

HCE CONNECTION

Wood County

Home and Community Education

April 2022

Message From The Presidents



Hello,
Welcome to the April edition of the Connection.

Happy Easter from your Wood County Presidents, Jim and Diane.

We hope that everyone is staying warm and staying healthy. As we write this letter on this fine spring day, we see snowflakes falling from the sky. Just the other day we were outside raking, now????? So much for spring. But it is Wisconsin weather. The class in April will be Wood County Service/Project and Craft Day. May will be Heirloom Biographies. Please plan to attend these Programs/Lessons.

Some things to look for in this edition:

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Flyers enclosed: WAHCE State Cultural & Textile Arts Form for 2022 (On Pink Paper)
Wood County By-Laws
HCE Spring West District Meeting Registration Form
Wood County HCE County Day Invitation



Board of Directors Minutes January 18, 2022

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

Present: Diane Nickel, Jim Nickel, Pat Klein, Connie Eisch, Linda O'Donnell, Christine Goodness, Judy Steinert,

Minutes: Jim read the November 16, 2021 minutes. Motion by Christine Goodness and seconded by Pat Klein to accept the minutes as read. Motion carried.

Extension Office: The extension is asking for us to update the mailing list. They need a current list for the mailings.

Booklets: Booklets were printed. Non-Club 51 members had their books mailed to them. Club 51 members will get their booklets at the meeting. The booklets have changed due to COVID and changed in the Extension Office. Please read the entire booklet to understand the program changes. We will be having programs during the summer months because we need to book for the year to get the room free. Linda O'Donnell sent Ken Hartje a thank you letter for the Fire Safety presentation that he did at the Club 51 meeting.

Treasurer's Report: Connie handed out a spreadsheet for the end of year report for 2021 and the budget for 2022. Reviewed the spreadsheet. Discussed a fundraiser to increase our income because our expenses were greater than our income. Quilt raffle was one idea that was brought up. The quilt raffle would be for Scholarships and Bookworms. Find a way to reduce the cost of meals at events. Some changes were made to the 2022 budget. Connie will make the changes. Motion was made to have two \$500 scholarships this year, one for 2021 and one for 2022, by Connie Eisch and seconded by Christine Goodness. Motion carried.

Event Guidelines: Judy suggested that we have some guidelines for events.

By-Laws: The by-laws that were drafted in 2016, were read and changes were made after discussing each item. The new by-laws will be published in the April Connection to be reviewed by the members. The vote on the new by-laws will happen at County Day on May 10, 2022.

United Way Volunteer Breakfast: Diane reported on the United Way Volunteer Breakfast. She contacted United Way representatives and had them put Wood County HCE on the agenda. We should then be receiving an offer to attend the recognition breakfast later in the year. It is held in April.

West District Fall Meeting: The meeting will be held at The First Congregational Church UCC at 311 2nd Street South, Wisconsin Rapids. There is going to be a charge to have it there, but we do not know how much at this time. Diane will check with Connie Eisch to see what we have paid on the past. A discussion followed on what to serve for the breakfast and the lunch. Diane will check with Piggly Wiggly in Nekoosa IGA in Wisconsin Rapids and Laurie for a cost. The menu will consist of fruit tray and coffee cake for breakfast. Lunch menu will be barbecued pulled pork, cheesy potatoes, coleslaw, and brownies. Refreshments at both meals will be coffee, tea and juice. The theme is "The Changing Colors of HCE". Name tags will be leaves made by Peggy Wettstein. Center pieces will be painted jars with candles inside them. Judy Steinert will donate some quart jars. M&M candy in small cups for each place setting. No nuts. Disposable place settings. We will also have to have workers. Diane will ask Jackie Carattini to be the speaker and she can choose the appropriate topic. Diane and Jim will create the program. Diane will also check with Monroe County to see what the attendance count was for the West District Fall meeting at the Sparrow's Nest last year.

Adjourned.



