



# HCE NEWSLETTER

April/May 2017

St. Croix County Association for Home and  
Community Education



Greetings Happy belated St. Patrick's Day and Happy Easter to you all,

Since the January/February Newsletter, we had our Spud Spectacular program again this year with 17 members attending. Katie Cartons from Western Wisconsin Health was our main presenter. She did a fantastic job teaching us about "Mindfulness". People have been asking me "what is mindfulness". Look further in the newsletter for a handout that she gave us which will hopefully explain some of the concepts that she uses and teaches. Char Croes also did a great presentation and shared personal information about her own heart health. Thank you Char. I did a short presentation on Empowering Women that I learned at State Conference last September. Jean Kelley also talked about the Wisconsin/Nicaragua Project. Thanks Jean and thank you all for dropping off items for us to take to Nicaragua. Thank you JoLane Anderson for helping me bake the potatoes for this event.

Please remember to call me if you are planning to come to the "Take Time For Tea" event we are planning for June in Boyceville. What a great time that will be, can't wait. My phone number is 715/248-3806.

Also be looking for a list of needs for Grace Place further in the newsletter. If you have any items that you would like to donate, I'm sure they would be greatly appreciated.

Phoebe Shrouds has been working with the Fair Board and the Master Gardeners group to see if we can work out an arrangement together for the County Fair. All the council members are in favor of this project and are looking forward to seeing the improvements around the HCE building in July. Good Job Phoebe and thanks for all the work you do for us. Phoebe also accepted the State HCE Secretary position. Congratulations Phoebe.

Jean Kelley and I went to Nicaragua with the W/NP group in Feb. What an amazing trip, one I will never forget. I got to meet two of our past HCE state presidents who also came on our Learning Trek. Do any of you remember LyLene or Marceline? What a great couple of women they are. Our organization is blessed to have had them lead our organization.

Thanks Honey Doers Club for doing Spring Council again. You do such a wonderful job. I hope to see you there.

Wanda Breitbach, Co-President St. Croix County HCE

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**Board Meeting**

March 13, 2017; 2:00 pm  
Ag Services & Education Center

Creed & Pledge recited

The meeting was called by our President, Wanda at 2:05pm.

**Roll Call Present:** Maggie Hall, Marie Nelson, Donna Wilcoxson, Eunice Hop, Linda Sutherland, Phoebe Shourds, Lois Burri, Wanda Breitbach, JoLane Anderson.

**Not Present:** Betty Lee, Jean Kelley, Mary Hampton, Joan Sprain

**Secretary Minutes:** approved by Lois Burri and second by Linda Sutherland

**Treasurers Report:** approved by Donna Wilcoxson and second by Marie Nelson

**Committee Reports:** Phoebe reported on the Kwik Trip cards and how they are doing.

**Scholarship Committee:** Donna Wilcoxson, will discuss at Spring Council

**Cultural Arts:** Linda Sutherland discussed the placemats and is planning a time of April 18 at 11-3 at the Ag Center.

**Marketing:** JoLane Anderson discussed the coloring books

**County Fair:** Phoebe talked about Master Gardeners and was passed by the fair board.

**New Business:** Mary Corton is now our new Northwest District Vice President. Phoebe Shourds is our new State Secretary. Congratulations to both ladies you both have done a good job for H.C.E.

**Tea Party:** Wanda informed it will be June 13 in Boyceville, WI. Limited to 20 people so if you want to go, we can car pool and meet at the Ag Center.

Wanda Breitbach talked about her and Jean Kelley's trip to Nicaragua. They showed us some nice things that the women had made and showed things that they brought down there and showed to them down there. It was very interesting.

