



**Dunn County
Association for Home &
Community Education**



**April-May-June
2022 Issue**

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President's Note:

Happy Spring! And Welcome Back to All of Us! So many exciting things going on. The Spring Fling is back! Thank you, Elaine Sonnenberg. Check out the registration form attached.

And I have a new home club - I now belong to the Ideal HCE Club. I attended my first meeting and received a very warm welcome from Elaine and Ideal members.

Everything is coming together for the HCE District Meeting we are hosting. It warms my heart to have so much support from the board, club members, and Michelle at the Extension Office. The registration form is attached. You are all welcome to attend.

- We will be holding the Used Book Sale at the DC Fair in July.
- We will be selling (buying) raffle tickets again this year.
- We will be working on programs and learning sessions for 2023.
- We will have new program books for 2023.
- We will have R.E.A.L. Saturday crafting day in March 2023.

Did I miss anything? Please support HCE and its programs and events by suggestions, volunteering to help set up, attendance, bringing friends and neighbors. It takes all of us.
Thank you.

rosaliewerner45@gmail.com

Rosalie

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



CALENDAR OF EVENTS

SPRING DISTRICT MTG-Thursday, April 28, 9am-12:30 Gov Ctr 60
Spring Fling Event- Wednesday, May 2, 6pm Gov Ctr 60
HCE Board Meeting-Thursday, May 12, 12:45pm, Gov Ctr 60.

It has been another challenging year for Bookworms. We've done our best to get back to normal but with restrictions on in person visits to schools not everything has gone as planned. Readers have been able to get back to Elk Mound and Colfax but Menomonie requires masking and proof of vaccination so it has been tough to get people scheduled there.

We will soon be ordering next years books, let's hope that that we can finally get readers back into rooms and everything as back to normal as possible.

Please remember to save up your books for the annual used book sale at the Fair.

Nancy Doane
Bookworm Coordinator

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.

USED BOOK SALE AT THE DUNN COUNTY FAIR:

JULY 27-31, 2022. I don't know about you, but since my friends know we are selling used books for our Bookworms project, they have been blessing me with cartons of books! So, save your books, the used book sale is on! It will take a lot of work on our part. The Fair Board looks forward to our participation at the Fair. The room is free; it just takes our work to get it done. Margaret has been able to obtain free passes for our

volunteers the past few years. So please be ready to help set up, work shifts, and tear down.

QUILT RAFFLE Chris Lorenzen is busy making the quilt to donate for our quilt raffle this year. We only have 6 clubs now, so I will be issuing 18 books of raffle tickets to each club in hopes that you can sell or purchase the raffle tickets. We will also have tickets for sale at our Used Book Sale at the Fair in July. Here is a preliminary look at just the top of Chris's quilt!



SPRING FLING – MAY 4

Ready to have some fun?

HCE Spring Fling is back!

Spring Fling is different because it will be held in a new location this year, yet the same fun together with our HCE friends.

Just for fun, you are invited to wear **PURPLE** for a chance to win a prize. Please invite past HCE club members to join you, who might just need a fun night out of the house. Don't forget to register guests too. Looking forward to seeing you all soon.

Alaine Sonnenberg,
HCE VP for Programing

Club Notes – Presidents, please email a summary of your club minutes to your center chair. We would all like to know what's going on in your club – please share 😊

NORTH CENTER

Baxterville-Feb. Place/Host:

Lori Boesl Activity: Charcutterrie
Boards Members:10 Guests:
1(Michaela Boesl)

The meeting was called to order by President Sue Anderson Opened with The Homemaker's Creed. Secretary and Treasurer's Reports were both approved as read.

New Business: roll call question was do you have a garden?
As a group we discussed where the Pennies for Friendship is used. Amber will come up with a craft for our March meeting. We are cleaning the Sheridan Town Hall on April 24. Thank you Michaela and Lori for doing 2 charcutterrie boards with the club. Next Meeting 3/20/2022 at Amber's

Popple Creek - Jan.

