

31 New Year's Eve

Happy New Year! Welcome 2020!

10 a.m., Room 713, East Hall, UW-PR 🧧

HCE Executive Board Meeting,

20 Martin Luther King Jr. Day

January

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NEWYEAR

<u>.</u>	State Conference Reports
	State Conference Photos
	Summary of Cultural Arts Results
×	Yuba Club Trip Photos
Ж.	Award pictures
$\vee$	Youth Cultural Arts Poster
$\leq$	Senior Life Solutions
	Recycled Items are NOT

created equal

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We hope your Holiday Season is healthy, happy, and filled with love and laughter. Happy Thanksgiving Everyone! Merry Christmas to all!



Holiday Greetings,

As we celebrate Thanksgiving and look forward to Christmas and the New Year, I am grateful for all of the family, friends, colleagues, and good people that I get to interact with every day. Thank you for the kind and charitable works that you are doing to benefit people both in Wisconsin and internationally through HCE.

It was fun hearing about the trips to the State Convention, and great that some Richland HCE members got to attend for their first time. Maybe I will get there in the next year or two!

As an Extension Educator, I have been busy with community coalitions that are addressing the top 3 health needs of Richland County: Mental Health, Obesity, and Substance Abuse Prevention & Treatment. These were first identified in 2016 and we have made great progress as we continue to implement strategies and education to help.

I co-authored a federal grant proposal for a "Drug Free Communities" grant, which we now know has been funded for Richland County. This will be a huge "win" for our children as it strengthens the community to protect them from drugs & alcohol.

For mental health, please see that I included some information in this Herald from one of my partners: The Richland Hospital's Senior Life Solutions. This is a wonderful program for anyone who is feeling grief, depression, or needs a little extra help to get back on their feet. I encourage you to call Stephanie if you have any questions about the program or talk to a friend who might benefit.

On the lighter side, my Christmas tree has been up since about September 1<sup>st</sup>, so I am "ahead of the game" on that one! My 4year-old son was very proud that he found the box with the artificial tree and decorations in the attic, brought it down himself, and started setting it up! Instead of being mad, I said, "why not?" and the two children and I set up the tree right then. His goal was to get Santa to come early—only further encouraged by the October snow. His thoughts: maybe the old man will get busy and bring those presents if he sees our tree is ready for him! Funny, we are still waiting for Christmas. The sweet innocence of these children at the holidays is what it is all about.

> Take care everyone, Richland County Family Living Agent



### sW District Fall 2019





### HCE Executive Board Meeting August 6, 2019

Present included: Yvonne Chapman, Cecile Haugh, Kathy Fanta, Charlotte Page, Diane Dalberg, and Eileen Eberle.

The Richland County HCE Executive Board met Tuesday August 6, 2019 at East Hall, UW Platteville-Richland at 10:00 a.m. with the meeting called to order by President, Yvonne Chapman.

The U.S. Flag Pledge and Homemaker's Creed were recited. Roll call taken. Pennies for Friendship were collected. The July minutes were read by Secretary Eileen Eberle. Motion to approve as read was made by Diane Dalberg, 2<sup>nd</sup>, and carried. The treasurer's report was presented by Cecile Haugh, approved as given by Charlotte Page, and filed.

The Cultural Arts Show was held in July and 12 items will be going to the state HCE. Conference. Diane, Kathy, and Eileen will take these items to Manitowoc to the State HCE. Conference in September. A write up on this was in this Herald.

Diane Dalberg, Kathy Fanta, and Eileen Eberle, plus 2 others will attend the State Conference for HCE. in Manitowoc on September 16-18. Richland County is putting up a display of our activities and to stress our pilot program of the Youth Cultural Arts Program. Chelsea got the permission for this and Cecile is in charge of this display.

We will donate items for the state raffle for Cultural Arts: a white robe and an item for bidding on for state scholarships of a basket of "Homemade items from Richland County HCE.".

