

# HCE CONNECTION

## Wood County

### Home and Community Education

December 2022/January 2023



## Message From The President



**HAPPY NEW YEAR TO ALL WOOD COUNTY HCE MEMBERS!**

Allow me to introduce myself; I am Peggy Wettstein, your new HCE Wood County President. Most of you know me – I grew up in and have been a resident of the Township of Port Edwards for most of my life. I am the daughter of Louise and the late Jasper Egland, who were both very active in all sorts of rural public life and local government. My mother, a member of Club 51 HCE (formerly Homemakers) for most of her married life, is now 98 years young and resides at the Hilltop on Pepper Assisted Living Facility. Her eyes light up when we talk of fond memories of “homemakers” and the socialization of the women in her community!

For the last 40 years, I have been busy with raising a family, teaching general music at our local Parochial school, private piano lessons in my home, serving as Parish organist/liturgical music in two local parishes, and serving as General Leader of our local 4H Club, the Wittenberg Workers. My husband and I purchased the family farm where I grew up in 2019. We then began the process of taking down or giving away many of the outer buildings (the 13<sup>th</sup> building being the 1883 farmhouse), and in 2021 built a smaller home on the farm. After losing my Doug this past year, I once again am back in the music classroom ½ days with grades 6 – 12 choir at Assumption.

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Flyers enclosed:  
2023 Strong Bodies Nekoosa Flyer

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

# Leg Exercises for Standing Up More Easily

## Dr. Carl's Corner



Do these strength exercises for **two sets of 10-15 reps 3x a week.**

All these exercises are meant to help you get out of a chair more easily.

### 1. **Sit to Stands** - Stand up and sit down!

The picture has nothing to do with the exercise. I just wanted to share my new family member, Nellie!



### 2. **Standing Heel Raises** - Standing and pushing the heels up. Hang on for balance.

Helps the lower leg strength when standing up and when running a marathon! (The new marathon world record was set on 9/26/22 at 2 hours and 1 minute. Insane!)

### 3. **Knee Extension** - Sitting and kicking a leg out straight.

If I did this with Nellie around, she would attack my feet!



### 4. **Glute Squeezes** - Sitting in your chair, squeeze your butt muscles together.

Bobby thinks this exercise is weird.





**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
Connie Eisch	ceisch@boku.net	Treasurer	(715)325-3255
Pat Klein	klein145071@gmail.com	Club 51 President	(715)886-3665
		Scholarship	(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
Jim & Diane Nickel	/denickel@solarus.biz	International	(715)886-4230
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
		Wood County President	(715)886-5518
Linda Hobbs	clhobb@wctc.net	Secretary	(715)435-3267
Linda Reber	preber7593@solarus.net	Historian	(715)421-9668
		Scholarship	(715)421-9668

**No E-mail:**

Judy Steinert 402 North Section Street Nekoosa WI 54457-1556	Family & Community Outreach	(715)886-4165
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

# Club News

Club 51 HCE  
September 15, 2022 Meeting Minutes

The meeting opened with the Homemakers Creed.

Roll call was taken, there were 9 members in attendance.

The minutes were read from the August 18<sup>th</sup> meeting. Christine made a motion to accept the minutes as read, Mary seconded the motion.

There was more discussion about the Homecoming parade on October 6. It was decided that we will sell homemade cookies, no nuts or peanut butter please. In addition, we will sell nachos and cheese and leftover bags of chips and cans of soda that we still have from the previous brat fry. The chips and soda will be .50 along with the bags of cookies, the nachos and cheese will be \$3. Members will be in front of Beaver's Variety Store. Denise will go to Walmart to see if they would be willing to make a donation of nachos and cheese. Denise will bring money so that we can make change, as well as a table, a chair, a cooler and ice. Sandy will bring a table and a crock pot, as well as a ladle for the cheese sauce. Pat will bring a table, a cooler and she will make a sign with our pricing. Peggy has containers to put the nachos in. Linda will be able to come and help as well. Members need to be there by 2:00 PM.

