

HCE CONNECTION

Wood County

Home and Community Education

October 2022

Message From The Presidents



Hello,
Welcome to the October edition of the Connection.

Greetings!! We are nearing the end of another year in HCE. It is time for everyone to search their heart to consider running for one the board of directors' positions that are up for election. It has been a great term for us and our two-year term is nearing an end. It is time for someone to take over. Many of these positions can be served from anywhere. We will be holding the elections at the Christmas Party meeting in December.

Please consider one of the positions. They are: President, President-Elect, Treasurer, Family & Community Outreach, Program. Each position is a two-year term. Many have held their positions for many years and would like to have someone take over.

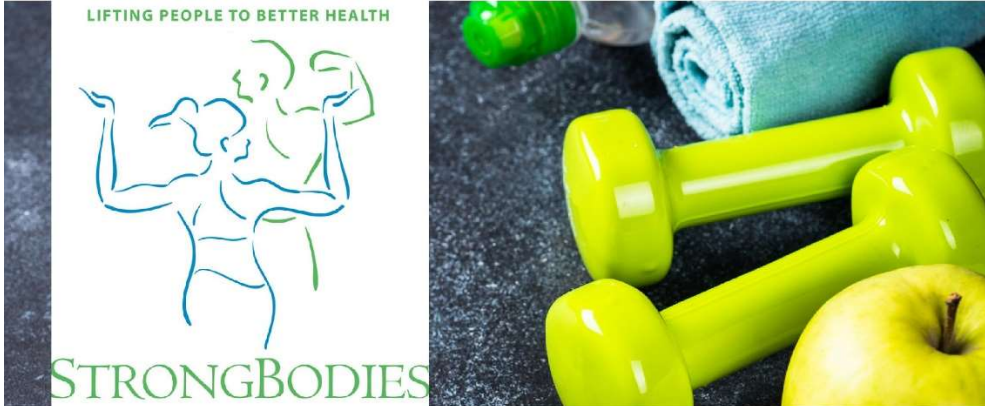
Summer is in its waning days as we write this newsletter. By the time you get the Connection, it will officially be fall. Gardens will be harvested and everyone is thinking of cutting back their flower gardens. It is now a time to travel to many of the fall events throughout the state. Or you can enjoy the fall colors of Wisconsin by traveling through many of the parts of Wisconsin that have hills and valleys. Discover a part of Wisconsin that you have not been to for quite some time or perhaps not ever.

Some things to look for in this edition:

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Extension
UNIVERSITY OF WISCONSIN-MADISON



WEIGHT TRAINING & HEALTHY EATING CLASS

TUESDAYS & THURSDAYS
OCTOBER 11 - DECEMBER 15
9:00AM - 10:15AM
 NEKOOSA AREA COMMUNITY CENTER

REGISTER ONLINE AT:

<https://bit.ly/StrongBodiesWood>

OR 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.



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. 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 715-343-6254. FOODWISE EDUCATION IS FUNDED BY THE USDA SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM - SNAP AND EXPANDED FOOD AND NUTRITION EDUCATION PROGRAM - EFNEP.

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: _____

Posture Exercises for Standing Up Straight

All these exercises are meant to keep up good foot clearance to avoid tripping and more importantly, avoid stepping on a Lego.

Dr. Carl's Corner



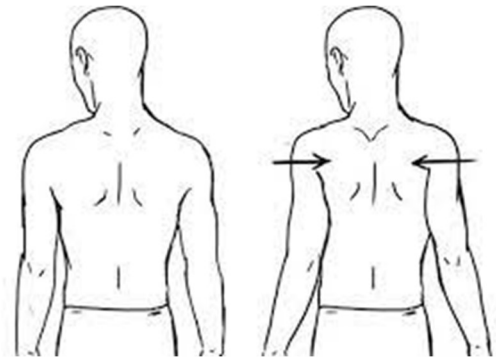
1. **Lying flat on your back for 5 minutes** - Easiest exercise ever. Just lie down on your back. Flat on the floor is ideal.

If you can always lie flat, you can always stand up straight! And look taller for your upcoming date.



2. **Shoulder Squeeze 2 x 15 reps** - Squeeze the shoulder blades together.

Sculpt the back for your nice dress during the date.



3. **Cervical extension 2 x 15 reps** - Looking slowly up to the ceiling.

Need to be able to look up if your date is tall, dark and handsome.

4. **Back rotation 2 x 15 reps** - Cross your arms and rotate side to side

Keep the back nice and mobile for in-date dancing.