There will be a meeting in September due to the state conference and put together the tripod for the table at state. Eileen will attend the President's workshop as Yvonne is unable to attend She also is to pick up the 2 "Pool Packet Programs" from state. Fifty copies of our youth criteria pilot program will be on our table for handouts at the state conference.

The Fall Fling needs to be set. The Fall Southwest District meeting will be set.

The Reading Grandparent's Program (Guest Readers) is continuing at the Richland and Riverdale School districts. Any members who want to be readers, please call Eileen at 583-5544. This is along with Delta Kappa Gamma. Scheduling of readers will start the later part of September. Come join us.

Richland County HCE. had a fund raising event at Culvers on June 19<sup>th</sup>. Thanks to all that participated. These funds will go into the scholarship funds.

An amount of yarn was donated to Richland HCE. and the County Liners are going to use this in a project with assisted living residents and other activities. They will make newborn hats for babies and scarves. These will go to the hospitals and Passages. Thanks for this material.

The Yuba Homemakers are making blankets for Nicaragua from cotton fabric and will take approximately 15 of these to the state conference to be taken to Nicaragua. Our activities are far reaching and doing good in many areas. Also some of these were made for the area police department to use when youth are involved in accidents, etc.

The Five Points Gals HCE. took a summer trip to Oakwood Fruit Farm . The County Line HCE. took a trip to an Amish village, bakery, and a store near Portage, had lunch at a golf resort, and toured Sauk County.

A saying from a former president as a quote from John F. Kennedy is "One person can make a difference and everyone should try". A great motto to live in our lives. Richland HCE. is doing much to keep our area supplied with many useful items.

There was a write up in the state "Update" HCE. paper concerning the loss of Erma Vesley a long time Richland HCE. member written by Jennie Silver.

A motion was made by Cecile Haugh at 11:10 a.m. to adjourn the meeting, 2<sup>nd</sup>, and carried. President Yvonne Chapman adjourned the August meeting.

Sincerely submitted by Secretary Eileen Eberle

#### HCE Executive Board Meeting September 3, 2019

Present included: President Yvonne Chapman, Cecile Haugh, Kathy Fanta, Diane Dalberg, FLA Chelsea Wunnicke, and Eileen Eberle.

The Richland County HCE Executive Board met Tuesday, September 3, 2019, at East Hall, UW Platteville - Richland at 10:00 a.m. with the meeting called to order by President, Yvonne Chapman.

The U.S. Flag Pledge and Homemaker's Creed were recited. Roll call taken. Pennies for Friendship were collected. The August minutes were read by the secretary. Motion to approve as presented by Diane Dalberg, 2<sup>nd</sup>, and carried. The treasurer's report was presented by Cecile Haugh, approved as given, and filed.

Diane, Kathy, Sue, and Eileen will take the cultural arts items (14) to the State HCE Conference in September at Manitowoc. A write up on this is in this Herald.

Richland HCE made over 50 quiltlets for Haiti and Nicaragua and these will be taken to state and turned in for delivery to these countries.

The executive board put together a basket of (Homemade items from Richland County) for a raffle item for state scholarships. Cecile is in charge of this activity, also a mesh wreath. We also are sending a white robe to be bid on for funds to support the Cultural Arts Show. Items donated by HCE. members.

Richland County will put up a display at the State Conference featuring our items and activities, plus a display of the Youth Cultural Arts Show that we piloted this year. Handouts are being made for these displays. Kathy is in charge of this project.

Southwest District of which we are a member is hosting the 2019 Fall HCE. meeting in Monroe, September 25<sup>th</sup>. Yvonne Chapman, Cecile Haugh, Kathy Fanta, and Eileen Eberle will attend. Richland County will host the Spring 2020 District Meeting and will invite the counties of the district at this fall meeting to come to Richland



County in the spring.

