

HCE CONNECTION

Wood County

Home and Community Education

June 2022



Message From The Presidents




Hello,
Welcome to the June edition of the Connection.

County Day marks the end of another year in HCE. I began the business meeting with an introduction of board members, describing what they do for HCE members throughout the year and told them how proud I was of them for their dedication, despite the lack of support from the general membership. Thank you to Rudolph Pines for hosting County Day. A great time was had by all. The summer trip that was scheduled for June 11, has been cancelled due to lack of support. Enjoy the summer.

Some things to look for in this edition:

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Flyers enclosed: None Enclosed



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



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: _____

Simple Exercises to Prevent Falls

Carl's Corner



Do these strength exercises for two sets of ten three times a week.



1. **Front Knee Kicks** - Seating in a chair, straighten out one leg at a time.

Helps to build thigh strength and ability to shoo away the annoying neighbor dog.

2. **Side Hip Raises** - Stand tall while hanging onto a table and raise a leg out sideways.

Builds hip strength and trims the hips for swimsuit season.



3. **Heel Raises** - Stand up tall holding on a chair and come up onto your toes.

Helps calf strength for walking and is good practice for wearing high heels.

4. **Sit to Stands** - Sit on a chair and stand up and down slowly. Use your hands as little as possible.

Helps keep ability to stand up and ability to jump up after Packer touchdowns.



Bonus Facts:

- Interesting fact: A fall itself isn't a problem. How many times do toddlers fall when learning to walk? The problem is an injury from a fall or not being able to get up from a fall.
- If you can still get up and down from the floor safely and easily, make a point to do it every day! Barring anything catastrophic, you'll never lose the ability to get up if you find yourself on the ground unexpectedly.

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**

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			

HCE Benefits Members and Community

Title: You will never know unless you try!

How many times in our life have we heard the saying "you will never know unless you try"? As children we heard it every time we needed to learn something new. How to ride a bicycle, or learn to swim for example. I was reminded of this when I went along to help my daughter-in-law with my grandsons at swimming lessons. On this particular night, the children wore life jackets so they would learn the importance of trusting that the jacket could help them. We also learned the importance of a proper fitting life jacket. At first my grandson was afraid to lay back and let go of me. After practicing for a while, he became more confident. I was supporting him under the water and when I knew he was truly floating, I showed him both my hands. "You're floating all by yourself" I told him. He was so proud of himself and I was proud of him as well. He not only trusted me but he trusted the life jacket. It's so important to try new things as a child, but it's also important to keep learning all through our lives. As I write these articles each month, I do it so that all of you readers might take a chance and join the Wood County association for Home and Community Education (HCE). It's a great way for us to learn new things. We just had a craft day in April where people learned to make button flowers, fabric wreaths, and greeting cards. In March we had a lesson on how to make your own soap. But it's so much more than that. It's also a way to give back to your community. We have service projects like making pouches for people who use walkers. The pouches we make attach to their Walker so that they can safely take things with them and keep both hands on their walker. We participate in the "Wisconsin Bookworms" program as well. Someone reads a book to youngsters at preschool or kindergarten and then each child gets a copy of the book. It's so rewarding when you know you are doing something good for your community. We have all gotten used to just staying at home and isolating during the pandemic. But now that we have a little more freedom to gather again, it feels so good to try something new. I strongly encourage you to give some thought to joining our organization. Its roots go back many many years. My grandmother was a member. Back then, we were called the Homemakers. I personally have been a member for 40 years. I still have recipes that I make routinely that I learned at an HCE lesson. We just held our annual County Day gathering in Rudolph at the American Legion Hall. There was a guest speaker from Family Natural Foods. We enjoyed a delicious lunch, and learned a lesson on mindful movement. This is an exercise you can do to relieve stress and remind ourselves of all that we have to be grateful for. We also had several members who brought their arts and textile projects to be judged by an impartial judge. Seven Blue ribbon winners will now go on to state conference. If you're considering trying something new, this might just be for you. Ask a friend to come along as well. We are always looking for new members. You can contact me Denise Mancl at deedemancl@gmail.com or call me at 715-886-5727.

You will never know unless you try!

Respectfully submitted,
Denise Mancl
Membership Chairperson
Home and Community Education
For more information, contact me at 715-886-5727 or deedemancl@gmail.com

Club News

Rudolph Pines 4/19/2022 Meeting Minutes

The meeting was called to order by Agnes Langeburg (Hostess) at 1:00 with the Homemakers Creed.

The last meetings minutes were read and approved.

The treasurer's report was given and approved

Discussion of when HCE County dues was held, they will be due in the fall.

The Service Project and Craft Day April 20th, was discussed and members were encouraged to attend.

Discussion of County Day May 10th, at the Rudolph American Legion Hall, hosted by our club was held.

