Snowman     Ardelle Mueller     \$7.00
- Quilted Bookmarks or  
Magnet Pot Holders     Marilyn Cournoyer     \$2.00
- Necklace     Nicki Jarosinski     \$10.00
- Fabric Pumpkin     Diane Nickel     Free
  - Must bring 20” x 20’ fabric (fall theme or color)
  - Roll of toilet paper
  - Stick
  - Greens (silk, fabric, etc.)
- Beaded Mask Lanyard     Nicki Jarosinski     \$5.00

Sandra Deering would like to start a Book Club.

Discussion on Scholarship. Connie Eisch made a motion we give 2 scholarships this year. Pat Klein seconded. Motion carried.

Denise Mancl passed out business cards to show others when asked about HCE. Also tri-fold brochures. Marilyn Cournoyer will take to local libraries. Christine Goodness to Head Start, etc.

Discussion on the use of Homemakers name tabled.

Discussion of Conference. COVID-19 was an issue. Three presenters out with COVID-19. Skit went well to invite the ladies to next year's conference. Suggest do as welcome next year at conference. Christine Goodness questions if workshops could be continuing education credits? Professional Development Credits? She will try to find out. 2022 will be Darlene Schumacher's last year as registrar at conference.

Diane Nickel keeping track of volunteer hours for next year. Encourages applying for Love Lights, etc. programs to apply.

Diane Nickel reported that it is legal to have baked or home canned goods under state "Cookie Law". Diane and Jim Nickel, West District Cultural Arts Chairs, will put changes to Cultural Arts in Connection.

Darlene Schumacher suggested correction of board meeting minutes pertaining to free dues for those members 80 and over. She and Connie Eisch did not agree.

Nominations for officers:

Cultural Arts

Secretary

President-Elect

Scholarship

Possibly Historian

West District Fall Meeting is October 4, 2021 in Sparta.

Wood County will host West District Fall Meeting in 2022. It will be at the First Congregational Church (Darlene Schumacher's Church), on October 10, 2022, 9:00am.

Coffee Hour/Lunch. Darlene Schumacher will chair. Will need volunteers to set up and serving, and clean-up. Will need breads or muffins, fruit juice, coffee. Lunch caterer to be decided at later date due to COVID.

Nicki Jarosinski will study By-Laws and make suggestions.

November 16, 2021 is the next board meeting. Nekoosa Library at 9:00am.

Ladies would like a booklet with calendar, etc. Jim Nickel showed format with larger paper. All liked the new size. Will OK at the next meeting and give out at Christmas Party.

Adjourned with Prayer Creed.

Respectfully submitted,

Nicki Jarosinski

Secretary



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

<u>Name</u>	<u>E-Mail</u>	<u>Position</u>	<u>Telephone</u>
Carol Grorich	grorichf@tds.net	Marketing	(715)884-6598
		Scholarship	(715)884-6598
		Babcock President	(715)884-6598
Connie Eisch	ceisch@boku.net	Treasurer	(715)325-3255
Darlene Schumacher	darlenschumacher41@gmail.com	WAHCE State Conference Registrar	(715)424-2851
Pat Klein	kleinnailcare@gmail.com	Club 51 President	(715)886-3665
Agnes Langeberg	langberg@wctc.net	Rudolph Pines President	(715)424-1517
Marilyn Cournoyer	hikville@wctc.net	Cultural Arts	(715)435-3662
Jackie Carattini	jackie.carattini@wisc.edu	Family Living Educator	(715)421-8437
Sandra Oleson	roleson@wctc.net	Family & Community Outreach	(715)886-3219
Christine Goodness	<a href="mailto:acgoodness@yahoo.com">acgoodness@yahoo.com</a>	Wisconsin Bookworms	(715)886-5294
Denise Mancl	deedeemancl@gmail.com	Membership	(715)886-5727
Carol Dorn	gld@tznet.com	Scholarship	(715)886-4448
Diane & Jim Nickel	denickel@solarus.biz	Wood County President	(715)886-4230
<b>No E-mail:</b>			
Judy Steinert		Family & Community Outreach	(715)886-4165
402 North Section Street Nekoosa WI 54457-1556			
Mary Weber		Scholarship	(715)886-4505
8136 Hollywood Road Nekoosa WI 54457			
Nicki Jarosinski		Secretary	(715)424-1572
5580 County Road F Wisconsin Rapids WI 54494			
Linda O'Donnell		Program	(715)886-3351
5096 Creamery Road Nekoosa WI 54457-1556			
Sandra Deering		Historian	(715)424-1819
610 South Biron Drive Wisconsin Rapids WI 54494			
Lorraine Hoffman		Historian	(715)421-0112
1430 23rd Street North Wisconsin Rapids WI 54494			

# Membership

## HCE Benefits Members and Community

HCE = Fun and Learning

As I write this month's article, I have two pies in the oven. One is traditional pumpkin and the other is pecan. Thanksgiving is tomorrow and I'm looking forward to gathering with my family like so many of you are.

