

HCE CONNECTION

Wood County Home and Community Education

December
2023



Greetings to All! Ready or not, this Thanksgiving / Christmas holiday season is upon us! It seems that the older we become, the more we treasure sharing this season with our families and friends, and I am truly looking forward to seeing all of you at our Christmas Party Tuesday, December 5, at McMillan Library! Don't forget the basket raffle and your gently used books!

I am also hoping that you are planning to attend our December 7 Lesson from 1 -3 p.m. at McMillan entitled "No Bake Holiday Treats." Bring a friend with you – who doesn't need a little help in making holiday preparations easier?

Our October Craft Day and November lesson on Canning Meats were both well-received. It is so great to be able to host these at McMillan and open them to the public!

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Flyers Enclosed:

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 2023—2024 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 2023—2024 school year. I have enclosed payment of \$25.00.

Name: _____

In Honor Of: _____

Address: _____

Phone Number: _____



Officers & Coordinators

<u>Name</u>	<u>E-Mail</u>	<u>Position</u>	<u>Telephone</u>
Carol Grorich	grorichf@tds.net	Marketing	(715)884-6598
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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

RUDOLPH PINES MEETING MINUTES AUGUST 9, 2023

President Agnes Langeberg called the meeting to order at 1:25 PM, with the Homemakers Creed. The meeting was held at Ardell Mueller's home. In attendance were Agnes Langeberg, Ardelle Mueller, Nicki Jarosinski, Darlene Schumacher, Joella Stoltz, Linda Hobbs, Clara Grosskreutz and Lori Heil.

Secretary Report: Linda Hobbs read the minutes from the May 12, 2023 meeting. The minutes were approved.

Treasurer's Report: Ardelle Mueller gave the financial report, which was put on file. Our annual county dues will be collected at Fall Kick-Off and given to Connie Eisch.

Old Business:

Rudolph Pines is hosting the Christmas Party on December 5, 2023. The Christmas Party will be held at McMillan Memorial Library in Wisconsin Rapids. The meal will be a Chicken Dinner. Quality Foods will cater the Chicken. The decorations and center pieces were selected along with a theme. Ardelle will take the registrations. Agnes will take care of the Basket Raffle. Marilyn will take care of the programs. Other general planning was discussed and decided on. The next meeting we will discuss decorations and a craft item for the

Christmas Party.

We discussed the great articles Denise Mancl is putting in the Wisconsin Rapids Times and Pittsville Record about HCE activities and membership.

Future HCE Lessons will be October 5th for Craft Day, November 2 on Canning Meat and December 7th for No Bake Holiday Treats.

The West District Fall Meeting will be October 9, 2023 at Loyal, hosted by Clark County. If you want to go, please contact President Peggy Wettstein.

New Business:

The 2024 HCE Lessons will be the First Thursday of the month at McMillan Memorial Library. This will give the Home Schooling families a chance to attend the lessons.

Election of officers was held with the installation at the next meeting. President: Darlene Schumacher and Marilyn Cournoyer as Co-Presidents, Secretary: Linda Hobbs and Treasurer: Ardelle Mueller.

The August 8, 2023 Board of Directors Meeting on August 8, 2023 was discussed.

The next meeting will be at Linda Hobbs home, October 17th at 1:00.

President Agnes Langeberg closed the meeting at 2:45 PM with the Homemakers Prayer.

Respectfully Submitted, Linda Hobbs Club Secretary

Club 51

Our meeting opened with the Pledge of Allegiance followed by the Homemakers Creed. Roll call was taken. There were eight members present.

The minutes from the last meeting were read. Christine made a motion to approve the minutes. Sandy made a second motion. The motion passed.

A treasurer's report was given. Denise made a motion to accept the treasurer's report. Virginia made a second motion. The motion passed.

Old Business:

(Continued on Page 11)



Cultural Arts

On October 5th a craft lesson was held at the McMillan Library multipurpose room. It was a fun time for all as we made waterless snow globes, a diamond dot keychain, and beautiful greeting cards.