Be there at 8:00am for set up. The speaker will be from Natural Family Foods. The food for lunch will be ordered from Quality Food, chicken, and the menu was discussed.

The following items will be donated by members of the club:

Dessert for lunch, breakfast pastries, plants for door prizes, small plates and napkins, silverware, name tags, and juice glasses and etc.

Other items needed have already been purchased.

We have to set up tables for the basket raffle and cultural arts display.

Clara gave the lesson on soap making from the March 16th workshop at the library.

Next meeting is scheduled for June 21st.

Agnes closed the meeting with the Homemakers Prayer.

Rudolph Pines 5/10/2022 County Day Wrap up Meeting Minutes

27 people attended County Day.

Thank you to all who donated to the Basket Raffle, the money was given to the Wood County HCE treasury, along with unused funds from County Day.

Notes were taken for our next hosting event.

We thank the speakers from Natural Family Foods, Steven Hittner and Jackie Carrattini for her positive and uplifting lesson on Mindful Movement and Gratitude.

Club 51 Minutes

March 17, 2022

Opened with the Homemaker's Creed. We recited the Pledge of Allegiance.

Roll Call was taken. Eleven present.

Minutes were read from the February 17, 2022 meeting. Denise motioned, Nicole seconded to accept minutes as read.

Correspondence: Denise received Thank You notes from places we sent donations to at the end of 2021 .

Treasurer's Report: Report was read and filed for audit.

Other Reports: Board of Directors meeting was held Tuesday, March 15, 2022. Diane went through the highlights of that meeting.

Soap making was held on Wednesday, March 16, 2022 at McMillan Library. Diane commented on the session.

Unfinished Business: Went over the upcoming Service Project and Craft Day.

New Business: It was mentioned to members to consider President/Vice President positions. New officers will be voted in at the end of this year.

We decided to set up a list of projects/lessons to do at our meetings in the future.

Denise/Nicole will bring a craft to do at our April meeting.

Peggy, Jim and Diane will go to the lesson on May 18, 2022 and will give a presentation at our next meeting.

Other Reports: Nekoosa School District is looking for volunteers to make curtains for the classroom doors. Carol volunteered to work on them.

We finished setting up the Hostesses for the rest of the year.

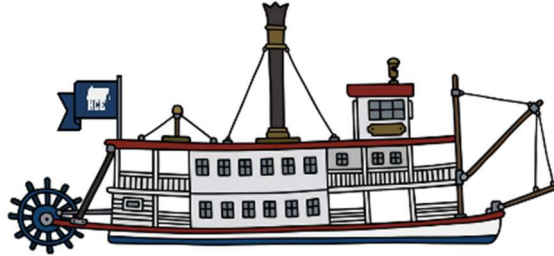
We adjourned with the Homemaker's Prayer.

Collected Backpacks for Kids, Pennies for Friendship and Cakewalk.

Pat brought the door prize. Jim won.

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 Stony 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

WAHCE International Plan for 2022

Lylene Scholz, International Chair

Monetary donations from your county or district can be sent as undesignated or designated for the following this year: *Ventures in People, ACWW Pollinator Project, Days for Girls, Water Filters for Nicaragua, ACWW Sustainable Water, ACWW Sustainable Agriculture, or ACWW Nutrition & Wellness.*

Then, the following is our plan for donations to W/NP:

Items are needed for Nicaragua

All items should be in good working order. The following items are things they can use if you are going to take them directly to the W/NP warehouse in Stevens Point. Please hold any items going to the warehouse until spring.



For Sewing	For Gardening	For Cooking	For Hair Personal
Tables, light/folding	Garden Shovels, Forks	Mixers	Hair Dryers
Folding Chairs	Rakes, Hoes	Blenders	Hand Mirrors
Sewing Machines	Garden Carts	Baking Pans	Storage Baskets
Serger Machines	Plant Supports	Pots & Pans	Curling Irons
Cutting Boards & Rulers	Hand Trowels & Cultivators	Large Bowels	Capes

Since the state conference is being held in La Crosse this year, we will not be accepting any Large items for W/NP at the conference, however we will accept one shoebox full of small items from each county. Please tie the shoebox and label it with the county name and contact information along with a note listing what smaller items you have put in the shoeboxes. We will not have transportation to get any more than that to Stevens Point from La Crosse.

The following is a list of items you might include in the shoe box:

For Sewing	For Gardening	For Cooking	For Hair Personal
Sewing Machine Needles	Garden Gloves	Wooden Spoon	Combs & Brushes
Spools of thread	Garden Clippers	Measuring Spoons	Hair Clippers
Scissors/Cutting Wheels	Garden String	Measuring Cups	Air Clips/Barrettes
Bias Tape/Lace/Buttons	Garden Markers	Cupcake Papers	Barber Scissors
Measuring Tapes		Spatulas	Rollers
Pins/Needles			



Denise Mancl



Nicole Mancl

On April 20th we gathered at the McMillan our Service / Project Craft Day. We had so much fun creating beautiful crafts.

