

# HCE CONNECTION

## Wood County

### Home and Community Education

August 2022

#### Message From The Presidents

Hello,  
Welcome to the August edition of the Connection.  
Greetings!!

Welcome to another year of HCE! We hope everyone has had a good summer, and looking forward to fall.

Our gardens are seeing the best year yet. The apple tree is loaded with fruit, and the plum tree's branches are bending to the breaking point. We have enjoyed the garden walks throughout the state. The vegetable garden is bursting with vegetables and we are looking forward to the canning season and of course some fresh vegetables to eat daily. We are looking forward to talking with everyone on how their gardens are doing and what great new recipes that you have discovered and what great adventures you have taken throughout the summer.

Here is hoping that our fall is great and without any major storms.

#### Some things to look for in this edition:

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Flyers enclosed:

1. WAHCE Membership Registration Form for 2022 - 2023





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

## **What should you do if you suspect an older person is mistreated?**

Did you know that every county in Wisconsin has an elder abuse agency that will look into reported incidents of abuse?

Wisconsin has made great strides in identifying and protecting elders. Sadly, though, elder abuse and neglect is a growing problem in Wisconsin. Elder abuse is a single, or repeated act, or lack of appropriate action, occurring within any relationship that causes harm or distress to an older person. Elder abuse can be verbal, physical, emotional, sexual or financial. It can also be intentional or unintentional neglect. The Wisconsin Department of Health Services estimates that roughly two-thirds of all elder abuse perpetrators are family members. If you suspect an elderly person, you know or love is abused, there are resources to turn to that will help

If you or a loved one is suffering from abuse, you can also report your concerns by calling the Wisconsin Elder Abuse Hotline: 1-833-586-0107. Your identity is confidential by law and cannot be disclosed without a court order. When you call, expect to answer a few questions such as, what happened, when and where the abuse occurred, and the name of the elder or adult at risk. If there is an immediate crisis, calling 911 is an appropriate response.

What happens when an Adult at Risk or Elder at-Risk concern is reported?

Upon receiving a report of abuse or neglect, Wood County Human Services will screen the referral. If appropriate, APS will then conduct an investigation of the reported allegation. The initial goal of an investigation is to verify the safety of the person alleged to be at risk and to inform them of their rights under state laws. The investigation may include the following:

- A visit to the residence of the person alleged to be at risk
- Observation of the person alleged to be at risk
- An interview with the at-risk person. Whenever possible, this interview shall be private
- An interview with other individuals who are aware of the person and the situation (The nature of an individual's relationship to the at-risk person is considered before contact is made.)
- A review of treatment and health care records
- An interview with the person or agency that made the referral
- Collaboration with law enforcement as necessary

If a need is identified, Wood County Human Services or another agency with other specialized services may work with the individual to identify additional resources that may be of assistance.

To request an investigation of a potential adult at risk or elder at risk, contact Human Services Central Intake at 715-421-4244 or fax 715-421-8871.

Any person may report concerns of abuse, neglect or self-neglect. Reports may be made anonymously, but it is helpful to the investigation to have a point of contact. No person may be held civilly or criminally liable or be found guilty of unprofessional conduct for reporting in good faith.

Letter:

Summer Greetings!

I hope this finds you all safe and enjoying the summer sun! It was a pleasure to see you all at County Day! I hope you have been able to implement some of the techniques I mentioned. To give you a refresher give these tools a try.

**Deep Breathing:** Did you know... that taking six deep breathes within 30 seconds significantly reduces your blood pressure? Deep, slow breathing is the oldest and best-known techniques to decrease stress. Take 6 slow deep breaths. Slowly inhale through your nose and exhale through your mouth. Each breath should take about 5 seconds. Try this at least once per day.

**Mindfulness:** Did you know...mindfulness can lead to less intense stress responses? Mindfulness is a practice of paying attention to the present moment on purpose. Use your senses. Start with a mundane task such as brushing your teeth or doing a daily chore and try being mindful for one minute. What do you see, hear, smell, feel and taste? As you get the hang of it, increase your time.

**Social Support:** Did you know...that studies have shown that having a network of social support is critical in helping you through stress and tough times (I personally believe this is why HCE is such a asset). Surround yourself with at least a few good friends. Make an intentional effort to reach on to friends on a regular basis just to check in by text, phone, or in-person. It is not only good for you but beneficial for them too! So get out and enjoy your summer and keep checking in on each other!

Be Well!