Now it's time to look forward to another fun day! On December 7th I will give a class on how to make Tasty No Bake Treats. I am hoping to demonstrate how to make Coconut Balls, Peanut Butter Rice Krispie bars, and Toffee. Everyone will go home with recipes for the treats and everyone will get a chance to taste them as well. These are recipes that my family has enjoyed for many years. We especially like them during the holiday season. I look forward to seeing you. The lesson will be at the McMillan Library multipurpose room from 1:00 p.m. to 3:00 p.m. . There is no charge for the class but I would like everyone to pre-register so that I have enough recipes printed off.

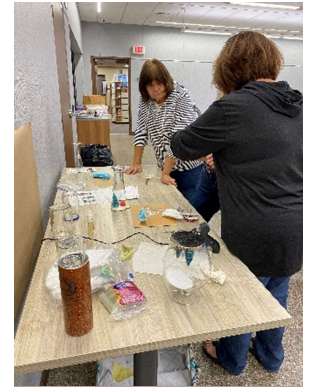
To pre-register, please call 715-421-8437.
Denise Mancl
Nicole Mancl



Denise Mancl



Nicole Mancl



Upcoming Event

1:00 PM – 3:00 PM

7
Dec

No-Bake Holiday Treats

Join Denise Mancl as she demonstrates how to make tasty no-bake holiday treats. She will have samples and recipes available! Don't miss this chance to learn some new recipes to make your holiday season preparations a little easier. Held in the All-Purpose room at McMillan



Wisconsin Bookworms

Christine Goodness
Bookworms Chairperson
(715)886-5294



Wood County Bookworms is off to a great start! We did our first reading and book donation in October. We were able to go into classrooms. It was great to see all the happy faces and good book listeners. A big thank you to the volunteer readers helping out the program.

With the Holidays approaching I would like to encourage you to purchase books, magazines, or journals as gifts. Choosing the right book can be fun. Go to your local librarian for ideas. Reading reduces stress, helps you sleep better, improves your memory, helps you focus and concentrate and it's cheap entertainment. It is a healthy habit whatever your age is. I encourage you to spread the joy of reading and writing for everyone!

Keep Reading!

Christine Goodness

(715)886-5294

Wood County Bookworm Coordinator

(President's Message Continued)

For a moment, I would like to reflect on one of the great International Service Projects that HCE takes part in. Let's pause and think back to our Fall Kick-off this past September. Each year we have been asked to fill a shoebox of useful items for Nicaragua, and this year was no different. I was excited! As I looked through my boxes at home for the absolute biggest shoebox to fill, I had a warm fuzzy feeling of love and goodwill, and I envisioned an overflowing shoebox of wonderful, useful items that the less-fortunate Nicaraguans would be so happy to find when they opened our very big shoebox..... Needless to say, one of the first things I did when I got home from Fall Kick-off (after emptying my car) was to go back downstairs to find a much smaller shoebox, put the items from the big box into the new one, and then proceed to walk around my house and top off the new box with soap, toothpaste, toothbrushes, etc. Gone was my warm fuzzy feeling. But; the box was filled, turned in a few days later, and all was good for Wood County. I felt good. I felt relieved. I was proud of Wood County HCE. I was even a bit excited because we were told a shipment of new identical "shoeboxes" had been received, and each county was to pick one of these boxes up and work on filling it for next year. These boxes would be easier to ship because they would all be the same exact size. Well, guess what? I won't lie, my heart sank a bit as I picked up our box.....I think these boxes were made for a men's size 15EEE shoe!!! They are big; no, they are BIG for a shoebox! So, I am asking for your help **now** in starting to fill the box, which in turn will help me to get my warm fuzzy feeling of love and goodwill back! I will be bringing our "shoebox" to the Christmas Party. I will bring the box to County Day. I will bring the box to Fall Kick-off. Heck, I think I will just keep the box in my car! Please help a little at a time with this project! Perhaps you will feel the love so much that next year you will all want your own box to keep in your car!! ☺

Let's Party!



Jackie Carattini

When the Holidays aren't So Holly!

Despite the perfectly joyful holiday cheer we see in movies, magazines, on TV, across social media, or in any local shopping center, the holiday season is often a bittersweet and not so happy time of year for so many people. In fact, the holidays can be some of the unhappiest times of the year, a feeling that is exacerbated by continual pressure to be happy and merry.

Why?

