



*Dunn County  
Association for Home &  
Community Education*



April-May-June 2024 Issue	
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**Note from our President:**

International Night is being held Thursday April 25 at Cedarbrook Church again this year. The community room is just the right size AND there is no charge to use the room. Our focus country is Vietnam. It should be very interesting to hear what the students have to say about their country.

We are doing Spring Fling differently this year. Rather than a catered evening meal costing about \$15, we will have a noon salad luncheon. Clubs are asked to bring one dish to pass for every four people attending. There is no charge to attend nor are reservations necessary. Mary Baier will give a presentation on “Gratitude/Finding Joy” followed by member recognition for years of service. We will also recognize our Bookworms readers.

Rather than holding our Cultural Arts Show at Spring Fling like last year, we will have a separate event in July.

*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.

Supported by:  
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**HCE Dunn County Scholarship Awarded**

Alison Roberts from Boyceville High School was selected as the 2024 scholarship recipient for the \$500 HCE scholarship. She plans to pursue elementary education at UW-River Falls. Alison has maintained a 3.974 gpa while being very involved in high school, church and community activities. Her reference says that "leadership is her best attribute..... and that she has worked hard to earn the respect of her peers and teachers."

The Scholarship Committee reviewed eight applications from three high schools, all of which were exceptional making the decision very difficult. The Committee included Maureen Scott from Popple Creek Club, Becky Kneer from the Ideal Club and the Committee Chair Janine Thull from the Ideal Club.



CALENDAR OF EVENTS

Apr. 25  
Apr. 25  
May 9  
May 29  
Cultural Arts

International Night-Vietnam, 5pm, Cedarbrook Church  
WAHCE District Meeting, 11am, Stone Lake  
Executive Board Meeting, 1pm, Rm 60, Gov. Ctr  
Spring Fling, 12 noon, Rm 60, Gov. Ctr  
July, date and time tba

An exciting year awaits as we help our area 4-year-olds to learn an appreciation for the written word!

I received the list of books to be read for 2024-25 year:

- After School Sports Club,
- Let's Go Skating by Alyson Heller
- Down on the Farm by Merrily Kutner
- Dozens of Dachshunds by Stephanie Calmenson
- Gus Grows a Plant by Frank Remkiewicz
- Little Nita's Big Idea by Anna W. Bardaus
- Pete the Cat's Train Trip by James Dean
- There's Only One You by Kathryn Helping and Deborah Hembrook

Little Nita's Big Idea is told in English and Spanish.

Elk Meadow readers are Linda Eder, Judy Dieter, Lynn Dummer, and Normetta Hurlburt. Menomonie Head Start readers are Janine Thull, Jean Langlois, and Mary Baier. This year, 2023-24, we gave books to Moundview Preschool in Elk Mound (70 sets) and Head Start in Menomonie (60 sets).

The cost of each set of 7 books will be approximately \$17.00. Our main fundraiser for the program is the Used Book Sale at the Dunn County Fair. Please begin, if you haven't already, to save your gently used books.

There was some talk last spring of

having readers in other schools. To date, I have not been made aware of any new locations.

Does anyone know if there are records of readers in past years that could be made available to me? I can be reached at 715-879-5105.

Normetta Hurlburt, Bookworms Chair

**Living with Changes in Income.**

Living with Changes in Income was presented on Feb. 26 by Lana Anderson. Lana is a former UW-Extension Family Living Educator and a member of the Popple Creek club. Six members attended the presentation.

Many things can impact our income including loss of a spouse, retirement, increases in health care costs. Some things can be planned, such as retirements, but others cannot.

We were advised "to pay yourself first," like putting money away for a future retirement first before spending money on discretionary items. We also need to avoid credit card debt. Interest rates are extremely high.

In order to protect ourselves from the unexpected – such as sudden death of a spouse - we need to know where to find records of things such as bank accounts, computer passwords, credit cards, safety deposit boxes and regular expenses that need to be paid. We were given handouts to fill in

itemizing these things.

We were also advised to make sure we have beneficiaries on our accounts in order to avoid probate.

A good website to help widows with finances is <https://www.debt.org/advice/financial-assistance-for-widows/>

**CLUB NOTES - NORTH CENTER**



**Baxterville -Jan.:** We planned our meetings for the year.

**Baxterville -Feb.:** Our project was "soup in a jar." Dry ingredients for soup were put in jars. Later soup can be made by adding the dry ingredients to boiling water.

