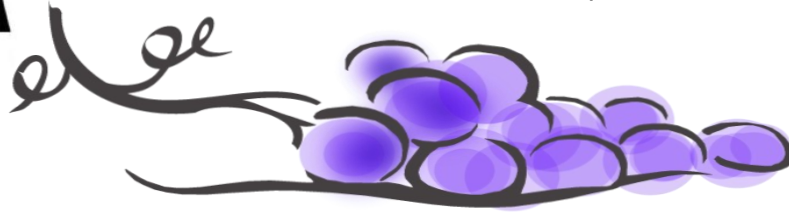




The Grapevine



January 2025

President's Message

Happy New Year 2025

Ave you made your new year's resolution? And how is it going?

At our January board meeting we discussed upcoming HCE day. We are having a Spring Tea on April 5, Save the date. There will be more coming in the February newsletter. Also in this newsletter find cultural arts registration forms, read them and the rules over carefully as there have been many changes. Hope to have more entries this year, good luck.

The application for scholarships for a student who has at least one year of higher education are also in this issue. Remember we have raised the scholarship amount to \$750 and 4 will be awarded. Pass on the information to family and friends. If you need more, contact the extension office.

As per the November newsletter the Marshfield Oncology department would gladly accept our comfort size quilts. So therefore either end of January or early February we will get together and tie some more. If you would like to make some at home or in your club the size is 40 x60 and they can be tied fleece or regular quilts. If you have any, let Joanne Trunkel or myself know so we can take all together.

President Lois Becker

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Included Separately:

- 2025 Scholarship Application
- 2025 Scholarship Flyer
- Cultural Arts & Textiles Contest Registration

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 January 7, 2025

The meeting was called to order at 6:00 pm at the Greenwood Firehall by President Lois Becker with the Flag Pledge and the Home-makers 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, present by telephone: Debra Gries-Treasurer.

The Secretary minutes from November 12, 2024 meeting were read and placed on file. The Treasurer's report was read, discussed, then placed on file.

Presidents' Report: The new 2025 membership books are now available. The Bookworm Program will reach the 1 million books distributed milestone this year. 33 counties have participated in the program. The new Cultural Arts rules will be distributed soon. Changes needed to be made for some items due to space restrictions at the convention locations. We have 44 members and 6 members-at-large registered for HCE in Clark County. We need to look at increasing our membership so we will continue in the future.

Director Reports:

Vice President for Family and Community Outreach: Looking into having a program in February or early March. Considering having a program on how to use your cell phone. Hope to have more information soon.

Dairy Bar: Still looking at final expenses to be paid, so do not have the final figures yet. Will have by next meeting.

Bookworm: Received \$1,000.00 from Clark County Community Foundation. Waiting to hear from United Way and several other sources about possible funding for the purchase of books. After discussion, Joanne Trunkel made a motion to have Bookworm administrative costs come out of our County HCE general account; motion seconded Betty Loos. Motion carried.

HCE Day: Discussed having a Tea at Posey Patch in April as our HCE event this year. Participants will need to register and pay in advance so we have numbers attending. We will judge our cultural arts items this day as well. Will discuss more at next meeting.

Committee Reports:

Historian: We have one 50-year member this year. Will present at HCE Day event.

Marketing: Will get the word out about our HCE day event.

Cultural Arts: New rules for State Convention will be in the next Grapevine.

International/Citizenship: Have decided to sponsor Interfaith Care Givers and will collect items at HCE Day Event.

Scholarship: Application updates have been finished. Will be starting to publish application soon. Will have posters to distribute around the area. Will have four - \$750.00 scholarships.

Continued Business/New Business:

State Conference will be in Green Bay this year. September 15 – 17th.

The meeting was adjourned at 7:20pm.

Respectfully submitted,
Roberta Hansen, Secretary



2025 Scholarship Update

Exciting news! The HCE board voted to increase the amount of the four scholarships to \$750 each.

Now, we need your help! We have sometimes struggled to get many applications for these great awards.

We hope to get information into each community and directly to individuals that may be interested in applying.

A poster is included in this month's Grapevine. If every member posts the flyer in a Clark County community that will really help the effort!