There was a meeting in September due to the state meeting and all we have to do for the state meeting and our district meeting in Monroe. Our next meeting will be October 1, 2019, at East Hall, UW Platteville - Richland at 10:00 a.m.

The Reading Grandparent's Program is continuing at the Richland and Riverdale School districts. Any members who want to be readers please call Eileen at 583-5544. This is along with Delta Kappa Gamma. Scheduling of readers will start the later part of September.

FLA Chelsea Wunnicke was present and assisted with our activities and plans for upcoming events. She is gathering items for Passages bags, which Richland HCE will put together in December.

President Yvonne Chapman had fabrics and yarns clubs could use for projects and several clubs took these materials to use for Richland County projects. Thanks much for these donations.

Jennie Silver put together sheets for handouts at state. We liked the way the Herald is being published. Thank you much. Added photos from Kathy Fanta. There were items concerning Buena Anderson and Eleanor Poole in the State "Update" Magazine. Also, we miss Bonnie Clift at our meetings and we are sending her a plant. Hope this cheers her day.

The Homemaker's Prayer was recited in unison. Motion to adjourn the September meeting was made by Kathy Fanta and President Yvonne Chapman adjourned the meeting at 11:05 a.m.

> Sincerely submitted by Secretary Eileen Eberle

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### HCE Executive Board Meeting October 1, 2019

Present included: President, Yvonne Chapman, Kathy Fanta, Charlotte Page, Cecile Haugh, and Eileen Eberle.

The Richland County HCE Executive Board met Tuesday October 1, 2019 at East Hall, UW Platteville - Richland at 10:00 a.m. for the October Executive HCE Board meeting. The meeting was called to order by President, Yvonne Chapman.

The U.S. Flag Pledge and Homemaker's Creed were recited. Roll call taken. Pennies for Friendship were collected. The September minutes were read by Secretary Eileen Eberle. Motion to approve as presented was made by Charlotte Page, 2<sup>nd</sup>, and carried. The treasurer's report was presented by Cecile Haugh, treasurer, and approved as given, and filed.

The November Executive Board meeting will be November 5th at 10:00 a.m. at East Hall, UW Platteville - Richland. We will be putting together bags for Passages.

The Reading Grandparent's Program is continuing at the Richland and Riverdale School districts. Any members who want to be readers please call Eileen at 583-5544. This is along with Delta Kappa Gamma. Diane Dalberg is joining our readers of Kathy Fanta, Charlotte Page, Michelle Nolen-Karris, Yvonne Chapman, and Eileen Eberle at Lincoln School for K/4 students.

Eberle attended the state Conference in Manitowoc in September. They gave a report to the board and a write-up for the Herald.

The Cultural Arts Show at the state was held and Richland County received 2 medallions, 10 blues, and 2 red. Congratulations to these members.

Several ideas were discussed for fund raising this year. Members gave updates of their club activities. Clubs are teaching skills of parents to others, making blankets and caps for babies at the hospital, having craft days at Senior Centers, and helping much in our communities.

The Yuba HCE collected many, many supplies for the people of Nicaragua. These were taken to State Conference where they were then taken to Wisconsin Rapids to the Collection Center and will be shipped to Nicaragua. This included 28 blankets made by the club.

The County Liners HCE are presenting a craft activity to the residents of Greenway Terrace in November of mesh wreaths. They also are making blankets for the Richland Hospital nursery and working on Passages bags. We may be small in numbers in Richland County but we are mighty in volunteer work and doing community projects. Thanks tons.

Richland County is hosting the Southwest District HCE meeting in the spring and a date is being set. We are planning an apron style show, a craft activity, lunch, district meeting, and more.

Our FLA has won a national award: Dean Don Felker Financial Management Award for the Small Savings Big Dreams program. Congratulations, Chelsea. We are very proud of you.

Election of officers for the next 2 years needs to be held. Cecile has asked to not be considered as treasurer as she has done this for years and feels someone else needs to take this position. She has done an excellent job and will be greatly missed. Please contact Yvonne if you are willing to be an officer.

