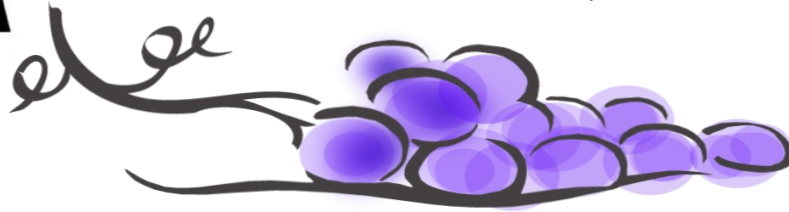




The Grapevine



February 2024

President's Message

Happy Valentines day. WE are Certainly having a great winter. Hope we don't pay for it in March and April.

We have worked on HCE day and it is set for Wednesday April 17 at Loyal City Hall. Speaker will be Pam Selz Pralle talking about Early Homemakers. Also at that time we will have our cultural arts judging. Hope you are all working on your projects.

On Tuesday February 20 we will tie quilts again for the Marshfield hospital. If anyone would like to help please come to Loyal City Hall, 9am to 3pm or when you can help. Bring a sack lunch for noon break. You don't need to know how to sew or would like to learn, COME

At the HCE day meeting we will be collecting items for the Ronald McDonald house in Marshfield. See list elsewhere in this issue.

Anyone interested in attending West District Spring meeting in Black River Falls on Monday April 22, please let me know by April 1 so our treasurer can get us registered. Do not send

money, as Clark County HCE will pay for Registration but we need to know how many and your choice of sandwich.. My phone number and email are in the year book or you

can text me at (715)255-2658.

Scholarship applications are again available. Four \$500 scholarships will be awarded. They can be found on the Clark County Extension website.

President Lois Becker

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Included Separately:

2024 Scholarship Application

Growing Stronger, Reaching Wider, Caring To Make A Difference

HCE Offers Opportunities For:

- *Learning in a social setting.*
- *Sharing what we learn.*
- *Caring to make a difference in our homes, communities, and the world.*

Meeting Minutes

HCE Executive Board Meeting Minutes February 6, 2024

The meeting was called to order at 6:00 pm by President Lois Becker with the Flag Pledge and the Homemakers Creed. Members present were: Lois Becker-President, Joanne Trunkel-VP for Program & Community Outreach, Mary Kipp-Marketing/Membership, Betty Loos-Historian, Roberta Hansen-Secretary, Peggy Buchda-Bookworm.

The Secretary minutes from November 7, 2023 meeting were read and placed on file. The Treasurer's report was read and placed on file.

Director Reports:

Vice President for Family and Community Outreach: None.

Dairy Bar: None.

Bookworm: Discussed book distribution options. Will obtain numbers and present at next meeting for further discussion. Will be looking for readers for next school year to re-start the reader program.

HCE Day Coordinator: Looking at the following dates for this event: April 17th, April 18th, or April 24th. Will see what is available to hold at Loyal City Hall. Will start at 6:00pm. Lois will check on date availability.

Committee Reports:

Historian: None.

Marketing: Strong Bodies presentation February 13th at 1:00pm Loyal City Hall – explanation and demo about the program. Would like to schedule a program for mid-March to be held at Loyal City Hall. Possibly ADRC presentation, Joanne will look into this. Discussed possible fall presentation – Air fryer/Instant Pot uses/benefits.

Cultural Arts: Will be looking for judges for judging cultural arts entries at HCE Event in April. It is time to think about what you want to enter!

International/Citizenship: Discussed who we should sponsor a collection for at our HCE Event in April. Decided to sponsor the Ronald McDonald House in Marshfield. Joanne will obtain list of items that are needed. Will publish in the Grapevine.

Scholarship: Discussed changes to application form and process to make it more applicant friendly to hopefully increase the number of applicants we receive.

Continued Business/New Business:

West District Spring Meeting – Monday, April 22, 2024, starting at 9:00 am; Wisconsin Cranberry Research Station, Black River Falls. Registration deadline: April 8, 2024

March meeting will be held March 5, 2024 6:00 pm at the Greenwood Fire Hall.

The meeting was adjourned at 7:45 pm with the Homemakers Prayer.

