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**HCE Connection**

Manitowoc County Association of

Home and Community Education

February-March 2024

**President’s letter…**

As I am writing this letter, I am watching the snow fall and then blow across my yard. We had a mild winter until now, but it is here for sure now. At least it is white and cold and not brown. Makes it a little more tolerable that way to me.

We are getting into the HCE time of the year for our learning. We have learned so much from Pastor Matt Sauer about the Manitowoc Warming Shelter which is getting to good use this time of year. Manitowoc County has up to 50 homeless people at any given time. Just because we do not see them does not mean they are not there. Many are working homeless because they are unable to save up the money for the move in cost of an apartment.

Our Focus Studies are set and will be interesting to learn about. On Tuesday, February 6th we will be learning about CBD oils and what it is and can do for us. Paul and Stephanie Bellin for 920 CBD will be sharing their knowledge and have some examples of items that you can get and use for yourself or family. On Wednesday, March 6th, Sgt Paul Krock will be sharing what scams are out there that I am sure all of us have been getting contacted about. On Thursday April 4th, we will be learning about buttons from Melody Urban. She has a vast knowledge and collection to share with all of us. Please let your Center Chairs or Amy know how many will be attending Focus Study Lessons to get room ready and for handouts or samples.

Many of you came out to see Pastor Matt Sauer and learn about our Community Outreach for the 2024 year, Manitowoc Warming Shelter. It started just 2 years ago but has a great impact on the community already. Learn more about what we can do later in this newsletter.

Our Northeast District meeting will be April 25th in Seymour. More details about speaker and official times will be coming in the next newsletter. I would like people to mark their calenders now so have a good showing for Manitowoc County.

We are always looking for new ideas and input on where our organization will go in the future. We have many members with ideas and need them to share them and their talents by joining up and helping the Board. It only takes a few hours a month at most and for some positions only a few hours for the year. If you want to help guide the next few years of Manitowoc HCE.

Good Winter greetings, Amy Kohlmann

DATES TO REMEMBER

|  |  |
| --- | --- |
| Tues. Jan.23rd | Manitowoc County HCE Board Meeting  Extension, Manitowoc County, Room 302  1:00 PM |
| Tues Feb 6th | CBD Oil: What is it and how can it help you  920 CBD , Paul and Stephanie Bellin  Manitowoc County Complex, Room 300 1:00 PM |
| Wed March 6th | Scams: What can we do to avoid them  Sgt Paul Krock  Extension, Manitowoc County, Room 300  1:00 PM |
| Tues. Mar. 28th | Manitowoc County HCE Board Meeting  Extension, Manitowoc County, Room 300  1:00 PM |
| Monday April 1st | HCE Student and Adult Scholarships Deadline |
| Thursday April 4th | Buttons: How did they come to be and are today  Melody Urban  Manitowoc County Complex, Room 300 1:00 PM |
| Wed. April 26th | North East District Spring Meeting  United Methodist Church, Seymour  Meeting: 9:00AM |
| Wed. May 1st | Spring Salad Supper  Peace Reformed United Church of Christ  3613 Waldo Blvd., Manitowoc  Register: 4:00 Dinner at 5:00 |

2024 Study Focus

**CBD Oils and what is it?**

**Date:**  Tuesday, February 6th

**Time:** 1:00 PM

**Location:** Extension, Manitowoc County

Office, Room 300

**Presenter:** Paul and Stephanie Bellin from 920 CBD

**Description:** CBD. What is it, what is it used for and how does it affect the body? We will have Paul and Stephanie share with us what they know about CBD. It can be used in conjunction with other remedies for our health. They will have some samples of different forms of CBD and how we can use it. Please make sure to check with your health care provider before starting any new therapy. Their website is [www.920CBD.com](http://www.920CBD.com).



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**Scams: What you can do to avoid them**

Date: Wednesday, March 6th

Time: 1:00 PM

Location: Extension, Manitowoc County Office

Room 300

Presenter: Sgt. Paul Krock, Manitowoc City Police

Description: We will have Sgt Krock from the Manitowoc City Polie department come and share with some of the different ways people and computers are trying to scam us out of money, time and sanity. It can happen via phone, Email, mail and text affect all aspects of our community. What can we do to avoid them and warn others before we are had.

**Buttons: What is their history**

**Date:** Tuesday April 4th

**Time:** 1:00 PM

**Location:** Extension, Manitowoc County Office, Room 300

**Presenter:**  Melody Urban

**Description:** Buttons, we use them every day and never really think about them. Come and learn about the history of buttons and see many different shapes and sizes of buttons.

