



*Dunn County
Association for Home &
Community Education*



JANUARY-FEBRUARY-MARCH 2024 Issue	
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Supported by:
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*“Life is like a camera: Focus on what’s important. Capture the good times. And if things don’t work out, take another shot.”
Zlad K. Kaldemour*

Note from our President:

I made it through my first year as Dunn County HCE president thanks to the help of so many. Rosalie Werner needs to be thanked for putting together our newsletters and our program books. Elaine Villeneuve and Normetta Hurlburt need to be thanked for their work organizing our used book sale. Julia d'Angelo-Woodford needs to be thanked for organizing the Cultural Arts and Textile show. Janine Thull needs to be thanked for overseeing our scholarship program. Vicki Maves needs to be thanked for overseeing our Holiday Tea. Geri Bates needs to be thanked for providing prizes for our events. Clubs need to be thanked for their services to the community and their generosity in providing cookies, gift bag door prizes and silent auction items for our Holiday Tea. I have learned a lot from many of you. I look forward to our 2024 HCE events.

Margaret Breisch breischm@gmail.com

HCE IS ON FACEBOOK! If you are on FB, please look up HCE Dunn County and give it a “like”. Contains event info, newsletter, and pictures.

MARK YOUR CALENDARS!

REAL SATURDAY, Mar 30, 9a-12n, Rm 60, Gov Ctr
We are still in the planning stage for REAL Saturday. Currently we plan on card making as we have done the past several years plus some demonstrations, such as candy making, Air Fryers and Insta Pots – what are the advantages of each? If you have an idea for another craft or demo, please share the thought with an Executive Board member or attend the January 11 board meeting.

LTM - “Living with Changes in Income”
presented by Lana Anderson – Feb. 26 1:30pm, Rm 60, Gov. Serv. Bldg.

To register contact Margaret Breisch via email breischm@gmail.com or call her at 715-235-7124
Everyone welcome-bring your friends



Jan. 11
Mar. 30
Feb. 26

CALENDAR OF EVENTS

Executive Board Meeting, 1pm, Rm 60, Gov. Ctr
REAL Saturday, 12pm, Rm 60, Gov. Ctr
“Living with Changes in Income”, 1:30pm Rm 60 Gov Ctr

Currently we are reading at Moundview Elementary School in Elk Mound and at Menomonie Headstart. Boyceville is looking into joining our Bookworms program for the next school year. Colfax still has no teacher for a Pre-Kindergarten program. Hopefully they will have one in the next school year.

We hope that you will remember to save books for us during the year for the 2024 Booksale. For 2024 we will not be accepting any CDs, DVDs, or VHF tapes. The reason for this change is we have no way to make sure that the media is viewable or of good quality

Normetta Hurlburt, Bookworms Chair

Cyber Security Sept. 30

Cyber Security was presented by Dr. Tyler Thomas, UW-Stout. 9 members attended the presentation. Topics covered included shopping on line, emails, safe payment methods and identity theft.

We were advised to look for the “lock” symbol on our browsers to see if a site is secure. Tapping on the lock will give a message if the site is secure. We should also monitor our credit cards regularly and periodically check our credit scores.

We also should not leave credit card information on our computers. If we find our identity has been stolen, we should report it on IdentTheft.gov

Oct. 30 All Member Meeting

We reviewed the programs we offer each year. It was decided to have a noon salad luncheon rather than a catered evening meal for Spring Fling.

We discussed dues for 2025. Currently the county receives only \$1.60 from our current dues. The rest goes to the State and NW District. This barely covers the cost of our program books. The general consensus was to wait until 2025 to raise dues to \$10 since many have already paid their 2024 dues.

We decided on two educational programs for 2024. One is Living with Changes in Income. It will be presented by Lana Anderson in February. The other is Gratitude/Finding Joy. Mary Baier will present the topic at our Spring Fling in May. We would also like to add more programs or tours that could be announced in our newsletters. Clubs will be asked to share ideas for programs that could be added.

The Dunn County HCE Vice-President and Secretary positions were up for election to 2-year terms. (President and Treasurer are up for election next year). Janine Thull was elected Vice-President and Elaine Villeneuve was elected secretary.

Julia d'Angelo-Woodford passed out and went through a member survey she designed. Members are asked to return the survey to Julia

as soon as possible.

Julia also passed out the Cultural & Textile Arts and Convention Report she put together. She also returned to each participant their exhibit along with their award.



Holiday Tea Report: The Holiday Tea was a fun get together. We had 46 attendees who enjoyed coffee, tea, punch, cookies, cheese and crackers. Barb Burntvedt played Christmas Carols on the piano while members visited and bid on silent auction items. We were entertained with Christmas trivia, an ornament exchange game and a sing-a-long. The sing-a-long was accompanied with flutes, clarinets and French horns. We made \$767 at the event compared to \$566 last year. The profits go towards the scholarship fund.



