

Changing With Today



Columbia County Association for
Home and Community Education
April 2018

President's Message

Greetings,

Spring is my favorite time of the year.

There's still snow on the ground in much of the state, but that one warm day is like the beacon we needed. There may be some cold and snow yet to come, but spring is officially something we can believe in. It may still snow in May, but we don't even care. That one warm day in late February or early March, and we all get excited about spring. We're longing for the sun and to get outside without having to spend 20 minutes putting on layers of clothes before we go. That first sign of spring and we're ready to pack away the long underwear, put the shovel in the garage, and never wear boots again. I love to go outside to see if any of my spring flowers are popping up through the ground. And, I love to wake up in the morning to the sound of birds happily singing.

Twelve signs of Spring in Wisconsin:

1. Driving with the windows down.
2. Getting frozen custard.
3. Busting out the grill.
4. Going outside without a coat.
5. Removing winter essentials from your car.
6. Opening every window in the house.
7. Losing the winter footwear.
8. Getting out in nature or your yard and checking your flower beds.



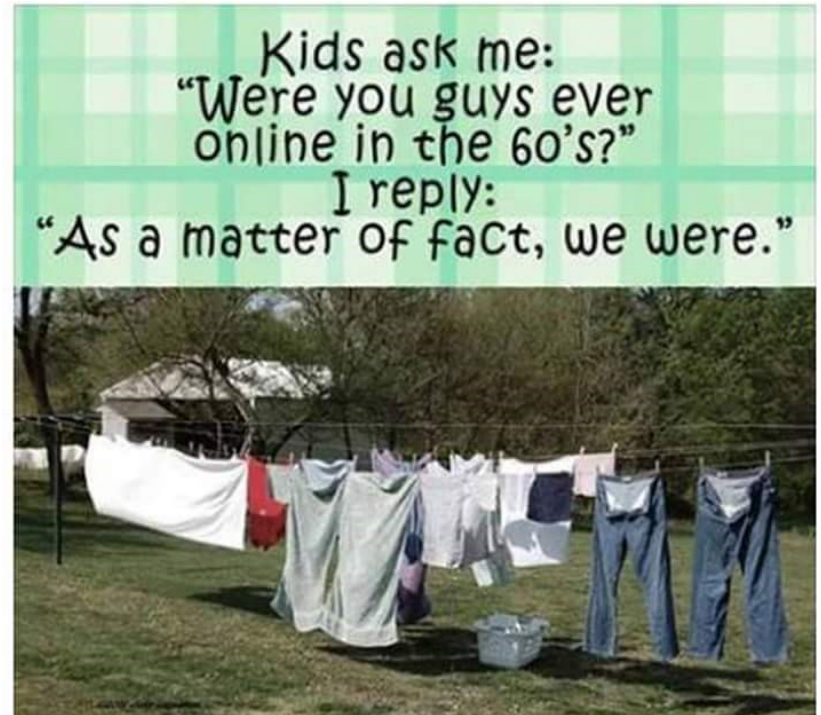
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9. Enjoying the last bit of snow.
10. Planning your garden.
11. Hanging out sheets on the clothesline.
12. Looking for that first robin.



Kris Young, CCAHCE President



Chase Update...

Chase is now 10 years old and in 4th grade. He tells me that he doesn't want to go to the school dance this weekend because "all I do is run because the girls are always chasing the boys." I said, "what will happen if you don't run?" He said, "I don't know."

A. Miller

Dates to Remember/This and That

EXECUTIVE BOARD MEETING

May 15, 2018, 9:30 a.m.
Columbia County Administration Bldg.



Pennies for Friendship are due May 1 to:
Carol Beck
CCAHC Treasurer
5118 Merwood Lane
Madison, WI 53718

MAY LEADER TRAINING

Just a Drop Will Do Ya! (Essential Oils & Mindfulness), Lory Seffrood
May 3, 2018, 1:30 p.m.
Law Enforcement Center, 711 E. Cook St., Portage

You will learn how to use essential oils for increased energy, focus, and mindfulness. We will also practice mindfulness for more intentional connection.



REGISTRATION FORM

Just a Drop Will Do Ya!
May 3, 2018, 1:30 p.m.
Law Enforcement Center

NAME: _____

CLUB/INDIVIDUAL: _____

PHONE: _____

Return by April 30 to:

LuAnn Olson, UW-Extension, 112 E. Edgewater St., Rm. 212, Portage, WI
53901 OR call LuAnn at (608) 742-9688 OR e-mail luann.olson@ces.uwex.edu

EXECUTIVE BOARD MINUTES

Vice president Liz Miller called the January 16, 2018, Columbia County HCE meeting to order at 9:35 a.m., held at the Columbia County Administration Building. Roll call was taken, 10 members were present, and the HCE Prayer creed was recited.