**Baxterville -Mar.:** We completed our Pink Box Project. We made reusable cloth menstrual pads for young women in developing countries. We also had our "quilt reveal" in which the pattern for our 2024 quilt was shared. Members work together to make a quilt A name is later drawn for the winner of the quilt

**Ideal-Feb.:** Pres. Elaine thanked Jean Langlois for coordinating the January Holiday Lunch that was held at the Great Escape and to B. Kneer for the fun game (Blank Slate) that we played.

Members were happy to receive a copy of November's Ideal Club minutes in their email. That practice will continue. J. Thull volunteered to read the February book for Bookworms. J. Langlois volunteered to be the lunch coordinator from the Ideal Club for some lunches for the Habitat For Humanity Women's Build. J. Thull will contact her when lunch is needed and then she will contact members to bring something. There was some discussion and confusion around Patti Stangl's Wildlife Refuge project which has been the county project. Members thought that donating at the Spring Fling last May fulfilled the commitment. How long are we committed for? Was this the project for 2023? J. Thull and E. Villeneuve volunteered to attend the Leader Training on Monday, February 26 at 1pm.

**Ideal-Mar.:** J. Thull attended the February 26 training on "**Handling Financial Change**" by Lana Anderson. Each member received a copy of the handouts and J. Thull covered the highlights which included not removing deceased from their bank account for at least a year, keeping a written copy of all passwords and documents. She also shared information on the NOK Box for important info. There was quite a bit of discussion. J. Langlois volunteered to read the March Bookworms book. E. Villeneuve reported that she read 12 books and scored them for the 2024-2025 school year. J. Thull shared information on the CV Habitat For Humanity home and the family selection process.

**New Business:** There was some discussion and confusion around Patti Stangl's Wildlife Refuge project which has been the county project.

**Popple Creek – Jan.** Donations for the County's project this year to Wildlife Rescue and Rehab were collected. Donations for Colfax Sr. Living were also collected and delivered by Geri. Geri taught the residents how to make Guardian Angels on ribbon. Lana shared quick facts about Alzheimer's disease. About 1 in 9 people age 65 or older is living with Alzheimer's; almost 2/3 of American living with Alzheimer's are women; more than 6 million Americans are living with Alzheimer's. There have been several disease-modifying drugs and in 2020 a simple blood test for earlier evaluation of Alzheimer's disease. Diabetes-associated episodes of low blood sugar has been linked to an increase risk of the disease.

Geri read two encouraging and up lifting pieces, "Don't Quit" and "Beautiful Ten Lines".

**Popple Creek-Feb.:** We met at Connie's. Roll call was taken with members sharing an act of kindness she had given recently. Geri made and delivered 45 Valentine Cards to the Colfax Senior Living Center. They love receiving cards. Two bags of items for Wildlife Rescue and Rehab were collected; and 3 bags of items for the Activity Department for Colfax Sr. Living. The group decided that these two were enough projects for us to work on this year.

**Popple Creek -Mar.:** Donations collected for Wildlife Rescue and Rahab and the Sr. Living Center Activity Dept. They continue to need Bingo prizes, goodies, Bingo dimes, toiletry items needed that are no longer provided by the center. We also included jewelry,

gloves, sox, etc.

Geri read about Blue Monday and Tuesday (clothes washing and ironing). Remember bluing on wash day? It was an article from The Country Today's Yesterday Section.

**Elk Meadow-Jan-Mar. -.** In



January, club members reviewed the list of income and expenses for 2023 and discussed possible

activities for 2024. These included collecting a monetary donation of \$100 for Fierce Freedom in January, food items for the local food pantry in February and a monetary donation to The Wildlife and Rehab Center in Colfax in March. A donation was also made to Elk Mound PTO for the spring carnival. April's donation will be to Bridge to Hope/Winter Haven. It was decided to have a summer potluck picnic in July as the club does not have regular meetings during the summer months. We will have a club white elephant sale in May and continue to collect books for the DC Fair book sale.

