

Letter From The President

Dear HCE Friends,

Today I am sitting again due to our November snow and ice. Now I am wearing a "boot" due to a broken bone on my left foot and leg. I did not see the ice under the water! My hands were holding five items which flew in all directions. The HCE packages survived!

We were so pleased that LaVonne O'Brien volunteered to be our new Burnett County HCE President. She is a faithful member and has earned a 50th Anniversary Diamond WAHCE honor. LaVonne was given a 50 Year Certificate for Active Service and an Honor Pin. Congratulations for your dedication to WAHCE.

LaVonne received a 2018 packet from our Northwest Director, Mary Corton, that includes the WAHCE and Northwest District information for the New Year. We can record the 2018 meeting dates on our calendar so we remember to attend club meetings and the Northwest District and WAHCE conferences.

I sincerely appreciate our members for all your work to volunteer for Burnett County residents. We educate young children by giving them books and read to them. Our adults are happy to receive holiday cards, picnics, flowers and visits from our HCE members.

Hopefully we will have a warm winter and early spring.

- Your HCE Friend,
Muriel Anderson

Inside This Issue

Letter from the President.....	1
Future Meetings.....	1
Upcoming Events.....	2
From the HCE Advisor.....	2
County Exec. Board Meeting.....	3
Club Notes	4
Spring 2018 District Meeting.....	7



Centerpieces from the Fall Meeting at Pour House.

HCE Online

Statewide site:

<http://www.wahceinc.org/>

Burnett County site:

<http://burnett.uwex.edu/youth-families/hce/>

Facebook statewide page:

<https://www.facebook.com/WAHCEinc/>

Newsletter Editor:

Muriel Anderson

Burnett County HCE President

Newsletter Design:

Beth Greiff

Burnett County Extension

Future Meetings

Spring District Meeting

April 19, 2018

Roberts Park Building, Roberts, WI

State HCE Conference

September 10-13, 2017

Glacier Canyon Lodge, Lake Dalton

HCE Upcoming Events

January

- 1 New Years Day, UW-Extension office **CLOSED**
- 1 Articles **DUE** to Update
- 9 12 pm, Odds 'N' Ends Meeting
- 23 10 am, Harmony Meeting

February

- 1 Early Readers @ Head Starts 9:30 am - St. Croix Tribal Head Start 10:45 am & 12:50 pm - Mina Copeland
- 13 10 am, Harmony Meeting
- 13 12 pm, Odds 'N' Ends Meeting
- 20 Presidents' Day, UW-Extension office **CLOSED**

March

- 1 Early Readers @ Head Starts 9:30 am - St. Croix Tribal Head Start 10:45 am & 12:50 pm - Mina Copeland
- 11 Daylight Savings Time begins
- 13 12 pm, Odds 'N' Ends Meeting
- 15 Articles **DUE** for April Newsletter
- 20 Spring Equinox
- 21 11 am, Executive Board and Program Chairs Meeting
- 27 10 am, Harmony Meeting



President LaVonne playing the flag game at the fall meeting.

From the HCE Advisor

Lose weight? Check. Start exercising? Check.

It can be daunting when your list of New Year's Resolutions is as long as your holiday shopping list. In addition to the post-holiday slump, not being able to keep your resolutions by February, March or even late January may increase your anxiety. When your holiday decorations are packed up and stored away, the frustration of an unused gym membership or other reminders of failed resolutions can make the later winter months feel hopeless.

However, it is important to remember that the New Year isn't meant to serve as a catalyst for sweeping character changes. It is a time for people to reflect on their past year's behavior and promise to make positive lifestyle changes. "Setting small, attainable goals throughout the year, instead of a singular, overwhelming goal on January 1 can help you reach whatever it is you strive for," says psychologist Lynn Bufka, PhD. "Remember, it is not the extent of the change that matters, but rather the act of recognizing that lifestyle change is important and working toward it, one step at a time."

