



*Dunn County
Association for Home &
Community Education*



**October-November-December
2021 Issue**

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President’s Note:

You all know that we have made a lot of friends through our HCE clubs. We share our homes, our food, our recipes, our talents, and a little money to help everyone along. Through our clubs, we have helped our community and people in other counties.

Our Bookworm project is so important to the young children in our community. We all support this children’s literacy project by reading, donating books, time and money, and obtaining grants.

On a sad note, the Tainter HCE Club is disbanding. We will miss you, Rosalind Wynveen, and your club. Thank you for serving on the Board and for all you have done for HCE.

Those members left without a club will be welcomed into remaining clubs. Let’s show our strength and passion for HCE. Let’s buy/sell our raffle tickets and let’s join together (safely) at our Holiday Tea and celebrate belonging and giving!

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 🥰

SUPPORTED BY:

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*If you think you can – or if you think you can’t
.....you’re right! Henry Ford*

CALENDAR OF EVENTS
October Joint Meeting – Thursday, Oct. 19, 12:45 pm, Community Center
Holiday Tea and Quilt Raffle Drawing – Saturday, Dec. 4, 1-3pm, Sen Ctr



This is what I know about the Bookworms project this month: We have received our books. Colfax is allowing our HCE readers to come into their classrooms. Nancy is checking on Menomonie Headstart and Elk Mound. Nancy is also looking for readers. So, if you are interested, please give her at call on 715-664-8465.

Nancy was planning to retire as the Bookworms Chair this coming year. However, she has agreed to head the project one more year. Thank you, Nancy! So.....we will need a Bookworms Chair for 2023. If you are interested in this job, please let Nancy know. I would like an interested person to shadow Nancy this year. This way, she can step right into Nancy’s shoes seamlessly in 2023.

Elaine Villeneuve would personally like to thank Mary Ausman for all her help setting up for the Used Book Sale at the DC Fair. Elaine was under doctor’s orders not to do heavy lifting and Mary came to her rescue when the huge boxes of

heavy books had to be moved. Mary was a tremendous help to Elaine!

And thank you also to everyone who helped us at the Fair Book Sale.

Rosalie

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.

HOLIDAY TEA INFO

Mark your calendars for Saturday, December 4, 1-3 pm at the Menomonie Senior Center.

Theme is “Christmas Around the World.”

More information will be coming in your email. We will all need to pitch in and help our chair, Julia D’Angelo-Woodford, to make this a safe, fun, and memorable event.

Friendship

Which is the best thing
 Life can give us
 Is its winding road we wend?
 Is it not the boon and blessing
 of a good and trusted friend?

Friendship helps to
 Ease the burden
 Lifts the heart and
 lights the way
 Making sunshine
 in the shadows,
 Seeing blue skies
 through the grey.
Patience Strong



Donations

No new donations or
 memorials



WAHCE CONFERENCE

Rosalie Werner, Chris Lorenzen, Margaret Breisch, and Geri Bates attended this meeting in Stevens Point, Sept. 21-23 this year.



Rosalie attended state business meeting. Here she is at the NW District table (center, table). Wow! We had 240 attendees. Previous years it was over 300, so attendance was good for the Covid year.

Below is summary of sessions attended by us. I want you to know any of you can attend. There are scholarships available. Rosalie was awarded a \$200 to attend.

(Margaret)

Aldo Leopold Sand Country Almanac in a Quilt, Presenter Caryn Hurst, Quilter and Storyteller

Caryn Hurst combined the book with a quilt block of the month club. Each month, a new quilt block was created to depict the season read about in the book.

Where in the World is Dorothy?

Presenter Dorothy Wester, World Traveler

Dorothy Wester gave a slide presentation and told about a number of trips she took through Road Scholar. Road Scholar is an American not-for-profit organization that provides educational travel programs primarily geared to older adults. Dorothy took trips that brought her to places that included South America, Africa, Russia. In one African country, there was a contest among the young men to see who could jump the highest. The winner got first choice of wives.