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

Join us and begin
planning **AHEAD** for the end of this life

What is Planning AHEAD?

Planning AHEAD is a virtual 7-session course (one hour each) that guides participants through the topics on the right.

This course features a free workbook to help people with the tasks and decisions associated with end-of-life.

Who is the program for?

This program is for people who:

- Are interested in planning for the end of life to make things easier for family members
- Have lost a loved one
- Are in the process of losing a loved one and are dealing with the transition

When is the program?

Contact us for more information

planning **AHEAD**
PROGRAM TOPICS



Getting Started



Handling Financial Changes



Advance Medical and Legal Directives



Estate Planning



Choices in End-of-Life Care



Final Wishes



Understanding Grief



Extension
UNIVERSITY OF WISCONSIN-MADISON

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: _____

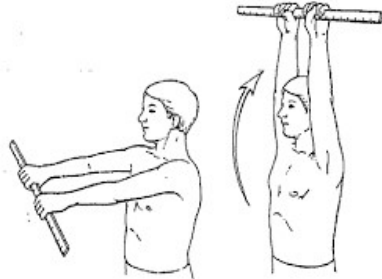
Phone Number: _____

Three Exercises for Shoulder Mobility

Carl's Corner



All these exercises are meant to keep the shoulders moving well in order to reach high shelves, scratch your back, and give high fives.



1. **Stick shoulder flexion: 2 x 15 reps** - Pick up a broomstick, cane, or anything similar and raise the arms up as high as possible. (Bobs is unsure how to do this one without hands...)
2. **Behind the back towel stretch 2 x 30s** - Use a towel hung over a shoulder to pull the other arm up along the back. (Yes Bobs, a tie would work too!)



3. **Posterior shoulder stretch: 3 x 30s** - Use one arm to pull the other across your chest. (Keeps the arm mobile for construction work!)



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.

