

HCE CONNECTION

Wood County

Home and Community Education

February 2022

Message From The Presidents



Hello,
Welcome to the February edition of the Connection.

Happy Valentine's Day from your Wood County Presidents, Jim and Diane.

We hope that everyone is staying warm and staying healthy. Everyone should have their program books by now. If you have not received one, please let us know. The HCE Lesson/Program series is off to a good start. Jackie Carattini is doing a great job. In this issue you will find more opportunities for education. Please plan to attend these classes. If you would like a class on a special topic, please let us know. The Wood County Clubs did not meet in January due to COVID and extreme cold. Please send in your minutes from your club meetings in February. In the following couple of pages, we would like to introduce the four new board members. Stay safe and warm.

(Continued on Page 2)

Some things to look for in this edition:

Meet the New Wood County HCE Board Members	Page 2 - 3
Older Adults Well-Being...Living A Better Life	Page 4
Bookworms Donation Form	Page 5
Dr. Carl's Corner	Page 6
Board of Directors Meeting Minutes	Page 7 - 8
Bookworms	Page 8
Wood County HCE Officers Directory.....	Page 9
Membership	Page 10
Extension Wellness Series	Page 11
Weight Training & Healthy Eating Class	Page 12
The Art of Artisan Soap Making At Home.....	Page 13
Cultural Arts Corner	Page 14 - 15
WAHCE State News.....	Page 15
Calendar & Booklet Update.....	Page 16

Flyers enclosed: West District Scholarship Application

Meet the New Wood County HCE Board Members

Our New Cultural Co-Chairperson



Hello,

My name is Denise Mancl and I am honored to be the co-chairperson for the cultural arts program for HCE.

I've been a member of HCE for 40 years. I think I inherited my love of crafting from my grandmother's. Grandma Tena was particularly good at most anything she tried. But the thing I learned most is that it should be something you enjoy doing! She always encouraged her 4-H members as well as her grandchildren to do what they love.

Denise Mancl

Our New Cultural Co-Chairperson

My name is Nicole Mancl, I am looking forward to my new role with Cultural Arts along with my mother-in-law Denise. I have been a member of HCE for 6 plus years, enjoying all that we do for the community. I have been crafting many different projects throughout the years, always looking for something new to try. I'm excited to see what I can learn from other members, also what I can contribute!



Nicole Mancl

Our New Historian



Hi, my name is Linda Reber. I have three grown children, five grandchildren. I love gardening, crafts and sewing. I have been with HCE for fifteen years.

Linda Reber



Our New Secretary

Peggy Wettstein

Greetings! My name is Peggy Wettstein, and I have been a member of the 51 HCE Club for the past 35 years. Many of you remember my mother, Louise Egland, who is now the last living charter member of our club! It was my mother, of course, who encouraged me to join our club after moving back to the Nekoosa area as a young wife and mother. However, my earliest memories of “Homemakers” go back to my younger days, when I was allowed to travel each summer with my mother and the club as they would tour a different Wisconsin attraction. As a teenager, I also remember accompanying the ladies in song as our club combined with a couple other Nekoosa clubs to provide music for County Day. Everyone was always so nice and lots of fun!

In 1988, a state-wide call came out for members throughout the state to once again re-organize a State Homemakers Chorus. Because my mother and grandmother were part of this chorus in years past when the National Convention was in Chicago, my mother somehow talked me into joining with her to sing at the upcoming National Convention in Milwaukee. That led to singing with, then accompanying, and finally directing the Wisconsin Friendship Chorus. We performed at various National Conventions, including those in Arkansas, New Mexico, Rhode Island, Oklahoma, and Alaska. We did “homestays” with families as we performed in various parts of France, Germany, Austria, Czechoslovakia, Norway, Sweden, Finland, and Estonia. Traveling through and connecting with the people of the Czech area and Estonia shortly after the Iron Curtain came down was a sad eye-opener as to the reality of living under Communism. I would not trade one moment of the memories made and the friendships earned through those wonderful days of traveling as “Ambassadors of Goodwill” with HCE chorus members who came together from their clubs all over our great state!

After stepping down from 20 years of teaching music in local schools, I am currently the Director of Religious Ed at our parish. I have also been Organist/Director of Liturgical Music at the same parish for the past 39 years; and the last 23 years at two parishes. This year I celebrate 45 years of teaching private piano, and also 36 years as General Leader of our local 4-H Club, the Wittenberg Workers 4-H Club of Nekoosa. I love working with and truly believe in children, teens, and their families – they are the future of our country.