By making your resolutions realistic, there is a greater chance that you will keep them throughout the year, incorporating healthy behavior into your everyday life. American Psychological Association offers these tips when thinking about a New Year's resolution:

Start small

Make resolutions that you think you can keep. If, for example, your aim is to exercise more frequently, schedule three or four days a week at the gym instead of seven. If you would like to eat healthier, try replacing dessert with something else you enjoy, like fruit or yogurt, instead of seeing your diet as a form of punishment.

Change one behavior at a time

Unhealthy behaviors develop over the course of time.

Thus, replacing unhealthy behaviors with healthy ones requires time. Don't get overwhelmed and think that you have to reassess everything in your life. Instead, work toward changing one thing at a time.

Talk about it

Share your experiences with family and friends. Consider joining a support group to reach your goals, such as a workout class at your gym or a group of coworkers quitting smoking. Having someone to share your struggles and successes with makes your journey to a healthier lifestyle that much easier and less intimidating.

Don't beat yourself up

Perfection is unattainable. Remember that minor missteps when reaching your goals are completely normal and OK. Don't give up completely because you ate a brownie and broke your diet, or skipped the gym for a week because you were busy. Everyone has ups and downs; resolve to recover from your mistakes and get back on track.

Ask for support

Accepting help from those who care about you and will listen strengthens your resilience and ability to manage stress caused by your resolution. If you feel overwhelmed or unable to meet your goals on your own, consider seeking professional help. Psychologists are uniquely trained to understand the connection between the mind and body. They can offer strategies as to how to adjust your goals so that they are attainable, as well as help you change unhealthy behaviors and address emotional issues.

Source: American Psychological Association <http://www.apa.org/helpcenter/resolution.aspx>

- Beth Rank

BCAHCE Executive Board Meetings

September 19, 2017 - Roberta Shaffer

The BCAHCE Executive Board Meeting was held on September 19 2017 at 11 am, in the Burnett County Government Center

Members present: Muriel, Judy, Beth, Diane, Irene, Maryanne, LaVonne, Joyce, Amy, Karen, Bobbie, Anita,

Meeting opened with the creed.

Secretary's report was reviewed from the County HCE newsletter.

Treasurer's report (Judy) was given and placed for review.

Committee Reports:

- Historian - None
- International/Family Life - None
- Program/Community Outreach - Diane reported that the Harmony Club received a first place on the exhibit they entered into the Grantsburg fair and they will be entering the same booth in the Webster Fair next week. Diane also reported that the work has begun on the 2018 program books.
- Scholarship - none
- Early readers -
- We have enough books for the year. The kids are enjoying the books. A donation for \$500.00 was received from the Webster Lions.
- Family Living Educator - Beth reported that they are still in the process of making the changes to the county program. They have hired a director who will cover five counties and will be working with Beth on any changes that will be made. Beth continues to work with the 4-H groups and the early readers.
- County President Report: Muriel reported on the state convention. There were 371 members who attended and there

were 411 cultural arts entries. The convention held some very good forums. One speaker addressed human trafficking, another the needs for Nicaragua. The convention had the dancers from the Ho-Chunk reservation entertain the group.

Unfinished Business -

- Elections for 2018 and 2019 opened with a brief discussion and Karen Brooks made a motion and was seconded by Bobbie Shaffer and a unanimous vote followed. President: LaVonne O'Brien, Secretary: Bobbie Shaffer, International and Family Life: LaVonne O'Brien, Early Readers: Karen Brooks, Historians: Amy Kopecky and Lavonne O'Brien.

New Business

- County Fall Meeting will be changed to Wednesday November 15 At the Poor House in Siren at 11 am and will be hosted by the Harmony Club.
 - Northwest District Fall Meeting will be October 19, 2017 at the Cushing Community Center at 9:30 am and the cost is \$12.00. Members who would like to attend need to send registrations to Cheri Scovell to 1877 130 St, Balsam Lake WI 54810 by October 12.
 - Committee Assignments for 2018 NVON. Each district needs to donate 140 favors for a gift bag .
 - A motion was made to pay for Muriel's trip to the state convention. All members present approved the motion. Judy will pay Muriel for her expenses.
 - Karen gave a report on the Forts Folle Avoine.
- Meeting closed with the prayer .

