



A New Way of Living with HCE

This is the theme picked for the next three years by our new state president, Eileen Gottbeheat. She said we have had to learn new ways to do things with HCE, like holding Zoom meetings and other unique ways of meeting. We are always trying to learn through our HCE Association so it is so fitting!

Committee Chairs and Officers, please complete your yearly duties sheets. This will list things you do in your job capacity throughout the year. It gives a good insight to what you are doing, and will be helpful to the next person occupying the position. This is also part of our moving forward to technology based methods of doing our jobs better. Everything is fine now, but we realize we need to be ready for the future—**A New Way of Living with HCE.**

If you need help with that project, just contact one of the officers and someone will help you. A good start is to check the by-laws, there is a section for each position.

Important note: The Constitution and By-laws updated in 2019—the copies you have probably do not have the dates changed. The content was adopted in October of 2019. Sorry for the confusion, the April 2015 date was not changed before copying and distribution.

Our county HCE was busy during fall and December, we held many club Christmas parties, helped with the Cookie Walk and Christmas Extravaganza. We are working together with other organizations!

Our WI Bookworm reading group needs readers. We are reading to three classes in Kewaunee. Contact Linda Vogel or Janice Gilbertson. You need to have a background check completed before reading. (Check with the school office).

The Music in the Park fundraiser will be ongoing through the summer, with two HCE nights serving food. Dates are being worked on. Please help if you can! We need a lot of people to make the work easier, it's not hard and it can be a lot of fun! As JJ Walker says it so annoyingly—we can make **MONEEEEEE!**

Be sure to check your Program Book for upcoming programs and dates. We have some great programs coming up. Hopefully we will be able to host them in person safely.

Enjoy winter, stay busy, keep learning!

*Working Together—Co Presidents
Jeanne Dworak and Mari Fager*

Scholarship Applications Now Available

The Kewaunee County HCE Scholarship application is available for 2022. Guidelines and applications are online at <http://kewaunee.uwex.edu/family-living/hce/> (way on the bottom of the page) or at Kewaunee, Luxemburg-Casco, and Algoma High Schools. Completed applications are due to **Jan Zenner, 1221 Kilbourn Street, Kewaunee, WI 54216, post-marked on or before April 1, 2022.**

This scholarship is available to any Kewaunee County applicant, though special consideration may be given to the child/grandchild of an HCE member.

Also state WAHCE has scholarships available: Memorial Leadership Scholarship, Ruth Buxton Sayre Scholarship and Ardith McDowell International Scholarship. Go to the website <https://wahceinc.org/wahce->

Upcoming Programs

February

Technology 1 on 1 Smartphone, Tablet and Laptops

February 8, 2022 at 2pm and 5 pm

A program by Kewaunee County Home and Community Education.

There are no stupid technology questions! A drop in-one-on-one lab to get your specific questions answered about your phone, tablet, iPad, or laptop.

Facilitator: Judy Oftedahl 370-14221 and Deborah Henninger 702-927-0969

If you miss these sessions, please call for info on additional dates and times.

Location: Kewaunee Public Library 322 Juneau St.

Zoupart 2022 CANCELLED

March

Growing Lavender in WI (with the Garden Club)

March 22, 2022 - 7:00pm

A program in conjunction in partnership with Kewaunee County Home and Community Education.

Diane Julian and Pat Heafy owners of Door County Lavender Company will talk about the production and marketing of lavender.

Host: Jan Tess 255-2546

Plan Ahead!

- For our great programs in the coming months. Check your program book for details or at <http://kewaunee.uwex.edu/family-living/hce/>

Hilltoppers: Had Christmas party and exchanged gifts for Toys for Tots. Filled two shoeboxes for Samaritan's Purse and sent extra items to St. Mary's, Algoma.

Lakeshore Legacy: *November:* Reports given on the Peshtigo bus trip which was very informative and lots to see. Also Senior Fair was attended and enjoyed by several members.