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 Scholarship | (715)884-6598 (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 Cultural Arts | (715)886-5727 (715)886-5727 |
| Peggy Wettstein | dpwettstein@wctc.net | Scholarship Secretary | (715)886-5518 (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 402 North Section Street Nekoosa WI 54457-1556 | | Family & Community Outreach | (715)886-4165 |
| Mary Weber 8136 Hollywood Road Nekoosa WI 54457 | | Scholarship | (715)886-4505 |
| Linda O'Donnell 5096 Creamery Road Nekoosa WI 54457-1556 | | Program | (715)886-3351 |
| Nicole Mancl 2503 County Road G Nekoosa WI 54457-1556 | | Cultural Arts | (715)451-8151 |

HCE Benefits Members and Community

Title: How Do We Learn?

Someone asked me this morning if I learn better by reading or doing? My response was that I usually like to learn by doing something rather than just reading the instructions. Of course, we all still need back up instructions sometimes to recall the small details. This is especially true when cooking, baking, and canning.

Later today I helped my daughter in law make a batch of refrigerator pickles. First, I took out the recipe to gather all of the ingredients. After we mixed up the brine, it was all fun because I've made them so many times that I just showed her what to do and we made them together. Now that she has done it once, it will be easier for her to do it on her own.

This is exactly what I like about the lessons that we can go to that are given by HCE "Home and Community Education" (formerly Homemakers). Sometimes it is totally hands on with a member teaching a small group. Like the craft lessons recently given where we learned how to make fabric wreaths, button flowers and greeting cards. Other times, we have a knowledgeable instructor teach us followed by instructional manuals that we can take home. The soap making lesson was one of those experiences.

We are planning the lessons that will be offered in the coming months, so be sure to read my next article for more information about upcoming events. I can tell you that we will be having a craft lesson featuring a fall theme. One of the crafts will be making luminaries out of mason jars. The other will be using chalk couture to make a reversible piece of home decor. These lessons are usually presented at McMillan Library in the multi-purpose room. They are lots of fun and we invite you to consider joining HCE.

It's a worthy non-profit organization with a wonderful history of learning and giving back to our community.

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 deedemancl@gmail.com.

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

HCE Benefits Members and Community

Title: Crafting for Fun and Making New Friends

In my previous article I mentioned that we will be having a craft day in October. The details are now planned. Craft day will be held on October 19th, 2022 from 1:00 p.m. to 3:00 p.m.

We will meet at the McMillan library in the multi-purpose room in Wisconsin Rapids Wisconsin. There will be two crafts taught.

The first craft will be a two-sided piece of home decor which will feature Chalk Couture. The cost for this craft is \$7.00 and you will be able to make a customized piece to display in your home. All supplies will be provided.

The second project will be a Mason Jar Luminaire. We would ask that you bring a mason jar of your choosing and a small paintbrush if you have one. These will have an Autumn theme. Paints and other essentials required for this craft will be provided. The cost for this craft will be \$5.00. The deadline for sign up is October 3rd.

These crafting lessons are open to the public and are sponsored by Wood County Home and Community Education (previously called homemakers). We are a non-profit organization affiliated with the UW extension office.

We are always looking for new members and would encourage you to think about joining our group. We do some awesome community service work and it is a wonderful way to make new friends. If you have an interest in joining HCE or if you simply want to attend the crafting day, please contact me at 715-886-5727. You can also email me at deedeemancl@gmail.com.

I will send you a reservation sheet to fill out in the mail to reserve your spot for the craft lesson. We look forward to hearing from you.

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

Club News

Rudolph Pines HCE Minutes for August 16, 2022

Agnes Langeberg, President , opened the meeting at 1:30 with the HCE Creed.

The Secretary minutes from 4/19/2022 were read and approved.

The treasurer's report was given.

9 members were present for the meeting.

Agnes gave a report from the Board of Directors meeting from 8/16/2022.

Items discussed were Fall Kickoff hosted by the Board of Directors, Christmas Party 2022 hosted by Club 51 and County Day 2023 hosted by Rudolph Pines. A discussion was held about rotating hosting the events by clubs in future years for a variety of ideas.

There is going to be one Constitution and Bylaws change, addressing mileage rules. It will be voted on at Fall Kickoff. Members would like to see the Constitution and Bylaws printed for all to read and follow. Mileage is \$.50 a mile, odometer readings and proof of insurance must be submitted.

Brat Fry held in Nekoosa for scholarships was a success and a nice profit made.

Yearly audit of Wood County HCE books should be done.

Discussion and questions were brought up, about if Wood County HCE has a line item budget for every year.

Election of new officers must be done by November 1st, and will take place at Fall Kickoff.

Every Club must have a checkbook.

West District Meeting is October 10th at McMillan Memorial Library. Pat Kline is in charge of organizing it and help is needed.