The treasurers report was read, *to be put on file.* Mary motioned to accept, Chris seconded. Denise also collected County dues and Club 51 dues.

We were all invited to a birthday celebration for our wonderful member Mabel Korntved. It will be at Bethlehem Lutheran Church on November 12, 2:00 till 5:00 to celebrate Mabel's 95<sup>th</sup> birthday. We are all so glad that Mabel is a part of our group.

There was discussion of our upcoming events. The craft lesson on October 19 will be given by Denise and Nicole at McMillan Library multipurpose room. It will feature Home décor made with Chalk Couture taught by Nicole. Also an Autumn Luminary made with mason jars taught by Denise. The deadline for registration for registration is October 3. The cost for the Chalk Couture will be \$7 and the Mason jar craft will be \$5.

There will be an upcoming lesson on November 16<sup>th</sup> from 1:00 to 3:00pm at McMillan library multipurpose room which will feature lessons on making quick breads and baking powder biscuits which will be taught by Linda O'Donnell.

Today's meeting was fun because we had members bring a favorite recipe made with zucchini. It was great to try all the different treats. Recipes accompanied these treats to share with all the members.

The meeting was closed with the Homemakers Prayer.

Collected Backpacks for Kids, Pennies for Friendship and the Cakewalk.

Minutes of club 51 meeting. 10/20/22

The meeting opened with the Pledge of Allegiance and the Homemakers Creed. Roll call was taken, there were 10 members in attendance.

The minutes were read from September 15th 2022. Jim made a motion to accept the minutes as read. Denise seconded the motion. The motion passed.

The treasurer's report was read. We have \$556.17 in our Treasury. Jim made a motion to accept the treasurer's report. Christine seconded the motion. The motion passed.

The homecoming parade was rerouted so the fundraiser was canceled. Denise reported that we did get a \$25 gift card from Walmart to purchase fundraising supplies. Since we were unable to serve food at the parade, we will save this gift card for a future fundraiser. The leftover chips from the brat fry were used as refreshments at our meeting. Pat purchased the leftover soda for \$20. This will go into our Treasury.

Denise gave a report on the craft lesson on October 19th. 18 people came for craft day. They made Chalk Couture home decor led by Nicole Mancl and a Mason Jar Luminaire taught by Denise Mancl. Everyone commented that they had a great time.

Diane reminded everyone that her tenure as president for Wood County will be ending soon.

The next lesson will be on November 16th from 1:00 to 4:00 p.m. at McMillan library in the multi-purpose room. Jackie Carattini will give a lesson on quick breads and Linda O'Donnell will teach us how to make baking powder biscuits. Pre-registration is required. The cost will be \$10 and participants will need to bring an apron, bowl, and a mixing spoon.

County membership dues have been sent in.

The next club 51 meeting will be on November 17th at the Lester library in Nekoosa from 1:00 p.m. to 3:00 p.m. . This is our sweet and savory meeting so everyone is asked to bring a favorite treat to share. Pat will give a lesson for making keto bread.

Club 51 will be hosting the county Christmas party on December 6th from 9:00 a.m. till 2:00 p.m. Diane will take care of registration. Pat is donating table centerpieces that were made by her sister. Jim Nickel will also make some wooden centerpieces that he will create. Diane will donate placemats and table favors. Peggy will make coffee and tea and will see if she can get a donation of juice from Ocean spray. Breakfast and lunch will be catered by Piggly Wiggly. Breakfast will be muffins and fresh fruit. Lunch will be either beef tips with gravy and noodles or beef stroganoff with a dinner roll and green beans with cake for dessert. Christine and Denise will donate bottled water. Diane and Pat will provide the silverware. Peggy will provide cups and small plates Denise will provide napkins unless Christine finds some that she already has. Denise will purchase Chinet plates and Christine will provide tablecloths. Peggy will take care of name tags. Everyone will be invited to bring a white elephant basket to be raffled off. Carole Grorich will make Christmas bingo cards and everyone will be asked to bring a wrapped bingo prize. Peggy will contact Linda Hobbs to see if she would be willing to run the basket raffle. Denise will bring \$25 in \$1 bills for Linda to make change. Diane will bring a cash box and small paper bags for the raffle. Peggy will contact Nekoosa High School about entertainment possibilities.