November 15, 2017 - Roberta Shaffer

The Executive Board Meeting of Burnett County Association for Home and Community Education was held on November 15, 2017 at 11 am at the Poor House in Siren WI.

Meeting called to order by president Muriel Anderson and opened with the HCE Creed.

Secretary's report was read and approved by all.

Roll call taken and 10 members were present: Muriel Anderson, Adeline Ingalls, Diane Medaglia, LaVonne O'Brien, Amy Kopecky, Joyce Kyle, Beth Rank, Judy Marek, Irene Peterson, Bobbie Shaffer.

Treasurer's Report: Judy went over our funds and report was approved and place on file for review.

Before the end of the year(2017) Judy Marek (treasurer) Muriel Anderson (out going president) and LaVonne O'Brien (in coming president) will meet at Community Bank and change out the signatures on checking and savings accounts for the new year with the new officers.

Committee Reports:

- Historian:N/A
- International/Family Life: LaVonne prepared a table of different flags set up for all to see if they can name them. The top two winners will take home the center pieces.
- Marketing/Membership: N/A
- Program/Community Outreach/Cultural &Textile Arts: The

year books will be finalized in the next few weeks and ready for the new year.

- Cultural Arts: Muriel brought in and displayed some quilts that Anita Anderson has made for those in need.
- Scholarship: N/A
- Early readers: All set for the year with all books ordered and ready to be read to the kids.
- Family and Living Life: Beth reported on the after school program at Siren. They are having kids join 4-H and doing

Anita Anderson's quilts



different activities with them. This program has been going very well.

Unfinished Business:

- Muriel handed out the organizational sheet for 2018 All who needed to sign did so and LaVonne has a copy for her records.
- Each district needs to donate 14 nice favors for the gift bags for volunteers. So all need to be thinking of what we would like to send.

New Business:

- Diane will let those who work on the program book know when they will meet.
 - Muriel and LaVonne will meet to pass on all the president's papers.
- Meeting closed with the WAHCE prayer.
All members enjoyed a great lunch and good fellowship.

Club Notes

Harmony

September 26 2017. at 10 am at Cedarwood manor. Hosted by Joyce Kyle. Meeting was called to order by President LaVonne O'Brien. We opened with the WAHCE creed.

Role call was taken and all nine members were present. Karen Brooks, Adeline Engals, Pat Johnson, Amy Kopecky, Joyce Kyle, Diane Meralgia, Bobbie Shaffer, Sharon Wilber., LaVonne O'Brien.

We had no secretary's report .

Treasurer's report was given and approved. Balance in checking is \$292.63. Amy is collecting \$10.00 for dues, \$20.00 for scholarship, and \$20.00 for no bake sale.

Old business:.

- Picnic for the residents at Cedarwood Manor went well. There was a good turn out and it was enjoyed by all.

New Business:

- County board meeting was on September 19 at the government center. Elections were held and LaVonne is the new County President.
- The fall district meeting will be October 19 in Cushing Community center. The cost is \$12.00 and checks need to be made out to Polk County WHCE and sent to Cheri Scovell, 1877 130 St., Gallon Lake, WI, 54810. Reservations need to be in by October 12.
- We will be hosting the fall county meeting on November 15 at 11am at the Pour House in Siren. Amy has ideas for the door prizes for the meeting. We will make the center pieces at our October meeting. Bobbie will get the trays and candles for the center pieces and other members are asked to bring dried leaves for the center pieces.
- We received first place on our booth at both fairs.
- We will be ringing the bells again for the Salvation Army. We decided on Friday December 8, 2017 we will sign up for times at the next meeting.
- Early Readers program going well.
- Karen Brooks will be our host for the October meeting and the meeting will be at Cedarwood Manor at 10am. Karen asks that we bring a recipe that only has three ingredients.

Meeting closed with the WAHCE prayer.
Joyce demonstrated making greeting cards. We all made one and showed them off. Great food and fellowship followed.

October 24, 2017 at 10AM at Cedarwood Manor

Hosted by Karen Brooks.