Maybe it is sickness, financial pressures, relationship challenges, deadlines, projects, deployment, anxiety, depression, death of a loved one, or anything else that impacts you during this time. Whatever the reason, many people battle on various levels during the holiday season.

Here's some encouragement that I learned along the way when holidays aren't so happy:

You are not alone

When it's the least wonderful time of the year, it's easy to feel like you're on an island and the only person who has ever experienced this kind of pain. Regardless of what you are going through, it is important to know that you are not alone. There are others (many others) who feel the same way you do right now. It often helps to connect with others who are experiencing similar feelings. Due to Wisconsin winter weather, we are often even more isolated, but it is important to connect with those in our lives and keep your commitments and engagements when possible.

Expect this holiday season to be different

There's no sugarcoating it. Expectations play a significant role in our happiness. If we go into this holiday season expecting everything to be perfect, happy, fun, and enjoyable, we will surely be disappointed. However, if we go into this season embracing and expecting that things will be different, nostalgic memories will surface, then we are acknowledging our feelings, and it will help. It's ok to experience different emotions: sad, happy, angry, lonely all simultaneously. Embrace that you might not enjoy specific gatherings as you have in the past. In no way am I saying expect everything to be terrible, but I do believe setting realistic expectations can help you from feeling more sad or disappointed.

Offer yourself grace

Having a happy holiday or merry Christmas doesn't come easy to everyone, so be gentle and kind to yourself! Don't force yourself to do things. Take breaks. Rest. Do something just for you. You deserve a gift too. Treating yourself is an essential act of self-care.

Gratitude

During the holiday's challenging times, it is easy to feel a little overwhelmed by life. As a result, negative feelings can creep in, making it difficult to see the positives. However, cultivating the practice of gratitude can help to alleviate some of these feelings and remind you to focus on the simple things in life and what you are thankful for. Try a gratitude challenge during the month of December. Each day identify something you are thankful for. It can be something small like the sun shining on the snow or enjoying a great cup of coffee. Take a moment to notice the positive things in your day and how they make you feel. Again, these can be small items or events but can have powerful impacts on our well-being. Lastly, find ways to savor the positive things. This might be sharing them with a friend or loved one, it could be journaling or writing it down.

Reminder:

We will again be packing boxes for Wisconsin/Nicaragua Partners of the Americas. Please bring sewing, gardening, baking, beauty or school supplies to the Wood County HCE Christmas party. Remember these items must fit in a shoe box. So clean out your craft rooms and if you have any lace, trim, zippers, buttons, snaps, thread or any other items bring them along for the Wood County box!

Reminder:

Join us in welcoming our partners and visitors from the Wisconsin/ Nicaragua Partners of the Americas. We are delighted to share that Central Wisconsin will be hosting a delegation of visitors from Thursday November 30-Saturday December 9th. Friday December 1st from 4-6pm is a Welcome Event at Ashley Bar, 201100 County Road X, Mosinee. On Saturday December 2nd, 11:00 AM There will be a Treadle Sewing demonstration at the Rose House Café, 1140 Clark Street, Stevens Point and opportunity to chat with our Nicaraguan guests, lunch and coffee options are available HCE member are welcome to join both events.

Jackie L. Carattini

Jackie L. Carattini
Associate Professor
Human Development & Relationships Extension Educator
University of Wisconsin-Madison- Division of Extension

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715-421-8441

715-421-8476 (FAX)

UW Madison- Division of Extension

Strong Bodies Nutrition Tips

STRONGPeople Nutrition Tip



Go For Low- and Nonfat Milk, Yogurt, and Cheese

Milk, yogurt, and cheese—known as the Dairy group in the United States Department of Agriculture’s (USDA) MyPlate—are rich in protein, calcium, vitamin D (in the case of milk), riboflavin, and other vitamins and minerals. As part of a nutrient-dense diet, low-fat and nonfat dairy products are recommended.

MILK

Milk, especially low-and nonfat milk, is high on the list of nutritious drinks. It is an important source of calcium and vitamin D, which are crucial for strong bones, and strong teeth. If you prefer soy or rice milk, check the label for calcium and vitamin D fortification and be aware that these may not provide all of the other nutrients found in milk. For example, rice milk is very low in protein.