Fall Kickoff is September 13th at the Nekoosa Library. Reservations must be sent to Diane by September 1st. Get your yearly dues and membership forms to Ardell for our club and she will submit them at Fall Kickoff. State Conference was discussed, please send your registration to Darlene. Bring items to fill a shoe box to be sent to Nicaragua at Fall Kickoff.

The next meeting will be October 11, 2022 at Marilyn Cournoyer's.

Agnes adjourned the meeting with the Homemakers Prayer.

Respectfully Submitted: Linda Hobbs, Secretary

Wood County HCE Members are Invited

Super Tuesday-Day of Friendship & Learning

Interested in spending a day meeting new friends, hearing good speakers, and enjoying lunch in a beautiful fall setting? Then Super Tuesday is for you. Super Tuesday is coordinated by the Adams and Marquette Counties Home and Community Education Association (HCE). All adults are invited; you do not need to be an HCE member to attend.

Super Tuesday will be at Pine Lake Methodist Camp on Highway M between Adams and Westfield on Tuesday, October 4th at 8:45 a.m. Pre-registration and payment of a \$15.00 fee for lunch is required to attend. Lunch is served between the morning and afternoon learning sessions. An optional ten-minute balance and stretch session will be offered after lunch. The event ends at 3:15 p.m.

Keynote Speaker Joe Konrath, Marquette County Sheriff, will open the day with a presentation entitled, "Fraud and Credit cards". He will discuss how to prevent credit card fraud and what to do if you detect fraud.

When you register, you will choose three of six class options. Some classes have a maximum class size and /or an additional fee.

The class choices are:

Gnome Fall Door/Wall Decoration - This is a hands-on craft activity where participants will make a decoration to take home. Instructors: Lori Ferkans, Marquette County HCE and Sandy Wilkes, Adams County HCE (\$8.00 fee)

"Floral Design 101" – Participants will learn about the basics of floral design and create your own forever flower! Instructor: Michaela Maas, Sensational Stems, Coloma, WI (\$2.00 fee)

"Berry Delicious Antioxidants" – Learn new ways to use fresh, canned, dried, and frozen fruit to pick up our spirits and health. Instructor: Marilyn Herman, former Extension Educator, Waupaca County (\$2.00 fee)

Hanger Snowflakes – Create an indoor/outdoor decorative snowflake/star. Instructor: Dawn Stone, Adams County HCE (\$10.00 fee)

Falls Prevention in and around Your Home – Learn to identify fall around your home and some simple exercise to reduce your chance of having a fall. Instructor: Amanda Kutcher, Health Promotions Coordinator, ADRC

Diabetic – Friendly Cooking – Discuss meal planning and preparation skills that control carbohydrates, reduce calories, modify fat and increase flavor to better manage diabetes. Instructor: Amelia Cisewski, Registered Dietitian, Marquette County Senior Nutrition Program

If you'd like a complete brochure to register for the event, contact the Adams or Marquette Extension Office: Adams: 608-339-4237, 569 Cedar St., Suite 3, Adams. Marquette: 608-297-3141, 480 Underwood Ave., Montello. Registration Deadline is September 16.

No phone registrations will be accepted.

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
- 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.



Wisconsin Bookworms

Christine Goodness
Bookworms Chairperson
(715)886-5294



Wisconsin Bookworms

Wood County Bookworms has received the 80 sets of books for Head Start this year. I've counted and organized the books for each month. I have talked to the Head Start director and she is making a calendar for our reading dates. That may change as the year progresses but I'm looking forward to starting the reading program. We will also be giving each child a book bag that was made by members of HCE. I'll be calling volunteer readers soon. If you want to be added to the list, please let me know.

I would like to thank members that have been making "Bookworm Donations". It all helps in purchasing books for Early Childhood children in Wood County. Please use the form in the "CONNECTION". It helps me get the notice for the donation to the person you are honoring. Again, thank you for promoting the love of reading!

Christine Goodness

Keep Reading!

Christine Goodness
Wood County Bookworm Coordinator



Denise Mancl



Nicole Mancl

You are invited to a HCE Craft Class

Where: McMillan Library in the Multi-Purpose Room Wisconsin Rapids

When: October 19, 2022

Time: 1:00 to 3:00pm

You are invited to sign up for one or both projects

Project 1: Chalk Couture

Cost: \$7.00



Project 2: Mason Jar Luminaire

Cost: \$5.00



Bring your favorite jar and a paint brush.

Cut on dashed line and return

Name: _____

Telephone: _____

I would like to take the following projects:

Chalk Couture - \$7.00 \$ _____

Mason Jar Luminaire - \$5.00 \$ _____

Total: \$ _____

Reply by: October 3, 2022

Make checks payable to: Denise Mancl

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