The meeting was adjourned. Closed with prayer

**Spud Heart Healthy**

Thursday, February 9, 2017

A Mindful Moment presented by Katie Carstens, CWC, Western Wisconsin Health. She gave us exercises on our breathing. Body scan on bringing awareness parts of your body. Mindful Eating to give a full experience to your eating. Char Croes gave a talk on Heart Health and portions. Wanda Breitbach gave a report on hunger and also did some brain teasers for our minds. It was a fun day and the potatoes were wonderful. Thank you ladies and the topping were great. There was a good turn out and lots of good information.



## A Mindful Moment

Presented by: Katie Carstens, CWC – Western Wisconsin Health

### **Definition:**

*Mindfulness: a mental state achieved by focusing one's awareness on the present moment. Besides stress reduction, mindful meditation can have other benefits including promotion of brain health, better self-awareness, better sleep, and lowers depression.*

### **Exercise:**

#### ***Awareness of Breath – recognize deep vs. shallow breathing***

In this type of meditation, you are only focusing on one thing, your breath, and doing so allows you to easily forget about the stressful situations you may be incurring in life or in the very moment.

Inhale through your nose, drawing the air into your stomach which is similar to how a balloon fills with air. As you exhale either release your breath through your mouth or nose, whichever is most comfortable for you. Continue this breathing pattern until you are completely in-tune with your breath.

#### ***Body Scan – bringing awareness to all parts of your body***

In this type of meditation, you are bringing awareness to all areas of your body. This allows you to not only forget about the distractions in your mind, but it also allows you to recognize any tension happening in your body. Body scan is most appropriate to do following your day, just as you are about to go to sleep, or perhaps when you are having difficulty falling back to sleep once awoken.

#### ***Mindful Eating –***

Simply give the experience of eating your full, undivided attention and intentionally slow down the process. We are going to use the acronym T.A.S.T.E to help guide us in this meditation.

**T** = Take a breath before diving into eating and notice the sensations in your body as you anticipate eating.

**A** = Allow yourself to come into awareness of this moment and all it brings with you, without criticism or judgment. Are you experiencing physical hunger (like stomach rumbling) or other sensations in the body? Is the body hungry, or is it the mind that is hungry?

**S** = As you take the first bite, employ all of your senses to experience this food. See it, smell it, taste it, feel it, hear it (all food has a sound as you eat it).

**T** = Take time to explore each bite, being mindful of when you feel the urge to take another bite. (Is it before you finish this one? Is it even as you are chewing this one?) Experience the fullness this food or drink has to offer.

**E** = When finished, explore the terrain again. How does it feel now that the food is inside you?

# YOU'RE INVITED TO A TEA PARTY

Hello my fellow HCE Members. Last year we planned a "Fairy Garden Tour" for a summer event. I have received some great information from Mary Hampton on a Tea Party that we will be having on June 13.

There is a Tea House in Boyceville, WI called "Taking Time For Tea" that has beautiful gardens to explore and provides a great luncheon and tea party with beautiful tea service sets. It is limited to 20 people, so if you would like to car pool etc. we will meet at the Extension office at 10:00am.

Let me know if you or your club is interested in this outing for a nice summer get away. The flowers should be beautiful by then. If you want to learn more about them before we go, you can find out more information at their website: <http://www.takingtimefortea.com>.

Thanks, Wanda Breitbach, 715-248-3806.

## *Directions if not meeting at the Extension Office:*

I-94 E to WI-128 N to Co Hwy 6/Co Hwy G (turn right), Continue onto State Rte 170 Trunk E/Main St. Drive to 970th Ave in Stanton.

Hwy 63 N to Co Rd DD and then State Rte 170 Trunk E to Center St in Boyceville. Drive to 970th Ave in Stanton.

Hwy 63 to UW-12 E and then WI-128 N to Co Hwy 6/Co Hwy G (turn right). Continue onto State Rte 170 Trunk E/Main St. Drive to 970th Ave in Stanton.

Taking Time for Tea  
970th Ave., Boyceville



## Getting Ready for the Fair

We will be combining efforts with Master Gardeners this year for several reasons. They have been having trouble with the nasty weather we've been having during Fair time and they requested if there was something we could do together. They needed a place to store their tents and materials and we could get some landscaping done around our building. So we met and they have presented a few ideas that we've run past the Fair Board, they gave us approval.