YOGURT

Yogurt is a good source of protein, calcium, vitamins, and minerals. Yogurt is unique, however, because it contains “live and active cultures”; these are living organisms that convert pasteurized milk to yogurt during fermentation. Because it contains lower amounts of lactose, yogurt is a good dairy choice for people who don’t digest lactose well.

CHEESE

Cheese is a good source of calcium, vitamin B2, and riboflavin. Be selective about the type and amount of cheese you eat; choose low-, reduced-, or non-fat versions. Be mindful of portion sizes—as with eating in general—especially if you’re indulging in full-fat cheeses.

EAT DAIRY TO FIGHT OSTEOPOROSIS

Osteoporosis is characterized by loss of bone density, which leads to fragile bones that are susceptible to fracture. From childhood to early adulthood, our bones grow in length and density. As adults, our bones acquire and lose minerals and are continuously being remodeled. Calcium is needed for optimal remodeling and maintenance of strong bones. Vitamin D helps our body absorb calcium. Foods in the milk group are generally good sources of calcium. Check product labels for vitamin D fortification; for instance milk, as well as many cereals, is vitamin D fortified.

What is a Portion?

The USDA MyPlate guide recommends that women and men over age 18 consume 3 cups of dairy daily.

A One-Cup Portion is...

Milk	1 cup
Soy or rice milk	1 cup
Yogurt	1 cup
Cottage cheese	2 cups
Ricotta cheese	½ cup
Hard cheese (cheddar, Swiss, mozzarella)	1½ ounces
Shredded cheese	1/3 cup
Milk	1 cup
Soy or rice milk	1 cup
Yogurt	1 cup

Quick Veggie Tips

- Use ready-to-eat veggies for snacks, like baby carrots or broccoli flowerets.
- Use salad bar vegetables for snacks, stir-fries, and cooked side dishes.
- Add mixed frozen veggies at the end of cooking rice, pastas, and soups.

Nutrition

Hannah
Wendels
(715)421-8530

FoodWise
Nutrition
Educator
Wood County

University of
Wisconsin-
Madison
Division of
Extension

Lessons

Canning Wild Game, Poultry and Fish Safely

On November 2nd a presentation was given at the McMillan Library by Jackie Carattini. The presentation was given about canning meat, wild game, poultry and fish safely. There are many factors that contribute to safely canning meat. One of those factors is knowing the elevation of the city that you live in. Your elevation can affect the boiling temperature because as your altitude increases, water boils at lower temperatures.

We also learned that there are different kinds of pressure canners. Some canners have a dial or gauge that gives you an actual reading of the pounds of pressure. Others have a weighted jiggle to keep you apprised of the pressure. There's also a new kind of digital electric pressure canner on the market.

When it comes to preserving meat, pressure cooking is the only approved method. We learned that there are many sites online that simply cannot be trusted for good advice. When processing meats and vegetables it's always best to trust a University extension website or be sure to use a Kerr or Ball brand recipe. Jackie reminded us that canning recipes come from a lab. Botulism is a real threat if the process is not done properly. Another thing that people fail to do is to have their gauge checked regularly. You can call ahead to the extension office at the Wood County Courthouse and Jackie can check it for you. You should also pull out the gasket and check it to make sure that it is still pliable. If it feels hard or rigid, you can replace it and they're not usually very expensive. One of the best things we learned, is that there is a big difference between a pressure canner and a pressure cooker. Pressure canners have three to four pressure safety valves. Pressure cookers do not. Only use pressure canners when canning meats and vegetables.

When canning meat, you can raw pack it or hot pack it. There are different recipes to follow and there is a book put out by the University of Wisconsin-extension cooperative available at the extension office. The recipes will never tell you to thicken the broth. Any thickening must be done after you open a jar of canned meat when it's time to prepare supper. Then you can add the thickener of your choice when you are reheating it in your saucepan.

It was very interesting and informative and Jackie did a great job.

Respectfully submitted,
Denise Mancl

Upcoming Lesson.

It's the time of year when we all enjoy some yummy treats to share with friends and family! Christmas cookies of course are a staple in most homes. Certainly every family has recipes that were handed down through the generations. Sometimes it's fun to just have treats that you can make without turning on the oven! I know I have a few that I enjoy making and my family loves them.