HCE Presents

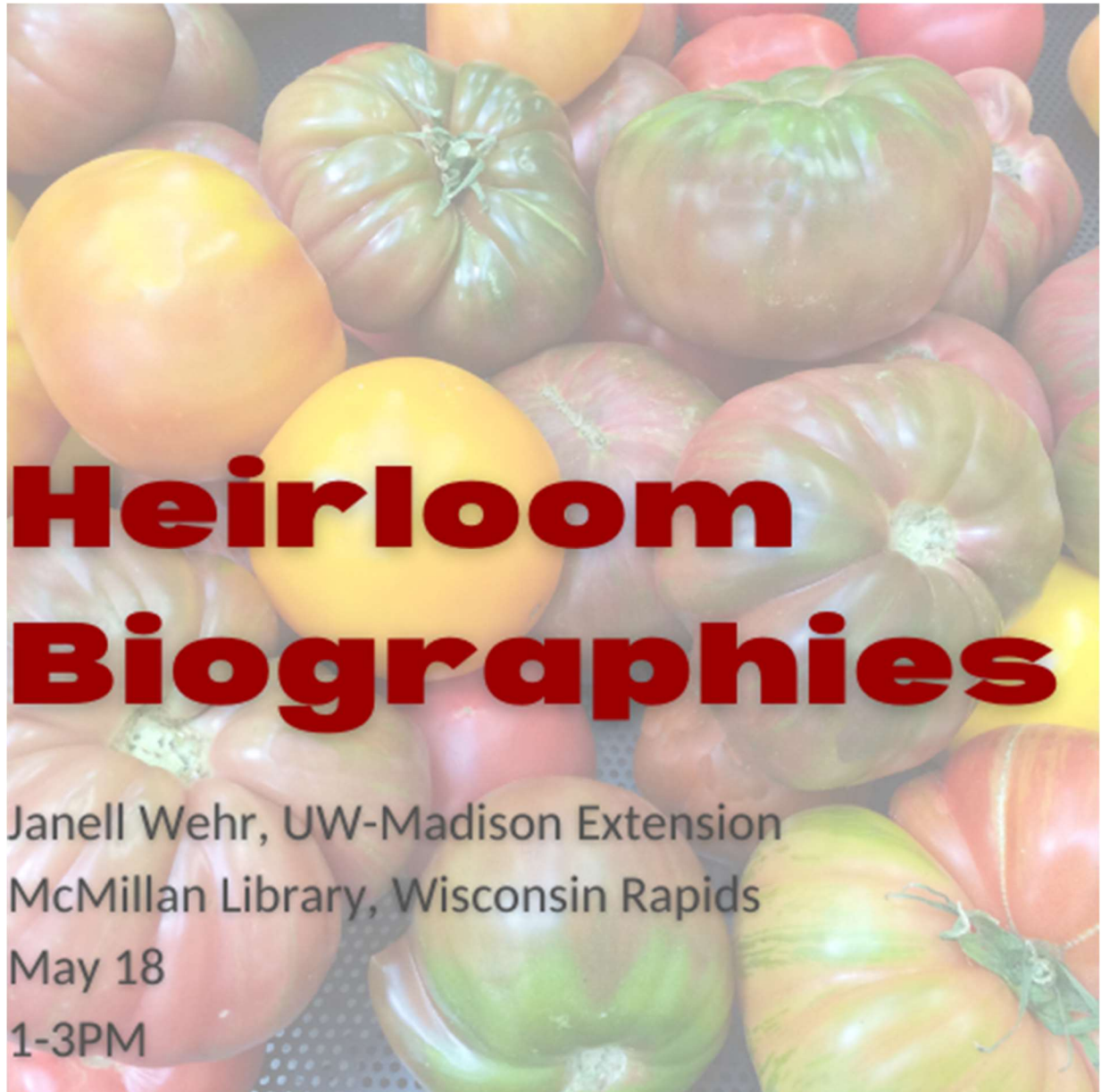
Heirloom Biographies

May 18, 2022

McMillan Library

General Purpose Room

1:00 to 3:00



Heirloom Biographies

Janell Wehr, UW-Madison Extension

McMillan Library, Wisconsin Rapids

May 18

1-3PM



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

Name	E-Mail	Position	Telephone
Carol Grorich	grorichf@tds.net	Marketing	(715)884-6598
		Scholarship	(715)884-6598
Connie Eisch	ceisch@boku.net	Treasurer	(715)325-3255
Pat Klein	klein145071@gmail.com	Club 51 President	(715)886-3665
Agnes Langeberg	langberg@wctc.net	Rudolph Pines President	(715)424-1517
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	acgoodness@yahoo.com	Wisconsin Bookworms	(715)886-5294
Denise Mancl	deedeemancl@gmail.com	Membership	(715)886-5727
		Cultural Arts	(715)886-5727
Peggy Wettstein	dpwettstein@wctc.net	Scholarship	(715)886-5518
		Secretary	(715)886-5518
Diane & Jim Nickel	denickel@solarus.biz	Wood County President	(715)886-4230
Linda Reber	preber7593@solarus.net	Historian	(715)421-9668
No E-mail:			
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			
Linda O'Donnell		Program	(715)886-3351
5096 Creamery Road Nekoosa WI 54457-1556			
Nicole Mancl		Cultural Arts	(715)451-8151
2503 County Road G Nekoosa WI 54457-1556			

Membership

HCE Benefits Members and Community

There's an old saying that goes "When Life gives you lemons, make lemonade."

It seems for all of us that these past 2 years we have all been given lots of lemons! We either have had covid ourselves or we know someone who has had it. When I speak with people, the general feeling is one of cautious hope. It seems that we may be heading in the right direction where the pandemic is concerned.

Staying busy and gathering with friends is the perfect prescription to lift your mood. And I know just the place you can do it! Wood County association for Home and Community Education (formerly called homemakers) has lots of programs for you to attend where you can learn a new craft or how to prepare a different meal for your family, or maybe just ideas on how to help care for your elderly parents. That's what's so interesting about HCE. It has a wide array of lessons for us to learn and then in turn pass that information on to our family and other friends.