2023 Holiday Tea Raffle Winners

Item	Winner	Donated By
Quilt	Joyce Kettner	Chris Lorenzen
\$100 Meat Cert	Faye Swenson	Dunn Cty HCE
Gift Bskt#1	Delores Faulkner	Jean Langlois Ideal Club
Gift Bskt#2	Chuck Maves	Ideal Club
\$20 Gift Card	Rosalie Werner	Julia D'Angelo- Woodford & Nathaniel Wesley
Tokyo Rest.		

CLUB NOTES - NORTH CENTER

Baxterville - We held our club Christmas party on December 10 at Karen Hemann's home. McKenna Anderson won the quilt drawing. In January we will go through our programs books and make plans for 2024.

Ideal-Oct.: Maxine Hintzman, a long-time member of the Ideal Club passed away on Monday, September 25 after a brief illness. B. Kneer shared her obituary and we all remembered what a fine woman she was and how much we enjoyed her. We will be purchasing a book for the public library in her memory. We talked about plans for the Holiday Tea and everyone volunteered to bring something. We are excited to see Sandie Marlett's new home so the group will be having their November meeting at her house.

Ideal-Nov.: E. Villeneuve shared information about the October 21 All Member Meeting. Spring Fling might be a noon salad luncheon or potluck. More information to come. Dues might be raised from \$7 to \$10 in 2025. She shared some REAL Saturday ideas. She also distributed a survey that Julia had put together. We completed those and returned them to Elaine. If you want to contribute anything for Patti Stengl's wildlife project, you should give them to Elaine. R. Werner and E. Villeneuve attended the Cybersecurity training on October 30. She shared lots of information which generated LOTS of lively conversation about scams, lost articles, etc. J. Thull volunteered to read the November book for Bookworms. There will be no December Club meeting since everyone is encouraged to attend the Holiday Tea. The Club Holiday Party will take place on Monday, January 8 at the Great Escape at 1pm. Spouses / partners are invited and encouraged to attend.

Popple Creek-Oct.: We met at Geri's home. Members greeted Patti Stangel and shared the Wildlife Rescue and Rehab display

and application for Services of Love (from the State Convention in the Dells) were shown to her. Geri presented Patti

Wildlife Rehabilitation and Release program

ITEMS NEEDED – collect at your meetings and give to an HCE board member.

Bird Seed, Suet, Apples. Soft nuts (walnuts, cashews) Cash donation, or Kwik Trip Fuel cards, peanut butter, cream corn, Pedialyte, heating pads, tarps, laundry soap, bleach, and white paper towels.

with gasoline gift cards from the \$100 earned for first place at the state Convention for the project. Photos were taken. Patti also was given the display we made to take home with her. Pennies For Friendship were collected, as well as donations for Wildlife Rescue and Rehab; which is now Dunn County's HCE project for the year.

We discussed items that could be used at Colfax Senior Living; which is a new project for the year. We are supporting the Activity Department with donations for Dime Bingo, and other games they play. We will also be giving them items for their craft Projects. and helping out whenever needed. Also donated are toiletries and such, as they are no longer provided to the residents.

Geri is compiling a list of monthly donations from our club to Wildlife Rescue and Rehab and to the Colfax Senior Living Center.

We discussed the upcoming

activities planned for Dunn County HCE.

Connie distributed Power Of Attorney for Health Care and Financial Power of Attorney to members who did not attend the county meeting. Chris and Geri showed the Wildlife Rescue and Rehab project they made for the Convention, and shared highlights of the state convention. We were reminded of the specifics of the Holiday Tea Dec. 9.

Connie donated over 40 lbs. of apples for the pop-up pantry at Sand Creek. Geri takes 10 bags of food to the pop-up two times a month to be distributed.

We were reminded of the immunizations available this fall. We also discussed strategies to keep warm in our cool homes and eating plenty of home canned goods.

We enjoyed sharing childhood memories-such as the various games we played, jacks, marbles, red light, green. etc.

Popple Creek-Nov.: We met at Maureen's. Pennies For Friendship were collected, along with items for Wildlife Rescue and Rehab and a generous donation for the Colfax Senior Living.

Dues for next year were collected. Lana distributed the survey sheet for Dunn County HCE. Connie collected and sent to Julia. We had a lengthy discussion of the change in the Scholarship guidelines for our organization.

We were reminded of the Holiday Tea details. Geri put together the Gift Bag for the table decoration for our club.

Connie presented info from the Cybersecurity meeting presentation by a UW-Stout professor.

Lana distributed copies on how to prevent fraud on the computer, through e-mail and telephone.