Denise mentioned that the senior meals maybe starting again. Diane will find out for sure. If they are, we will begin making table favors again.

The meeting closed with the Homemakers prayer.

Minutes of club 51 meeting November 17th 2022

The meeting was opened with the Homemakers Creed and the Pledge of Allegiance. Roll call was taken and there were eight members present.

Minutes were read from the October 20 meeting. Chris made a motion to accept the minutes, and Linda seconded the motion. The motion passed.

The baking lesson date has been changed to December 1st as Jackie Carattini had a previous commitment for November 16th. Participants need to pre-register. Jackie will demonstrate how to make quick breads and Linda will demonstrate how to make baking powder biscuits which will be followed by tips on how to reduce holiday stress.

This lesson will be free to all participants.

The treasurer's report was given. We have \$560.11 in our Treasury. Sandy made a motion to accept the treasurer's report. Pat seconded the motion. Motion carried. An audit was done as well. The decision was made to donate \$50 to the same five charities that we gave to last year at Christmas time.

The 51 club Christmas party will be at the Wittenberg schoolhouse on December 2nd. Happy hour will be at 5:30 with supper at 6:00 p.m. everyone will need to bring their own place setting and any beverage that they would like. Punch and coffee will be provided.

Nicole will make the ham.

Christine will make sweet potatoes and punch.

Pat will make dressing and gravy.

Denise will make rolls and bring butter.

Mary will bring cranberry sauce and Christmas cookies.

Linda O will bring pumpkin pie.

Sandy will bring pecan pie.

Peggy will bring coffee, cream, sugar, and mashed potatoes.

Linda G will bring green bean casserole.

Rather than drawing names, we decided that all single women will bring a \$10 gift for a woman and all married couples will bring a \$10 gift for a man and a \$10 gift for a woman.

Christmas card exchange is voluntary.

If you are a single person you should bring two bingo prizes and if you are a couple you should bring four bingo prizes. The prizes should be worth \$1 to \$1.50.

Christine will bring her bingo game. Peggy will provide music. Sandy, Pat, Linda O, and Christine will decorate the schoolhouse.

Pat gave us a demonstration on how to make keto bread. Delicious.

It was decided that Pat would remain president and Linda Gentry agreed to work with Denise to learn the ins and outs of being our club treasurer. When she is comfortable with it, she will take over the position as treasurer.

There have been some changes to the county Christmas party that club 51 is hosting.

Pat will do registration.

Peggy will bring a cash box, placemats, table favors "candy", name tags, coffee, and cranberry juice that was donated by Ocean spray.

Pat will bring tablecloths and silverware.

Denise will bring plates and napkins.

Chris will bring lunch bags to be used in the raffle.

Set up will be done the evening before on December 5th beginning at 6:30 p.m. by Pat, Chris, Linda, and Denise.

The Piggly Wiggly is catering and Peggy is waiting to hear back from them. The meal will be beef tips and noodles, a dinner roll, green beans, and a cake. Peggy will see if we can get cranberry sauce as well.

Peggy will take care of entertainment which will be a high school choir.

All other arrangements will remain the same regarding Raffles and bingo prizes mentioned in last month's minutes.

The meeting closed with the Homemakers prayer.

#### HCE Rudolph Pines October 11, 2022 Minutes

The meeting was called to order, with the Homemakers Creed, by Secretary Linda, at 9:30 AM at Marilyn Cournoyer's home. There were 7 members in attendance. The August 16<sup>th</sup> 2022 meeting minutes were read and approved. The treasurer was not there, so no treasures report was given. Money was collected for Pennies for Friendship. President Agnes was not there due to health issues.