January: Judy read a thank you from the Community Congregational Church for the cookies donated for the Cookie Walk. They made \$670.00 plus extra cookies that were sent to the pantry for workers and people picking up food. Your contributions definitely made a difference. Thank you.

Be sure to email copies of your minutes to Jan. Thank you!

Annual Spring Banquet

The Kewaunee County HCE Banquet will be held on Tuesday, May 10 at the Rendezvous N896 County N, Luxemburg. Social Hour starts at 5:30 with dinner served at 6 pm, hosted by Classy Lassies Club.

The dinner features baked and broasted chicken with all the trimmings. More information and registration will be announced soon.

International—Nicaragua Partners

Amy Wiza from W/NP, says it is helpful if boxes can be filled with like things. For example, a box of just fabric and a box of all notions, or a box of all cooking supplies. The distribution is much easier when it gets to Nicaragua if we can do that. She also sent a new list of what they are concentrating on collecting this year.

- Sewing supplies (fabric, scissors, needles, yarn)
- School supplies (pencils, paper, scissors, backpacks)
- Cooking supplies (mixers, blenders, bowls, utensils)
- Carpentry tools (hammers, nails, saws, hand tools)
- Gardening tools (especially now for food security issues)

Please no medical or electronics

A collection from Kewaunee County will be coordinated later and taken to Stevens Point. The warehouse is now closed until April. A more comprehensive list will be included in future newsletters as space permits. You can also go to the [WAHCE International](http://www.wahceinternational.com) website for more ideas.

Continue to collect items to donate to Wisconsin Nicaragua Partners. It's easy ... place a box in your garage and add to it through the year. If you see items at a garage sale or estate sales; think of what could be useful to the citizens of Nicaragua.

Save the Date - Salad Supper

The annual Salad Supper is being held on **Tuesday, April 5 from 5-7 pm at Holy Rosary Church** in Kewaunee.

Bring your friends and family for a night out to enjoy delicious salads benefitting continuing education of our youth. Remember the monies collected are broken up— Scholarship gets salad supper profits and WI Bookworms gets the raffle basket profits.

Each HCE member should bring a large salad or 2 small ones. Snow date is April 6, 2022. **Also each club should make up one basket for the raffle to benefit WI Bookworms.**



State Design a T-shirt Contest!

The T-shirt design can be big or small, on the front, the back or both. You may use a small HCE logo on the front and larger personal design on back. Wherever your creative talents take you! The T-shirt designer doesn't have to be a HCE member, but maybe they'll join. Design colors are your choice and t-shirt color suggestions also welcome. More than one T-shirt color also considered, but preferred to keep the design to one color. If interested please click on the T-shirt! Enter multiple designs! Have Fun!



A Note From Your Historian

HELP! It is time to start working on the HCE scrap book. If anyone has any pictures of events from the last year please e-mail or send them to me this month. My e-mail address is joftedahl@gmail.com, my home address is 1422 Ellis St Kewaunee. Thanks for any and all help. Also help is needed to go through the many boxes we inherited from Marie Mach's family.

Submitted by Judy Oftedahl

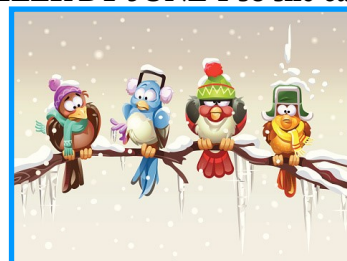
Impact of HCE—2022

To recognize the achievements and contributions of HCE members, each member is asked to complete the Contribution report. Information will be compiled into an "Impact of HCE" report. The form is available at [Impact of HCE](#).

HCE Healthy Lifestyle-2022

HCE Family and Community Life will focus on all members being active, and eating healthy, and using local food as a state-wide activity. The 4 question survey covers 13 weeks, from Feb. 13 through May 18, 2022. Form is available at [Healthy Lifestyle](#).

Ignore the dates due to the state. These are due to ANITA SCHULLER BY JUNE 1 so she can compile the results!



