



*Dunn County
Association for Home &
Community Education*



April-May-June 2021 Issue	
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*If you think you can – or if you think you can't
.....you're right! Henry Ford*

President's Note:

Hope you have all received your Covid shots. I had my two Moderna (or Madonna shots as the comedians call it). I had no reaction for my first but had extreme exhaustion with the second.

I apologize for the lateness of the newsletter. I have a few excuses: I had to go to NC for 2-1/2 weeks to assist an ailing cousin until her sister could arrive; the Covid reaction; my mother had a medical emergency which, after many doctor visits, it is under control now; then, when I thought I could start on the newsletter, I had a violent attack of food poisoning for 2 days; plus, I have no backup for this newsletter.

Hope you are all doing better!

On a good note, the Menomonie Senior Center is planning to reopen on June 1. I will find out at the next board meeting what activities will be permitted. Hopefully, we can plan a Holiday Tea.

Regarding our annual Used Book Sale, the Dunn County Fair is scheduled for July 21-25, 2021. However, I have been unable to confirm whether we can have our sale in the boys' locker room.

Remember.....I welcome comments or suggestions, also random contributions such as pictures or articles for the newsletter. If you would like to submit a memorial for a member or introduction of a new member, please send a picture (make sure picture consent form is signed and in your club file) and article to me at

rosaliewerner45@gmail.com

Rosalie 

CALENDAR OF EVENTS May Board Meeting – tba NO 2021 PROGRAM BOOKS WILL BE ISSUED
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This newsletter will sound much like 2020. Not much has changed. I was in hopes we would be able to read the three books we had left from the 2019-2020 schoolyear. Because of the great uncertainty with the pandemic, we were unable to do that. The schools were not letting outsiders in, even parents weren't able to go into the classrooms. We have the three books left, which I am going to give the teachers to read.

The hope is that the 2021-2022 schoolyear will be back to some level of normality. The school will be open, but they will still keep virtual students, the numbers will be about the same. Colfax will have around 10 students, Elk Mound 4K around 70, and Menomonie 4K isn't sure, their number was 60. It is kind of early to know.

Our book order is to be in by April 30th. We will need

grants, our book sales, and more donations. Please save your used books. If there isn't a fair, my thought is that we could use the auditorium at the museum to hold a book sale for two days. I will be getting more information on April 8th, 2021 at 4:00-5:00 PM on Wisline from Wisconsin Bookworms. The schools have missed this program, and we hope next schoolyear will be different. We are starting out with \$1,467.06, as of February 28th, 2021.

Thank you for your continued support of this wonderful program.

Be safe, and stay well!

Nancy Doane

Remember.....

HCE IS ON FACEBOOK!

If you are on Facebook, please look up HCE Dunn County and give it a "like". Contains event info, newsletter and pictures.

REORGANIZATION OF DC HCE CENTERS

Remember there are two centers now. Clubs, submit minutes to your chair; Chairs, edit the minutes for content pertinent to other members. Members, cut out this section and paste in your books. I am not issuing 2021 program books.

North Center

Rosalind Wynveen
and Geri Bates, Co-chairs

Baxterville
Ideal
Popple Creek
Tainter

South Center

Julia D'Angelo-Woodford, Chair
Caddie Woodlawn
Cedarlings
Elk Meadow
Weber Valley

2021HCE SCHOLARSHIP

Good news! We have received 4 applicants for our \$500 scholarship this year. Our Scholarship Committee will be meeting to decide who our scholarship winner for 2021 will be.

HCE CLUB NOTES - Please submit your club minutes to your Center Chair. What you do in your club gives others ideas for speakers and activities in their clubs. Your community donations and volunteering may encourage others to volunteer and make donations. We all need new ideas to keep our clubs relevant, welcoming, serving our communities and fun!

South Center by Julia Woodford

Cedarlings –

Cedarlings Christmas Party

Julia d'Angelo Woodford hosted our Christmas Party on December 15 through zoom. We shared Christmas memories of the past, played a fishing for presents game, Jingle Bells Bingo, and a one minute marshmallow snowman building contest. Julia had prizes for everyone. Our program also included musical selections by Julia, Larry Jess, and Margaret Breisch's animated mechanical animals.

January-Jenny Fremouw shared the appreciation of our club members for all the work Julia put into our zoom Christmas party and many other events. In appreciation, Julia was given a place on the “Cedarlings Let's Make a Deal Zoom Game Show” hosted by Margaret Breisch. She did not win the grand prize “A NEW CAR” but did win - a set of Bookworms books donated in her name, a Hope Gospel Mission gift certificate and a Kwik trip card. Members all contributed toward Julia's prizes.

Vicki Jess reported she and her husband had gotten the COVID-19 virus. They followed the newly developed treatment plan developed by Eastern Virginia

Medical School – MATH+ Protocols. It included taking high doses of certain vitamins. They also received the Monoclonal Antibody. Their symptoms were very mild. Anyone who contracts the virus should consider following the plan.

Vicki Maves reported on events taking place in Menomonie. They included the Polar Plunge and virtual programs held by the Menomonie Public Library such as Yoga and Meditation. There is also a snowman contest. Photos of your snowman need to be emailed to the Menomonie High School Fieldhouse for judging.

February-Julia d'Angelo Woodford reported on work by the Arts Integration in Menomonie (AIM) with the jail population. Many art projects by inmates were shown.

Melanie Yager reported on the State Superintendent for Public Instruction primary. Jill Underly and Deborah Kerr will be advancing to the April election.

