



*Dunn County
Association for Home &
Community Education*



**January-February-March
2022 Issue**

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SUPPORTED BY:

Extension Dunn County
3001 US Hwy 12 E, Suite 216
Phone: 715-232-1636
Fax: 715-231-6687

Stephanie Hintz
**Human Development &
Relationship Educator**
smhintz@co.dunn.wi.us
Michelle Bachand
Support Specialist
mbachand@co.dunn.wi.us

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

President's Note:

Happy New Year!

Wow! We really had a nice ending to 2021. Our Holiday Tea was an astounding success. Thanks to Julia D'Angelo Woodford and her club and helpers, we had festive decorations with a musical program and international displays and presentations and great international treats. Kudos to you all!

On a sad note, Weber Valley Club has disbanded. This is my club, and I am very sad. I will miss my dear friends in Elmwood. We now have 6 clubs in 2 centers. Some members have joined other clubs. I will be joining Ideal. But consolidating can make us stronger. So, keep the faith. I know Baxterville has at least 4 new members and is going strong.

Big news is that Dunn County will be hosting the Spring District Meeting at the end of April. All members are invited. There will be a registration in email and the next newsletter. More news to follow.

Thank you so much for attending the Holiday Tea and your support and enthusiasm for HCE. It makes me want to work harder.

Please check out article on Page 6 – suggested by Alaine Sonnenberg. Thanks Alaine.

rosaliewerner45@gmail.com

Rosalie 🙏

CALENDAR OF EVENTS

HCE Board Meeting-Thursday, Jan. 6, 12:45pm, Community Ctr 60

HCE Board Meeting-Thursday, March 10, 12:45pm, Community Ctr 60

SPRING DISTRICT MTG- Thursday, April 28, 9am-12:30 Comm Ctr 60



As I am writing this letter today it's beautiful outside with the clean white snow, but very cold. Although it didn't keep me from getting my hair done and going out for coffee with friends.

There is not much going on with Bookworms since the Covid. We can read at 4K in Menomonie if we are able to show proof of having all three shots, wear masks and distant ourselves. I haven't heard back from Elk Mound on what their guidelines are. The last I heard they weren't even letting parents in the school. Communication has not been good. Hopefully in the next few weeks it will be better.

I am not sure if our readers want to expose themselves right now. My thought is to give the teachers the books and let them read them to the children until things get better. We have the books for this year for 4K at Elk Mound and Head Start in Menomonie. Colfax has their books. (Geri Bates has reported their readers are able to enter the school and read – Rosalie)

Hopefully I will get more information soon and the 2022 school year will be better than 2021. 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.

Holiday Tea "Around the World" and Raffle Report

Donations by:

Quilt Chris Lorenzen
Santa's Secret Snacking Stach - Lana Anderson/Popple Creek
Garden Basket - Maureen Scott
Christmas Basket - Weber Valley
Porch Pot - Weber Valley
Doggie Treat Basket - Julia Woodford

Winners:

Quilt – Lori Hurtgen
Meat Certificate - Rosalie Werner
Porch Pot – Margaret Breisch
Dog Treat Basket – Cindy Sampson
Garden Basket – Baxterville
Christmas Basket – June Braford
Santa's Secret Basket-Baxterville

A special thank you to Julia's student volunteers who took these great pix!



Lori Hurtgen & Julia holding quilt



Thank you to Elaine Villeneuve for Running the very successful Silent Auction!



Margaret B won the porch pot!



June Braford with prize basket

We had 32 attendees plus musicians and volunteers. Thank you all for attending and supporting the auction and raffle.

IN MEMORIAM



Jean Bechel, Weber Valley Club passed away Nov. 10. She served as president and was a dedicated member. She was a sweet, sunny, positive person. I miss her.

Also sad, Rosalind Wynveen's husband Dave passed away in December. Rosalind is past president of dissolved Tainter Club and past HCE Board member. Dave and Rosalind were in my Bodyworks exercise classes in 2019. I will miss Dave, too. By Rosalie

CLUB 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

Cedarlings: October: -Cultural Arts: Julia had the opportunity to interview Pam Percelle, a local artist in Murphy California. she started with oil painting as a teenager. Later did watercolors and is now retired working with acrylics. There are many vineyards in the area. Many state parks are closed. They say it is called the Golden State because everything is dried up.