Richland County needs to fill out the County Organizational Sheet and get copies to the county and District Director by November20th. Yvonne taking care of this.

We also need to complete the application for funds from the state to apply for funds for our Grandparent's Reading Program and get the application to Debbie Dowen, the state chairman of this program by November 1st. Eileen is filling out these papers and sending to state. These are funds from the Packer Grants and Brewer's Grants and other sources.

Photo release forms need to be signed by all members and Kathy Fanta is working with this. Diane Dalberg is requesting having the holiday gathering at her place. It was very acceptable.

A special treat was an apple pie won by Eileen Eberle at the District HCE meeting that was baked by Beth Campbell, a state grand champion pie baker and her prize winning recipe. The executive board enjoyed this special treat.

Following the Homemaker's Prayer, with a motion from the President, Yvonne Chapman adjourned the meeting at 11:15 a.m.

Sincerely submitted by Secretary Eileen Eberle

Diane Dalberg, Bridget Stowell, Sue Fronk, Kathy Fanta, and Eileen



### HCE Executive Board Meeting November 5, 2019

Present included: President Yvonne Chapman, Cecile Haugh, Kathy Fanta, Diane Dalberg, Charlotte Page, FLA Chelsea Wunnicke, and Eileen Eberle.

The Richland County HCE Executive Board met Tuesday, November 5, 2019 at East Hall, UW Platteville - Richland at 10:00 a.m. with the meeting called to order by President, Yvonne Chapman.

The U.S. Flag Pledge and Homemaker's Creed were recited. Roll call taken. Pennies for Friendship were collected. The October minutes were read by Eileen Eberle, Secretary with a motion to accept as read by Yvonne Chapman, 2<sup>nd</sup>, and carried. The treasurer's report was presented by Cecile Haugh, approved by Kathy Fanta, 2<sup>nd</sup>, and carried. Cecile paid the members who attended state conference the amounts allowed by the rules of our county. We paid the drivers to District and State.

We are planning on making cloth emergency gift bags for Passages at the January Executive board meeting. Diane Dalberg stated her club, the Five Points HCE Club, will make some bags, and the other members of Richland County HCE are to collect items for these bags. Such items for emergency overnight items could include: toothbrushes, toothpaste, combs, wash cloths, deodorant, shampoo, conditioner, packages of tissue, tampax, etc. Please get these items to an executive board member or come to the January meeting and help with putting these gift bags together. Some members are making hats, gloves, and scarves for Passages.

The Yuba HCE are making mittens for youth of our area. The fleece fabric was donated by club members. The County Liners HCE is making blankets for babies at the Richland Hospital and new born hats.

The Reading Grandparent's Program is continuing at the Richland and Riverdale School districts. Any members who want to be readers, please call Eileen at 583-5544. This is along with Delta Kappa Gamma.

Each person who went to state conference wrote an article for the Herald . This entitles them to be paid for the banquet dinner at state conference.

Kathy Fanta has taken the position of photographer for the Executive Board activities in Richland County.

At the December meeting we are going to Diane Dalbergs' bed and breakfast named "The Cream Pitcher". We are having a pot luck dinner, and the extension staff are invited as our guests. The date is December 10<sup>th</sup> at 11:00 A.M. and please plan to stay a while for a gathering. We will eat, play games, do a craft, and more. Each person is to bring a gift under \$5.00, for the games. We are also working on the 2020 program books so we have them for the clubs in January.

Scholarship applications will be due in April 2020. New rules were discussed and are for all Richland County residents and those with HCE family members living in other counties in Wisconsin.

The Master Gardener program is in March 2020 and we will have a table there for fund raising at UW Platteville - Richland Campus. We will sell items for scholarship funds. Save your bulbs and plants.

New laws are in affect for sunshine money in clubs and usage is more defined. Contact the President if you have any questions. New photo permission sheets were distributed and will be given to members.