Geri read "How to Get Through Hard Times"

Popple Creek-Dec.-Our Christmas party was at Exit 45. We had a great time, food and fun games.

Geri taught a class on Guardian Angels at the Senior Living Center. About 20 residents made them. Nancy helped. It was a hit, we even had 2 gentlemen making them. We plan on doing several more projects with them through the year.

Geri makes cards for the Colfax Senior Living Center 2-3 times each year. The next will be Easter Cards. The residents love to receive a hand-made card.

CLUB NOTES-SOUTH CENTER

Elk Meadow-Oct.-Dec.: HCE met as usual in October and collected clothing items for Elk Mound Elementary Mounders. Also in October, it was decided to donate a set of books to Bookworms in honor of long-time member, Virginia Grohn who passed away in September.

In November, our club collected items for the local food pantry. Lynn and Judy also gave a short presentation on the cyber security session they had attended with several helpful ideas. In Dec., several members attended the Holiday Tea. Our club Christmas party was on Dec. 6 and the Menomonie Family Restaurant where we enjoyed a delicious meal

and good conversation.

Cedarlings-Oct.: Melanie Yager reported on the increase in Fentanyl overdose deaths over the past 20 years. Fentanyl overdose deaths accounted for a third of the deaths among Americans 25 to 34 year olds in 2022. The anti-dote buprenorphine is being made more readily available.

Julia d'Angelo-Woodford showed the Painted Penguin Gourd she made at the state convention. She passed out a Barn Quilts brochure from Marquette County. She would like to see Barn Quilts added as a Cultural & Textile Arts category for WAHCE.

Vicki Maves reported on club responsibilities related to the Holiday Tea. Each club is responsible for 4 dozen cookies, an gift bag fill of consumables to be used as centerpieces and door prizes, and 2 silent auction items.

Julia created a survey to pass out at the October All-Member meeting. The purpose is to learn more about what activities and programs our members are interested in.

Cedarlings-Nov

Vicki Jess reported on the Mayo Clinic FAST stroke identification system. FAST stands for (F)ace – see if face movements such as smiling seem normal. (A)rms – can both arms be lifted and held without dropping (S)peech – is speech normal (T)ime – call 911. If you suspect someone is having a stroke, get them to a hospital immediately.

Melanie Yager reported Medicare costs in 2024 will rise \$9.80 per month for a total of \$174.70 per month. She also led us in a “no plastic holiday season” exercise. We worked in groups of 2 to come up with ideas to avoid the use of plastic during the holiday season.

Julia d'Angelo-Woodford reported the Minnesota Marine Art Museum has an exhibit by Courtney Mattison on her art series “Our Changing Seas”. She uses glazed stoneware + porcelain to create

visual interpretations of the impact of climate change on our coral reefs.

Mary Baier reported receiving a \$500 grant from Westconsin Credit Union to buy books for 3-year olds, similar to the Bookworms. It was decided to take this on as a club project.

Cedarlings-Dec.: We held our club Christmas party at the Senior Center on Dec. 13 following the Holiday meal. The event included an optional gift exchange,

Christmas trivia, Christmas jokes, and a sing-along with Larry Jess and Margaret Breisch playing their clarinets and Vicki Maves on flute.

“Brevity is the soul of wit...”
From Hamlet by Shakespeare

Meaning using less words to get your message across is a sign of intelligence and humour.



2023 DONATIONS			
October-December			
Bookworms			
October:	\$25.00	Judith Dieter	in memory of Virginia Grohn
	\$24.00	Mary Ann Ausman	in memory of Ginny Grohn
	\$25.00	Elk Meadow HCE	in memory of Ginny Grohn
November:	\$25.00	Elaine Villeneuve	in memory of Virginia Grohn
December:	\$25.00	Cedarlings HCE	

Member and Board Information

Our first board meeting of the year will be held Thursday January 11, 1 pm in room 60 of the Government Services Building. We will be finalizing plans for REAL Saturday. We have a few activities planned, but would welcome more. Please attend if you have ideas to share. You do not need to be a board member to attend our board meetings.

HCE Board Members:

- President – Margaret Breisch 715-235-7124
- Vice President – Janine Thull
- Secretary – Elaine Villeneuve
- Treasurer – Vicki Maves
- Marketing/Membership - Christie Pittman
- Historian – Elaine Villeneuve
- Bookworms – Normetta Hurlburt
- Rosalie Werner –Past President and Communications
- Scholarship Chair – Janine Thull
- Cultural Arts Chair – Julia d’Angelo-Woodford

North Center	
Chair: Geri Bates	
gcrafts@yahoo.com	
Baxterville	
Popple Creek	
Ideal	
South Center	
Chair: Julia d’Angelo-Woodford	
minds.eye.enterprises@gmail.com	
Elk Meadow	
Cedarlings	

2023 WAHCE Conference Report

Six members of DC HCE attended this conference in Wisconsin Dells, Sept. 18-20, 2023: Margaret Breisch, Julia d'Angelo-Woodford, Geri Bates, Vicki Maves, Rosalie Werner, and Chris Lorenzen. These are some of the learning sessions in addition to President's meeting and individual officer and Bookworms sessions,

How to Make a T-shirt Quilt – Vicki Maves, Rosalie Werner - the presentation made something that seems difficult very doable! .