2024 Community Outreach

Manitowoc Warming Shelter is our 2024 Community Outreach and we had Pastor Matt Sauer come speak to us on January 4th. It is amazing only being in the 2nd year and to have accomplished so much so quickly. There are growing pains of course and they are looking for a larger more permanent location. They have a building fund started and are taking monetary donations for it. Paster Matt figures will need $2-5 million dollars for the 24/7 year-round shelter. As for other ways to help, volunteers are needed for 4-hour shifts they are open from 8pm to midnight, midnight to 4 am and 4 am to 8 am. You are there to monitor the open space, prepare continental breakfast and clean up. There is dinner meal prepared each night and we were told that is planned out for the rest of the season. As for items they are in need of it is best to go to their website of [www.manitowocwarmingshelter.org](http://www.manitowocwarmingshelter.org) or their Facebook page. It is updated as items come in and since they have limited storage space, they cannot keep many things on hand. They are always in need of hand warmers and stable juices for breakfast. Kwik Trip gift cards for the Shelter to pick up extra items they need or Individual bus passes for individuals to get to work or interviews or medical appointments. Past Matt was so passionate about the Shelter and to bottle it would be so incredible.

Reading Buddies

Reading Buddies is going well this year with reading for the 3K children in Manitowoc and Two Rivers. The readings in January were delayed some due to weather but they are getting the times made up. Reading is a life long way to be learning and needs to be nourished and treasured for many memories in their lives.



Cultural Arts

Keep working on your projects. There have been some changes to the categories with Cultural Arts so please review the form on the State website at [www.wahceinc.org](http://www.wahceinc.org) or the form will be in the next newsletter. Forms are due to Judy by April 15th. Items need to be to Judy by April 30th for judging to occur before the Salad Supper.

Submitted by Judy Yanda, Cultural Arts co-chairperson

Scholarships

The Manitowoc County HCE scholarship information will be available after January 1st. Applicants need to have a family member who is a current HCE member. The due date is April 1st, 2024 for the applications and recommendations. Winners will be notified prior to the Spring Salad Supper in May and are asked to attend the Salad Supper. Applications can be obtained on the following website, www.wahceinc.com, under click on Contacts to get to the Manitowoc County site.

**Stitches of Love**

Many continue to work on our projects for the community. Cancer hats and lab robes are being made along with quiltettes and little dresses. We just received a new batch of material for book bags from Shimek’s Furniture so we will be stocking up for the next few years since our numbers are down due to only doing the 3K children. Judy is looking for a good pattern for walker bags for carrying items so if anyone has any ideas please let her know. If need help getting started or have items to turn in reach out to Judy or Mary Ann listed under Cultural Arts in the program book.

**WI Nicaragua Partners**

WI Nicaragua Partners has expanded. The Nicaragua government had been having some troubling times and were changing regulations for the Learning Centers and it was difficult for some time to get our supplies into the country. Well, that has been resolved and items are going back there. We are also helping out Honduras with similar items, Ukraine with medical supplies and Uganda with recent shipments of bicycles and sewing machines. There will some drop off dates at an Appleton location in March if anyone has items to drop off from March 8th to 24th. For more information, reach out to Lylene Scholz or Amy Kohlmann for more information. It is in partnership with the Appleton Rotary Foundation on North Ballard Road.

**\*Correction to 2024 Program Book**

* Phyllis Hickmann name and email has 2 n’s
* Wednesday September 4th is the date for the Craft Fair



Dorothy Ida Herrmann, age 93

Passed on 12/24/2023, Branch Homemakers

**2024 Newsletter Deadlines**

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| --- | --- |
| **Newsletter Edition** | **Due Date at Extension, Manitowoc County** |
| April/May 2024 | March 2nd |

Recipe from Wisconsin Czechs Inc. Presenter to group in past

Barley Hot Dish

¾ cup pearl barley 10 oz frozen mixed veges

1 ½ cup hamburger 1 cup chopped celery

1 onion, chopped ½ cup green pepper

1 can tomato soup optional

1 can mushroom soup

Boil and drain barley as directed. Brown hamburger and onion. In 2 qt ungreased casserole, mix hamburger, onion and soups. Add barley and remaining ingredients. Mix well. Bake at 350 for 1 hour.

Serves 8 to 10 people.

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UW Extension Center

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