The county HCE board sent in an application for funds to help our reading program, but we haven't heard back concerning this at this time.

We are saving coupons for schools. Contact a member of the executive board if any questions of types. Also used ink cartridges for computers are being collected.

Yvonne Chapman was nominated to be President the next 2 years. Cecile Haugh was nominated to be the Community Outreach Chairman. Diane Dalberg was nominated for Historian. We are in need of a Treasurer. We are so grateful to Cecile Haugh for her excellent job these past years as treasurer, and she will be sorely missed, but she has declined to run again as the treasurer.

Our FLA Chelsea Wunnicke was recently awarded a national honor and the board presented her with a beautiful personal picture card and a gift of an HCE picture frame for her desk. Congratulations, Chelsea. We are so proud of you.

For the holidays, we would like each member to "pass it forward", by doing some kind thing for another person or group. We are so blessed and able to do good in our communities, that we should share these blessings. Thanks.

President Yvonne Chapman brought a basket of books for our reading programs. We are reading in 2 school districts and at Eagle School in Richland Center.

We are getting materials for a craft at the District HCE meeting in April. We are also planning for the Spring Fling in May, hopefully for Saturday May 2<sup>nd</sup> in Yuba.

Kathy Fanta brought some antique crocheted items made by Bonnie Tydrick and we hope to incorporate these into the apron show at the District. We will need our members to be in the apron style show at the Spring District Meeting in Yuba.

Motion to adjourn was made by President Yvonne Chapman and she adjourned the meeting at 12:10 a.m.

Sincerely submitted by Secretary Eileen Eberle



Pictured above: HCE County Liners made Easter nests for themselves as an activity.



#### WAHCE State Conference in Manitowoc September 16-18

Five members of Richland County HCE attended the 79<sup>th</sup> State Conference in Manitowoc at the Holiday Inn. Kathy Fanta, Bridget Stowell, Sue Frank, Diane Dalberg, and Eileen Eberle.

I represented the county at the business meeting where I told of our Youth Cultural Arts Show that we piloted in Richland County in 2019 and how successful it was. The other counties were interested in how we did it, the categories, etc. I distributed copies of our entry sheets and told all to go to our display and get more copies and see the pictures and write-up from the paper on this event, held at the same time as our adult Cultural Arts Show. Lots of interest.

Another session I attended was on the Civil War and it was outstanding. The interest and knowledge was unbelievable. The description put you right into the battle and how horrible that war was. The speaker was Steve Peterson, who is in enactments of the Civil War times each year and this presentation was great.

There was an acrylic painting class that myself and 40 others attended, painting bird houses or an abstract painting. This was fun and relaxing. Some got very creative.

I have to write grants for our township, as I am an elected clerk, so I attended a grant writing class to include our reading program in HCE. This was very informative and we were given places of where to go for grants, and how to choose which ones to try for. Very informative and we were each given a book for our county reading program.

I live on a farm, raise flowers, so I went to a session on Butterflies, learning of their migration, feeding habits, and which flowers they really like. A good session also.

I had a great time at conference, met many friends of other years, got to know more of our area members, ate too much, participated in setting up a Richland county display table, had entries in Cultural Arts, bought some materials from the Nicaragua group, and was very busy. Our county sent over 30 quiltlets to the people of Nicaragua. Our group from Richland County was great and we had laughs, learned much, and glad we attended.

Others should think about having this experience. It will be in Hudson next year and a trip on the St Croix River. It is lovely up there above LaCrosse. This is a time to get to know the state members of our group. Think of attending.

Eileen Eberle



was held in Manitowoc. I picked up Eileen Eberle before the crack of dawn...it was super foggy all the way across the state but we arrived safe and sound.

Soon after we arrived, I went on a tour of Lake Orchard Farm. They raise tilapia in large tanks; they also had a huge greenhouse where they raise specialty greens. Their products are used in several restaurants.