We met at Popple Creek Church. We discussed how our members enjoyed the Christmas Tea. and the raffle donations from our club: Chris provided the beautiful quilt, and 2 baskets were also provided, along with 3 kinds of Mexico cookies for the country we chose.

We had a discussion of favorite casseroles during roll call. Connie read a poem "Old Folks are Worth a Fortune" Maureen shared info

about the Train of Life. Lana shared material from the AARP Bulletin on Original Medicare vs. Medicare advantage plans which covered pros and cons of each and considerations to make before switching coverage.

Popple Creek-Feb. We met at Colfax Methodist Church. Connie distributed the membership roster to each member.

Geri updated us on giving to Nicaragua. Each county is allowed one shoe box size box to be brought to the state meeting. Any other donations must be taken to Stevens Point by personal vehicle.

District meeting was discussed, will learn more after the next board meeting.

A collection of items for our years project "Wildlife Rescue and Rehab" was taken. Bird seed and suet is what is needed at this time of the year, along with cash donations.

We discussed the Winter Olympics during roll call. Geri read "Words of Wisdom" which was written by a 90-year-old woman. Lana shared material from the DNR website on Household Battery Recycling. Before disposal each battery should be put into a clear plastic or each battery's terminal should be taped with clear packing tape and stored in a non-metal container to prevent fire and battery leakage of chemicals. Swollen or damaged batteries should be stored in sand or kitty litter. Take stored batteries to recycling or battery stores; there may be a cost to you. Single-use alkaline batteries have little recycling value and may be safely thrown in the

trash. Also: Always unplug cell phone charger when not charging the phone as a lot of heat comes from the charger and has caused house fires.

Popple Creek-Mar. Geri updated us that changes are being considered for the HCE scholarship to post secondary students; which the scholarship committee will do in the near future.

The District meeting was discussed, with questions of what we need to do as club to help with the meeting. Geri will relay any new info she receives.

Spring Fling will be held May 4 at the Government Services Center (formerly Dunn Cty Health Care and Community Services). There will be no meal this year. there will be light refreshments.

Geri shared information she received from the Master Gardeners session on Alternative Turf and Gravel Gardening' which would prevent about 80% less weeding.

Lana and Maureen continue to read to Head Start. Lana read on St. Patrick's Day. The teachers, children and Lana were all dressed green. They had a good time with lots of participation.

Geri read delightful advice on how one can get more exercise. A good laugh is always needed. Connie shared the Seven Rules for Happiness in life.

Maureen is donating the quilt she won to the Colfax Music Department for a fund raiser.

Bird seed was collected for our

Wildlife and Rescue project for the year.

Ideal - Mar. The Ideal HCE met for their March meeting on March 14 at Denny's Restaurant. We welcomed Rosalie Werner as our new member. Dates for future meetings were presented. Spring Fling and the NW District meeting discussed. It was great to have a meeting where we didn't have to cancel because of bad weather! Welcome Rosalie!

SOUTH CENTER

Cedarlings-Jan. Cultural Arts: Julia d'Angelo-Woodford detailed events in the area highlighting Chippewa Falls hosting the Wisconsin Regional Art Program Exhibit. The Wisconsin Regional Art program will bring the Chippewa Valley Regional portion of their competition to Chippewa Falls for the first time this October. held at the Heyde Center for the Arts Oct 13-Nov 18 with goal to introduce younger artists to the Chippewa Valley arts scene to foster the next generation of talent in the area. A public reception including an opportunity to meet the artists, alongside music and a silent auction, will be held on Saturday, Nov. 5 at the Heyde Center for the Arts.

Safety: Joyce Kettner explained the unpredictable weather patterns and how we need to be aware of other vehicles and be slowing down more as ice melts and then freezes again.

Health: Julia stated that Mayo Clinic is still mandating Masks in the clinic and for all appointments. The government released free masks to the public to be given out at area businesses. Walmart gives out these free masks and they are

very nice. The government is also providing 2 sets of 4 free at-home test kits per household. Order online at www.covidtest.gov.

