

# Changing With Today

COLUMBIA COUNTY ASSOCIATION FOR HOME AND COMMUNITY EDUCATION



## PRESIDENT'S MESSAGE

What happened to summer! As I look at the temperature of 63 degrees, thankfully those hot and humid days are beginning to be a distant memory. I have always loved the fall. My favorite part of September is the abundance of pumpkins, squash, and the rich colors of Indian corn. And how about those apples that were canned into quart jars of applesauce. Mom always added red cinnamon candies and our applesauce was a beautiful pink color!

If you follow Becky on her Facebook page, she has amazing photos of all the canning she has done throughout the summer. I even might be tempted to make a few of those jams or jellies she posted. Maybe you will be too!

I was unable to attend the Rendezvous in April, but there was an opportunity to attend a horse show at the Il-Bit Ranch outside of Columbus in August. Melanie Lichtfeld's students gave an impressive presentation about so many different horses. Several HCE members came on a very hot and humid day to support these youths (see photo on p. 2). We were all rewarded afterwards with AC, treats, and great conversation. There may be more events in the future that

## September 2025

Melanie Lichtfeld will possibly be planning. I cannot wait!

On September 4th, several of us heard about, "Sitting is the New Smoking," by Dr. Chyann Wegner who is a chiropractor at Blau Family Chiropractic & Integrated Wellness. We then had two speakers from ADRC. Originally this presentation was going to be about the "Strong Bodies" program, but it is currently not available. Instead, our group was given a wealth of information by Amyjane Craig and Brianne Williams. To be honest, I was not aware of all the programs that are offered at ADRC. They can even assist you with information regarding Medicare Part D for medication coverage. Please take time to find out what ADRC has to offer. Office: 111 East Mullett Street, Portage, WI 53901 (stop in for pamphlets)  
Phone: 608-742-9233 (you can make appointments and they'll send out information)

Facebook: Aging & Disability Resource Center of Columbia County

Email: [adrc@columbiacountywi.gov](mailto:adrc@columbiacountywi.gov)

Website: [www.co.columbia.wi.us/columbiacounty/adrc](http://www.co.columbia.wi.us/columbiacounty/adrc)

## SAVE THE DATE/ UPCOMING EVENTS

Mark your calendars:

Sept. 12, drop off cultural arts projects going to WAHCE Conf., 1-2 p.m., Columbia Co. Admin. Bldg. lobby

Sept. 15-17, WAHCE Conference, Green Bay

Sept. 19, pick up cultural arts projects, 1-2 pm., Columbia Co. Admin. Bldg. lobby

Oct. 2, "Houseplants," ADRC, 1:30-3:00 p.m.

Nov. 1, annual dues deadline

Nov. 5, Fall Council, "Armchair Traveling"

View forms, newsletters, and WAHCE information at: <https://wahceinc.org/wahce-counties/>

Facebook group: Columbia County Home & Community Education

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Mark your calendars for Oct. 2, 2025 (Thursday) at 1:30 pm at the ADRC building, rooms 2 & 3. Ian LaVigne, Edgewater Greenhouse, will give a presentation on houseplants. This should be helpful for those of us that do not have the magic touch of keeping our houseplants flourishing.

An update on my effort to grow milkweeds for the Monarchs: a total disaster! However, dad and mom always plant a huge row of zinnias. Adding a few birdbaths with the zinnias was very attractive to the Monarchs. Mom, dad, and myself were excited that there were happy Monarchs. Then dad tells me, "I don't like milkweeds anyways." Here's a poem for your enjoyment.

**Butterflies**

Butterflies go fluttering by  
On colored wings that catch the eye.  
On wings of orange, and silvery blue,  
On wings of golden yellow, too.  
Butterflies float in the air,  
Making their homes most anywhere:  
The rainforest, field, and prairie land,  
On mountaintops, and desert sand.  
If winter brings the cold and snow,  
To warmer climates, off they go!  
Returning home the following spring,  
Beautiful butterflies on the wing!  
*Author Unknown*

Kim Sweney, HCE Co-President

**October Leader Training**

Thurs., October 2, 1:30-3:00 p.m.  
Columbia County ADRC, Rms. 2-3  
"Houseplants"  
Ian LaVigne, Edgewater Greenhouse  
Sign up with Donna Kohnke:  
(920) 210-5037  
kohnkedonna@gmail.com

**2025 Scholarship Winners**  
*(more in October's newsletter)*

Rianna Wiersma will study Communication and Science Disorders at UW Eau Claire. She attended Cambia Friesland High School.



Samuel Schumacher will study Engineering at UW Platteville. He attended Wausau West High School. His grandmother is Roxanne Krueger, Castle Builders HCE Club.



Carol Beck presenting her grandson, Isaac Brabender, with an HCE scholarship for \$1,000.



Columbia County HCE members at the Il-Bit Ranch, Columbus.