Jackie

*Jackie L. Carattini*

Jackie L. Carattini

Associate Professor

Human Development & Relationships Extension Educator

University of Wisconsin-Madison- Division of Extension

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

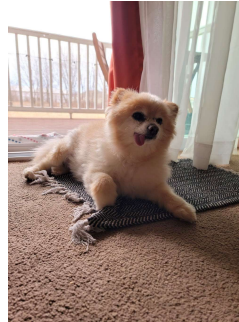
Phone Number: \_\_\_\_\_

# Three Exercises for Knee Pain

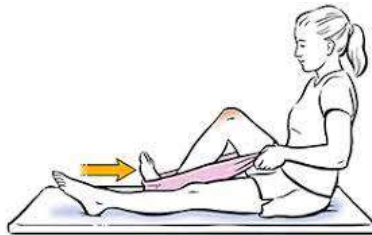
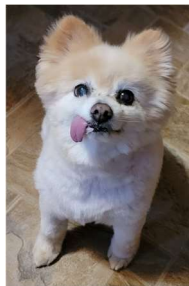
## Dr. Carl's Corner



1. **Chair Knee Rocking: 2 x 15 reps** - Put one leg forward and rock back and forth with the front knee bending. (Bobby has good knee mobility!)



2. **Towel Knee Slides: 2 x 15 reps** - Use a towel under the foot to pull a knee towards yourself. If you've had a knee replacement, you probably recognize it! (Bobs just seems confused by it).



3. **Hamstring Stretch** - Put a straight leg forward and lean forward to stretch the back of the leg and knee. (Bobs stretches his back legs out a different way!)



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.



**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	(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
<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			
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			

## HCE Benefits Members and Community

Title: To be of lasting service to our Homes and Communities.

As I write this month's article, I'm reminded of a line from the Homemakers Creed that says we should be of lasting service to our homes and communities.

Wood County association for Home and Community Education (HCE) strives to fulfill that Creed. One of the ways we do this is to award scholarships each year to deserving High School seniors.

The recipients of this year's Wood County HCE \$500 scholarships are:

Katerina Hamus, graduate of John Edwards high School in Port Edwards Wisconsin. Her plans are to major in education at UW LaCrosse.

Paradise Allord, graduate of Nekoosa high School in Nekoosa Wisconsin. She plans to earn a degree as a Dental Hygienist at North Central Technical College.

The WCHCE awards these two scholarships in memory of Marge Klum and Iola Woods. They are presented to these two high School seniors who reside in Wood County and have attended a Wood County high School. The \$500 scholarships will be awarded to each of the recipients after the first semester of college if their grades are a "C" average or above.

I can't think of a better way to ensure a bright future for our County then to help deserving young people.

We held a brat/hot dog sale on June 1st at the local Piggly Wiggly in Nekoosa Wisconsin to raise money for next year's scholarships. The food was delicious and our patrons were happy to enjoy a tasty treat and support a worthy cause.

The same week members of club 51 planted flowers in the planters along Market Street and in front of the Nekoosa area Community center in Nekoosa Wisconsin. The red white and blue flowers are sure to lift your spirits as you drive through Nekoosa.

So, these are just some of the ways we fulfill our Creed.

If you are interested in joining a group that focuses on education and serving your community, please call me, Denise Mancl at 715-886-5727 or email me at [deedeemancl@gmail.com](mailto:deedeemancl@gmail.com).

Respectfully submitted,

Denise Mancl

Membership Chairperson

Home and Community Education

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

# Club News

Club 51 Meeting

May 19th 2022

The meeting was opened with the Pledge of Allegiance followed by the Homemakers Creed. There were seven members present.

Minutes were read from the April 21st meeting. Christine motion to accept minutes and Pat seconded the motion.

There was discussion regarding the events of County Day. The speaker was informative and everyone liked the mindful movement lesson given by Jackie. We discussed people having confidence enough to enter in the cultural arts and textile show. Going forward we will encourage more people to enter. The entries are always so magnificent that some people might feel that their projects aren't good enough. The food that was served was great. Denise will send a thank you note to Linda Hobbs from the Rudolph Pines club for our appreciation of the job they did.

The treasurer's report was given.

Peggy ask Denise to mention the scholarship recipients in her next article to the City times.