Respectfully submitted,
Roberta Hansen, Secretary



HCE Day Event April 17th, 2024

COLLECTION ITEMS ARE REQUESTED TO DONATE TO RONALD MCDONALD HOUSE

- Disinfectant and /or Wet Wipes (travel-size preferred)
- Swiffer WetJet solution and pads
- Swiffer dry pads
- Multi-surface cleaner and disinfectant spray
- Bleach
- Forever stamps
- Cardstock paper
- Batteries (AA,AAA)
- Plastic cutlery, paper bowls and plates
- Individual chips, pretzels , snacks etc.
- Breakfast or granola bars
- Individual serving cereal (round preferred),
- Soup, fruit or applesauce pouches
- Bottles of water or juice boxes
- Jello/pudding cups
- Travel size preferred of:
- toothpaste, mouthwash
- Hair brushes, hair ties/scrunchies
- Pocket kleenex packs
- Clear storage totes or bins

**Please note, due to infection control standards,
all donated items must be new and in original
packaging.**



ADRC Educational Event

Join Home and Community Education (HCE) for an informational meeting about Clark County's Aging and Disability Resource Center with director Lynne McDonald. Lynne will give a presentation to learn about resources ADRC has to offer all residents who qualify for these services. Join for a fun and engaging event- bingo and prizes available!

Date: Tuesday March 12, 2024

Time: 1:00-2:00 p.m.

Location: Loyal City Hall





West District Spring Meeting

“Cranberry Marshing”

When: Monday, April 22, 2024

Where: Wisconsin Cranberry Research Station, W8510 County Rd. O

Black River Falls (Between Millston and Shamrock)

Registration at 9:00 AM with Refreshments

9:30 Welcome and Introductions

9:45 Business Meeting -Committee Reports

10:15 Short Break

10:30 Speaker: Tom Lochner-Wisconsin Cranberry Growers Association

11:30 Lunch or Outside Tour of Grounds

12:30 Outside Tour of Grounds or Lunch

1:30 Entertainment by Pat Carlson with some HCE Jackson County songs

2:15 Wrap-Up: Evaluation Sheets, Invitation to Fall District Mtg, and Door Prizes

2:30 Adjourn

Meal will be Chicken salad with cranberries or Ham salad sandwich on a crescent roll, salads, pickles, potato chips, dessert & drink

To Register please Call Lois Becker and indicate your Sandwich choice. She will register the group and HCE will be paying registration fee.

Lois Becker: (715) 255-2658

Indicate sandwich choice: _____ Chicken _____ Ham

Registration deadline: April 8, 2024

2024 HCE Scholarship

HCE members, please remind your grandchildren, friends and neighbors that HCE will be giving out four \$500 scholarships. They are for students who have completed at least one year of higher education and are registered for the next semester also. They need to be Clark County residents (their official residence even though now living at college). Find an application on the Clark County Extension website or in this issue. Also enclosed is a flyer for placing in your local area, for example; churches, libraries and stores.

Donna Koski
Scholarship Committee Chair





Wisconsin Association for
Home and Community
Education, Inc.



CLARK COUNTY SCHOLARSHIP

ABOUT SCHOLARSHIP:

Four (4) \$500 scholarships are currently available. Applications must be submitted by June 24, 2024

REQUIREMENTS:

- Originally or currently be a Clark County resident
- Be in the process of completing one year or more of higher education beyond high school
- Have 24 credits by June 1, 2024 and have a cumulative grade point average (GPA) of 3.0 or higher



MORE INFORMATION:

To request an application, please contact the Clark County Extension office at 715-743-5121. Applications are also available online at:
<http://clark.extension.wisc.edu/hce-scholarship/>

Strength Training Class

StrongBodies

LIFTING PEOPLE TO BETTER HEALTH



STRONGBODIES

Benefits of Strength Training:

- ♦ **Reduced risk for chronic diseases:**
 - ♦ Diabetes
 - ♦ High Blood Pressure
 - ♦ Heart Disease
 - ♦ Osteoporosis
 - ♦ Arthritis
 - ♦ Some Cancers
- ♦ **Increased:**
 - ♦ Strength
 - ♦ Muscle mass
 - ♦ Bone density
 - ♦ Ability to do Activities of Daily Living

What: Getting Started Exercising Program in collaboration with HCE

(1 Day Introduction Class)

When/Where: February 13th, 2024

Neillsville Courthouse Auditorium

Loyal City Hall

Time: 10:00 A.M.—11:00 A.M.

Time: 1:00 P.M.— 2:00 P.M.

THERE WILL BE NO CHARGE FOR THIS INTRODUCTORY CLASS

UW Extension—Crystal Walters
517 Court St., Room 104
Neillsville, WI 54456
(715) 743-5121

University of Wisconsin-Extension provides equal opportunities in employment and programming, including Title VI, Title IX, and the Americans with Disabilities Act (ADA) requirements