Marilyn started the meeting by giving a demonstration of making Asiago Cheese Bread. It was very delicious and was served for lunch with Gnocchi Soup.

Old Business discussed was:

A report of the West District Meeting was given. Jackie Carratini gave a great presentation and the Assumption Music Department provided the entertainment.

WHCE Craft Day is at McMillan Library October 19<sup>th</sup> from 1:00 to 3:00.

New Business discussed was:

First order of new business was the election of a Vice President to help President Agnes Langeberg. Co-Vice Presidents were elected, Darlene Schumacher and Marilyn Cournoyer.

Ideas for County Day 2023 were discussed. The theme will be Butterflies. The Rudolph American Legion Hall in Rudolph was reserved for the meeting. More information will follow later.

The Wood County HCE Christmas Party will be December 6<sup>th</sup> at Nekoosa Library.

The Rudolph Pines Christmas Party will be December 13<sup>th</sup> at Perkins Restaurant at 1:00.

The next Rudolph Pines meeting will be November 8, 2022 at Linda Hobb's home in Rudolph at 1:00.

The meeting was closed at 12:00 with the HCE Prayer Creed

#### WOOD COUNTY HCE FALL KICK-OFF SEPTEMBER 13, 2022, 9:00 a.m., NEKOOSA LESTER LIBRARY

Our meeting was called to order by President Diane Nickel, who led us in the Pledge of Allegiance and the Homemaker's Creed.

Presentation by Mike and Barb Hittner: We began our Fall Kick-off with a wonderful presentation by Mike and Barb on their 25-day trip to Africa.

#### BUSINESS MEETING

Secretary's Report: Our minutes from the August 16, 2022 meeting were read and approved by Agnes Langeberg and seconded by Denise Mancl. A letter from Rita Carlson was read stating that she regrets she will no longer be able to be in HCE due to health concerns.

The Board Members introduced themselves and told what they did in their roles. As Historian, Linda Reber asked for any information from the past pertaining to Homemakers/HCE. Joining Peggy Wettstein on the



Scholarship Committee will be Pat Klein and Linda Reber; as Carol Grorich completed her term and Mary Weber stepped down due to health concerns.

West District Meeting: We will be hosting the West District Meeting at McMillan Library in Wisconsin Rapids October 10, 2022. Diane has been in contact with Joan Staffon on this.

Bylaws have been reviewed, amended, and approved. Diane read the changes; most of which pertained to reimbursement to members attending conferences. Connie Eisch made a motion to accept the changes, and Ardell Mueller seconded the motion.

September 27 Board Meeting: Diane stated that there would not be a Board meeting September 27, 2022, as previously planned, because it would not be necessary.

October 19 Craft Lesson: Denise described the upcoming craft lesson at McMillan on October 19, 2022, from 1:00 – 3:00 p.m.

County Dues: Denise reminded everyone that County Dues are to be paid to her (\$14 if you belong to a club; \$17 if you are a member at large).

Election of Officers: It was motioned by Agnes and seconded by Pat that we postpone election of officers due to lack of interest/volunteers.

Our meal was served. Following our meal, we played Bingo. Our basket raffle was successful.

We closed with our Homemakers Prayer and adjourned.

Respectfully submitted: Peggy Wettstein, Secretary

WEST DISTRICT SPECIAL MEETING  
CALLED BY JOAN STAFFON TO INCLUDE:  
EXECUTIVE BOARD, COMMITTEE CHAIRS, CLUB PRESIDENTS, AND CLUB MEMBERS  
October 27, 2022, 1:00 p.m., NEKOOSA LESTER LIBRARY

Our meeting was called to order by West District President Joan Staffon.

- Agenda Items: a. Election of: President, Treasurer, and Secretary  
b. Discussion on the money garnered from the West District Meeting.