**Cedarlings -Jan.:** Mary Baier reported on the progress of the "Read to Me" program for 3-year-olds. She passed around some of the books which have been received and she described their use and distribution

**Cedarlings -Feb.:** Vicki Jess reported 15% - 20% of muscle mass is lost by women 20 years old and older by the normal aging processes. Recommendations to gain muscle mass include strength

training and walking. 800 IU of Vitamin D per day is recommended. 100 grams of protein per day are recommended. We also discussed the Habitat for Humanity project overseen by Janine Thull. We decided to provide lunch for the work crew one time and see how that goes before committing to more lunches.

**Cedarlings -Mar.:** Melanie Yager shared information about Linda Thomas-Greenfield, our US Representative to the United Nations. Margaret shared information from the League of Women Voters concerning the 2 referendum questions that will be on the April 2 ballot. Mary Baier reported reading to two groups of 3 yr-olds at the kick-off of the “Read to Me” program.



2024 DONATIONS  
January - March  
No donations this quarter.

**FUN AND LEARNING AT REAL SATURDAY, MARCH 30, 2024!**



Becky Kneer demonstrated use of Insta Pot and gave samples of her beef stroganoff. Elaine Villeneuve showed us how to use an air fryer. Delicious samples were shared. Both are Ideal Club members.

Geri Bates of Popple Creek had greeting card kits available for us.

Margaret Breisch of Cedarlings showed us how to make Easter baskets from paper. We enjoyed a pot luck lunch and also played bingo.



### Member and Board Information

Our next board meeting will be held on Thursday May 9 in Room 60 of the Government Services Building. All members are welcome to attend these meetings. The main topic will be the used book sale at the Dunn County Fair. If you have ideas for improvements to our used book sale, please share them with a board member. Board members who are unable to attend are encouraged to ask another member to attend in their place.

#### 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 <a href="mailto:gcrafts@yahoo.com">gcrafts@yahoo.com</a> Baxterville Popple Creek Ideal
South Center Chair: Julia d’Angelo-Woodford <a href="mailto:minds.eye.enterprises@gmail.com">minds.eye.enterprises@gmail.com</a> Elk Meadow Cedarlings

## 2024 Spring Fling – Salad Luncheon



Wednesday May 29  
12:00 Noon

Government Services Building  
Room 60

3001 US Hwy 12 E  
Menomonie, WI

### Spring Fling Program “Gratitude/Finding Joy” presented by Mary Baier

We will also present certificates for years of service and recognize our Bookworms readers.

**Please bring a dish to pass for every four people attending.**

As always, feel free to bring along a neighbor, relative or friend to join us!

No need to make reservations.

**Donations to Stepping Stones and/or Wildlife Rescue and Release program are welcome but not necessary.**

## Years Service Recognition

Vicki Maves-Cedarlings 5 years	Judy Dieter-Elk Meadow 45 years
Jeanette Fremouw-Cedarlings 25 years	Helen Blicher-Elk Meadow 50 years
Lori Boesl-Baxterville 30 years	Laura Boesl-Baxterville 55 years
Sue Anderson-Baxterville 35 years	Geri Bates-Popple Creek 60 years
Dawn McDonald-Baxterville 35 years	Barbara Schumacher-Elk Meadow 62 years
Normetta Hurlburt-Elk Meadow 35 years	Nadine Schlough-Ideal 64 years
Lesley Nelson-Baxterville 40 years	Christie Pittman-Cedarlings 65 years
Margaret Breisch-Cedarlings 40 years	Nancy Doane-Elk Meadow 65 years
Judy Hinrichs-Ideal 40 years	Nancy Johnson-Popple Creek 67 years

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## INTERNATIONAL NIGHT

**When:** *Thursday, April 25, 2024, 5:00 pm*

**Where:** *Cedarbrook Church, N6714 470<sup>th</sup> St Menomonie,  
(use left / west entrance – 1<sup>st</sup> room on the left)*

**Country:** *Vietnam*

**Speakers:** *Victoria Pham, An Nguyen, Claire Le, Simon Nguyen and Luckey Pham*

Join us for an evening of food and camaraderie to learn about another country! Our guest speakers will teach us about their country, Vietnam.

**Please bring a dish to pass for every four people attending.**

As always, feel free to bring along a neighbor or friend to join us!

**Donations to Stepping Stones and/or Wildlife Rescue and Release program are welcome but not necessary.**

### Flag of Vietnam

The red background symbolizes revolution and bloodshed. The golden star represents the five main classes in Vietnamese society — intellectuals, farmers, workers, entrepreneurs, soldiers.