So as soon as the weather is nice they will remove the tree out front, bring in some fill and plant some flowers, etc. This is an ongoing plan so more improvements will be coming. They will have their booth just outside our building.

NVON (National Volunteers Outreach Network) has a program called "Eat Healthy, Eat Local", that is a perfect match with Master Gardeners.

We will also be collecting books, if you get to me or I can pick up, I can get down to the fairgrounds. Bring to Spring Council meeting (April 21), Placemats meeting (April 18) or May 8 at the extension office for our next county meeting.

If each club could donate a Basket for Silent Auction – brings people into the building to see our displays. I'll have a sign up sheet for booth coverage during the fair, if you can donate 1-3 hours from 9 to 9. It is most helpful.

Several of us will probably be cleaning the HCE building the Wednesday before the fair July 19 in the morning when it's the coolest.

Thanks again for all your contributions.

Submitted by: Phoebe Shourds

### HCE Flight to Asia

Fall Council

September 21, 2017; 5:00pm

First Reformed Church, Baldwin

RESERVE THE DATE for **Fall Council / International Night Sept 21, 2017**. Plan on taking a FLIGHT TO ASIA. Itinerary is being prepared for all HCE members and friends to board the HCE flight 77.







Lola Mae Fouks, 87, of Deer Park, died Monday, February 6 at the American Heritage Care Center in Hammond. November 10, 1929-February 06, 2017

She was born in Black Brook Township, Wisconsin on November 10, 1929 to Christian and Hanne (Danielson) Stensvold. After graduating Clear Lake High School in 1947, Lola worked at the V.A. Hospital in Minneapolis. In 1949 she married Floyd Fouks; they established a dairy farm northwest of Deer Park, where they raised eight children.

Lola was a hard worker and a thoughtful giver. She was a member of St. Paul's Lutheran Church in Deer Park and the Ladies Aid. She also volunteered for the Riverside 4-H Club, and at the New Richmond library. The American Legion newsletter noted Lola's 65 years as an Auxiliary member. She worked with the St. Croix County Homemakers to document local history, publishing books on local creameries and rural schools.

Blessed with a green thumb, Lola grew a variety of fruits and vegetables and was noted for her delicious jellies and beautiful flower gardens. She enjoyed music, reading, and a variety of handicrafts.

Lola was preceded in death by husband Floyd; son, William Fouks; and her brothers Orlando, Norval, Glen and Darlo Stensvold. Survivors include her sister, Mary (Bob) Hanson, New Richmond; son, Lowell Fouks, Deer Park; daughters Susan (Kirk) Hauser, La Crosse; Jeanine (Rolf) Carlson, New Richmond; Betsy (Steve) Roubik, Smyrna, Tenn.; Nancy (Tim) Hokkanen, Bloomington, Minn.; Karen (Jay) Kuntz, Minneapolis, and Patricia Fouks (Joe Hudack), New Richmond; four grandsons, and five great-grandchildren.

The funeral service is 2 p.m. Friday, February 10 at St. Paul's Lutheran Church in Deer Park. Interment after the service will be at Calvary Cemetery south of town.

Visitation is 4-7 p.m. Thursday, February 9 at the Williamson-White Funeral Home, 222 Harriman Avenue North, Amery, Wisconsin 54001. Visitation will also be one hour prior to Friday's church service.

### Spring Council

April 21, 2017

Hammond Town Hall (1816 County Rd E, Hammond)

Please join us for the Spring Council meeting this year. Please bring one salad for every two people attending. If you are bringing a salad that requires refrigeration, please bring them on ice or in a cooler as there isn't much refrigerator space. Please bring a serving spoon for your salad as well.

The keynote speaker from convention last year will be the speaker.