How to Care for Air Plants – Vicki Maves, Julia d'Angelo-Woodford - It is easy to kill a air plant. We learned what what they need to keep thriving.

Geology & Natural History Of WI Landscapes & Waterways – Vicki Maves, Rosalie Werner – The presentation covered events that shaped Wisconsin, including formation of mountains, volcanic eruptions, glaciers, and floods.

Wollershiem Winery – Vicki Maves - the process of wine production and the history of the winery were very interesting and tasting was fun.

Every Year for the Rest of Your life will be the Hottest – Geri Bates - . The MD that spoke said world climate changes going on in recent decades is a health emergency; compromising everyone's health.

Chair Yoga and Exercise for Active Aging – Geri Bates - We did many stretches, and gentle yoga exercises targeting all parts of our body.

Living with Changes in Income - Geri Bates, Margaret Breisch, Rosalie Werner -This session covered thinking about your current income and expenses, planning for future changes and learning strategies to help make adjustments when your income and/or expenses change.

Writing a Grant – Geri Bates, Margaret Breisch, Rosalie Werner – The session covered the correct language to use when writing a grant and terms not to use.

How To Become an Intuitive/Mindful Eater - Geri Bates - This presentation covered self-awareness and how to listen to your body, what it is telling you about the foods you eat or don't eat, and why it is important.

Gratitude/Finding Joy - Margaret Breisch, Julia d'Angelo-Woodford - The session centered on how to practice having a positive attitude.

Heirlooms No One Wants – Margaret Breisch, Julia d'Angelo-Woodford - Many things are precious to us because of the memories they bring back. They are less precious to our children. Strategies to address this were discussed.

Funeral Planning - Chris Lorenzen - Pre-planning will save your family the hard work. Pre-fund your Funeral even though money and death are an uncomfortable subject. Cremation is 70% of business now and cost starts at \$3000. Scattering ashes is pollution in the state of Wisconsin.

Estate Planning-Chris Lorenzen - List beneficiaries on all your accounts. Annuities, life insurance, retirement accounts require at least one beneficiary. You can avoid probate on assets that are listed in a Trust, this allows the creator of the Trust to have control of disbursements.

From Sheep to Shawl - Julia d'Angelo-Woodford - The presentation covered the process from raising the sheep to making it into yarn and the end result when making clothing and miscellaneous items

OPPORTUNITY TO HELP CHIPPEWA HABITAT FOR HUMANITY – BY JANINE THULL

The Chippewa Valley Habitat For Humanity has been providing affordable homes for those in need since 1991. These homes are not free -- homeowners put in hundreds of hours of sweat equity and then pay a mortgage. Contributions from major companies and volunteer labor help make these homes affordable. Recently Andersen Windows provided and installed all the windows on the first of three twin homes on Brickyard Road in Menomonie. Other companies that have provided and will provide products on these twin homes include Kohler Company, IKEA, and Whirlpool to name a few.

Habitat has designated one side of the home as a Faith Build and a group of Menomonie churches are supporting that home and the other side has been designated as a Women's Build. Women run businesses and organizations are supporting the Women's Build financially and with volunteers. Having the Dunn County Home & Community Education group be part of this effort is a great match.

How can you help? Providing **lunch** for the volunteers is an easy and delicious way to help. Having personally tasted some yummy food over the past couple of months I can attest to the cooking skills of this group! Depending on the day's building project the number of hungry volunteers generally is between 5 and 10 people, some days more and some days less.

I recommend that each club designate one member who will coordinate the lunch during this building process and let me know. I will contact the Club Lunch Coordinator with the date of a build day that needs lunch. If your club can't do it that week, I will contact another club. I will have an initial number of workers and then will confirm by Thursday or Friday of that week.

There are two card tables in the Habitat equipment trailer and I will supply a tub of supplies which will include eating utensils, napkins, cups, plates, bowls, etc.

The twin home is located at 1240 Brickyard Road in Menomonie, which is near the Humane Society.

If you or someone you know want to volunteer with Habitat in additional ways, please sign up at <https://cvh4h.org.volunteerhub.com/vv2/>

Let me know who your Lunch Coordinator is. Thanks,
Janine Thull, jathull02@yahoo.com, 715-556-0063

HAPPY NEW YEAR!