Dorothy said she enjoyed the travels, particularly seeing the children, but it also taught her how much we have to be thankful here. Not all countries have the abundance of food, clean water and housing that we take for granted.

Making Physical Activity Fun

Presenter Mary Ann Schilling and Katie Gellings, Health & Well-Being Educators, UW-Madison

The presentation focused on reasonable goal setting. The SMART goals approach was covered. This goal setting procedure could be used for anything, not just exercise. SMART stands for Specific, Measurable, Attainable, Realistic and Time Based. A completion date and mid point check date should be set.

Eat, Sleep, Move: the 50+ Immune System

Presenter Marilyn Herman, Waupaca County HCE

Craft – Paper Moravian Star (Rosalie)



I attended this session in hopes of learning a new craft to share with you

at perhaps REAL SATURDAY or Holiday Tea or call me and I will do a session with your club!

(Geri)

"From Sheep to Shawl." The presenter explained the process from raising the sheep to making it into yarn and the end result when making clothing and miscellaneous items from it.

The session on "Shine Light on that Mountain of Clutter" was very interesting. She talked about recycling, selling, donating, having your family pick out items they would like and how to determine and make a decision to toss an item. Many people have large collections of certain things that could be sold for a profit to the right person or sell at an auction.

The "Making Physical Activity Fun" had many suggestions on how to stay physically fit. We did several minutes of gentle exercises.

"Birding by Ear" Instead of identifying a bird by sight, she taught us how to listen to a bird call or song, as many birds cannot always be seen. We had an extensive session on trying to identify which bird (out of a group four) was singing or calling. Another fun session! I didn't do well!

The last session was on "Healthy Aging-Improving Through Self-Advocacy." The presenter expressed the importance of being your own advocate when seeing your doctor and other health care professionals.

I picked up something new in every session. If you get a chance to attend the Annual WAHCE Conference, do so. It is educational, fun, and great meeting new people.

Geri Bates, North Center Chair

(Check out the WAHCEINC.ORG website. Some of the presentations will be posted)

NOTES - Please submit your club minutes to your Center Chair. What you do in your club gives other clubs 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!

North Center

Popple Creek

August:

We met at Chris Lorenzens's home for a picnic lunch. Geri distributed the raffle tickets to those present. Chris donated six quilts to Stepping Stones. They plan to use one for a raffle fund raiser. Chris donated the quilt she sewed for the annual county HCE fund raiser. Maureen plans to make a gardening basket for the event. Some will take items for the silent auction if there is one.

We talked about COVID and how to be safe.

The September meeting will be held at The Riverside Park in Sand Creek.

Sept: -The meeting was held at The Riverside Park in Sand Creek. We again discussed the latest on COVID. The rest of the raffle tickets were handed out and money was collected for them. We were able to sell the 15 books of tickets. As we had most of the members present, we collected Pennies For Friendship for the year, and also collected the dues for next year. Our number of club members has declined by 4. At the present time we have 8 active members and 2 Honorary Members. We discussed how to recruit new members and planned for 2 more meetings for the year. We will meet at churches, as there will be more room to distance from one another. Hopefully, we will be able to have a get together for

Christmas. The conference in Stevens Point was discussed. Chris and Geri will be attending.

Geri read two articles on clotheslines and hanging laundry out to dry in the summer and winter. We had a good time reminiscing about the ways we did laundry in our childhood years. Everyone had some unique comments on what each of their families had done with their laundry. Such a fun time!

Geri is making 60 Fall cards for the residents of the Colfax Nursing Home. She also made cards for the residents for Mother's Day and Father's Day. They love to receive mail. and are so appreciative!
Geri Bates, Center Chair

We received the news that the Tainter Club had dissolved. They will be missed. Hopefully, if one is interested, she could become a member of a nearby club.