My wonderful husband Doug and I have recently moved into our new home that we built on the farm where I grew up; so now we are closer to the beef cattle and goats we raise! We share a wonderful blended family of 6 grown children, their spouses and significants, and 10 grandchildren to date. Our future plans include short trips to visit them in Raeford (NC), Dallas, Denver, Los Angeles, San Diego, and Milwaukee! Life is a wonderful journey, and I now look forward to serving Wood County HCE as your new secretary!

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



Wood County HCE Presents

Older Adults Well-Being... Living your best life!

Please join Jackie Carattini, Human Development and Relationships Educator with UW-Madison Division of Extension in Wood County for a discussion Older Adults Well-Being.

Today, adults are living longer than any generation before them. Researchers have identified key steps to take to make the most of the years you have been given and to live your best life in your later years. Join us for an interactive discussion on how to incorporate gratitude, joy, and social connections in your life to live each day to the fullest!

When: February 16, 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

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: _____

Exercises For Solid Grip Strength

Carl's Corner



All these exercises are meant to help hold onto a remote, a dog toy, or your glass of wine.

1. **Towel Wringing 2 x 15** - Wring a towel back and forth. A scarf is a good thing to use also!



2. **Wrist curls 2 x 15** - Use a small weight or something heavier like a can of soup and curl your wrist up and down. A hammer from your tool belt would work too.



3. **Ball squeeze 2 x 15** - Hold onto a small ball and squeeze it a few seconds as hard as you can. (Just don't use a dog's ball or he'll be jealous!)



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
November 16, 2021**

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

Present: Diane Nickel, Jim Nickel, Pat Klein, Nicki Jarosidski, Connie Eisch, Linda O'Donnell, Sandra Oleson, Jackie Carattini

Minutes: Jarosinski Nicki read the September 28, 2021 minutes. Motion by Pat Klein and seconded by Jim Nickel to accept the minutes, motion carried.

Treasurer's Report: Connie Eisch reported balance and outstanding funds from basket raffle. Linda O'Donnell made a motion to accept the report. Sandy Oleson seconded. Motion carried.

Jackie Carattini's Report: Jackie explained her new role with the extension and how that affects her advisor position with HCE. The extension now has limited guidance to HCE.

Program Booklet: Jim will use a larger font. Diane requested forty books to be printed.

Open Officers: Secretary, Cultural Arts, Scholarship and Historian.

Calendar Dates: Spring Service Project/Craft Day is April 20, 2022 at 1:00pm at McMillan Library. County Day is May 10, 2022 at 9:30am. Fall Kick-Off is September 13, 2022 at 9:00am. Cooking Class is November 16, 2022. Christmas Party is December 6, 2022. Diane will look into separate International Day. Food, speakers, etc... Board meetings will be third Tuesday, except September. January 18, 2022, March 15, 2022, May 17, 2022, August 16, 2022, September 27, 2022, November 15, 2022.

Program Booklet: Jim will add emails to officers list in the Program Book. Only to be used for county members.

A discussion was held regarding "Who are Wood County Board Members" and "Who can claim mileage to and from Board related trips." Our By-Laws state who is on the Wood County HCE Board of Directors. Jackie stated that only HCE Board Members can collect mileage re-imbusement from the Wood County Treasurer.

All HCE members are welcome to attend a HCE Wood County Board meeting, but they may not vote.

State HCE Scholarships: Diane discussed ways for members to apply.

Storage Closet: Jackie is cleaning out the office and found boxes belonging to HCE. Diane and Jim will pick up when ready.

Community Outreach Service Awards: Diane discussed Programs to remind clubs to begin documentation to put books together. Diane will put on agenda business meeting at Christmas Party. Stitches of Love, etc..

HCE Week: Diane will also ask for suggestions on how to promote HCE Week in November.

Connection Article: Diane asked Nicki to write an article from Florida this winter for the Connection.

Summertime Trip: Program Chair, Linda O'Donnell, was asked to look at bus trips for 2022 by Diane. Trips suggested: Wakely House with a guided tour, Clausen Family Shows. Diane will ask for suggestions at Christmas Party along with cost, length, how much walking, etc... To be announced in February Connection.

Linda Programs: Well-Being of Older Adults. 1:00pm to 3:00pm, February 16, 2022. Jackie will be the speaker. Heirloom diaries (seeds) – Jackie. Jackie will check on tie-dyeing. Fire Safety/Performers. Diane will check on this. Soap Making.