## New Business

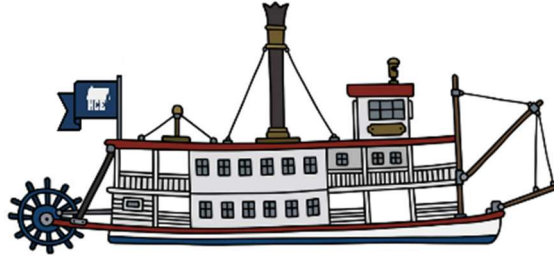
Our club will help plant flowers in the planters on main Street in Nekoosa on Monday May 23rd starting at 10:00 a.m. . Members will meet at the United Church of Christ.

Jim and Diane are checking into holding a brat fry at the Piggly Wiggly on June 1st starting at 10:00 a.m. . This fundraiser will be for our County fund. Jackie Caratinni will check with neighboring counties for a banner to put on the table. She also suggests that we have pamphlets there for prospective members. Christine will ask Alan if he can bring their gas grill. Peggy will call other County members regarding this fundraiser so that they can participate as well.

Peggy gave a report on the Heirloom Biographies lesson that was presented on May 18th by Janell Wehr. Very interesting.

**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-21<sup>st</sup>. 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](http://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](mailto:rosh927@charter.net)  
Cathy Onsager, Co-chair 608-397-8194 or [catw3764@gmail.com](mailto:catw3764@gmail.com)



Denise MancI



Nicole MancI

Respectfully submitted,  
Denise MancI and Nicole MancI  
Cultural Arts



Congratulations to the members of Wood County HCE for their winning entries in County Day that was held in Rudolph on May 10, 2022. They all looked great and they will be going on to the state competition being held in Onalaska at the state conference. Good Luck to all and hope to see everyone there.



## Wisconsin Bookworms



Christine Goodness  
Bookworms Chairperson  
(715)886-5294

I hope everyone is enjoying their summer. It is important to encourage children and yourself to keep reading during the summer months. There are different ways to do this and be a good role model to children. Go visit your local library. They provide programs and activities during the summer that are very engaging and informative for all ages. Pick out a good chapter book to read to or with your child. Write a letter to your Grandchild or someone to brighten their day. It's fun getting mail that isn't bill related! Start a journal and write about what happened in your day.

Let children read books a notch below their ability level. This builds reading confidence and proficiency. Read a book that might be related to a movie you can go see or rent. Read magazines. They have short articles and lots of great pictures. The main idea is to keep reading no-fuss and have fun doing it.

Try to read daily!

Have a great summer.

Keep Reading!

Christine Goodness  
Wood County Bookworm Coordinator

### **August 2022**

- UPDATE mailed
- 1 Mail Connection
- 1 Cultural Arts registrations due to  
WAHCE State Cultural Arts Chair
- 15 WAHCE State Conference registrations due.  
Late fee after the 15<sup>th</sup> is \$50.00
- 16 Wood County Board of Directors Meeting  
Nekoosa Library 9:00am
- 17 HCE Program McMillan Library  
1:00 – 3:00pm
- 18 Club 51 Meeting. Nekoosa Library  
1:00 – 3:00pm
- 16 Wood County HCE Board of Directors  
Meeting – Nekoosa Library 9:00am
- 20 Educational Program & Project Display  
Registrations due

### **September 2022**

- 5 Labor Day. Extension office closed.
- 10 Wakely Harvest – Club 51 Money Raising.
- 13 Fall Kick-Off & International Day  
Nekoosa Library 9:00am
- 15 Club 51 Meeting – Nekoosa Library  
1:00 – 3:00pm
- 18 WAHCE Pre-Conference Board Meeting
- 19 – 21 WAHCE State Conference in Onalaska.  
Stoney Creek Hotel,  
3060 South Kinney Coulee Road, Onalaska
- 22 HCE Program McMillan Library  
1:00 – 3:00pm
- 26 Connection Articles due to:  
Diane Nickel, 365 Peckham Road  
Nekoosa WI 54457-1556  
Email: [denickel@solarus.biz](mailto:denickel@solarus.biz)
- 27 Wood County HCE Board of Directors  
Meeting – Nekoosa Library 9:00am

### **October 2022**

- 1 UPDATE articles due to Editor  
(November issue)
- 3 Mail Connection

- 10 West District HCE Fall Meeting. McMillan  
Library, 490 East Grand Avenue, Wisconsin  
Rapids. 9:30am to 1:30pm.
- 19 HCE Program McMillan Library  
1:00 – 3:00pm
- 20 Club 51 Meeting – Nekoosa Library  
1:00 – 3:00pm
- 21 Reports due to President & Secretary for  
November meeting