International/Public Information: Melanie Yager presented a fun fill-in fact sheet created from website www.usdebtclock.org. on the subject of debt in America including statistics on the average debt of Student loan debt, credit card debt, family savings, personal debt, and citizens without health care. We also discussed what the government budget is for Medicare, Social Security, Defense Budget and the Net Interest of Debt; numbers of the population breakdown such as Retirees, Disabled, Less than 19 yrs old, and Age 18-64 and that 85% are employed and 39 million are in poverty; and other interesting details like 1 in every 15 people are millionaires and 11% of the population are living in poverty.

What's Happening in Menomonie: Vicki Maves gave a hand out of ideas of things to do in the Dunn County area detailing handy pieces of information including when and where to find community free meals. Winter Hours of the Farmers market, Mable Tainter theater info and where to find Technology Assistance help. She lists details of the Menomonie Light Parade Driving tour stops that were pulled from Menomonie Parks and Rec Dept. resources.

Cedarlings-Feb: Cultural Arts: Julia reports that because of covid many art galleries have not been able to remain open. How we display and experience art has changed significantly. Many artists have had to resort to selling their work online. She expressed the importance of attending art

gallery events both online and in person. She made reference to a website that has important news and resources for artists. www.ArtsWisconsin.org is an organization devoted to keeping Wisconsin's Creative Economy Strong. They explain the value of art by stating in their website, "Investing in the arts, culture, and creativity helps build and sustain economic vitality, education in the 21st century, healthy vibrant communities, and opportunities for all throughout Wisconsin." You can find opportunities to support the arts by attending many CV events listed and highlighted in the Volume One Magazine and website: www.volumeone.org.

Safety: Joyce Kettner reminded us to make sure we have our lights on while driving during a snowstorm. It was also reported to be wary of free face masks scams in which you are asked to give your Medicare number.

International/Public Information: Melanie Yager shared info about 'air tags'. They are about the size of a bottle cap. They pick up on your phone signal that allows others to track where you are. They have good uses such as keeping track of where your children are. However, burglars can drop them in your purse to find where you live and rob your home- particularly if you appear wealthy.

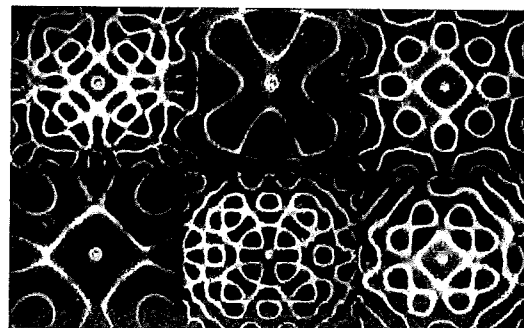
Melanie shared poem "The Hill We Climb" by Amanda Gorman that was recited at the State of the Union Address in Jan. 2021.

What's Happening in Menomonie: Vicki Maves put together a handout that details events happening in and around

the Menomonie area Menomonie through February.

Other Topics of Interest: Rosalie Werner attended as a guest of our meeting. Distributed Ruth B. Sayre Scholarship application and HCE Pamphlet that can be used to give an overview HCE to encourage potential new members. We also talked about the value of information from the HCE website and what is going on in the larger organization picture.

Cedarlings-Mar: Julia spoke about the science of Cymatics-the study of sound waves and Cymatic frequencies & its effects on matter. She presented a YouTube video of instrumentalist who performed music while simultaneously manipulating the shape of water, fire, electricity, and produced vibrations attached to vibrations of instruments. That performance and visual artists like herself are using the science of cymatics to manipulate matter to produce works of art or to enhance the art of instrumental performance. In her latest work, Julia and her husband James Woodford will be working with band and choir students from Colfax HS, Grade School, and middle school to create a visual representation of the sound produce by the individual instrumentalist or vocalists thereby producing a type of musical thumbprint or musical self portrait of sorts. Here is a photo of the type



of visual patterns that can emerge Rosella Blakley will turn 100 in May. We voted to donate a set of Bookworms in honor of her 100th birthday.

