



## January 2023

### President's Message

Happy New Year! Hope you all had a nice Christmas. Now to get down to work again.

HCE is sponsoring a lesson on "In Case You Get Hit by a Bus"; given by Nancy Vance at the Neillsville Courthouse Auditorium at 10:30 am on January 26. Talk to your friends and neighbors and bring them along. Everyone is welcome.

Once again we are offering four \$500.00 scholarships to students who have completed one year of college by June 2023 and will be going into their second year. Tell your grandchildren and friends' children to apply. It is open to all Clark County residents.

We received \$600 from the 2022 Big Dreams Better Community grant from the Clark County Health Department. The money will be used to purchase bilingual books for the Dorchester Head Start program. We have been asked for a donation to the 4-H federation for their summer intern program. We will give them \$1,000 to be used for the program.

I have received a request from Marshfield Clinic Home Project Opportunities. They are in need of the comfort quilts that we make. They also need flannel ice pack holders 12 x 6 1/2 for pediatrics, developmental hearts 5 to 7 inches for mothers to wear and absorb their scent and then are placed with baby in isolette/crib, freeze pop holders, changing pads 18 x 22 used in birth center. If you are interested in making any of these, contact me for more information or contact Volunteer Services-Marshfield Clinic Health System at 715-387-7198.

We are going to be tying quilts at the end of January. If you are interested please contact me for the date. My cell number is 715-255-2658.

HCE day event will be on April 20 at Trinity Lutheran Church in Loyal. It will be at 6:00 pm and the speaker will be Jackie Carattini, Associated Professor, Human Development and Relationship Extension Educator from Wood County.

We are in need of a vice president, 2 more for the cultural arts committee and 3 members on international citizenship.

Your President,  
Lois Becker

### INSIDE THIS ISSUE

President's Message .....	1
Executive Board Minutes .....	2
HCE Lesson January 26 .....	3
Flu-Fighter Cookies Recipe .....	3
January Word Search .....	4

### ***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.*

# Executive Board Meeting Minutes

## January 3, 2023

The meeting was called to order at 6:00 pm by President Lois Becker. Members present were: Lois Becker-President, Betty Loos-Historian, Mary Kipp-Marketing/Membership; present by telephone: Roberta Hansen-Secretary, Debra Gries-Treasurer.

The Secretary minutes from November 1, 2022 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: Need someone to fill this position. Lois will be scheduling a quilt tying day sometime in late January. Marshfield Clinic Foundation is requesting quilts and other items that they need. Will put list in the next newsletter.

Dairy Bar: Tabled for this meeting.

Bookworm: Waiting on grant check for \$600.00 that we have been awarded. Will be meeting to discuss ordering bilingual books.

HCE Day Coordinator: Have selected Jackie Carattini as our speaker. Event will be held Thursday, April 20, 2023 at 6:00pm. Location TBD, Losi is working on this at this time. Lois will also look at reserving location for our Fall West District meeting at same time. Will need to look into some form of entertainment for this evening as well.

### Committee Reports:

Historian: Nothing to report.

Marketing: Need to look into website/Facebook page to promote HCE in our County. Print posters and distribute to promote January project lesson – “In Case You Get Hit by a Bus” presented by Nancy Vance. To be held January 26<sup>th</sup> at 10:30 am Neillsville Courthouse Auditorium.

Cultural Arts: Joanne Trunkel will be looking into finding judges for the Cultural Arts entries at HCE Event.

International/Citizenship: Still need members for this committee. Will need to discuss what we are going to do for HCE Event.

Scholarship: Need to increase knowledge that we have scholarships available - social media and advertising to get the word out.

### Continued Business/New Business:

2023 summer program internship donation discussed. Motion by Mary Kipp to donate \$1,000.00 towards internship, second by Betty Loos. Motion carried.

The Southwest District will be hosting the 2023 State Conference at the Wintergreen Conference Center in Wisconsin Dells September 18th-20th.

Fall West District Business Meeting will be October 9, 2023. Location TBD.

The meeting was adjourned at 6:36pm with the Homemakers Prayer.