Election of Officers: The rules of voting were read.

President: Connie Eisch motioned to nominate Peggy Wettstein. The motion was seconded by both Diane Nickel and Judy Steinert. A unanimous vote was cast, and Peggy accepted the position of Wood County President.

Treasurer: Connie Eisch motioned to nominate herself. The motion was seconded by Nicki Jarosinski. A unanimous vote was cast, and Connie accepted the position of Wood County Treasurer.

Secretary: Nicki Jarosinski motioned to nominate Linda Hobbs. The motion was seconded by Diane Nickel. A unanimous vote was cast, and Linda accepted the position of Wood County Treasurer.

The three new officers were inducted into their new positions; effective immediately.

Money from West District Meeting: All registration monies collected went directly to our treasurer. A stipend was given to Wood County HCE to be used for location rental, speaker, and other expenses paid through our profit. Since our location venue was free of charge and our speaker did not charge, Wood County will be returning the stipend to West District.

Regarding the money received for lunch reservations: Because the menu was changed from pulled pork to BBQ, less money was paid for the breakfast/lunch served. Therefore, part of the registration amount needs to be returned to those who attended. Joan suggested returning one third to each member who paid for and attended the meeting. The reimbursements would be made through each county, who would in turn would take care of getting money back to each member as they deem fit. Diane Nickel made a motion, seconded by Darlene Schumacher, that our treasurer sends money per attendee to each county. Motion carried.

Darlene Schumacher suggested that the Wood County lunch reservations fees paid stay in the treasury. Everyone in Wood County seemed to agree; but Darlene stated if anyone in Wood County felt they should be reimbursed the money, they should ask Connie Eisch to write them a check in that amount. Diane mentioned at the end of the meeting that at the bottom of the West District Meeting registration form they stated “subject to availability”; so it was clear that the menu was subject to change. Diane also stated that Maureen Bruce told Diane that we should keep the stipend when Diane tried to turn it.

**Spring District Meeting:** Our Spring West District Meeting will be April 17 at the church in Arkdale (Adams County).

**2023 Wood County HCE Booklets:** Jim Nickel is waiting on a few dates yet, but has the 2023 books almost completed and ready to be printed.

Our meeting was adjourned, and Joan met briefly with the newly elected officers to review the Organizational Sheet.

Respectfully submitted: Peggy Wettstein, acting secretary

## WOOD COUNTY BOARD OF DIRECTORS MEETING

November 15, 2022, 9:00 a.m., Nekoosa Lester Library

The meeting was called to order by President Peggy Wettstein, with the Pledge of Allegiance and the Homemakers Creed.

Attending the meeting: Peggy Wettstein, Linda Hobbs, Linda O’Donnell, Carol Grorich, Christine Goodness, Pat Kline, Marilyn Cournoyer (VP Rudolph Pines) and Nicki Jarosinski.

Secretary’s Report: The minutes from Fall Kick-off, September 13, 2022, at Nekoosa Lester Library were read and approved by Carol and seconded by Marilyn. The minutes from the West District Special Meeting October 27, 2022, in Wood County, conducted by Joan Staffon, were read and approved by Pat and seconded by Christine.

Treasurer’s Report: Peggy read the Treasurer’s report for Connie Eisch. It was determined the club has sufficient funds to cover this year’s expenses.

Old business discussed: A general wrap up discussion was held about the West District Meeting on October 10, 2022 held at McMillan Public Library. The Special West District meeting on October 27 was also discussed and any questions or concerns were addressed.

### New Business:

The next lesson has been moved to December 1<sup>st</sup> at McMillan Memorial Library from 1:00 to 3:00. Jacki will be giving the lesson on Reducing Holiday Stress; Baking Quick breads and Linda’s famous Baking Powder Biscuits, register by November 28<sup>th</sup>. A letter with the changes was sent to members.