On March 16th from 1:00 p.m. to 3:00 p.m. there will be a lesson at the McMillan Library all-purpose room on the art of making artisan soap. The lesson will be taught by Brooke Mitchell. She is the owner of County Chicks Soapery. The public is invited; however, you should consider joining HCE so that you can enjoy these lessons and know about them well in advance. Next month we will be holding a Service/Project & Craft Day on April 20th. This is also open to the public and will be held at the McMillan Library's All Purpose room from 1:00 p.m. till 3:00 p.m.. You would have the opportunity to learn how to make button flowers, a fabric wreath, greeting cards, or do a service project to benefit the youth in our community to provide book bags for them. If you are interested in attending the craft day in April, contact me, Denise Mancl (715) 886-5727. There are minimal fees for these lessons.

Another thing I like about HCE is that it gives us an opportunity to serve our community. Whether it be through Wisconsin Bookworms or contributing to Backpacks for Kids. We are always looking for new members. New members mean new ideas. If you join, you can give us your new ideas, then we have an opportunity to learn something new as well. I have been a member of this organization for 40 years. My beautiful neighbor asked if I would like to join when I was a young woman and a new mother who had just moved to a new neighborhood. My grandmother had belonged to Homemakers for many years and she had passed on a lot of the knowledge she learned to all of us.

So, if you need to get out of the house, and you're looking for a new craft idea or have some great things to teach us yourself, give me a call. We would love to hear from you.

Respectfully submitted,
Denise Mancl
Membership Chairperson
Home and Community Education

For more information, contact me at 715-886-5727 or deedemancl@gmail.com

Denise Mancl
Membership Chairperson
Email: deedemancl@gmail.com
Phone: 715-886-5727

Club News

Club 51 HCE

February 17, 2022 Meeting Minutes

Our meeting was called to order by Judy Steinert, and our Creed was recited.

Those in attendance: Judy, Pat, Linda, Jim, Diane, and Peggy.

The minutes from our Nov meeting were not available. (Dec was our Christmas party, and our Jan meeting was canceled.) Jim shared that the UW System is in the process of putting old minutes into their data base. If anyone has a piece of this history, please get it to Jim.

Correspondence: Judy read a thank you note we received from the Senior Center. Diane informed us that the new Director at the Senior Center is Heather (Schmidt) Sairs.

The Treasurer's report was not available.

Other Reports:

Diane shared that Meals on Wheels will be making "shoe box" non-perishable food emergency meals on wheels for recipients to have in emergency situations. We discussed various types of donations; preferably purchased from Piggly Wiggly. Diane will check further into this with Meals on Wheels. We would like to have more community involvement.

We used to bring in gently used "white elephant" items to donate to the Nekoosa 4th grade for their "Christmas shopping." (Judy?) will check to see if they are still doing this.

The Jan 19 presentation at McMillan Library on "Air Fryers" was attended by 14 Adams County HCE members, but no Wood County members.

The Feb 16 presentation at McMillan on "Older Adults Well-Being" was attended only by Judy, Diane, and Jim.

We are hoping for a much better turnout at the Mar 16 presentation at McMillan on "Artisan Soap Making at Home." Please invite others to join us for this from 1-3 pm.

April 20 will be our "Cultural Arts and Service Project Day" at McMillan from 1-3 pm. Please go to your Feb issue of our HCE Connections to fill out your reservation with your selections chosen and get it to Denise Mancl by Apr 1. This is open to the community!

There will be two scholarships available this year through our County HCE due to the fact that none was given out last year. Once selected, the recipient(s) must maintain a C average or above and had completed their first semester of classes in order to be awarded their scholarship money.

Denise will now take over all accounts as treasurer. This includes Backpacks for Kids, Pennies for Friendship, and birthday money. We now have a checking account.