Vicki Maves reported on events taking place in Menomonie. A quilt raffle is being held at the Rassbach Heritage Museum. Wisconsin Public Radio will be featuring an interview with Jeanne Anderson who wrote “Where the Lilies: The Story of Happy Island and Old” It is a story of coming from Norway and settling in Happy Island on the Chippewa River in Rock Creek Township in Dunn County. The Mabel Tainter will be opening up for performances again on March 26 with the Shaun Johnson Big Band. Angel Woodford gave a presentation on “Surviving College in a Pandemic World.

ZOOM Meeting



March- Julia d'Angelo Woodford reported on “Art of the Valley”. It is a new retail art gallery in Eau Claire. The goal of the gallery is to help fellow artists get their art into local homes. Art of the Valley and local artists have chosen to give back to the community by supporting one local charity a month with a portion of the sales.

Melanie Yager reported the Menomonie Public Library will be reopening on Monday April 5.

North Center By Rosalind Wyndveen and Geri Bates

Popple Creek – We have had no meetings this year. We are all just hanging in there. I believe most of our members have had their vaccination, which is a good.

Tainter – We are saddened by the loss of Betty Riek’s husband, Lloyd, who passed away in January. During his life he had been a professional auctioneer. Lloyd agreed to be our auctioneer for our “White Elephant Sale” at one of our meetings. He made it fun and was able to sell everything. Lloyd also helped us by transferring used books to the Fair Booksale. We have been isolating and plan to have a meeting in May. Also, Marge continues to collect used books for our book sale.

[By Mayo Clinic Staff](#)

Is your glass half-empty or half-full? How you answer this age-old question about positive thinking may reflect your outlook on life, your attitude toward yourself, and whether you're optimistic or pessimistic — and it may even affect your health.

Indeed, some studies show that personality traits such as optimism and pessimism can affect many areas of your health and well-being. The positive thinking that usually comes with optimism is a key part of effective stress management. And effective stress management is associated with many health benefits. If you tend to be pessimistic, don't despair — you can learn positive thinking skills.

Understanding positive thinking and self-talk

Positive thinking doesn't mean that you keep your head in the sand and ignore life's less pleasant situations. Positive thinking just means that you approach unpleasantness in a more positive and productive way. You think the best is going to happen, not the worst.

Positive thinking often starts with self-talk. Self-talk is the endless stream of unspoken thoughts that run through your head. These automatic thoughts can be positive or negative. Some of your self-talk comes from logic and reason. Other self-talk may arise from misconceptions that you create because of lack of information.

If the thoughts that run through your head are mostly negative, your outlook on life is more likely pessimistic. If your thoughts are mostly positive, you're likely an optimist — someone who practices positive thinking.

The health benefits of positive thinking

Researchers continue to explore the effects of positive thinking and optimism on health. Health benefits that positive thinking may provide include:

- Increased life span
- Lower rates of depression
- Lower levels of distress
- Greater resistance to the common cold
- Better psychological and physical well-being
- Better cardiovascular health and reduced risk of death from cardiovascular disease
- Better coping skills during hardships and times of stress

It's unclear why people who engage in positive thinking experience these health benefits. One theory is that having a positive outlook enables you to cope better with stressful situations, which reduces the harmful health effects of stress on your body.

It's also thought that positive and optimistic people tend to live healthier lifestyles — they get more physical activity, follow a healthier diet, and don't smoke or drink alcohol in excess.

Alaine Sonnenberg
Victory Consulting LLC





Donations and Memorials

Jan-Mar

01/08/21	Elaine Villeneuve	\$25.00	In memory of Florance Fregine
01/08/21	Cedarlings HCE	\$25.00	In honor of Julia D'Angelo-Woodford
01/13/21	Mary Ann Ausman	\$24.00	In memory of Sandy Barth's mother Violet Olsen
01/13/21	Nancy Doane	\$78.00	For Christmas – in honor of Virginia Grohn, Elaine Villeneuve and Janet Creaser
01/19/21	Margaret Breisch	\$25.00	In memory of Fred Breisch
02/16/21	Rosalind Wynveen	\$25.00	In memory of Lloyd Riek – Betty Riek's husband
02/26/21	Edna Wilsey	\$10.00	In memory of Lloyd DRiek
02/26/21	Tainter Club friends	\$10.00	In memory of Lloyd Riek
02/26/21	Teresa Stark	\$5.00	In memory of Lloyd Riek
02/26/21	Frances Dees	\$10.00	In memory of Lloyd Riek
02/26/21	Betty Riek	\$20.00	In memory of Lloyd Riek
03/01/21	Menomonie Sunrise Rotary Club	\$300.00	
	Total	\$557.00	

Scholarships

Jan-Mar

01/13/21	Margaret Breisch	\$25.00	In memory of Fred Breisch
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HCE

Board News:

Please change the contact information for Rosalie to: rosaliewerner45@gmail.com.
UW-Stout is threatening to take away email from retirees, so I don't know how long my Stout email will be active.

HCE Board Members:

Rosalie Werner – President

Vice President

Julia D'Angelo-Woodford

Secretary – Debbie Stewart

Treasurer – Margaret Breisch

VP for Programs

Alaine Sonnenberg

VP Family & Community

Outreach – June Braford
International & Citizenship

Valerie Johnson

Marketing/Membership

Christie Pittman

Historian – Elaine Villeneuve

WI Bookworms – Nancy Doane

Area Chairmen:

North – Geri Bates and

Rosalind Wynveen

South– Julia d'Angelo-Woodford
Center Chairmen

North Center-Geri Bates and

Rosalind Wynveen

South Center-

Julia D'Angelo-Woodford