Most families have traditions handed down through the generations. Some recipes are very old and have withstood the test of time. So many things in life that we do, are done because we were taught to do them by family. But sometimes it's not family. Sometimes it's a friend or neighbor. I don't make pumpkin pie like my mom did because my friend Julie showed me a much easier way that is scrumptious. And that was 30 years ago.

Learning is a lifelong endeavor. I recently attended The HCE craft day at Prevail Bank in Wisconsin Rapids. I learned how to make a beautiful One-of-a-kind necklace. It piqued my interest and I'm thinking of using some of the old jewelry that was my mothers to create something new.

That's what HCE is all about. "Learning". Over the years this group has taught so many people so many new skills. The best part is that members give them ideas about what their interests are and HCE uses those ideas to formulate great lessons. It's all about helping our community.

Club 51 that I am a member of would like to thank the Wakely Organization (Historic Pointe Basse) for letting us serve lunch at their Fall festival and all those who attended as well. We also want to extend our sincere gratitude to the Nekoosa Piggly Wiggly for their generous donations of food. The money we make selling that lunch at Wakely House allows us to give back to our community in the form of donations to six area nonprofit organizations.

If you would like to join us for fun and learning new skills as well as giving back to your community, contact me please.

Respectfully submitted by Denise Mancl, Membership Chairperson HCE

For more information, contact me at 715-886-5727 or [deedemancl@gmail.com](mailto:deedemancl@gmail.com)

Denise Mancl  
Membership Chairperson  
Email: [deedemancl@gmail.com](mailto:deedemancl@gmail.com)  
Phone: 715-886-5727

# Club News

## **Minutes of the Rudolph Pines HCE meeting, September 14, 2021 at 1:00.**

President Agnes Langeberg opened the meeting with the Homemakers Creed, 7 members were present.

The secretary read the minutes of the last meeting, March 10, 2020. Minutes were approved

The treasurer gave her report.

Pennies for Friendship were collected.

Old and new business was combined in the discussions.

New policy for dues collection: Anyone over 80, who cannot afford the dues, the dues will be paid by the county for that member.

Changes since COVID in the county HCE:

Jackie Carattini (FLE) is an advisor to HCE only. Her secretary (Wendy) is not available to do work for the HCE County Club.

Any clubs needing copying done, need to supply the paper and take it to the Heart of Wisconsin Chamber of Commerce. They will do it for local nonprofit organizations.

Christine Goodness is the new Bookworms coordinator, call her to volunteer to read.

Club 51 is hosting the Christmas party on December 7<sup>th</sup> at the Nekoosa Library. Ardelle will donate an item for the basket for the party.

Discussion was held about the option of a new club forming at McMillan Library and meeting once a month.

Rudolph Pines members decided to continue with our club for the present time.

Two members are interested in joining the Rudolph Pines Club and we welcome them.

The club agreed to continue meeting in members' homes.

The State Conference in Stevens Point was discussed.

Ardelle volunteered to have the next meeting October 18<sup>th</sup> at 1:00 at her house.

Agnes adjourned the meeting with the Homemakers prayer at 2:20 pm

## **Minutes of the Rudolph Pines HCE Meeting, October 18, 2021.**

Agnes Langeberg called the October 18<sup>th</sup> meeting of Rudolph Pines HCE Club to order at 1:30. 8 members were present.

The previous meeting minutes were read and approved.

The treasurer report was given.

Old Business:

The State Conference was discussed.

Craft Day November 9<sup>th</sup> was discussed and craft projects were talked about.

The HCE Christmas Party on December 7<sup>th</sup> was discussed and you need to send in your reservations by November 26, 2021 to Judy Steinert. It will be at the Nekoosa Public Library.

New Business:

The next HCE Board of Directors meeting is November 16, 2021.

Small Booklets are being made for next year.

Roll call question for a future meeting suggestion: What information did you first call the Extension Office for?