2022 Spring WI Bookworms Reading Dates and Times

Reading times: 3 classrooms -first two at 8:30 am. Third classroom at 9:00 am. Meet at 8:20 am in the Kewaunee Elementary Office. You must have completed a background check with the School District ahead of time. Contact the school office for more information on filling out that form. For WI Bookworm information contact Linda Vogel or Janice Gilbertson.

Remaining Spring 2022 Reading Dates:
 Mar- 17-2022
 April-21-2022
 May- 19-2022



NE District Spring Meeting Committee

Another opportunity to volunteer! Kewaunee County HCE is hosting the NE District Spring Meeting at the Rendezvous on April 20 starting at 8:30 am. We need people to plan the meeting, make invitations, nametags, do registration, and numerous other things. Contact Mari Fager, the Chairperson of this committee to see what you can do to help, every bit helps. Thank you!

State Conference 2021 Articles

At the January Executive Board meeting, it was decided to distribute the funds allocated in the 2021 budget for the State Conference. If you paid a registration fee and attended the WAHCE State Conference, you must fill out a green reimbursement sheet (available from Kay Ratajczak) and write an article about a session or experience at the State Conference. These are then turned in to Kay Ratajczak.

Deadline for submitting for reimbursement is **March 1, 2022.**

State Conference 2021

HYGGE (hoo ga) is DANISH

Means creating a warm atmosphere, build community, closeness, feeling of belonging, celebrate every day. Danes are the happiest people on earth.

Their laundromats are also coffee shops. They have a whole research institute dedicated to happiness.

Denmark is in the northern part of the world and their winter is COLD, DARK and stressing. Holidays are similar to Americas, activity, lights, and celebrating. January and February can be depressing, dark, cold. Denmark celebrates this time with positivity, happy, and health. This is done by:

RELAX- sauna, escape to a spa, message, nails done. Pamper yourself, hot baths and yes bubbles.

CHANGE home space-swap out fluorescent lights for candles. 13# of candle wax per person is used in Denmark per year. Light up the fire place for ambiance, blankets and pillows for comfort and softness.

Craft your home with nature, soft and cozy.

PEOPLE- spend time with friends, venture forth with different activities, set aside time for self to focus and recharge.

New Leadership Committee

There were several volunteers to help retool/ redesign/reboot the organizational structure which will begin in January. Volunteers are Barbara Piechocki, Jan Tess, Judie Pahnke, Kay Ratajczak, Jan Zenner and Linda Vogel. A suggestion to call the presidency elect a Leadership Committee, and to think about new ways to lead the organization. We always have trouble filling our elected positions, we'd like to help make the work more communal. If you'd like to join the committee, let one of the above named individuals know! If you have any ideas, let us know as well!

Newsletter News

Program facilitators—I'd like a wrap up of how the programs went, how many attended and a little of what you learned to include in the newsletter. Committee Chairs, information on what you're working on, if in season, and follow ups on what happened as a result of your committee's work. Newsletters will be published for Jan/Feb, Mar/April, June/July/August and Sept/Oct/Nov. December is club parties and such, we will use emails to communicate if anything comes up. Please also check your Program Book for items. In order to publish I will set the deadlines as follows: **Jan. 10; Mar 10; July 10 and Sept. 10.** We'll see how this works and modify if necessary! Thanks! *Jan Tess, Newsletter Chair*



March Lavender Program

The March program is being held with the Kewaunee County Garden Club. Hopefully to be held in person, as the presenters are not comfortable doing a Zoom meeting. The Garden Club will be starting their business meeting at 6:30 pm until the presentation starts at **7:00 pm**, and continue after if needed.



EMBRACE nature-spend time outside on sunny days. Winter malaise endures because we are under a roof. We need light, sun. Find some "green" space. Find your own warmth that is NOT electronic or plugged in.

READ, draw, paint, craft- Get away from electronics. Maybe your bed is your hygge place, warm, cozy with a book, NOT phone or computer.

