



# Dunn County Association for Home & Community Education



## *A Note from Your President*



*February/March, 2018*

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Hello Everyone! Well, it has definitely gotten a bit colder since I sat down to write the last newsletter submission, but I have high hopes it will not last much longer!

We held the Christmas Tea on December 2, and had a good turnout, as well as delicious food, and entertainment. I hope everyone who attended enjoyed themselves! The raffle drawing was held, and the list of winners is listed in this newsletter. Thank you to everyone for attending, the committee again did an outstanding job, thank you North Center!

We have some informative and interesting special interest meetings this year, and the first one will be our Strong Bones. I hope many will attend as this is an important health concern for all of us as we age. In February we will be educated on Food Waste as our leader training session for the year. Lana Anderson will be presenting this session, so I hope each club sends at least one member so you can present to your groups, and we would like to see you bring a friend who is not an HCE member to spread this information into the communities. The information for registration is located in this newsletter, so please be sure to register so adequate materials can be prepared.

In March we will be holding a REAL Saturday again, as we received positive comments from the 2017 sessions. We will try to present sessions that are of interest to you, and give you a chance to enjoy relaxing, enjoying and learning!

I would also like to remind all HCE clubs to be documenting your contributions in the community; the donations of time as well as monetary. I complete a report to send to the state committee in late May, and it is very helpful if you give me an idea of your community service. I have mailed the forms to some of the clubs, and the other clubs have the form from their Executive Board member. The Secretary can help compile this information, as well as the Treasurer. Thank you in advance for participating in this project.

As we journey through the rest of the winter months, a reminder that the homeless shelters are always looking for donations. Dunn County always has places that accept donations if you are looking to do so.

Here's wishing everyone a Happy Valentine's day!

*Chris*

### HCE IS SUPPORTED BY:

Dunn County UW-Extension  
3001 US Hwy 12 East, Ste 102  
Menomonie, WI 54751  
Phone: 715-232-1636  
Fax: 715-231-6687





**February Leader Training:**  
**“Be Food Wise To Reduce Food Waste”**  
**Monday, February 26**  
**1 pm – Rm. 101**  
**Community Services Bldg.**

Did you know that we waste about 40% of the food we buy? Can that be true? Dunn County Association for Home and Community Education will present “Be Food Wise to Reduce Food Waste” in Room 101 at the Community Services Building at 3001 U.S. Highway 12 E in Menomonie, WI on Monday, February 26, 2018.

In this presentation, participants will learn about food waste—where it comes from, who is responsible, why it’s a problem and what can be done to reduce it. The “Be Food Wise to Reduce Food Waste” program will be presented by Lana Anderson, a former UW-Extension family living educator.

To register, call the Dunn County UW-Extension office at 715-232-1636. To ensure receiving the educational materials, please register by Tuesday, February 20. The Dunn County Association for Home and Community Education is affiliated with the Wisconsin Association for Home and Community Education, a nonprofit educational organization with members in 50 counties. To learn more about Dunn County Association for Home and Community Education, contact Christie Pittman at 715-235-7898



**HOLIDAY TEA THANK YOU!**

Forty-five members and their friends and family attended the 2017 Christmas Tea held at the Village of White Pine. Music was

provided by the Dunn Dulcimers, followed by a few lively games of bingo, and prizes were ornaments provided by the attendees. Small decorated trees were auctioned off to raise money for the local food pantries. The three food pantries in the area - Boyceville, Colfax, and Menomonie - received the proceeds.

Thank you to all who planned, worked, donated or attended this Christmas celebration. Your participation is so appreciated.

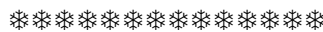
*North Center HCE*



**Save the Date!**  
**REAL Saturday**

We will be hosting a REAL Saturday on Saturday, March 17<sup>th</sup>. This will again be held in the Keyes Chevrolet meeting room at 303 Oak Avenue, Menomonie. The time will be 9 am to noon, with a potluck lunch. Feel free to come for the entire time, or come anytime you wish. You are not required to participate in any sessions; maybe you would just like to attend and visit, and enjoy the potluck! We are still finalizing the sessions we will present, but hope to have an Easter craft, greeting cards, a sewing project and possibly a painting session. Class fees will be paid that day to each individual presenter, so please have some cash for this. So, save the date and join us for a fun day!

*Chris*



**West Center Chair**

We are still looking for a West Center Chairperson. This would be an individual or two people to co-chair from the Ideal, Palmer and Weber Valley HCE clubs. We only have 6 meetings a year, and everyone is willing to help you.

We would really appreciate someone stepping forward for this position. New people bring new ideas. Please think about volunteering!!



**Wisconsin Bookworms™**

Finally, as I am writing this article, the temperature has risen and the sun is shining. During January thaw, you feel more like getting out and about.