County Day: Rudolph will host this event on May 10 at the VFW Building. Denise is securing a judge for craft entries.

West HCE Spring Meeting: This will be held Apr 11 in Strum at the Emanuel Lutheran Church.

WAHCE State Conference: This will be Sept 19-21 at the Stoney Creek Hotel in Onalaska. The West District hosts this year.

West HCE Fall Meeting: We are in charge of this meeting on Oct 10 in Wisconsin Rapids.

Our next club meeting will be March 17 at the Nekoosa Library. Pat and Judy will host.

Linda and Chris(?) will host our Apr 21 club meeting. May is still open for hosting.

Pat won the Door Prize.

We recited our HCE Prayer and adjourned.

Respectfully submitted by: Peggy Wettstein, acting secretary.

Design a T-Shirt Contest for the
WEAHCE 2022 State Conference



HCE[®] official logo should be included and can be copied from
www.wahce.inc.org/logos/ Feel free to change to a color of your choice.

Be creative and use your imagination to promote HCE[®]. A prize will be rewarded to the winning entry. Votes will be cast by the board. You may enter multiple designs; there is no limit.

Send entries to:
Lori Hlinak
State Marketing Chair
P.O. Box 219
Luxemburg WI 54217

Or email to: lynnz23cat@gmail.com

The following information must be on your entry:

Name: _____

County: _____

District: _____

Below this, draw your design.

Entries must be received by May 31, 2022 to be considered.



Wisconsin Association for Home and Community Education, Inc.

HCE Healthy Lifestyle Survey

Get moving and eat healthy with HCE members across Wisconsin. Please reply to this four-question survey about maintaining your healthy lifestyle for thirteen weeks, between February 15 and May 8, 2022.

Name (optional) _____

County _____ District _____

1. Which activities do you usually participate in weekly? Check all that apply.

- walking hiking running dancing bowling
- biking spinning yoga swimming Tai Chi
- Strong Bones or other exercise class exercise DVD
- Other (please list) _____

2. How many times a week are you usually active for 1/2 hour or more?

- 5 or more 3 or 4 1 or 2 zero

3. How many 1/2 cup servings of fruits & vegetables do you usually eat daily?

- 8 or more 5 - 7 1 - 4 zero

4. How much of your diet is raised, grown or made within 100 miles of you?

- Most About half Some Very little Unsure

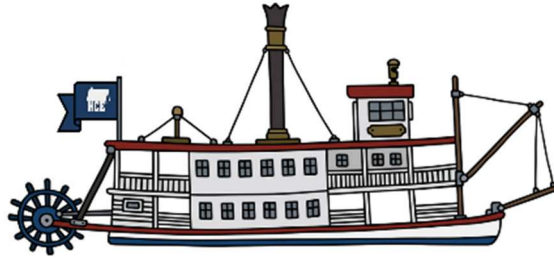
Questions? Email Lynn at nicfoundation.lynn@gmail.com or phone 715.823.4829
Return your completed forms to your County Coordinator, or email or postal mail individual surveys by June 15, 2021.

Send results to: Vice President of Family and Community Life
Lynn Marcks
N2837 County Road Y
Clintonville, WI 54929

Updated 9/8/21

2022 WAHCE Conference
“Rollin on the River with WAHCE”

Rollin' on the River



We'll be rollin on the river with HCE. West District and WAHCE will be hosting the 2022 State Conference at Stoney Creek Inn in Onalaska, Wisconsin September 19th-21st. The conference center has been newly remodeled and features great meeting rooms and very nice guest rooms. We have a great line up of speakers and workshops. There will be four choices for tours and also some on-site hands-on projects for those who wish to be creative.