Next, I went to the Farm Discovery Center which is also near Manitowoc; where they had wonderful interactive displays about Wisconsin Agriculture and the history of farming. There was also a shop and Cedar Crest Ice Cream! Our next stop was a mega-dairy farm. Our bus, which was the size of a Greyhound, drove right through the barn which held over 2,700 cows!

Several learning sessions were offered; I learned about growing lavender and attended a mental health workshop called Stress and Resiliency. I also enjoyed the Silent Auction and the HCE Store.

I had several entries in the Cultural Arts Exhibit. It was fun to see all the things that talented Homemakers from all over the state had made. I was fortunate to come home with several blue ribbons and two medallions!

Delicious meals were provided at the conference and the last evening there was a banquet. The entertainment was great. A group of older gentlemen sang barber shop quartet type songs without accompaniment.

A good time was had by all.



Through the thickness of the morning fog, Sue Fronk, Bridgett Stowell, and I headed to Manitowoc, WI, to meet Diane Dalberg and Eileen Eberle for this conference.

Richland County HCE was very proud to start a Youth Cultural Arts pilot program this year. We displayed our guidelines and tri-fold poster showing our youth's involvement in this project. We hope other HCE districts will adapt to this program.

Tours chosen this year was the Woodland Dunes Nature Preserve, the Washington House, an 1850's former inn with five museum rooms, rare murals, and an ice cream parlor commemorating the invention of the ice cream sundae in 1881.

Classes taken were:

1 - Up close and personal with Alpacas. Learned many aspects of ownership and marketing alpaca fibers. Two alpacas presented to use were adorable.

2 - Turning a local grape into fine wine. Passion, dedication, and hard work are needed to produce a fine wine.

3 - Better Brain Health for All. Discussed dementia and how to maintain a healthier brain through physical and dietary needs.

4 - Stress Resilience. How we handle many types of stress and cope. 5—Small Spaces, Big Production. Gardening can produce in small spaces using raised beds and containers.

Richland County HCE ranked #1 at this conference for new members. Thank you to all our members.

Kathy Fanta

### **HCE State Conference 2019**





Richland County HCE showed Strong at State WAHCE Cultural Arts Show

Richland County HCE had 13 entries at the State WAHCE Cultural Arts Show at the State Conference in Manitowoc September 16-18<sup>th</sup> and they came away with many great awards.

Diane Dalberg had 8 entries and she received 2 State top Medallions Awards ,6 blues, and 2 reds. She had entries of atable runner, a quilt, 2 photos, a sewed basket, a display of cards, a watercolor art, and a reversible apron.

Cecile Haugh got a blue on her porcelain painted plate, Sue Fronk receive a red on her acrylic painting. Eileen Eberle received a blue on her story on "Canes" and a blue on her mesh wreath. Eileen also had the bonus category entry and was 1 of 25 entries of "Hattie's Hat" and these were very creative..

There were 413 entries in this Cultural Arts Show from Wisconsin from 25 counties.

Attending the state conference from Richland County were Diane Dalberg, Kathy Fanta, Sue Fronk, Bridget Stowell, and Eileen Eberle.



Congratulations Chelsea on your National Award!

We are proud of you!



# Senior Life Solutions®

Senior Life Solutions services are designed to provide assistance to individuals suffering from symptoms of depression and anxiety often related to aging including:

- Crying
- Coping with Loss
- Hopelessness **Decreased Energy**
- Loneliness
  - **Difficulty Sleeping** Restlessness
  - Low Self-Confidence Sadness
    - Life Transitions .

Senior Life Solutions program staff includes a board-certified psychiatrist, a licensed therapist, a registered nurse and other trained professionals to ensure you receive the best possible care.

Senior Life Solutions program referrals can be made by anyone, including a patient's physician, family member, or other healthcare professional. If you or someone you know could benefit from this program, please contact us.