The book this month is very fitting for the season - The Largest Snowman. It is a very cute book. I am sure the kids will enjoy it and wish to get out and make their own snowman.

Reading is going well as we get to the halfway point of the school year. The children, teachers, and parents all enjoy this worthwhile program. It’s hard to believe that we started the program during the 1999-2000 school year. We began reading to 22 children and have reached to as many as 194, but our average is around 130 students a year. At the end of this year, we have given approximately 20,060 books to 2,419 children; this is something we are VERY proud of!

Let’s keep up the great work. Thank you to all who have supported our program by volunteering, reading and donating used books for our book sale at the fair. We also wish to thank those in the past years who have given us grants. This year we received a grant from the Ann Marie Foundation.

*Sincerely,*

*Nancy Doane  
Dunn County Bookworms  
Coordinator*



### 2017 Raffle Drawing for Scholarships

We held the raffle drawing at the Christmas Tea and the following are the lucky winners:

- ✿ Anita Brook-Quilt
- ✿ June Braford-\$100 Meat Certificate from Spring Brook Meats
- ✿ Sandy Barth-Pamper Yourself Basket
- ✿ Lana Anderson-Winter Cold Basket
- ✿ Baxterville Club-Office Basket
- ✿ Barb Schumacher-Garden Flower Pot
- ✿ Lynn Klatt-Doll House
- ✿ Jean Bechel- Winter Porch Pot
- ✿ Kathy Follendorf - "Flower" Yard Art

I would like to thank everyone who purchased raffle tickets and send congratulations to the winners. We had some awesome donations for the raffle prizes. I would also like to thank Maureen Scott for all her help with the tickets. She goes above and beyond to assist with the cutting, numbering, distributing, and collecting the monies for this fund raising project. Also, a thank you to the members who always donate items for this raffle. Your support is so much appreciated. Several HCE members also made quilt blocks for the quilt this year, and I would like to thank you for your help. The quilt is a labor of love, and I hope the recipient feels the warmth it is meant to provide.



#### HCE Scholarships

One \$500 HCE Scholarship is again being offered this year to an applicant who will be attending UW-Stout or CVTC in Menomonie in the fall. To obtain an application contact the Extension office or [click here](#).



- 2 Groundhog Day 🐻
- 14 Valentine's Day ❤️
- 19 Presidents' Day 🇺🇸
- 20 Registrations due for Leader Training Meeting**
- 26 "Be Food Wise to Reduce Food Waste" Leader Training, Community Services Building, Rm. 101, 1:00 pm**



- 6 HCE Executive Board Meeting, Community Services Building, Rm. 101, 1:00 pm**
- 11 Daylight Saving Time 🕒 Begins
- 17 REAL Saturday, Keyes Chevrolet, 9 am - Noon**
- 17 St. Patrick's Day 🍀
- 20 First Day of Spring! 🌸



*Thank You*

A big THANK YOU to Popple Creek HCE and Maureen Scott for the *beautiful* Christmas centerpiece. It means so much to me and brightened up my Holidays!☺

Thanks again,

*~Michelle*

## East Center

By Rosalind Wynveen & Margaret Breisch

**CADDIE WOODLAWN:** *Nov* – Health: Debra-Remember to wear orange while you are out-side during hunting season. Holiday Tea-Club will bring a basket, 1 dozen cookies and ornaments. We had a small crowd at the Durand craft sale but our club did very well with the bake sales. We will send health care gifts to Potter's Country Home.

**CEDARLINGS:** *Nov* – At the Fall Assembly meeting, a new county president, vice president and treasurer will be elected. The Holiday Tea will be held at the White Pine.

**TAINTER:** *Dec* –Our Christmas Party was held at Dorothy and Bob Pecha's home in Eau Claire for members and their spouses.

*Jan* – Our meeting was cancelled due to inclement weather.

**ELK MEADOW:** *Nov* – Community Outreach Report-Members brought food for two complete Thanksgiving meals which were donated from our club. Correspondence-Thank you from Moundview Elementary for clothing and Mounder Meals donations from our club. Nancy and Ginny attended the Fall Council Meeting Nov. 9. Readers for the elementary school: AM-Barb and Delores, PM-Normetta and Lynn with Sandy and Nancy as alternates if notified. Elaine's request for pictures of club activities for the history book was noted. Lesson on Wills, Trusts & POA's given by Cyndi and assisted by Ginny.