Respectfully submitted,  
Roberta Hansen, Secretary



# In Case You Get Hit by a Bus

Join us Thursday, January 26th for a presentation given by Nancy Vance based on the book, "In Case You Get Hit by a Bus", at the Clark County Courthouse Auditorium starting at 10:30 am.

Bring a friend or two with!



What will be covered during this presentation:

- ◆ Quick look at how to prepare for the worse to make it easier for loved ones
- ◆ Tips and best practices to get life organized

To register, contact the Extension office at 715-743-5121.

## Flu-Fighter Cookies Recipe

### Ingredients

- 2 <sup>1</sup>/<sub>4</sub> cups all-purpose flour
- 1 <sup>1</sup>/<sub>4</sub> teaspoons baking powder
- 3/4 teaspoon baking soda
- 3/4 teaspoon ground cinnamon
- 1/2 teaspoon freshly grated nutmeg
- pinch of ground cloves
- 1/4 teaspoon salt
- 1 stick unsalted butter, at room temperature
- 1 cup packed dark brown sugar
- 2 large eggs
- 1/4 cup molasses
- 1/4 cup low-fat plain Greek yogurt
- 1 tablespoon freshly grated ginger
- 2 teaspoons finely grated lemon zest (about 1 lemon)
- 1/2 cup old-fashioned oats
- 1 <sup>1</sup>/<sub>4</sub> cups golden raisins
- 1 <sup>1</sup>/<sub>4</sub> cups dried cranberries
- 1 <sup>1</sup>/<sub>4</sub> cups roughly chopped walnuts, toasted



### Directions

1. Line two large baking sheets with parchment paper. Whisk the flour, baking powder, baking soda, cinnamon, nutmeg, cloves, and salt in a medium bowl.
2. Beat the butter and brown sugar in a large bowl with a mixer on medium speed until light and fluffy, 3 minutes. Beat in the eggs one at a time, fully incorporating each before adding the next. Add the molasses, yogurt, ginger, and lemon zest and beat until smooth, scraping the sides of the bowl as needed. Reduce the mixer speed to low and beat in the flour mixture to make a sticky batter (do not overmix). Fold in the oats and half of the raisins, cranberries, and walnuts. Mix the remaining dried fruit and nuts in a small bowl and set aside.
3. Drop heaping tablespoons of batter onto the prepared baking sheets. Top each with some of the reserved dried fruit and nut mixture and chill for 30 minutes. Meanwhile, preheat the oven to 375 degrees.
4. Bake the cookies until dark golden but still soft, 10 to 12 minutes; cool on a rack. Store in an airtight container for up to one week.

*Recipe and picture from foodnetwork.com*

# January Word Search

## January

B L C Z S R R V O O B W N Q Q M I I V Q  
H Z V X A X I A X V P E G C C O L D I P  
G C N P S V Y W M M G G D C Q F K W W X  
L M V M O R Z K K Y Q G U Z A I W H M G  
S F S Y O A K S I C Z R W O M R P T V V  
D N G H O T C O C O A S P K B E C R Z X  
O W O I X A Y N Y S W X L W U P F Q A X  
G I F W L X R E I O W F S B A L L G C D  
K N F L B M C C M Y R L N S Y A D X P R  
K T P X U A I Q X O P N O N I C L A N L  
K E S B J R L T R Q A C W O V E P G S W  
K R H N X M R L T H X Y M W Z P E E J V  
B I O X O F I I A E Z I A J Y W E K R G  
J Y V B L W R J E K N M N U U U Y F K Z  
Z T E F H W F P L S E S H F C G C B H R  
Y K L M G W Y L T I D X B O R K Y T A T  
W W I S G M I I A V N K A B K P T O Q C  
M N H W Z F M Q J K A U R U X M S M P H  
P K N E W Y E A R P E I A A V C I T L L  
G J J R A C L H B W M S Q R L U S H T T

SNOWFLAKES

FIREPLACE

HOT COCOA

SNOWBALL

FLURRIES

SNOWMAN

MITTENS

WINTER

SHOVEL

NEW YEAR

SNOW

COLD