Hotel Information

Stoney Creek Hotel and Conference Center is located in Onalaska, Wisconsin, just off Interstate 90. It sits along the banks of a small river and is decorated to be very rustic. Please make your own room reservations. There are rooms reserved for Sunday September 18th, if you wish to arrive that day. There are more rooms reserved for Monday and Tuesday, September 19th and 20th. Rate is \$109.00 for a Deluxe King or Deluxe Queen. Deadline for room reservations is August 21st, 2022.

Contact:

Stoney Creek Hotel and Conference Center
3060 South Kinney Road
Onalaska, Wisconsin 54650
Call Direct 608-781-3060 or 800-659-2220 Press 3
Room Block: WAHCE Conference

Details and Registration for our 2022 WAHCE Conference will be in the May Issue of UPDATE or on the website www.wahceinc.org after May 1, 2022. Questions, please contact us via phone or email.

Sheryl Smith, Chair 608-317-2411 or rosh927@charter.net
Cathy Onsager, Co-chair 608-397-8194 or catw3764@gmail.com

Memorial Leadership Scholarship - 2022

Wisconsin Association for Home and Community Education, Inc.
A \$200.00 Scholarship to attend a Leadership Opportunity

A memorial from the Betty Hilbert estate and monies from the WAHCE Legacy Fund are being used to fund this scholarship.

Purpose: To encourage members of WAHCE to seek leadership training, so they may become capable, willing and enthusiastic leaders in the organization and their communities.

Eligibility: This scholarship is available to WAHCE members only, for registration to leadership training, i.e., WAHCE State Conference. Members of the WAHCE State Board are not eligible.

Requirements: (1) Complete the personal data and questions on this application form. (2) Attach a copy of the completed registration form for the workshop/conference you will be attending. This application should be no longer than two pages. (3) After attending, recipients are to submit a report to WAHCE on their experience.

Payment for Scholarship: Payment of scholarship will be made after proof of attendance at workshop or WAHCE State Conference registration has been submitted to the Scholarship Chair, Shirley Steinhurst, 608-356-3531, 1050 4th St. Baraboo, WI 53913.

Email: shirleysteinhorst@yahoo.com

Deadline: Application must be postmarked by June 30, 2022.

Name: _____ E-Mail Address _____
Address: _____ Telephone _____
City: _____ State: _____ Zip Code _____
Number of Years as a WAHCE Member: _____ Your County: _____
Your District: _____ Club/Individual _____

Answer the following questions. If you need more space, add only one more sheet to continue your answers, and number for each answer on that sheet.

1. What offices, if any, have you held in WAHCE?

A. County _____
B. District _____

2. How might you use some of what you would learn to benefit WAHCE?

3. How do you plan to use your leader training in your community?

Signed: _____

Date: _____



Denise Mancl

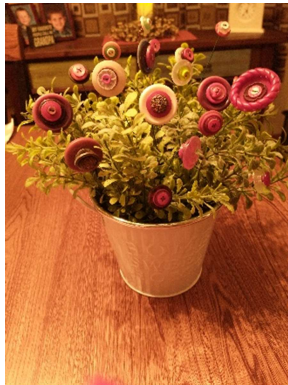


Nicole Mancl

HCE Presents: Service/Project Day & Craft Day

When: April 20, 2022
Time: 1:00pm – 3:00pm
Where: McMillan Library
 Wisconsin Rapids
 All-Purpose Room

We are asking you to bring some items from home to create a more personal project and to help to save



Check the box for the project that you would like to do. Fill in your name and telephone number. Cut on dotted line.

Mail to: Denise Mancl, 4860 Lynn Hill Road, Nekoosa WI 54457-1556

- Button Flowers (Bring your own special buttons of various sizes and colors)\$2.00
- Fabric Wreath (Bring fabric of your choice)\$5.00
- Cards\$2.00
- Book Worms Book Bag (Service Project)..... Free

Name: Phone:.....

Amount enclosed: _____

HCE presents Cultural Arts and Service project day. April 20th, 2022.

Come enjoy the fun! We will be making a variety of craft projects!