*Dec* - Normetta planned our Christmas Party at the Independence Bank in Elk Mound. The table decorations were ceramic



angels from Lucille Schumacher's collection. Our club paid for the meal for those members who are 90 years old and older. The Elk Mound 3rd and 4th Grade After School group of students sang a selection of songs. We were invited to join in singing "Silent Night." The students were given a candy cane. Normetta shared Dode's poetry, a Christmas poem from 1994. She then shared two stories from the Bible regarding angels prior to the drawing for the door prizes, which were the angel table decorations from Lucille's collection. Then Normetta read several other selections regarding angels. She read a final poem by Henry Van Dyke entitled "Keeping Christmas." We distributed our Secret Pal gifts and shared what each member had received and who their Secret Pal was, then drew for next year's Secret Pal. We thanked Normetta for a well-planned and enjoyable Christmas Party.

## North Center

By Maureen Scott & Geri Bates

**POPPLE CREEK:** *Dec* – Our Christmas party was held at Denny's with 10 members present. Table favors for the Holiday Tea were made by Kathy, Maureen, and Geri. Our club was also in charge of beverages and donating 6 dozen cookies. Four theme baskets were made and donated for the raffle. We gathered and put together Christmas gifts for 13 area Veterans and their families. Our project for January is making necktie scarves.

*Jan* – Met at Geri's. We welcomed a new member, Lynn. Project Patricia was discussed and it was decided to continue this project for 2018. As of the first of the year we have sent 5000 sanitary napkins to Africa. We have received pictures of the young ladies receiving their kits. They are so excited to get them as they now can attend school. Chris delivered the Veteran gifts and they were so appreciated. Holiday Tea generous monetary donations were divided equally and given to Colfax, Boyceville, and Stepping Stones pantries. They each received a nice donation. A work day was set to make quilts from donated fabric and other supplies, to be given to Stepping Stones. We will also be making a "Passing Quilt" for an area Funeral Home. We received our secret pals' name for 2018 and the program books were filled in. Pennies for Friendship were collected. Six members signed up for this months "Strong Bones." Our project for this month was making Necktie Scarves.

**BAXTERVILLE:** *Jan* – Discussed Christmas Tea and how the day went. Forty-six people attended. Donated \$193 to local food pantries. Amber was the lucky winner of the "Herd of HCE" quilt for 2017 made by Pam. Thanked Sue for being County Treasurer for the past 5 years. We will be attending the play "The Odd Couple" on Jan. 21<sup>st</sup> in Eau Claire. Voted to donate \$25 to the Bookworms™ program.

**CONNORSVILLE:** *Nov* – Discussed things we needed to do for Christmas Tea. Christmas party is Dec. 18<sup>th</sup>; we will have cookie exchange, dish to pass, and gifts for games.



## Save the Date:



## 🌸 2018 Spring Fling 🌸



*“Look at the Birds  
of the Air”*



*Wednesday,  
May 2, 2018  
Moose Lodge*



*More information in April/May newsletter*

Adios, Au Revoir, Auf Wiedersehen,  
Addio, Sayonara...

As most of you probably already know, it is with very mixed feelings that I am announcing that my last day at UW-Extension will be January 31<sup>st</sup>. I have worked in Extension for over 13 ½ years, and with Dunn County 27 ½ years.

At this time, I plan to “take it easy,” read some long overdue books sitting on my dusty bookshelf, clean my cupboards and closets – “fun” stuff like that, tasks that rarely get done while working full-time. No plans are set in stone yet, which is just how I think I’ll like it. I hope to travel and spend more time “Up North” at our family’s cabin near Minong.

Working with HCE and its members was my favorite part of my job in Extension. I enjoyed getting to know you all and will truly miss you!

Until we meet again...

*~Michelle*



**February Leader Training Meeting  
“Be Food Wise to Reduce Food Waste”  
Monday, February 26  
Community Services Building,  
Rm 101, 1:00 p.m.**

I plan to attend: “Be Food Wise to Reduce Food Waste”

Name \_\_\_\_\_

Phone \_\_\_\_\_

Club \_\_\_\_\_

Mail registration form to:  
UW-Extension  
3001 US Hwy 12 E,  
Suite 102  
Menomonie, WI 54751

Or just call the Extension  
office at 715-232-1636  
to register.

# Spring District Meeting



Registration: 9:30am (refreshments provided)

Meeting: 10:00am

Registration Fee: \$10.00

Speaker: Eunice Hop (Cranes & Japan)

Directions: South from New Richmond - turn West/Left on Hwy 12. Turn South/Right on N Division St. (Holiday Gas station on corner). Turn Right/East on Maple (go around curve, next building past post office)

**SEND REGISTRATIONS TO:  
STEPHANY BOURDON**

1870 80th St., Balsam Lake, WI 54810

Name: \_\_\_\_\_

Address: \_\_\_\_\_

District: \_\_\_\_\_

\* Send this with your registration fee to Stephany \*



Wisconsin Association for Home  
and Community Education, Inc.