Since the cases of COVID have dropped considerably. It was voted to have masks optional at our meetings as long as social

distancing can be maintained. We discussed starting a Birthday Club including drawing names for "Secret" Birthday wisher. Rita said she could get discontinued Hallmark cards. Members will donate cards for this purpose. Julia discussed the Spring District Meeting. Einstein Bagel Co. will

provide bagels and Caribou Coffee will provide coffee for this event. Swiss Miss will provide pudding and hot chocolate.

Documents distributed: Healthier Lifestyle Survey Form, Member Contribution Report Form, District Meeting Registration Form.



2022 Donations

Bookworms
Jan - Mar

01/17/22	Nancy Doane	\$75.00	In honor of birthdays for Elaine Villeneuve, Janet Creaser and Virginia Grohn
01/17/22	Elk Meadow	\$135.00	
01/17/22	Mary Ausman	\$15.00	
01/26/22	Maureen Scott	\$20.00	In memory of Eva Linneman
01/26/22	Geri Bates	\$20.00	

Total \$265.00

Member and Board Information

HCE Board News: We had a meeting on March 10 with 7 of us in attendance. We could actually vote on motions and actually decide on some issues. Regular programming and program books will resume for 2023.

Contact information for Rosalie is 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

Family & Community Outreach – Vacant

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

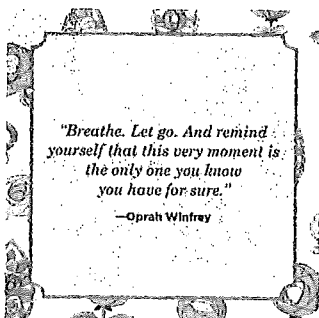
Chair: Julia D'Angelo-Woodford

minds.eye.enterprises@gmail.com

Caddie Woodlawn

Cedarlings

Elk Meadow





~ HCE SPRING FLING ~

May 4th @ 6:00 pm

Menomonie Government Center

(Old Dunn County Nursing Home, Department of Health entrance, basement level, Room 60)

Delectable dessert, cheese & crackers, coffee, tea, milk
Speaker & Fun

Spring is nature's way of saying, let's party!

Robin Williams

Donations for the Dunn County Food Pantry are greatly appreciated.

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Send registration and \$5.00 by April 22, 2022

To: Margaret Breisch N6820 539th Steet, Menomonie, WI 54751

Name: _____

Club: _____

Phone: _____

HCE Spring Northwest Wisconsin District Meeting

Date: Thursday, April 28th 2022

Time: 9am – 12:30pm

Location: Dunn County Government Center
Lower Level: Room 60 (Health Dept. Entrance)
3001 US Highway 12 East
Menomonie, WI 54751

Meet fellow HCE Club members from our Northwest District. Enjoy the following speakers & activities following the business meeting by NW District President, Linda Sutherland.

"Healthier with Houseplants"

Speaker: Margaret Murphy - Dunn County Extension Horticulture Educator

Cultivate Creativity Inc Presents

A "Green Thumb Adventures" project – Hanging Succulent Planters

Presented by: Julia d'Angelo-Woodford – Artist & Fellow HCE Cedarling's Member

Project Description: Each guest will be designing and taking home their very own hanging succulent planter as well as learning how to plant, propagate, and care for succulent plants.

Check In Time: 8:30am

Registration fee: \$5.00

Bring your own bag lunch. Water, Coffee, Bagels, Sweets, and Snacks will be provided. There will be drawings and Prizes given out toward the end of the event.

REGISTRATION: Please Fill out the following:

NAME: _____

ADDRESS: _____

EMAIL: _____

PHONE: _____ COUNTY: _____

CLUB NAME: _____ \$5.00 REGISTRATION FEE ENCLOSED ☐

Make checks payable to Dunn County HCE

Mail to: Margaret Breisch
N6820 539th Street
Menomonie, WI 54751