The first project we will be making is a tied fabric wreath. Bring two yards of the fabric of your choice which you will cut to size and tie to a wire form. Wire forms will be provided. The cost for this project is \$5.00.

Our second project will be making button flowers. Bring your own buttons and a needle nose pliers. This is a great way to showcase all those old buttons that were your grandmother's! We will provide the wire for the stems. The cost for this project is \$2.00.

Our third project will be making greeting cards. We will provide everything you need. The cost for this project will be \$2.00.

Our fourth project is a service project making book bags for the Wisconsin Bookworms Reading Program. Sewing machines will be available and fabric will be provided.

Pre-registration is required by April 1st. All lessons will be held at McMillan Library, General Purpose Room and Kitchen.

490 East Grand Avenue

Wisconsin Rapids Wisconsin 54494

1:00 p.m. to 3:00 p.m.

You can send your registration and payment to:

Denise Mancl at:

4860 Lynn Hill Road,

Nekoosa, Wisconsin 54457



Wisconsin Bookworms

When children are exposed to rich vocabulary, they learn the words they need to read and write. Research has shown that children who have large vocabularies and lots of experience using language do better in school. Reading books to children provides opportunities for children to develop vocabulary and use language.



Volunteers of Wood County HCE encourage literacy by reading books aloud to preschool children. Children are prompted to listen to stories. They talk about the story and relate what they are hearing and seeing to new words in the story. They are learning and expanding language and life experiences.

The reading experience is fast coming to a close. April will be the last of this year of books. I will be ordering books in May for next fall. If anyone would like to donate to this worthy cause please mail the Connection form with your donation to me. Again, thank you for making this a great program for our community.

Keep reading!

Christine Goodness

Bookworms Chairperson

(715)886-5294

April 2022

- 1 Mail Connection
- 1 UPDATE Articles due to Editor (May issue)
- 11 West HCE Spring Meeting. Strum Emanuel Lutheran Church. 9:00am
- 15 Good Friday. Extension office closed.
- 20 Service Project & Craft Day – McMillan Library 1:00 – 3:00pm
- 21 Club 51 Meeting at Nekoosa Library. 1:00pm

May 2022

- UPDATE Mailed (Conference issue)
- 10 County Day (Place & Time to be announced)
- 15 County Membership Dues & Report due to State Treasurer
- 15 “Pennies for Friendship” due to State Treasurer
- 15 Pay WAHCE dues
- 17 Wood County HCE Board of Directors Meeting – Nekoosa Library 9:00am
- 18 HCE Heirloom Biography Program at McMillan Library with Janell M. Wehr
1:00 – 3:00pm
- 19 Club 51 Meeting at Nekoosa Library. 1:00pm
- 25 Articles due to:
Diane Nickel, 365 Peckham Road
Nekoosa WI 54457-1556
Email: denickel@solarus.biz
- 30 Memorial Day. Extension office closed.
- 31 End of recording member hours – Fill in the total hours in the back of your booklet

June 2022

- 1 Mail Connection
- 1 Start recording HCE Member Contribution Hours – Fill in the hours in the back of your booklet
- 1 Ardith McDowell Scholarship forms (for travel to a WAHCE supported international project)
- 11 Historic Point Basse Trip
- 15 HCE Program McMillan Library
1:00 – 3:00pm
- 20 “Impact for HCE” 2020-21 forms due to VP of Family & Community Life
- 26 – 27 WAHCE State Board meeting,
Stoney Creek Inn, La Crosse
- 30 Memorial Leadership Scholarship form (to seek leadership training) due to State Scholarship Chair

July 2022

- 1 UPDATE articles due to Editor (August issue)
- 4 Independence Day. Extension office closed.
- 20 HCE Program McMillan Library
1:00 – 3:00pm
- 25 Articles due to:
Diane Nickel, 365 Peckham Road
Nekoosa WI 54457-1556
Email: denickel@solarus.biz
- 25 – 27 NVON Conference in Evansville, IN