Meeting opened with the WAHCE CREED.

Roll taken with six members present. Karen Brooks, LaVonne O'Brien, Diane Medaglia, Adeline Ingalls, Amy Kopecky, Bobbie Shaffer

Secretaries report was read and approved by all.

Treasurers report was given and approved. Balance in checking is \$568.07. Amy collected pennies for friendship and for the local food shelf.

Old Business

- LaVonne talked about the District meeting that some of the members attended. They did something different this time instead of having the county president talk about what went on within their clubs in each county. A table showing the things that happened within the county was set up for all to look at. Members liked this new touch to the meeting.
- Early Readers program going well. The Webster Lions club gave a \$500.00 donation and the Voyager Village craft fair donated \$300.00.
- Karen Brooks made a motion that we give a donation from our club to Early Readers. Diane Medaglia second the motion. A brief discussion followed and all approved that we make a \$50.00 donation.

New Business

- Pat will not be able to host the November meeting. So LaVonne and Bobbie will host the November meeting to be held at Cedarwood Manor at 10 am.
- We talked about our December meeting and decided that we will be having a pot luck lunch at Adeline Ingalls on December 12, 2017 at 11 AM. We will decide who will bring what at the November meeting.
- We will be doing our holiday bell ringing on December 8, 2017 at Waynes Foods in Webster.: 10 am Diane , 11 am Amy, 12 pm Adeline, 1 pm LaVonne, 2 pm Bobbie , 3 pm Karen and Pat , 4 pm Joyce.

Diane made a motion to close the meeting and Bobbie seconded. All members approved and the meeting closed with the WAHCE Prayer.

Karen had asked that we all bring a three ingredient recipe to share. We all came away with some new recipes to try.

Great food and fellowship followed.

November 28, 2017 at Cedarwood manor

Hosted by LaVonne O'Brien Nad Bobbie Shaffer.

Meeting opened with the HCE Creed.

Roll taken with five members present: LaVonne O'Brien, Amy Kopecky, Adeline Ingalls, Karen Brooks Bobbie Shaffer.

Secretary's report was read and approved.

Treasurer's report read and approved. Amy collected for the Sunshine Fund, Pennies for Friendship and the local food shelf.

Amy received the check from our fair booth.

Old Business:

- December meeting will be our annual Christmas lunch and we

will be going to Emily's in Webster on December 12 at 11 am. Members are asked to bring \$5.00 to be donated to the back pack program.

- Bell ringing on December 8 at Wayne's Foods times are set. All members who can will ring for one hour shift. Diane is not able to ring so Joyce will take that hour.

New Business:

- Election of new officers. After a brief discussion all offices will stay the same. All members voted and were in agreement. President LaVonne O'Brien. Secretary Bobbie Shaffer, Treasurer Amy Kopecky, Vice President Diane Medaglia.

- January meeting will be at Adeline's on January 23, 2018 at 10 am.
- February meeting will be on the 13th, at Cedarwood Manor and we will put together treat bags to pass out to the residents of Cedarwood. After the meeting we will go out for lunch. LaVonne will host the March meeting. Motion made to close meeting by Karen and second by Bobbie. Meeting closed with the WHCE PRAYER. Bobbie showed members how to make different size gift boxes. All members enjoyed a great lunch made by LaVonne

Odds 'N' Ends - Secretary Irene Peterson

April 11, 2017

Judy opened with the Creed.

Roll call: What we were doing for Easter?

Members present: Judy, Maryann, Irene. Guests: Erma, Gladys Secretary's report was approved.

Treasurer's report read and approved. On file. Due next month.

We talked about the meetings that are coming up in the district and On the Move and In the Groove.

Closed with the prayer.

May 9, 2017

Opened with the creed. Roll call: plans for Mother's Day. Five present with two guests.

Secretary's report approved. Treasurer's report read and put on file.

Food shelf next meeting.

Muriel told us about the district meeting. Irene and Maryann were there too.

Talked about Music in the Park at Siren July 20th and at Grantsburg both 8th and 19th.

August 17: Tea party at Forts Folle Avoine.