## HCE Healthy Lifestyle

February 18 to May 12, 2018

HCE Family and Community Life will focus on all members being active, and eating healthy and local food as a state-wide activity. The 5 question survey will cover 13 weeks. This survey **replaces** the "On the Move and In the Groove" form which has been used for several years.

Compile the results for your county using the same form, being sure to include the name, address, phone number, email address (if available) and name of county. Individual surveys may also be sent if there is no county coordinator.

In 2017 **thirty** counties participated in "On the Move and In the Groove" with the most points reported by **Kewaunee, Brown** and **Waukesha** counties. Congratulations to all who participated!

Please mail all 2018 survey results by June 15, 2018. Counties with the greatest percentage of members participating will be recognized at the state conference in September. These results are also used in a report given by the Wisconsin WAHCE president at the NVON Conference in July.

Questions may be emailed to Veronica Sustar at **va914@yahoo**, phone **608-847-1140**. Tallied County surveys or individual surveys need to be mailed by June 15, 2018.

Thank you to all of you for your participation. Looking forward to 2018!!

**Send survey results to:** VP Family and Community Life  
Veronica Sustar, N2894 Overgaard Road  
Mauston, WI 53948



Wisconsin Association for Home  
and Community Education, Inc.

## HCE Healthy Lifestyle Survey

(formerly On the Move and In the Groove)

Get moving and eat healthy with HCE members across Wisconsin. Please reply to this 5 question survey about maintaining your healthy lifestyle from February 18 and May 12, 2018.

Name (optional) \_\_\_\_\_  
County \_\_\_\_\_, Wisconsin

1. Which activities do you usually participate in weekly? Check all that apply.

walking    hiking    running    dancing    bowling  
 biking    spinning    rowing    swimming    skiing  
 Strong Bones class    yoga    TaiChi    exercise DVD  
 tennis    others (please list) \_\_\_\_\_

2. How many times a week are you usually active for ½ hour or more?  
 5 or more    3 or 4    1 or 2    zero

3. Do you exercise alone or with a group? Explain \_\_\_\_\_

4. How many ½ cup servings of fruits & vegetables do you usually eat daily?  
 8 or more    5-7    1-4    zero

5. How much of your diet is raised, grown or made within 100 miles of you?  
 Most    About half    Some    Very little    Unsure

Questions? Email Veronica at [va914@yahoo](mailto:va914@yahoo) or phone **608-847-1140**. Tallied County surveys or individual surveys need to be mailed by June 15, 2018

**Send results to:** VP Family and Community Life, Veronica Sustar, N2894 Overgaard Road  
Mauston, WI 53948





**Impact of HCE -- 2018**  
**HCE Club Member Contribution Report**



To recognize the achievements and contributions of HCE members, each member is asked to complete the following sheet. Information will be compiled into an "Impact of HCE" Report. The dates for the report for 2018 are June 1<sup>st</sup> 2017 to May 31<sup>st</sup> 2018. Please give your reports to your Club President or your County so they can be compiled. **Counties will put everything together on the County Form and send to Veronica Sustar, WAHCE Vice President for Family and Community Life by June 10<sup>th</sup> 2018. Thank You!**

**Contact information** (will not be shared, for record keeping only)

**Club Member's Name:** \_\_\_\_\_

**County:** \_\_\_\_\_

**Club:** \_\_\_\_\_

In the past year please indicate the number of times you attended and the amount of time you gave for the following:

<b>Event</b>	<b># Attended</b>	<b>Time Spent</b>
County HCE Executive Board Meetings	_____	_____
County HCE Spring Event(s)	_____	_____
County HCE Fall Event(s)	_____	_____
County HCE Educational Sessions	_____	_____
HCE Club Meetings	_____	_____
HCE District Meetings	_____	_____
HCE State Meetings	_____	_____
		<b>TOTAL</b> _____

Please list any fundraising activities you were involved with on behalf of HCE.

(Example: bake sale at the bank for HCE))

<b>Fundraising Activity</b>	<b>Time Spent</b>
1. _____	_____
2. _____	_____
3. _____	_____
	<b>TOTAL</b> _____

Please list any community outreach activities that are directly related to HCE.

(Example: Bingo at the nursing home for HCE))

<b>Community Outreach</b>	<b>Time Spent</b>
1. _____	_____
2. _____	_____
3. _____	_____
	<b>TOTAL</b> _____

Please list the value of any **individual donations** (monetary or otherwise) you made for HCE.

Note: Club donations will be obtained from Club Treasurer.

(Example: crocheted baby blanket for HCE)

<b>Donations</b>	<b>Estimated Dollar Value</b>
1. _____	_____
2. _____	_____
3. _____	_____
	<b>TOTAL</b> _____