## Cultural Arts

It's spring time and you know what that means: fickle weather, robins, and time to put finishing touches on cultural arts projects for our spring council art show, April 21 isn't far away. Don't forget to sign the release form part at the bottom of the entry portion as well as both halves of the information part (address, class, etc.).

I hope you're having fun with the bonus category theme, "Three Cheers for Team HCE". I chose this theme because it fits in nicely with the State aim of teamwork. I'm sure your head is "teaming" with ideas by now and I can't wait to see the results. Good luck and have fun.



April 18 is another construction day for the dementia fidget mats. I have quite a bit of supplies but if you have something to contribute please bring it with you to the Ag Center in Baldwin on the 18th. The start time is 11:00am so a bag lunch would be a good idea. I have placemats, a sewing machine, iron, and iron-on adhesive as well as material and other supplies. If you do finish a mat at home, be sure to bring it to spring council for display. I hope to see a good turn out because the more that come the more fun we have.

Linda Sutherland—Cultural Arts Chair

## Club News:

**Glover**—Members had a discussion of local history. There was also a discussion on exercise and a video was provided by Carol. Next meeting will be continued discussions on exercise, bring an exercise you can do while sitting in a chair. Phyllis presented an interesting lesson on credit scores; what affects them, how they are established and how they are used. Lesson for March will be on exercise. On The Move began February 28 and several members will be participating. Upcoming events discussed: Fidget Mats will be held April 18 at the Ag Center, Spring Council April 21 and Tea Party June 13 in Boyceville. Accepting applications for HCE scholarships.

**Happy Valley Hour**—Club discussed yearly HCE events planned. Thank you note received from His Arms Ministry for sponsoring Noviah, the school girl in Kenya. Club received a note from Noviah, she is so thankful for sponsoring her again. She is doing well in school. No lesson held this month but started discussing Fall Council and hope to have plans perfected by September.

**Honey Doers**—Members delivered St. Patrick's Day favors they made for residents at the Spring Valley and Woodville nursing home. A reminder to members to keep their calendars updated for On The Move as well as the Contribution Sheet. Cultural Arts discussed including the bonus category. The club has discussed having a booth at the fair. Club possibly attending Joseph and the Amazing Technicolor Dreamcoat. Mary informed us that Don Blegan will be speaking at St. John's Church about the history of Spring Valley.

**Lincoln**—Thank you notes read from Family Resource Center and the B-W Backpack Food Program for our donations in Winnie Anderson's memory. A thank you from Winnie's family was also read. Club members are considering dates the last week of June or first part of July to attend Taking Time for Tea. Upcoming dates discussed. Upcoming meeting dates: March 21, April 18, May 16 and June 20 for the club picnic. Mary suggested a baby theme for a fair silent auction basket. Monthly lesson was an Easter banner.

**Pleasant Grove**—The club meets on the 2nd Tuesday of each month in the evening for nine months. We take June-August off so in that time period we do a one day club tour which is always fun. We make donations such as mittens, caps, scarfs, and money to Baldwin, Woodville, Spring Valley, St. Croix Central schools, Family Resource Center, Turning Point, Backpack Buddies and the food pantry in Baldwin and Woodville.

## Calendar of Events

Apr	18	Placemats for Dementia Patients Activity – Services of Love, Community, etc Award	Ag Center 11:00 – 3:00pm
Apr	21	Spring Council Meeting / Women Walk the World – (Honey Doers Club)	<i>Hammond Town Hall</i>
Apr	26	Meet & Greet	Table 65 11:30am
Apr	27	District Annual Spring Meeting	Lion Center, Stone Lake
May	8	Executive Board Meeting	Ag Center 2:00-3:30pm
May	24	Meet & Greet	West Wind 11:30am

### April

Sun	Mon	Tue	We	Thu	Fri	Sat
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

### May

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

Above are the corrected calendars that were printed incorrectly in the  
Program Directory. Melissa Heath

### Meet and Greet Opportunities

All locations offer a full menu of options

*April 26 at Table 65*

729 N Knowles Ave., New Richmond

*May 24 at West Wind*

709 N Main St., River Falls

Meet and Greets are held at 11:30 am. Join us for a good meal & conversation!