Hygge is also a summer practice. Picnics in the park with friends, go for a walk with the girls, take your laundry to the laundromat/coffee shop, dinner parties outside, cocktail parties, campfires. Enjoy nature, friends, make life simple, no clutter. ENJOY!!!

Submitted by Linda Vogel

HCE State Conference 2021

To be honest, I didn't know what to expect from this event, so I planned to attend for only one day; that way if it was not enjoyable, I could cut and run after just a few hours. As my badge stated when I checked in to the WAHCE Conference in late September of 2021, it had my name of course, and a small ribbon that said First Timer. As a First Timer, I was ready to see what this organization was all about-not from the county assemblies-but from the state-wide association. I was ready to not be impressed. After all, I have lived in the most exciting city in the world for over two decades, many of those years working with and organizing conventions. So go ahead, impress me.

I really enjoyed the speaker talks, the first one in the morning was about sheep, wool gathering and processing from the perspective of the farmer who really loves her profession. The next talk was about women who helped settle very rugged parts of this country; women venturing out on their own, under extremely difficult conditions, some who were older than I am now. The third session of the day was about the western part of Wisconsin during the last ice age from a professor at the University of Wisconsin, Stevens Point. His knowledge and speaking delivery of the subject I once thought was the most boring topic on the planet was now coming to life, and I was truly sorry when his talk was over. Although, I think he could have been speaking about cream cheese and it would have been fascinating. By the number of chairs brought into the room before he spoke, the crowd knew it was going to be great. I do not believe anyone in that room was disappointed.

It will be no surprise to seasoned HCE members that I thoroughly enjoyed the short time I attended, and look forward to the next convention, but this time I will be in attendance all three days!

*First Timer,
Deborah Henninger*

State Conference September 21

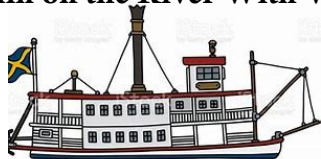
Where in the World is Dorothy?

Dorothy Wester, a member from Plainfield, WI, had not seriously traveled for the last ten years but then the travel bug hit her. She discovered **Road Scholars**, an organization which has provided educational travel experiences for the last 40 years in a small group setting. Dorothy has been on an African safari to see animals, schools, and villages. She visited the Andes in South America, Easter Island, India, Brazil, the Amazon, Russia/Siberia, and Egypt to name a few of her travel destinations. In addition to sightseeing, she was immersed in the cultures of most of these areas to learn about food and lifestyles.

After the slide show, she finished talking about what you need for these trips: A positive attitude! Of course, you need a passport/visa, good walking shoes, appropriate clothing for the places, etc. We talked specifically about traveling solo which interested many of us.

Kay Ratajczak

2022 WAHCE Conference "Rollin on the River With WAHCE"



West District and WAHCE will be hosting the 2022 State Conference at Stoney Creek Inn in Onalaska, WI Sept. 19-21. 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.

Stoney Creek Hotel and Conference Center is located in Onalaska, WI, 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, Sept. 18 if you wish to arrive that day. There are more rooms reserved for Monday and Tuesday, Sept. 19 and 20. The rate is \$109.00 for a Deluxe King or Deluxe Queen. Deadline for room reservations is Aug. 21.

Details and registration will be in the May issue of UPDATE or on the website www.WAHCEinc.org after May 1.

Wise & Well Wednesdays You're Invited!

Have some fun and connect with others to socialize, learn tools to cope with aging, and increase joy in your daily life. Join us for one session or entire series.

Dates: Feb. 2, 9, 16, 23, Mar. 2, & 9
Time: 9:00-10:00 a.m.

Two Ways to Attend:

1. In Person at Kewaunee County UW-Extension, 810 Lincoln St., Kewaunee
2. Online via Zoom (contact Renee Koenig for Zoom link)

Facilitator: Renee Koenig, UW Extension Kewaunee County
Guest speakers from UW-Madison Extension

Registration required: Contact Renee Koenig at 920-388-7137