Senior Life Solutions is a program dedicated to addressing the emotional and behavioral health of adults over the age of 65.



The poster above shows the wonderful exhibits from the Richland County HCE Youth Cultural Arts Show held this year as a pilot program. The poster was made by Kathy Fanta.



The Packer blanket, the Liberty pillows, and Lighthouse pillow were made and donated to St. John's School for their fundraiser.

The multi-flag pillows were given as gifts to residents at Greenway Terrace Assisted

## Senior Life Solutions® We can help! DEFEAT

### Try These Tips!

Get out and about Ask family and friends for help traveling to parties and events.

**Volunteer** Helping others is a great mood lifter. **Accept your feelings** There's nothing wrong with not feeling jolly. Many people experience sadness and feelings of loss during the holidays.

**Talk to someone** Talk about your feelings. It can help you understand why you feel the way you do.

### Recognize Change in Yourself

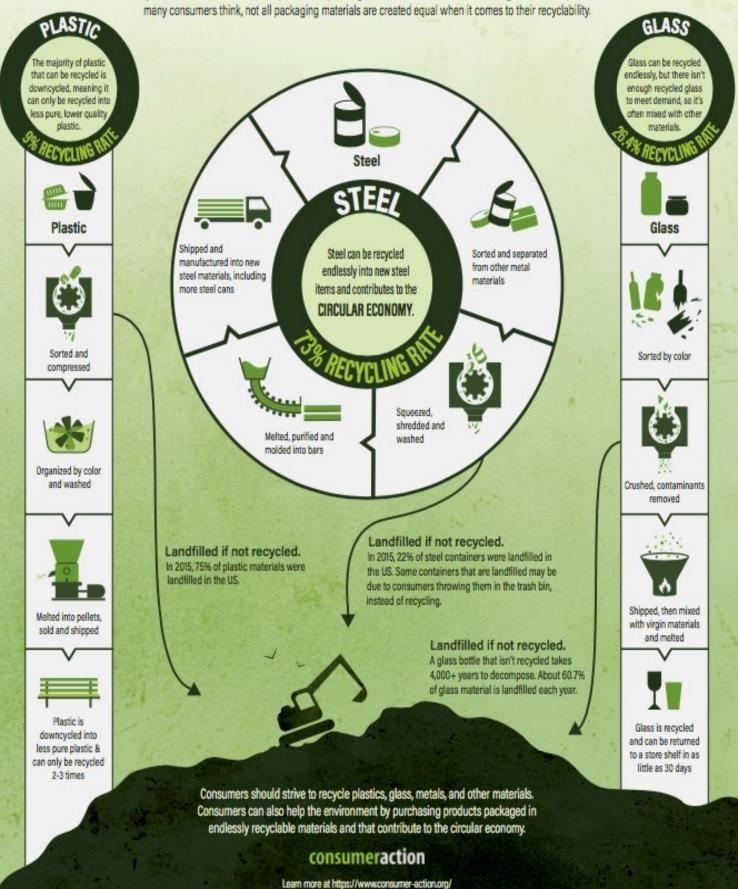
VIFR

- Loss of interest in previously enjoyed activities
- Feelings of sadness or grief lasting more than two weeks
- Loss of energy, feeling tired all the time
- Physical symptoms that can't be otherwise explained (headaches, stomachaches, constipation, etc.)
- Feelings of worthlessness, guilt, or hopelessness
- Not able to concentrate or think clearly
- Changes in appetite
- Change of sleeping patterns (sleeping too much or too little)



### **RECYCLED ITEMS ARE NOT CREATED EQUAL**

Dropping an empty plastic yogurt container, glass jar, or metal vegetable can in the recycling bin is just the beginning of a process that is sometimes complicated, depending on the material, item, and local regulations. Despite what many consumers think, not all packaging materials are created equal when it comes to their recyclability.



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#### HOMEMAKER HERALD Fall 2019 Collor Col