Library all-purpose room for

All of the projects were very popular, but creating the button flowers seemed to be the hit of the day! Our friend Lori came from the Madison area to help us out and teach the lesson. Everyone brought their own buttons and we had paper flower shaped cutouts to put behind the buttons to make them even more eye-catching. Some of the buttons we used held special memories of our moms and grandmas.



Another popular craft was making a fabric wreath. Nicole taught this lesson and each wreath was such an individual work of art because everyone brought their own fabric. Each one was so unique and so different.



The third class was taught by Denise. There were various ways to approach this project. One way was to recycle greeting cards that have been sent to us by cutting out just parts of the card and using it to create a new one. Decorative scissors and various other items were available to adorn these. Rubber stamps and ink pads were available as well. She demonstrated how to use old wallpaper to create unique cards also. It's fun and can really bring out your creative side.

Finally, the service project for the day was led by Carol Grorich. She and Lorraine Schmutzer worked tirelessly sewing pouches for people to attach to their walkers. This is such a great project because it allows people with mobility issues to carry their stuff with them safely. All of the materials were donated.



Consider coming to our next craft day and release your inner artist!

Respectfully submitted,
Denise Mancl and Nicole Mancl
Cultural Arts



Wisconsin Bookworms

Wood County was active in the Bookworms program this year. April was the last book for the pre-school children. We served 89 children with books to take home and enjoy. We had 5 – 8 active volunteers that could read to children in the classroom. We were required to wear masks. At times because of COVID we were limited to what classrooms we could be read to in person.

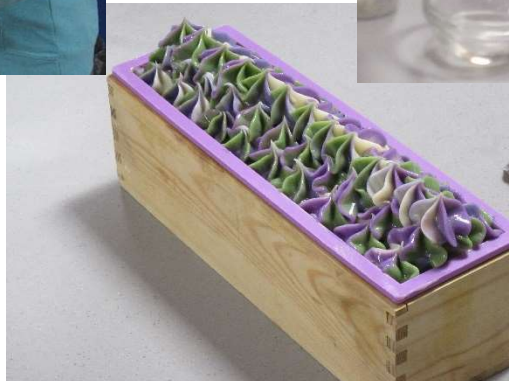


Some HCE members are volunteering to make book bags for the children. Will distribute them for next year's Bookworm program. I will be ordering books in May for next year's reading program. Overall, I'm very pleased and grateful for the volunteers making it a successful year for the children and the program. Keep reading!

Christine Goodness
Bookworms Chairperson
(715)886-5294

Soap Making Lesson

Thank you to Brooke Mitchell for teaching us the art of making soap at home at McMillan Library on March 16, 2022. We had members from Adams County HCE, Wood County HCE and community members in attendance.



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)
- 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

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 15th 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
- 27 Wood County HCE Board of Directors Meeting – Nekoosa Library 9:00am

County Day, May 10, 2022

On May 10th we gathered at the American Legion Hall in Rudolph Wisconsin for our annual County Day celebration. Rudolph Pines hosted the event. It was awesome to see so many of you there. We heard a wonderful presentation given by Steven Hittner from Family Natural Foods. Very interesting and informative.



We had some beautiful submissions from our members for the Cultural and Textile Arts contest. All received blue ribbons and will be eligible to go to state convention. Jim Nickel won Best of Show for his tatted coral reef. You need to see it to believe it!



Ardell Mueller won the People's Choice Award for her cross-stitched picture of Santa looking in a window. Outstanding!

Lunch was fantastic!

Jackie showed us some exercises to relieve stress called "Mindful Movement". Something we can all use in our lives right now. It was a positive message and that's what is needed now more than ever.

Raffle prizes were beautiful and members were inventive with the baskets they brought for the basket raffle.



All in all, it was a stellar County Day. Hope to see you next year.

Respectfully submitted,
Denise Mancl



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: darlenschumacher41@gmail.com. **Registration Deadline: August 15, 2022**

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

September 19th, 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 20st, 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 21st, 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	\$ FREE
Late Fee (sent after August 15)	\$50.00	\$ _____
Or One Day Fees:		
<i>Monday banquet & program</i>	\$40.00	\$ _____
<i>Tuesday registration and meals</i>	\$95.00	\$ _____
<i>Wednesday registration and meals</i>	\$55.00	\$ _____
<i>Tuesday & Wednesday registration & meals</i>	\$130.00	\$ _____
Tour Fee		\$ _____
Total Enclosed:		\$ _____

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