Our Christmas get together will be December 1<sup>st</sup> at a restaurant for lunch at 1:00pm.

Meeting was adjourned.

**Minutes of Club 51 HCE Meeting, September 16, 2021.**

Opened with the Homemaker's Creed. Roll call was taken. Minutes were read from the August 19, 2021 meeting. Judy motioned to accept; Christine seconded.

Treasurer's report was read and filed for audit. Piggly Wiggly donated meal items, a thank you was sent. Collected local dues for Club 51.

No Correspondence.

Other reports. Wakely lunch went well. People were very polite and appreciative for what we do. Fall Kick-Off was held Tuesday, September 2, 2021. It went very well.

Unfinished business: Need to set up hostesses for upcoming meetings. Judy set out a sign-up sheet. Need to prepare for County Christmas Party, December 7, 2021. Going to be catered by Lori & Friends. Menu being decided. Other details will be discussed at next meeting. Registration needs to be in Connection before October 1, 2021. Judy & Peggy will get it ready.

No new business.

Next meeting is October 21, 2021, 1 – 3 at the Nekoosa Library. Linda will possibly figure out a program.

Hostesses are Sandy & Judy.

**Minutes of Club 51 HCE Meeting, October 20, 2021.**

Opened with the Homemaker's Creed.

Roll Call was taken, 9 in attendance.

Treasurer's report was read and filed for audit. Denise gave a report encouraging members to allow her to get our checking account from Nekoosa Credit Union. They will allow us to have an account with two signees at no monthly charge. Motion was made by Diane to go to Nekoosa Credit Union; seconded by Pat. Diane, Jim and Connie Eisch have the new tax exempt number.

The County Christmas Party will be on December 7, 2021. Club 51 will host the event at the Nekoosa Library. Lori Jacobitz will cater the meal with mini muffins and coffee for breakfast. Judy will ask if she will provide juice as well. Club 51 members will also bring breads also.

The menu for lunch will be:

Pulled Pork

Cheesy Hashbrowns

Cowboy Beans

Broccoli Bacon Salad

Oriental Cole Slaw

Ice Cream Cups for dessert – Linda will see if Beaver's has small candy canes to place on top of the cups.

Jim and Diane will make all of the reindeer table favors. We will have a jar for members to donate for “Nickels for Nicaragua”. Denise will bring a jar. Setting up for the party will be done by Judy, Denise, Nicole and Peggy. Clean-up will be done by Christine and anyone else that can stay and help. It was decided to have a “White Elephant” raffle instead of just a basket raffle. Items to raffle could be crafts, plants, baskets, Christmas décor. Jim will send flyers to all members asking for decorations.

New Business: Our Club meeting will be on November 18, 2021. This is our Sweet and Savory meeting. Everyone will bring a dish to pass. Denise asked if members would bring 15 copies of a favorite recipe to share with all of us. Can be a recipe for sweets, savory or both. Going forward it was decided to always keep our meetings on Thursdays, even if there is a conflict with County Board meetings to accommodate our members schedule. The program will be Fire Safety.

Homeless Veterans need various things. Jim and Diane will publish information about this in the next Connection newsletter.

Diane demonstrated how to make book bags from the fabric samples Denise donates.

Virginia may be moving to Arizona to be closer to her family. We will miss her, but wish her all the best.

Judy shared information about a program to support the “Nicaragua Project”. You get pledges from people and then walk, bike or hike. We discussed walking as a group to raise money in the spring.

November 7 – 13 is HCE Week.

November 9, 2021 will be Craft Day at the Prevail Bank.

Denise brought the door prize, Pat won.  
Pat made a motion to adjourn; Diane seconded.

## **Membership Awards for Years of Service for 2020 and 2021**

Not Pictured

Louise Eglund – 70 Years

Connie Eisch – 10 Years

Virginia Coz – 5 Years

Rita Carlson – 55 Years

**Continued on Page 16**



**Linda Reber 15 Years**



**Deanne Fessler 65 Years**



**Carol Grorich 60 Years**



**Christine Goodness 30 Years**



**Nicole Mancl 5 Years**



**Judy Steinert 15 Years**



**Peggy Wettstein 35 Years**



**Ardell Mueller 10 Years**



**Marion Hoffman 20 Years**



**Linda O'Donnell 55 Years**



**Denise Mancl 40 Years**



**Diane Nickel 5 Years**



**Joella Stoltz 55 Years**



**Alvera Kann 50 Years**



**Jim Nickel 5 Years**