Committee: Wanda Breitbach 715-248-3806 or Joan Brown 715-749-3302

- ◆ Please call Wanda or Joan a day before to RSVP for head count for the restaurant

**Ag Services and  
Education Center  
Hours of Operation:**  
Monday—Friday  
8:00 am—4:30 pm  
715-531-1930



# ***Grace Place Supplies Needed***

**55 Gallon Garbage Bags  
Shower Curtains (Liners)**

**Copy Paper  
Post It Notes  
Two-Pocket Folders  
Office Supplies  
(pens, pencils, paper clips, etc.)  
Paper Towels  
Toilet Paper  
NEW Pillows**

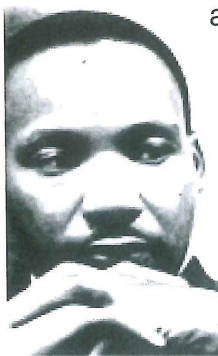
**Shampoo & Conditioner  
Razors**

**Deodorant  
Diapers (All Sizes)  
Baby Wipes  
NEW Socks and Underwear  
(All ages, all sizes)  
Towels (Kitchen and Bath)  
Over the Counter Meds  
(Adult and Children, Tylenol, Advil, etc.)**

## **Grace Place Needs Volunteers**

We are currently looking for individuals who can serve as receptionists at our Front Desk. Many of our volunteers serve just one day a week for a couple hours. If you can fit it in your schedule and would like to help at Grace Place by answering phones, assisting the public and helping our residents, please inquire with Laurel at 715-246-1222.

Many other Volunteer Opportunities ALSO available, inquire with Laurel.



LIFE'S MOST PERSISTENT  
AND URGENT QUESTION:

**WHAT ARE YOU  
DOING FOR OTHERS?**



**If you would like to mail in a financial  
donation:**

**Grace Place  
505 W. 8th Street  
New Richmond WI 54017**

If you would like to donate any supplies to Grace Place, please feel free to bring those to the Spring Council Meeting on April 21. Any donations brought in at that time, will be delivered to Grace Place on the way to the District Meeting in Stone Lake or by a H.C.E. member that lives in that area.

## SPRING NW DISTRICT MEETING

Thursday, April 27, 2017

Registration begins: 9:30am

Sawyer County

Coffee and Treats promised! The business meeting will commence at 10:00am. The meeting will be held at Stone Lake Lions Club, on Main and Frost in Stone Lake, WI. The guest speaker will be from the Master Gardeners.

Send Registration form and check made payable to: SAWYER COUNTY HCE  
Registration Cost: \$10.00 (which includes lunch)

### **MAIL REGISTRATION FORMS TO:**

EVELYN BARTON  
16058 W. STATE ROAD 27/70  
STONE LAKE, WI 54867

DEAD LINE FOR REGISTRATIONS IS SATURDAY, APRIL 15, 2017

DIRECTIONS: Take Hwy. 53 to Hwy. 70; Turn East and follow Hwy. 70 to Stone Lake.  
IN DOWNTOWN STONE LAKE: Go 2 blocks up the hill on Main St. to the Lions Club.

PARKING: This is available around the hall or turn right to the Wesleyan Church parking lot.  
(USE MAIN ENTRANCE OFF FROST AVENUE)

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I will be attending the NW District Meeting on April 27, 2017 in Sawyer County

REGISTRATION FEE, WHICH INCLUDES LUNCH: \$10.00

NAME\_\_\_\_\_

ADDRESS\_\_\_\_\_

\_\_\_\_\_

COUNTY\_\_\_\_\_AMOUNT ENCLOSED:\_\_\_\_\_