Health: Vicki Jess reported there have been a great number of COVID breakthrough cases. We should get our COVID booster shots as soon as possible.

International/Public Information:

Jeanette Fremouw shared an insert in the Leader Telegram that had information on each County. It indicated Dunn County had a high poverty rate.

What's Happening in Menomonie:

Vicki Maves gave a handout on things going on over the next four weeks. The report included events at the Dunn County Historical Society, Menomonie Public Library, Mabel Tainter, Shirley Doane Senior Center plus many others.

Holiday Tea: We discussed what country we should select for the Holiday Tea. We decided on

Uganda because Julia has connections with an orphanage there.

November: -The treasurer's report was given by Vicki Maves. We have about \$60 in our Bookworms account. We decided to donate \$50 for 2 sets of Bookworms books in honor of Betty Beguhn for her many years of service as our club treasurer.

Health: Vicki Jess reported area hospital ICUs are full due to the spike in COVID cases. There are no ICU beds available between the area of Eau Claire and Rochester and Duluth and La Crosse.

International/Public Information:

Vicki Jess reported there will be an International Night at UW-Stout tomorrow. Students from foreign countries will have displays to tell about their countries.

Holiday Tea: Vicki Maves brought a Christmas Basket and Betty Beguhn brought two sets of candles for the silent auction.

December: -We held our club Christmas Party on December 15 at Exit 45. The event included a sing-along with music by Vicki Maves on flute and Larry Jess, Margaret Breisch and Jim Woodford on clarinet. Julia led us in some games. We ended with a cookie exchange.

Popple Creek: - October

A collection was made for items needed by Wildlife Rescue in Colfax, (Geri's neighbor); for caring for the animals through the winter. Last year 1500 birds and animals received care; with most of them being released after being rehabilitated. Dog and cat

food, creamed corn, peanut butter, bird seed and misc. items are needed; also cash donations are welcome.

Maureen and Lana will be the Bookworm readers for this school year. They each received the first set of books each will read.

Geri reported on sessions she attended at the state WAHCE conference which was attended by four county members. A Christmas basket was donated from the county group. Geri contributed 3 baskets of books, bringing a total of \$48 plus proceeds from the county basket.

The Holiday Tea was discussed, which includes a silent auction to support the Scholarship Fund. The scholarship application process was also discussed.

We will continue meeting at members' churches for easier social distancing.

NOVEMBER - Pennies For Friendship were collected. Connie reported on the October County Meeting. Nancy Doane will continue Bookworm for another year. Weber Valley is disbanding. Our club Christmas party will be at Exit 45.

It was moved we adopt the Wildlife Rehab. and Release as our project for the year. Items were contributed to this cause and will continue for the year. Patti at the center is now repairing cages and getting ready for the coming season. She receives 20-40 calls a day.

Geri distributed several papers including a pledge card, "Joy to You" on laughter in our life; a

short lesson on How To Stop Worrying and Start Living; a personal history questionnaire, answering questions about things in your life from childhood to the present (it was so fun remembering things in the past) this questionnaire can be given to your children to learn things about you that you have not shared with them; a promotion of the 2021 Holiday Tea. and a Wildlife Rehab. and Release Brochure. Next year's meetings were planned.

South Center

Ideal – November Ideal HCE met first time since Spring at Denny's Restaurant. Dates were set up for the following year for meetings. The annual Christmas party was decided where family is invited. Because we had no information about the Holiday Tea it was decided to choose Sweden as our country. Becky and Elaine to furnish cookies. It was good to get together again

Weber Valley – November We sadly say goodbye to Weber Valley as they have voted to disband at their last meeting. This club was started by Bea Gasteyer in 1953. Bea decided that the last meeting would be held at her house. She served a lovely lunch and displayed Homemaker Club memorabilia for the last 70 years. She had as her guest one of the original members of Weber Valley Club, May DeLong. Bea reminisced about the old days in the Homemakers. How they were the mentors for the young 4-H Club members. How they helped 4H with cooking and sewing sessions.