I'm inviting you all to join me on December 7th from 1:00 p.m. to 3:00 p.m. at the McMillan Library multi-purpose room. I will be demonstrating how to make some delicious no bake holiday treats. I'm hoping to demonstrate how to make coconut balls, and peanut butter rice crispy bars. If there's time, we may also make toffee. There will be handouts with the recipes. I'm hoping that we have enough time to not only demonstrate how to make them but of course we want to taste them as well !

There is no charge to attend the lesson but I would ask that you pre-register so that I know how many people will be attending. That way I will have enough recipes to hand out. This is a great chance to learn some new

recipes to make your holiday season preparations a little easier. To pre-register for the no-bake treats lesson , call 715-421-8437.

HCE, Home and Community Education is a nonprofit organization that focuses on our members and our communities. This lesson is one of the ways that we like to connect with people and form new friendships. We are always looking for new members. If you have an interest in joining HCE you can call me at 715-886-5727 or email me at deedemancl@gmail.com.

(Club News Continued)

Old Business

Peggy reported that every County was given identical boxes to be filled next year for Nicaragua. It was suggested that we ask for items to be brought to fill the box at County events like the Christmas party and County Day.

Members reported that their experiences at the State convention were great. Both Peggy and Pat expressed how nice it was to meet new people and make new friends. The venue however was very small but the meetings and lessons were very informative. It was also suggested that next year we should fill out forms for Community Services Awards.

Peggy could delegate this duty to someone if they have an interest in working on it. One of the lessons at state was about how to apply for grants etc.

New Business:

Christine suggested we make a donation to First Choice or the Women's shelter. First Choice is a non-profit group that helps women who have a crisis pregnancy and also helps infants. The women's shelter helps families of abuse. Perhaps this could be considered for a county project.

Denise reported that the Nekoosa meal site is up and running. It was decided to make table favors at our November meeting. Peggy had a cute turkey project that would be suitable for November. Members will check to see if they have any of the supplies needed and will report to Denise. Denise will buy any supplies that members are unable to donate. Denise will also make new placards to be placed on the tables at the meal site that will tell the diners who made the table favors. Denise also reported that one of our members, Shirley Fuller has a son who was hospitalized with a heart condition. There will be a fundraiser on November 7th to help him pay for medical costs as his insurance was canceled unexpectedly. Pat has agreed to accept donations or baskets for the fundraiser through next Wednesday October 25th.

There was discussion about a project that we could possibly do for County day next may. Denise has at least 25 makeup bags that are brand new that could be filled with various items to be given as favors to County Day participants. Sandy will check with Solarus, as they sometimes have promotional items with their name on it like lip balm or hand sanitizer. Denise will check with Dr. Esselman for a donation of dental supplies and will ask Nicole if she has a relative that is still a cosmetics representative. The rest of us will see if they can find some great deals on things like packets of Kleenex etc.

Peggy brought a lesson from the State convention called " Living on a Fixed Income". This was very informative.

The door price was brought by Linda Gentry and was won by Peggy Wettstein.

The meeting was closed with the Homemakers prayer.

Respectfully submitted, Denise Mancl

Planning Ahead

Join us and begin
planning **AHEAD** for the end of this life

What is Planning AHEAD?

Planning AHEAD is a virtual 7-session course (one hour each) that guides participants through the topics on the right.

This course features a free workbook to help people with the tasks and decisions associated with end-of-life.

Who is the program for?

This program is for people who:

- Are interested in planning for the end of life to make things easier for family members
- Have lost a loved one
- Are in the process of losing a loved one and are dealing with the transition

When is the program?

Dates: Mondays from 1pm- 2pm:

January 15, 22, 29, February 5, 12, 19, 26.

Location: Virtually via Zoom, computer, laptop, tablet or smart phone required. (Link will be sent prior to class)

Contact us for more information

Register online at:

<https://bit.ly/PLANNINGAHEADJAN2024>
or by calling the Extension Office at 715-421-8440.

planning **AHEAD** PROGRAM TOPICS



Getting Started



Handling Financial
Changes



Advance Medical
and Legal Directives



Estate Planning



Choices in
End-of-Life Care



Final Wishes



Understanding Grief



Extension
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