County Christmas Party will be December 6, 2022 at Nekoosa Lester Library. A reminder letter was sent to members. The menu will be Beef Tips and Noodles. Please bring a wrapped white elephant prize for Bingo and Baskets for the raffle. Registrations are to be sent to Pat Kline by November 28<sup>th</sup>.

The yearly HCE booklets for Wood County are being worked on by Jim Nickels and are almost done.

A discussion was held about moving the Board of Director's meeting to McMillan Library in Wisconsin Rapids. For the time being it will be held in Nekoosa Lester Library. The dates for the Board of Directors Meetings will be February 7<sup>th</sup> 2023, May 9<sup>th</sup> 2023, August 8<sup>th</sup> 2023, and November 14<sup>th</sup> 2023.

It was suggested to move the Lessons to Thursday Afternoons for 2023. There is a possibility of encouraging some Home Schooling Families to attend the Lessons.

Ideas for lessons in 2023 were suggested:

How to protect yourself in a Mass shooting event,

Jacki has 2 presentations from the 2022 Conference,

Pollinators Butterflies and Bees,

A speaker from a Funeral Home to talk about funerals and other information,

Knitting Lessons from Knitting Shop owner Jane Ruesch,

Beginning Embroidery or Crocheting Scrubbies

Identity Thief and Scams

Dates for 2023 - County Day May 2, 2023 at the Rudolph American Legion Hall in Rudolph

Fall Kickoff September 12, 2023 at Nekoosa

Christmas Party December 5, 2023 at Rudolph

More information will be available later.

### Committee Reports

Bookworms – Readers will continue to read on Wednesday's. Christine has donated extra books to schools. She needs more readers in the winter months. There have been 130 book bags made by HCE members and given away to students. Bookworms received a generous donation from Jim Janz and the Rudolph American Legion.

Marketing – Carol can get what you need in marketing products, let her know.

Program information was covered above in Lessons for 2023.

Membership – We have 2 new members, Denise put a nice article in the City Times about HCE. Keep track of your volunteer time and turn the report into Denise.

No other Committee reports were given.

The Next Board of Directors meeting will be February 7, 2023 at Nekoosa Lester Library

Peggy closed with the Homemakers Prayer and adjourned the meeting.

Respectfully submitted: Linda Hobbs, Secretary

# Historian's Corner

Hello Autumn! My name is Linda Reber. I have been in HCE for 16 years. I joined in 2006 with two of my sisters; Julie Rehberg and Sara Bain. We joined because our mother was in HCE for so long, as we could remember and it gave us a chance to spend more time with her. My sisters and I all had jobs at the time, but they couldn't make it work out with schedules, so they had to drop out.

I am the new Historian and would like to ask if anyone has any pictures or articles (past or present), to please get them to me and I will put them together in a scrap book and will share all my work when my term is up.

Thank you in advance and I look forward to recording our HCE group.

Yours truly,  
Linda Reber



## Wisconsin Bookworms

Christine Goodness  
Bookworms Chairperson  
(715)886-5294



Wisconsin Bookworms

Becoming a reader doesn't just happen. Adults (teachers) thoughtfully and purposefully interact with children experiences that support emergent literacy. Research shows that experiences in reading is a key concept in learning to read for preschool children. Wood County, Wisconsin Bookworms, is a proud promoter of early childhood readers. The volunteer readers and free books we donate to these children are sure to make a difference in their futures.

Wood County participates in in this program and is off to a great start. We are reading in the classrooms. We have 131 children that are being read to on a regular basis. Thanks to great volunteers, books and book bags are being donated to the children.

Anyone interested in reading to the Head Start children next fall please add your name to the call list, we are always looking for volunteers.

A big THANK YOU to the members that help make this program successful. It is a wonderful program that Wood County HCE can be proud to promote.

Keep Reading!  
Christine Goodness  
Wood County Bookworm Coordinator

## 2022 WAHCE State Conference

What an AWESOME HCE state conference held in La Crosse in September. This was the first time I had ever attended a state conference and I got a lot of new HCE friends. As you can see, we had a great representation from Wood County.