It was a occasion of mixed feelings, but it was time. Our

members are elderly, ill, have passed away, purchased businesses, and cannot attend meetings,.



Goodby at our last Weber Valley meeting

SPRING DISTRICT

MEETING -Thursday,

April 28, 202, 9am- 12:30pm

Community Services Bldg, Rm 60

We are hosting this event and I really do need some help. Nine counties will send representatives to this meeting. We will have coffee, water, and doughnuts for the morning. Participants will bring their own sack lunch. BUT Dunn County must provide a speaker, craft session, decorations, and door prizes. There will be a registration form coming out. There will be a minimal charge to attend which will cover the cost of the craft session. At the DC HCE Board meeting this past week, we decided it would be a garden theme. We will have small plants on the tables that will also serve as door prizes. If you have any comments or anything you can contribute (or get a company to contribute), please let me know. I am working with Julia on the program and craft session. I will have more information in future emails. There can be anywhere from 15-40 people attending which is why it is important to have the registration form. All members are invited.



2021 Donations

Bookworms – August-December

8/24/21*	Lana Anderson	\$25.00	in honor of Nancy Doane birthday
8/24/21*	Janet Creaser	\$25.00	in honor of Nancy Doane birthday
8/24/21*	Judith Dieter	\$25.00	in honor of Nancy Doane birthday
12/6/21	Cedarlings	\$50.00	In honor of Betty Beguhn for her many years As our club treasurer
12/31/21	Weber Valley	\$50.00	
12/31/21	Weber Valley	\$25.00	in memory of Lavonne Lehmann
12.31/21	Weber Valley	\$25.00	in memory of Jean Bechel
Total		\$225.00	

Scholarship – August-December

12/24/21	Melanie Yaeger	\$ 5.00
12/31/21	Weber Valley	\$100.00
Total		\$105.00

*The 8/24/21 birthday donations for Nancy Doane were actually deposited on 11/23/21

Member and Board Information

HCE Board News:

Sorry newsletter is very late. The Board met on January 6 with 3 members: Rosalie, Margaret and Elaine V plus one substitute, Vicki Jess. The next meeting will be held on Thurs., March 10. Future meetings will be second Thursdays of every other month. If you cannot attend, please be sure to have a sub from your club to represent you. Thank you.

Contact information for Rosalie: 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

(vacant)

Marketing/Membership

Christie Pittman

Historian – Elaine Villeneuve

WI Bookworms – Nancy Doane

North Center

Chair: Geri Bates

gcrafts@yahoo.com

Baxterville

Popple Creek

Ideal

South Center

Chair: Julia D'Angelo-Woodford

minds.eye.enterprises@gmail.com

Caddie Woodlawn

Cedarlings

Elk Meadow

Social Isolation and Mental Health WEBMD.com

Medically Reviewed by [Dan Brennan, MD](#) on November 11, 2021

IN THIS ARTICLE

- [Impact of Social Isolation on Your Mental Health](#)
- [Coping With Social Isolation](#)
- [Changes You Can Make](#)

For people of all ages, social connection is vital to survival. We're hardwired to depend on one another for support. When we don't get the connection we need, we're sadder, sicker, and more at risk of early death.

This lack of connection is more common than many people realize. According to a survey conducted in January 2020, more than three out of five Americans feel chronically lonely.

It's normal for anyone who feels socially isolated to struggle with mental health, but there are steps you can take to cope with isolation and feel more connected.

Check out this website for entire article: <https://www.webmd.com/mental-health/social-isolation-mental-health>

Impact of Social Isolation on Your Mental Health

Social isolation can affect nearly every aspect of your mental health. Studies show that feelings of isolation can be linked to:

- [Suicidal thoughts](#) and suicide attempts
- Less [restful sleep](#)
- Decreased ability to [regulate eating](#)
- More [stress](#), especially in the morning
- Greater difficulty paying attention and doing complex tasks