Educational Program Fee: Pat made a motion to charge for educational programs. To cover material fee. Seconded by Linda. To be voted on at Christmas Party.

Healthy Bodies Program at YMCA: Open to the public. Jackie will check on. Jackie and Diane will also check on exercise program at Nekoosa Senior Center.

Food Drop Box: Jackie said a new drop box for seniors (food boxes) program in the works.

By-Laws: By-Laws were postponed until January 2022.

Awards Certificates: Done by presidents.

Adjourn: Pat Klein made a motion to adjourn. Seconded by Nicki Jarosinski. Motioned carried.

Adjourned with Prayer Creed.

These minutes of November 16, 2021, were approved at the January meeting.



Wisconsin Bookworms

Early language and literacy (reading and writing) development begins in the first three years of life and is closely linked to a child's earliest experiences with books and stories. The interactions that young children have with literacy materials such as books, paper and crayons and adults in their lives are the building blocks for language, reading, and writing development.



Wood County Bookworms project helps support these literacy developments. We read stories to the children in the classroom and let the children interact with the book readings. We also give the book to the children to take home and share with their families. We are helping to develop good literary skills.

I would like to thank all the volunteer readers that have helped so far. Some of the readers go south for the winter. If you would like to volunteer to be a reader in the classroom, please contact me (715)886-5294. I will put your name and phone number on the list. It is fun and rewarding to see all the happy faces.

Again, thank you for promoting the love of reading!

Keep reading!

Christine Goodness
Bookworms Chairperson
(715)886-5294



**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

Since Home and Community Education is all about learning while having fun, I thought I would let you know about upcoming events.

February's program will discuss

"Older adults well-being and living your best life"

This program will be held on February 16th, 2022.

Today, adults are living longer than any generation before them. Researchers have identified key steps to make the most of the years you've been given and live your best life in your later years

Join us for discussion and how to incorporate gratitude, joy, and social connections in your life.

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

March will bring us a program on making soap.

The program will be taught by Brooke Mitchell. More information will be posted in next month's article.

Both programs will be held at:

McMillan Library

490 East Grand Avenue

Wisconsin Rapids Wisconsin 54494

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

Respectfully submitted,

Denise Mancl

Membership Chairperson

Home and Community Education

Respectfully submitted by Denise Mancl, Membership Chairperson HCE

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

EXTENSION WELLNESS SERIES

FEBRUARY 2022

10:00AM (VIRTUAL)

3:00PM (MCMILLAN LIBRARY, WISCONSIN RAPIDS)

TUESDAY, FEBRUARY 1: NO CLASS

TUESDAY, FEBRUARY 8: FoodWise: Eating Healthy on a Budget | Penny Schmitt & Hannah Wendels

TUESDAY, FEBRUARY 15: Intro to Gardening: Session 2 | Janell Wehr

TUESDAY, FEBRUARY 22: The Power of Gratitude | Jackie Carattini

REGISTER ONLINE AT: [HTTPS://BIT.LY/EWS2022](https://bit.ly/ews2022)

ZOOM LINK WILL BE SENT AFTER REGISTERING.

Monthly prize drawings! Receive one entry for every class attended!

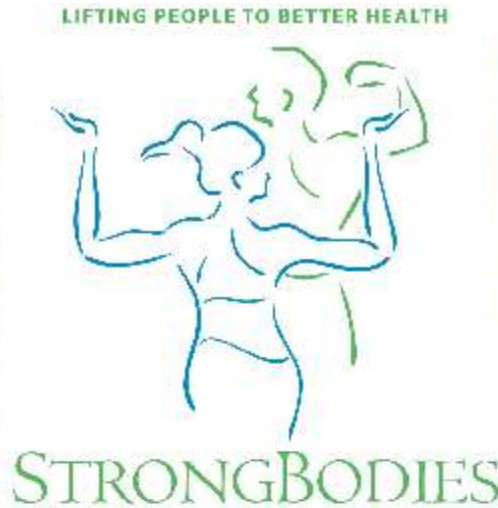
Questions? Problems with registration?