Talked about recognition meeting.

Closed with the Prayer.

We made flowers on a pen and decorations for the recognition meeting.

June 13, 2017

Opened with the creed. Roll call: what are you doing for the 4th of July?

Secretary's report was approved.

Treasurer's report was read and filed.

Old Business: What to do for recognition meeting, Muriel talked about the state meeting, discussed Music in the Park and what we were going to do.

Closed meeting and ended with the Prayer.

Maryann told us about tie-dye. We got the favors ready for the recognition meeting, which we were in charge of.

July 11, 2017

Opened with the creed. Roll call: your favorite candy bar.

Members present were Rosie, Judy, Maryann, Muriel, and Irene.

Secretary's report was approved.

Treasurer's report was approved and filed. Any bills.

Give pins and certificates to Maryann and Rosie.

Talked about what was left after Music in the Park and what we need for Siren, but tabled it until the next meeting.

Closed with prayer.

Maryann showed us how to make a card and envelope to go with it. It was fun and it was very nice.

August 8, 2017

We met at Rosie's. Opened with creed and roll call.

Secretary's report was approved.

Treasurer's report was approved and filed.

We talked about what we made at the Music in the Park.

Talked about articles for the newsletter and what to do. Talked about our outing and where to go. Will go to Spooner September 5th.

Early Readers meeting September 9 one half hours before 10:30 Executive Board meeting at 11:00.

Closed with prayer.

Rosie showed us how to make a bunny out of a white wash cloth and put an egg in the hole. Very cute.

Irene Peterson, Irma Wood, Maryanne Wilcox, and Muriel Anderson showing off their socks and flowers decorated with Sharpie Art.



Maryanne Wilcox and Rosie Yaekel pose with their membership certificates.



Gladys Packer, Irma Wood, Irene Peterson, Maryanne Wilcox, and Anita Peterson guarding their prizes. Our Christmas party was held at Judy Marek's home. An unidentified person brought dice for our dice game. After many times of everyone getting 2 and 5 combinations it was discovered that there were only

2s on one dice and only 5s on the other dice. Many laughs were had by all of us and the dice got sent home with the person who brought them. She had no idea that they were "crooked" dice. They were just with the other dice we were told.



Virginia Ryan and Irene Peterson sharing ice cream and each others company. Judy Marek and Irene Peterson brought ice cream, sprinkles, and syrups for an ice cream social at Continuing Care Center at the end of August for residents and caregivers.



Virginia Ormsby checking out Odds 'N' Ends HCE donation of laundry soap, dish soap, shampoo, and tissues for the Northwoods Homeless Shelters.

Odds 'N' Ends donated money to Christmas for Kids through Interfaith Caregivers.



Darlene Sherstad and Darlene Erickson enjoying Root Beer floats at Shady Knoll Home, provided by Irene Peterson and Judy Marek from Odds 'N' Ends in September.

Muriel Anderson, Irene Peterson, Judy Marek, and Anita Peterson taking time out for a picture at Music in the Park in Grantsburg.



Judy Marek and Irene Peterson presenting Kristina Kelley-Johnson a check to be used to help support library programs for local residents. This was given to celebrate Home and Community Education Week.





Judy Marek and Nancy Swanberg working on games for Mina Copeland and St. Croix Tribal Head Starts.

Five Little Snowflakes
One little snowflake with nothing to do,
Along came another and then there were two.
Two little snowflakes laughing with me,
Along came another and then there were three.
Three little snowflakes looking for some more,
Along came another and then there were four.
Four little snowflakes dancing a jive,
Along came another and then there were five.
Five little snowflakes, having so much fun,
All of them are floating and waiting for the sun!



Five different snowflakes for finger play about "Five Little Snowflakes." Odds 'N' Ends made 92 sets of "Five Little Snowflakes" for Mina Copeland and St. Croix Tribal Head Starts.

Spring District Meeting



April 19, 2018
Roberts Park Building
316 N Park Street
Roberts WI 54023

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 *



University of Wisconsin-Extension

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Siren, WI 54872

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