Minutes of November 2, 2017, Fall Council Meeting – Linda Krejchik, Secretary

The minutes of the CCAHCE Fall Council meeting were read and accepted.

Financial Condition Report

Carol Beck

Carol distributed and read the Columbia County HCE Treasurer's Report, dated January 16, 2018, which was filed, subject to audit. VP Miller read thank you notes from some of the organizations which the county HCE had donated to in 2017, each receiving \$300: Saint Vincent De-Paul Free Clinic, Hope House, River Haven, Reach Out, and Northwoods.

OLD BUSINESS

Executive Board Vacancies: Chair vacancies remain for Cambria and for Fall River/Columbus. Liz Miller will reach out to Beth Hahn for Cambria and to Elsie Taylor for Fall River/Columbus. Also, Donna MacLeish agreed to co-chair the Bookworms committee.

NEW BUSINESS

Audit Committee: The Audit Committee will include the following Executive board members: Kris Young, Liz Miller, and Carol Beck.

Proposed Budget: Treasurer Beck presented the Columbia County HCE 2018 Proposed Budget. Discussion followed regarding fees for cultural arts judges and what is appropriate. Pat Wagner will tap an expert for answers and report back to the board.

HCE Constitution: The updated Columbia County Association for Home and Community Education Constitution was distributed. At the Fall Council meeting, language was revised as some of it was obsolete.

UW Extension Update – Pat Wagner
Going forward, Columbia County UW-Extension will include two full-time positions—one for Family Living and one for 4-H and Youth. It is hoped that these two positions will be posted early in the spring with employment to follow in late spring/early summer. The 4-H Program Assistant position will no longer exist. UW-Ext. will be moving under the umbrella of UW Madison effective July 1, 2018.

State Communicator – Tabled until next meeting: Each year county presidents receive the State Communicator, a year-end annual report of HCE activities. President Young was absent and will therefore need to report to the board at its March meeting.

Rendezvous – Gert Stilson: The next Rendezvous will be held on Tuesday, April 24, 2018, at Savanna Oaks Supper Club, in Fall River. Committee members Bobbie Goodman, Donna Kohnke, and Kris Young, will set up the day's activities.



EXECUTIVE BOARD MINUTES

To date the rental fee has been paid, the menu has been chosen, and the speaker has been lined up for this year's theme on racism.



Community Service in 2018:

The HCE county board will need to make a list of organizations from which to choose from to donate to for 2018. Pat Wagner will ask LuAnn Olson to include in the next newsletter an open invitation to garner ideas from the Columbia County HCE community. Also, it was mentioned that some community service organizations need cleaning supplies. It was suggested, therefore, in lieu of canned goods, that members attending the Rendezvous will be asked to bring a cleaning supply. More discussion will follow at the March board meeting.

Enrollment Figures: State membership is down. VP Miller asked for demographic statistics, of which will be provided by LuAnn Olson, in order to discuss at the next board meeting.

Other New Business

- Margo Holzman suggested that HCE signage be added to village and towns roadside directories. VP Miller will gather information for its feasibility and report back to the group at the March meeting.
- Linda Heckel will contact the Portage Daily Register to advertise our next Leader Training (on self defense), which will be held on February 6, at 1:30, at the Law Enforcement Center, Portage.

- A form was distributed to board members to verify their board positions and demographic information.



COMMITTEE REPORTS

Scholarship – Dorothy Neitzel/ Donna MacLeish

Scholarship forms are now available on the website. Pat Wagner will ask LuAnn to share this information with high school counselors to get the word out to eligible students.

Cultural Arts – Gert Stilson

The guidelines for entering the Rendezvous Cultural Arts will be detailed in the next newsletter.

International – Margo Holzman

Margo reiterated her choice of the Caribbean as our international outreach. VP Miller mentioned that she will be on tour in Cuba in September and will lend a helpful hand to Margo's pursuit.

Barn Quilts – Margo Holzman

Margo has discovered two new barn quilts in the county and will pursue the owners to give them the opportunity to be included in our barn quilts registry. Margo also encouraged members to advise her of any new quilts they discover.

Education Program Coordinator – Linda Heckel

No report at this time.

Meeting Adjournment

The HCE Creed was recited and the meeting adjourned at 11:15 a.m.