### **November 2022**

- 1 County Organizational Charts due to District  
Directors
- 6 – 7 State Board & newly elected officers & chairs  
meet in Plover
- 6 – 12 HCE Week
- 15 Wood County HCE Board of Directors Meeting  
– Nekoosa Library 9:00am
- 15 County Organizational Charts due to President  
from District Directors
- 16 HCE Program – Cooking Class –  
McMillan Library 1:00 – 3:00pm
- 17 Club 51 Meeting – Nekoosa Library  
1:00 – 3:00pm
- 22 Connection Articles due to:  
Diane Nickel, 365 Peckham Road  
Nekoosa WI 54457-1556  
Email: [denickel@solarus.biz](mailto:denickel@solarus.biz)
- 24 – 25 Thanksgiving holiday. Extension Office Closed.
- 30 Articles due for “COMMUNICATOR” to State  
President

### **December 2022**

- Communicator prepared and mailed  
sometime in December
- 1 Mail Connection
- 2 Club 51 Christmas Party  
Wittenberg School 5:00pm
- 6 Wood County HCE Christmas Party  
Nekoosa Library – 9:00am
- 21 HCE Program McMillan Library  
1:00 – 3:00pm
- 23 – 26 Christmas holiday. Extension office closed.
- 30 New Year’s Eve. Extension office closed.



## 2022 WAHCE Conference Registration

**"Rollin on the River with WAHCE" -- September 19-21, 2022**  
Stoney Creek Conference Center, Onalaska,



**WI**

Name: \_\_\_\_\_ Attach Mailing Label here → \_\_\_\_\_  
 County: \_\_\_\_\_ District: \_\_\_\_\_  
 Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
 Telephone (including area code): \_\_\_\_\_ E-mail address: \_\_\_\_\_  
 Officer or Committee Chair (circle one) State District County Specific Office held: \_\_\_\_\_  
 First Time Attendee? Yes No Special Dietary Needs: \_\_\_\_\_  
 Emergency Contact: Name \_\_\_\_\_ Phone #: \_\_\_\_\_

*I grant the WAHCE, the right to use, publish, and copyright my image for educational programs and publications, web sites and promotion of the WAHCE programs. PLEASE SIGN:* \_\_\_\_\_

Make check payable to **WAHCE, Inc.** and mail with registration form to Conference Registrar:  
 Darlene Schumacher, 2531 Golf Course Road, Wisconsin Rapids, WI 54494. Phone 715-424-2851  
 E-mail: [darleneschumacher41@gmail.com](mailto:darleneschumacher41@gmail.com). **Registration Deadline: August 15, 2022**

### Workshops & Tours: Please number each section in order of preference 1, 2, 3, 4, 5, 6

#### September 19<sup>th</sup>, Monday Tours Noon to 4:30 PM

- \_\_\_ #1 Mississippi River Scenic Cruise \$40.00
- \_\_\_ #2 Pearl Street Brewery \$30.00
- \_\_\_ #3 UW-La Crosse Planetarium & Grandad's Bluff \$25.00
- \_\_\_ #4 Historic Trolley Ride \$35.00
- \_\_\_ #5 On-Site-- Water Color Painting \$15.00
- \_\_\_ **Need handicap access on bus**

#### September 20<sup>th</sup>, Tuesday

##### Workshops Session #1: 8:30 – 9:45 AM

- \_\_\_ 101 WAHCE Annual Business Meeting (Note: 8:00 Start)
- \_\_\_ 102 Murder in Wisconsin: The Clara Olson Case
- \_\_\_ 103 Hmong People and their Journey to America
- \_\_\_ 104 Real Well being
- \_\_\_ 105 Holiday Candle Holder (\$5 fee paid to presenter)
- \_\_\_ 106 Sustainable Living

##### Workshop Session #2: 10:15 – 11:30 AM

- \_\_\_ 201 Health Matters with April
- \_\_\_ 202 Your Leadership Legacy
- \_\_\_ 203 Wisconsin Bookworms
- \_\_\_ 204 Casting for Membership
- \_\_\_ 205 Embroidery Technics (\$10 fee paid to presenter)

**1:15 PM Tart's Delight** (everyone may attend)

##### Workshop Session #3: 3:30 – 4:45 PM

- \_\_\_ 301 The Power of Pet Therapy
- \_\_\_ 302 **Educational Program #1-Getting Started with Advance Care Planning**
- \_\_\_ 303 Protecting Yourself in the Digital World
- \_\_\_ 304 Family and Children's Center Services
- \_\_\_ 305 Wine Making 101 (\$5 fee for tasting paid to presenter)