Call 715-421-8437



UW-MADISON EXTENSION

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. FoodWise education is funded by the USDA Supplemental Nutrition Assistance Program - SNAP and Expanded Food and Nutrition Education Program - EFNEP



WEIGHT TRAINING & HEALTHY EATING CLASS

TUESDAYS & THURSDAYS
MARCH 29 TO JUNE 2
7:50AM - 9:00AM
SOUTH WOOD COUNTY YMCA
REGISTER AT THE SWC YMCA
QUESTIONS? CALL/EMAIL
715-421-8530
HANNAH.WENDELS@WISC.EDU

From eating the right food to the perfect exercise routine, find the best path to a healthier and happier you.



UW-MADISON EXTENSION



AN AA/EEO EMPLOYER, UNIVERSITY OF WISCONSIN-MADISON PROVIDES EQUAL OPPORTUNITIES IN EMPLOYMENT AND PROGRAMMING, INCLUDING TITLE VI, TITLE IX AND ADA REQUIREMENTS. REQUESTS FOR REASONABLE ACCOMMODATIONS FOR DISABILITIES OR LIMITATIONS SHOULD BE MADE PRIOR TO THE DATE OF THE PROGRAM OR ACTIVITY FOR WHICH IT IS NEEDED BY CALLING 715-545-8254. FOODWISE IS FUNDED BY THE USDA SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM - SNAP AND THE EXPANDED FOOD AND NUTRITION EDUCATION PROGRAM - EFNEP.

HCE Presents: The Art of Artisan Soap Making at Home

Join us to learn how to make your own Artisan Soap at home.

When: March 16, 2022
Where: McMillan Library
All-Purpose Room
490 East Grand Avenue
Wisconsin Rapids
Time: 1:00pm to 3:00pm
Cost: Free



BROOKE MITCHELL
Beautiful handmade soap being made
with the cold process method.

Open to the public

Hi, I'm Brooke, owner of County Chicks Soapery. A little about myself.

I was born in Wisconsin Rapids, Graduated from John Edwards High School. My husband and I married in 2001 and we have 4 beautiful children together. My second child was the reason for me to get into soap and lotion making.

His skin was extremely dry. All the soaps and lotions that the doctor recommended, burned his skin and/or dried him out more. I couldn't take the crying, discomfort and scabs.

As a mom, I took matters into my own hands and did a bunch of research. After a while and a few batches later, his skin was much better. Seven years later, I still love making soaps and I am completely addicted.



**COUNTRY
CHICKS
SOAPERY**



For more information, contact: Diane Nickel at (715)886-4230 or denickel@solarus.biz



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

WAHCE State News

Scholarships:

Check www.wahceinc.org for the forms and requirements. These are dollars waiting to be used by you.

- Ruth B Sayre is \$500, due March 1.
- Ardith McDowell International is \$350, due June 1; and
- Memorial Leadership is \$200, due June 30.
- **West District Scholarship due April 1**

Other news:

- This year there are several positions on the WAHCE Board that will be up for election. VP of Program, Secretary, Cultural Arts, Membership. Read the qualifications on the WAHCE website to see if you would qualify and if interested, fill out the papers and send them in to the appropriate person listed.
- Donna Zarovy is starting to update the site for 2022. She has asked County Presidents to send her photos of their board for inclusion on their website

The Wintergreen Conference Center in Lake Delton will be the site of our 2023 Conference

February 2022

- UPDATE mailed
- 1 Mail Connection
- 16 Older Adults Well-Being Program
McMillan Library 1:00 – 3:00pm
- 17 Club 51 Meeting at Nekoosa Library. 1:00pm

March 2022

- 15 Wood County HCE Board of Directors Meeting – Nekoosa Library 9:00am
- 15 Ruth B. Sayre Scholarship (NVON attendance) application form due to
State President
- 16 Soap Making Program – McMillan Library
1:00 to 3:00pm
- 17 Club 51 Meeting at Nekoosa Library. 1:00pm
- 20 WAHCE State Board meeting
- 25 Articles due to:
Diane Nickel, 365 Peckham Road
Nekoosa WI 54457-1556
Email: denickel@solarus.biz
- 30 County Financial Reports due to State Treasurer
- 30 WAHCE Scholarship & Bookworms County Reports due to State Treasurer
- 31 990N Postcard filing

Booklet Update

Pat Klein has a new email. It is: klein145071@gmail.com

Important Update!!!!

Cut on the dotted lines and tape it in your booklet for the month of October

Calendar:

- 1 UPDATE articles due to Editor (November issue)
- 3 Mail Connection
- 10 West District HCE Fall Meeting. First Congregational Church UCC, 311 2nd Street South, Wisconsin
Rapids. 9:00am
- 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