Respectfully submitted,
Linda Krejchik, Secretary



RENDEZVOUS PROGRAM

2018 Columbia County HCE Rendezvous And Cultural Arts Show and Contest

Program:

- 8:30-9:30 a.m. Cultural Arts Entries
- 8:30-9:30 a.m. "Spring Into Action" Entries*
- 9:00 a.m. Registration/Refreshments
- 9:30 a.m. Cultural Arts Judging Begins
- 10:00 a.m. Welcome and HCE Pledge—Kris Young, Columbia County HCE President
- 10:15 a.m. "Our Piece in the Racism Puzzle"—Mary Nervig**
- 11:15 a.m. Break/Vote on "Spring Into Action" Entries
- 11:30 a.m. View Cultural Arts and Vote on People's Choice
- Noon Lunch
- 1:00 p.m. Announce Winners of Cultural Arts Awards, People's Choice, and "Spring Into Action"

**Please wait until 11:15 to vote on your favorite "Spring Into Action" entry.*



***Racism, white privilege, Black Lives Matter, DACA, Standing Rock, plus so much political divisiveness! How do we access our common humanity and learn what we have not known? Let's talk about it!*

2018 Columbia County HCE Rendezvous And Cultural Arts Show and Contest

Date: April 24, 2018

Location: Savanna Oaks Community Center
100 Savanna Road
Fall River, WI 53932

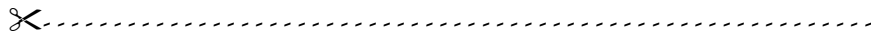
Registration Deadline: April 16, 2018

Cost: \$15.00 (includes tax and tip)

Lunch: Stuffed chicken breast with mashed potatoes/gravy and salad
or vegetarian chef's salad. Dessert and beverage (coffee, milk, or water).

Note: The registration form in last month's newsletter did not include the menu options. If you already submitted your registration and want the vegetarian lunch, let Carol Beck know with a phone call or e-mail message (below). If you already submitted your registration and want the chicken lunch, you don't need to do anything.

**Please bring a cleaning product for
donation to an area community service organization.**



REGISTRATION FORM 2018 Columbia County HCE Rendezvous and Cultural Arts Show and Contest

NAME: _____

PHONE: _____

ADDRESS: _____

CITY: _____ ZIP: _____

CLUB?INDIVIDUAL: _____

Lunch Selection: Chicken Vegetarian

Send check for \$15 with this registration form by **April 16, 2018** (check payable to Columbia County HCE) to: Carol Beck, 5118 Merwood Lane, Madison, WI 53718. (608) 416-5460 cjbeck955@gmail.com

MEMBERSHIP MESSAGE

The Ripple Effect

There may be some snow and cold weather still in April, but for the most part, I see the water on Lake Wisconsin and know the ferry will be running soon. Soon, too, the boats will take people to the sand bars and skiing. How many of you love to skip stones? Each time the stone hits the water the ripples rush outward to the shores. When people ski, it is easier if it is only the wake of their boat they have to contend with. When there are other wakes, the ripple effect can sometimes cause them to fall.

What we say and what we do leaves a ripple effect in our lives and in the lives of others. We may not see where our words or actions fall, but they ripple out from where they first hit and go on forever. The HCE clubs care for people by sending cards to their people, the family, and community people, and by giving aid to those who need a boost—such as money to help with gas to get family members to the doctors or therapy. Those ripples reach out and tell people this is a healthy group that cares for the needs of people. A healthy group attracts healthy people.

We need to care for the new people that come into our clubs. We also need to care for the people that have been there—some who have been there for more than 50 years. What is interesting for me as a member of a club is

how people care for each other, listen to each other, laugh with each other, and share concerns and cares with the group.

We have lost several people in my club, even if I have only been here a few years. I was impressed that we met at the nursing home to include the people that had moved there. I am delighted to hear what has gone on years ago and how still fresh the ideas and cares are. When one person was going through chemotherapy, the group cared for our member and her family in many ways. When my husband had surgery, he was delighted to get a card in the mail. A card or a call or any expression of care, even just listening, can make a huge difference in someone's life. It can also make a difference in the lives of those watching what is going on. These people may be members of your club or they may be your club member's neighbors and friends. You may reach people who may never join but whose lives you will have affected in positive ways.

We need to reach out to new members and invite them and make them feel at home. We need to reach out to those who are already there and care for them as well.