Cedarlings: September:

Educational Reports:

Cultural Arts: Julia d'Angelo Woodford described and gave a handout on a recipe to preserve Fall leaves. The colorful leaves can be used for decorations.

Health: Julia reported on pharmacy savings cards. There are several. She passed out Singlecare Pharmacy Savings Cards for members. Asking the pharmacist to check if there are more savings with the card than with a Medicare Supplement plan can often lead to large savings.

International/Public Information:

Julia shared about a project for an orphanage in Uganda she helps support. The orphanage bought chickens for eggs to help support the orphanage. However, chicken feed can be expensive. Julia found them some low price recipes for chicken feed they could use.

VP-Programming/Community Outreach: Rita Kothlow reported on a Dementia Leader Training Meeting she attended a few years ago but had not been able to give the report before this time. Handouts were provided.

What's Happening in Menomonie: Vicki Maves gave a handout on things going on during the month of October. The report included events at the Dunn County Historical Society, Menomonie Public Library, Mabel Tainter plus many others.

Business:

Christmas Tea: The Christmas tea will be held on December 4th at the Senior Center. Our club will take the lead in preparing for the event. We decided on "Christmas Around the World" as the theme. Clubs will be encouraged to bring cookies that are traditional in other countries.

Cedarlings Christmas Party: We decided to hold our Christmas Party at Exit 45 at 1:00 on December 15th. We will order from the menu but bring cookies for a cookie exchange for dessert.

Ideal: - September

Ideal met Sept 13 at 1:30 at Becky Kneer's open air garage. The Dunn County Fair Bookworm sale was discussed. Nadine Schlough reported that the memorial brick we purchased for Rita Van Anber has been installed on the walkway to the old schoolhouse. We voted to have the October meeting at Denny's Restaurant

October Joint Meeting,

**Oct. 19, 2021, 12:45 pm, Rm 60
Community Service Building.**

Everyone welcome. Club Presidents or representative from club please attend.

Member and Board Information

Homemakers' Creed

We, the homemakers of Wisconsin, believe in the sanctity of our home, the cradle of character ...blessed by motherly devotion and guarded by fatherly protection.

We pledge ourselves:

- to work for the preservation and improvement of home and community life;
- to strive for healthier minds and bodies and better living;
- to promote the welfare of our boys and girls, the nation's greatest asset;
- to be true to God and country and of lasting service to our homes and community.

(By Mrs. John Wiese, Sauk County)

Homemakers' Prayer

Dear God

Give us the grace to see,

The blessings which have come from Thee

Give us the strength to do our duty;

To see in everything some beauty,

Teach us that love and cheerful giving.

Tolerance and decent living,

Make of our home a place sublime,

Where there's no room for hate or crime,

A place where good friends gather 'round,

Where laughter, mirth and cheer abound,

Not selfish thought nor worldly greed,

Let this, dear master, be our creed.

(By Mrs. James Hutten, St. Croix Co.)

HCE CENTERS

Even though I mentioned that Tainter will be disbanding, I am not removing any clubs until the final paperwork is done and any treasury funds are dispersed.

North Center

Geri Bates, Chair

Baxterville

Ideal

Popple Creek

Tainter

South Center

Julia D'Angelo-Woodford, Chair

Caddie Woodlawn

Cedarlings

Elk Meadow

Weber Valley

HCE Board News:

Board met in September. Val Johnson, our International/Citizenship Chair, will be stepping down. Thank you, Val, for your wonderful International Programs this past year! This means we need a new I/C Chair. Let me know if you are interested. It's fun being on the board. No program books or programming planned for this year due to rise in Covid cases.

Contact information for Rosalie to: rosaliewerner45@gmail.com.

HCE Board Members:

Rosalie Werner – President

715-664-8394

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

Center Chairmen

North Center-Geri Bates

South Center-

Julia D'Angelo-Woodford

VP for Programs

Alaine Sonnenberg

VP Family & Community

Outreach – June Braford