The following ladies attended. Christine Goodness, Nicki Jarosinski, Darlene Schumacher, Peggy Wettstein, Claire Grosskreutz, Agnes Langeberg, Carol Grorich, Ardell Mueller, Judy Steinert, Marilyn Cournoyer, Pat Klein, Connie Eisch, & Sandy Oleson.

There were numerous tours that we could have enjoyed in the beautiful La Crosse area. The workshops were very interesting and we have new ideas to bring back and share with our clubs. I attended

ranging from Health matters, Gardening as your garden grows, and Prairie Wildflowers for attracting butterflies, Birds and Pollinators. I also attended a craft workshop as you can see in the picture. There was a large display of arts and crafts that were judged. 3 people from Wood County received 1st place they were Ardell Mueller, Teresa Begolke and Darlene Schumacher.

The silent auction was a big hit and had more items donated than in the past. There was a display from each club exhibiting how HCE was being promoted throughout the state.



The meals were very good and entertainment each night was a great way to end a busy day. My favorite was Lisa David Olson, a Business humanist and Tex'x speaker. She really had us all laughing the entire time. The Apple Annie's Singing group of La Crescent, Mn. Also put on a great show Tuesday evening. I think that we all reached our quota of steps "each day"! It was a great to see that HCE is alive and vibrant throughout the state of Wisconsin. HCE has changed from when we first considered ourselves a "Homemaker Club" Times change and HCE can adopt also. I hope that you will consider attending the 2023 HCE state conference in Lake Delton and I look forward to seeing you there.

Marilyn Cournoyer, Rudolph Pine HCE Wood County.

## Extra Opportunities

I recently became a member of an exciting program offered through UWSP called LIFE. That is, Learning Is ForEver! I taught a few classes for the program while I was your Family Living Educator, but it didn't occur to me to join myself until recently.

LIFE is a 'membership-based' association of adult learners providing an opportunity to share experiences, promote intellectual and cultural enrichment, and encourage lifelong learning. It is hosted and coordinated by UW-Stevens Point Continuing Education.' Membership in LIFE is open to all adults and a semester of classes is \$50 per person. The winter session begins January to June. Some of the classes are on campus, some are on Zoom and some are field trips. I recently went to the Schmeekle Reserve on the UWSP campus and took a class on making a wreath out of invasive species - specifically buckthorn. It is lovely and is on my dining room wall!

Some other classes include:

- Space Astronomy: The Wisconsin Roots of Astronomy Done in Wisconsin
- a field trip to American Players theater in Spring Green (extra cost) to see Hamlet
- The History and Importance of the white pine in Wisconsin
- Dementia: Types of dementia, how they differ and interventions
- America's war of values (taught by our own Ron McCabe-former director of McMillan library)

This is just a small sample of the classes available. There are on average 1 to 2 classes on any given day and many are archived and can be seen any time on line.

If you are interested, you can go on line to sign up by going to [www.uwsp.edu/conted/LIFE](http://www.uwsp.edu/conted/LIFE) or you can call me and I will send you a registration form.

Here's to lifelong learning!  
Connie Eisch\715-325-3255

Back in my early days of moving back to Nekoosa with a husband and baby, my mother very strongly encouraged me to join Club 51 HCE. It seemed like the natural thing to do, because I already knew everyone from attending the club's events (and accompanying on the piano) from as far back as I could remember! A few years after I joined (when Wisconsin was preparing to host the National Convention in Milwaukee in 1988) the State Chorus reorganized; and once again my mother convinced me that we together should join the group – "It will be so much fun," she said....and that led to being their accompanist....then a couple of European tours as the Wisconsin Friendship Chorus (by this time my mother stayed back to help with my children)....then several National Conventions all over the United States....and somehow by the time we sang in Alaska, I was director of the group. Oh my, it has been a ride; and I am so grateful for my faithful roommate Sylvia Weiler, who often kept me sane! Through all of these travels, I must say that I have met and been inspired by the leadership of many wonderfully talented HCE women across the country!