In addition, there is an application attached. Please give the application to someone you know. Certainly family members but think about neighbors, young adults at church, or college students working in your community. Together we can make sure these scholarships are awarded to someone who will benefit from them!

Thank you!



UPCOMING CLARK COUNTY EVENTS



Human Development & Relationships Institute
DIVISION OF EXTENSION
UNIVERSITY OF WISCONSIN-MADISON

WISE WISCONSIN Virtual Learning Series



Join us on Wednesdays at 9am from February 5th - March 12th! This free series will have sessions on the following topics:

- **February 5:** Renovate Today, Stay Tomorrow:
How to Successfully Age in Place
- **February 12:** The Wisconsin Naturalist Program
- **February 19:** Inflation's Impact on Finances
- **February 26:** 8 Dimensions of Wellness
- **March 5:** The Art of Caregiving
- **March 12:** Edible Landscaping

To register, go to:
<https://go.wisc.edu/85171v>

Contact, Sara Richie,
Life Span Program
Manager, at
sara.richie@wisc.edu
with questions about
the series.



For archived recordings and program descriptions, go to:
<https://aging.extension.wisc.edu/programs/wise-wisconsin-program/>



COME PLAY SHEEPSHEAD
EVERY WEDNESDAY
NOON-4:00 P.M.
NEILLSVILLE SENIOR CENTER
CONTACT ADRC WITH QUESTIONS
715-743-5166





SMARTPHONE TECHNOLOGY CLASS

Join us to get answers to your smartphone technology questions and maybe learn some new fun things!



**LOYAL LIBRARY
FEBRUARY 17TH, 2025
11:00 AM**

REGISTER BY PHONE/EMAIL:
CLARK COUNTY EXTENSION
715-743-5121
CRYSTAL.WALTERS@WISC.EDU

SPONSORED BY: CLARK COUNTY HCE

HIDDEN CHALLENGES ON THE FARM



CRYSTAL WALTERS
HDR EDUCATOR CLARK COUNTY
UW-MADISON DIVISION OF EXTENSION
(715)743-5124
CRYSTAL.WALTERS@WISC.EDU

STEPHANIE PLASTER
FARM MANAGEMENT OUTREACH SPECIALIST
UW-MADISON DIVISION OF EXTENSION
(262)277-4808
STEPHANIE.PLASTER@WISC.EDU

Two sessions are being offered
(about 90 minutes each)

CHILD CARE WHILE FARMING



Where does Child Care land on your Farm plan? Join this interactive 90 minute workshop to discover new options and solutions to child care needs for farming

HEALTHCARE WHILE FARMING



Explore Health Care options while learning to budget your health care needs into your Farm Budget during this 90 minute interactive workshop

Wednesday, March 26, 2025
Everett Roehl Marshfield Public Library (Alder Room)

10:30-11:30 AM- Child Care

12:00-2:00 PM- Health Care


Register (space will be limited):

715.743.5121

crystal.walters@wisc.edu

An EEO/AA employer, University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming, including Title VI, Title IX, the Americans with Disabilities Act (ADA) and Section 504 of the Rehabilitation Act requirements.


UPCOMING CLARK COUNTY EVENTS



Extension
UNIVERSITY OF WISCONSIN-MADISON

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

UPCOMING 2024/2025 CLASSES

- Greenwood 12 week classes-Starts January 7th-Tues/Thurs- 11:00-12:00PM
- Granton- 10 week classes- Starts March 3rd- Mon/ Thurs- 11:00-12:00 PM
- Loyal-11 week classes- Starts February 17th-Mon/Thurs- 9:30-10:30 AM
- Colby- 8 week classes- Starts January 7th-Tues/Thurs-9:30-10:30 AM
- Dorchester- 10 week classes- Starts February 4th-Tues/Thurs-11:00-12:00PM
- Owen-10 week classes- Starts February 4th- Tues/Thurs- 8:30-9:30 AM

Suggested Contribution: \$20

Please contact the UW-Extension office to register:
517 Court Street, Room 104
Neillsville, WI 54456
Phone: 715-743-5121

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