#### September 21<sup>st</sup>, Wednesday

##### Workshop Session #4: 8:30 – 9:45 AM

- \_\_\_ 401 Pride and Prejudice
- \_\_\_ 402 International Workshop –Where do we (WAHCE) Fit into all Those Alphabet Letters?
- \_\_\_ 403 Treasurer's Workshop
- \_\_\_ 404 The Art of Making Soap and Lotion
- \_\_\_ 405 Dementia and Brain Health
- \_\_\_ 406 Growing as Your Garden Grows
- \_\_\_ 407 Quilt Corner "Wool Basics" ( \$15 fee paid to presenter)

##### Workshop Session #5: 10:30 – 11:45 AM

- \_\_\_ **501 Educational Program #2 – Prairie Wildflowers for Attracting Butterflies, Birds, and Pollinators**
- \_\_\_ 502 1850's Norwegian Immigrant
- \_\_\_ 503 Cultural Arts Discussion – Issues/Improvements/Ideas
- \_\_\_ 504 Support Your Immune Function with Good Nutrition
- \_\_\_ 505 Conference Planning

##### **Full Registration/ Meal Package Fees:**

WAHCE Member or spouse	\$170.00	\$ _____
Non-member	\$180.00	\$ _____
Extension or County HCE President	No cost	\$ <b>FREE</b>
<b>Late Fee (sent after August 15)</b>	<b>\$50.00</b>	\$ _____

##### **Or One Day Fees:**

Monday banquet & program	\$40.00	\$ _____
Tuesday registration and meals	\$95.00	\$ _____
Wednesday registration and meals	\$55.00	\$ _____
Tuesday & Wednesday registration & meals	\$130.00	\$ _____

##### **Tour Fee**

**Total Enclosed:** \$ \_\_\_\_\_

**ALL REGISTRATION FEES ARE NON-REFUNDABLE,  
BUT TRANSFERRABLE INCLUDING TOURS.**

Reminder from Darlene Schumacher: Submit your application form by August 15, 2022 or pay an extra \$50.00.

## Scholarship Committee Report:

The 2022 Scholarship Committee is Peggy Wettstein, Carol Gorich, and Mary Weber.

Our scholarship application paperwork was reviewed, updated, and sent to all nine (9) High Schools in Wood County. 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. Applications need to be mailed to Peggy Wettstein and postmarked no later than March 25, 2022.

The recipients of this year's Wood County HCE \$500 scholarships are:

Katerina Hamus, graduate of John Edwards high School in Port Edwards Wisconsin. Her plans are to major in education at UW LaCrosse.

Paradise Allord, graduate of Nekoosa high School in Nekoosa Wisconsin. She plans to earn a degree as a Dental Hygienist at North Central Technical College.



Congratulations to our 2022 Wood County HCE scholarship winners.

Respectfully submitted by: Peggy Wettstein





# Wood County HCE Fall Kick-Off Meeting

## Africa with Barb & Mike Hittner

**Guest Speakers:** Barb & Mike Hittner

**Date:** September 13, 2022

**Time:** 9:00 a.m. to 2:00 p.m.

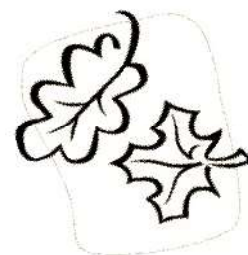
**Breakfast Menu:** Coffee cake, coffee, juice.

**Luncheon Menu:** **To Be Announced** due to price changes and availability of food

**Cost:** \$12.00 payable with registration form for registration cost and meal

**Host:** Wood Count HCE Board of Directors

**Location:** Nekoosa Charles & Jo Ann Lester Library  
100 Park Street  
Nekoosa WI 54457-1556



(Cut on dashed line and return by September 1, 2022)

-----  
**Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_  
\_\_\_\_\_

**Telephone Number:** \_\_\_\_\_

**Email:** \_\_\_\_\_

**Cost:** \$12.00 per person

Make checks payable to "Wood County HCE". Send payment and bottom portion to:

Diane Nickel  
365 Peckham Road  
Nekoosa WI 54457-1556

Call Diane Nickel at (715)886-4230 with any questions

Or email: [denickel@solarus.biz](mailto:denickel@solarus.biz)

**REGISTRATION DEADLINE: THURSDAY, SEPTEMBER 1, 2022.**