Barb Kell, Membership/Marketing





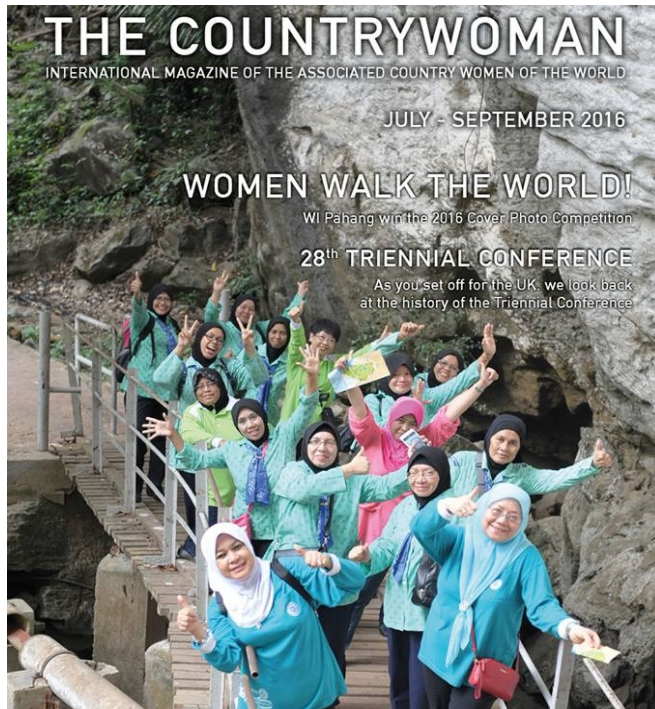
Women Walk the World Day

Associated Country Women of the World (ACWW)
Sunday, April 29, 2018

Each year, people worldwide celebrate ACWW's international network by joining together to Walk the World. The aim is to raise awareness of ACWW's work, promote the organization, and raise funds. The money goes to further the standard of living for rural women and their families through education, training and community development programs, supporting educational opportunities for women and girls, and helping eliminate gender discrimination.

Donate a penny a minute for however long you walk on April 29, and put it into your club's Pennies for Friendship collection. Donate the proceeds to ACWW.

Participating groups can send photos, details of how many people took part, the weather, and where you walked by May 15 to: info@acww.org.uk. You might be featured on the front cover of *The Countrywoman* magazine! (photo below)



Self-Defense Leader Training, February 6, 2018. Way to go gals!



The Rules of Chocolate from EASTERHUMOR.COM

- ☼ Chocolate covered raisins, cherries, orange slices and strawberries all count as fruit, so eat as many as you want.
- ☼ **The problem:** How to get two pounds of chocolate home from the store in a hot car. **The solution:** Eat it in the parking lot.
- ☼ A nice box of chocolates can provide your total daily intake of calories in one place. Isn't that handy?
- ☼ If you can't eat all your chocolate, it will keep in the freezer. But if you can't eat all your chocolate, what's wrong with you?
- ☼ Put "eat chocolate" at the top of your list of things to do today. That way, at least you'll get one thing done.
- ☼ Money talks. Chocolate sings.

2018 HCE Executive Board

Kris Young, President
Liz Miller, Vice President, President Elect
Kay MacLeish, Past President
Barb Kell, Membership/Marketing
Linda Krejchik, Secretary
Carol Beck, Treasurer
Margo Holzman, International Coordinator
Linda Heckel, Education Program Coordinator
Dorothy Neitzel, "Changing with Today" Editor
Cheryl Neef, Cultural Arts
Gertrude Stilson, Cultural Arts, Barn Quilts Committee
Bobbie Goodman, Fund-raising
Chris Berger, Fund-raising
Donna Kohnke, Fund-raising
Donna MacLeish, Scholarship
Dorothy Neitzel, Scholarship
Donna Kohnke, Education Community Outreach Coordinator
Marie Gabris, Wisconsin Bookworms™
Donna MacLeish, Wisconsin Bookworms™
Avis Link, Sunshine
Linda Heckel, Caledonia/Portage/WI Dells/ Lewiston Center Chair
Beth Hahn, Cambria Center Chair
Elsie Taylor, Columbus/Fall River Center
Cheryl Neef, Pardeeville Center Chair
Kris Young, Poynette/Lodi Center Chair



Agriculture, Extension, Land & Water Conservation

Committee provides oversight to UW-Extension:

Mike Weyh (chair) 608-742-2314
 JoAnn Wingers (vice chair) 608-348-5837
 John A. Stevenson 608-516-1528
 Tim Zander 608-948-8216
 Steve Attoe (secretary) 608-445-6893

UW-Extension Columbia County Family Development Staff

Pat Wagner, Interim
 Phone: 608-742-9686
pat.wagner@ces.uwex.edu
 Homepage: <http://columbia.uwex.edu>

LuAnn Olson, Administrative Assistant
 Phone: 608-742-9688
luann.olson@ces.uwex.edu



UW-Extension Columbia County Office Staff

Jennifer Evans, Administrative Assistant
 Caitlin Richardson, FoodWise Program Coordinator
 Kathleen Haas, Communities Extension Educator
 George Koepp, Agriculture Extension Educator
 Pat Wagner, 4-H Program Assistant
 Vacant, Youth & Family Extension Educator—Youth Development

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Family Development
 Administration Building
 112 E. Edgewater Street, Room 212
 Portage, WI 53901
 (608)742-9680
 711 for Wisconsin Relay

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