Fast forward to the present: Our thanks go out to all who helped in any way with our annual Wood County Christmas party December 6. Following our business meeting, we had lots of fun playing White Elephant Bingo with Carol Grorich; we were entertained by the Assumption High Choir, then together shared a delicious meal catered to us by Piggly Wiggly. Certificates were given by Christine Goodness to those who have read to our local preschoolers this past year through the Bookworms Project. Membership certificates were awarded this year to Shirley Fuller (10 years) and Claire Grosskreutz (15 years). Wood County Member of the Year Awards went to both Jim and Diane Nickel, who we thank profusely for the countless hours of time and effort they have given as Wood County Co-Presidents for the past two years! Jim and Diane have graciously agreed to continue to put together our Connections newsletter, and we are appreciative!

As we begin this new year, we remember and hold in prayer Mabel Korntved, a dear member of Club 51 who we lost December 17; Troy Oleson, son of member Sandra Oleson, who lost his battle with cancer January 2; and Roger Staffon, husband of Joan Staffon, who passed away the weekend of January 8. Joan is a former Wisconsin State President and West District Director. Our sympathies go out to these families. Please watch for the upcoming lessons to be hosted this year at the McMillan Library on the first Thursday of the month from 1 – 3 p.m. as follows:

- Feb 2 "Cut the Clutter – Tips for Getting Organized"
- Mar 2 Craft TBA with Nicole and Denise (a flier with a description of the craft will be mailed to you)
- Apr 6 "Multiply Your Joy with Fragrant Herbs"
- Oct 5 Craft TBA with Nicole and Denise
- Nov 2 TBA
- Dec 7 "No Bake Holiday Treats"

I am pretty excited to attend these upcoming lessons, and I hope to see many of you there with a friend or two! Look further in this newsletter for more information and the link to sign up for the Feb 2 presentation! Our 2023 HCE booklets will out very soon! Stay warm and safe! ☺

Peggy



I want to take a moment to thank both Diane and Jim Nickel for all they have done for HCE! They came in a time of transition and both went above and beyond many many times. Their passion for HCE their hobbies and their community is greatly appreciated!  
Jackie

### Cut the Clutter- Tips for Getting Organized

When- February 2<sup>nd</sup> at 1pm

Where -McMillan Library

Description- Is clutter a problem in your house, garage, office? Do you ever move piles from space to space? Do you spend extra time looking for things? Do you have closets and drawers that are stuffed to capacity and overflowing? Are you tired of being the family's official picker-upper? Many Americans have a fondness for purchasing a lot of "stuff", which has led to clutter-filled houses. In addition, we are so busy that families have less time to keep everything organized. This lack of organization can cause stress and be a burden for everyone in the household.

If this sounds like you, no worries but it's time to take control of your space! Cleaning and organizing is often considered a chore but if you start with a positive attitude, it will make the task easier and make others want to join you. It is important to start with a designated space. Like a specific drawer, table, shelf or closet. One of the main reasons folks fail at organizing is that they take on too much to start off. The project becomes overwhelming, they quit and never finish. So, start small. Second, acknowledge that the process, no matter the size, may bring up memories and emotions that you may not have been prepared for. That is ok. Allow yourself the time needed to process and if it is too much, step away but be sure to go back. Lastly, set your timer! By making the process timed, you have a start and stop, and it is less likely to become overwhelming. If it is a large project, like cleaning your junk room that has been accumulating for 30 plus years. Doing the project in small steps like 15 minutes a day will make it easier to tackle.

If you would like more tips on getting organized join us on Thursday February 2<sup>nd</sup> at 1pm at McMillan library in Wisconsin Rapids. There is no cost to attend but registration is encouraged. Please call UW-Madison Division of Extension Wood County at 715-421-8437 to register.

See you there!

Jackie

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