



From Your President

COUNTY OFFICERS

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Nancy Wallner
N7873 County Road A
Berlin WI 54923

Treasurer

Cindy Wallace
N9696 Willard Road
Berlin WI 54923

Secretary

Vacant

Hello,

I hope everyone is doing well! What a year this has been! HCE will still remain active.

A few of us were at the Green Lake Harvest Fest on September 26. It was a beautiful day. We could not serve our usual walking tacos but we sold hot dogs and brownies. Thanks to all who helped.

We are looking for a county secretary, Lorraine has sadly resigned the position.

We feel realistically we won't be able to meet as a county group until May at the earliest. We hope to have an achievement night at that time. Please keep your secret pals and we will reveal them at that time.

We are working on the 2021 program book. Some of the speakers that couldn't make it last year have agreed to come back in 2021, whenever that may be.

Keep in touch and have a happy Thanksgiving! We still have much to be thankful for!

Nancy Wallner



Katie's Korner

Katie Gellings, Health and Well-being Extension Educator



Dear HCE members,

I hope you all are staying healthy and doing well during this time. It's been over 8 months now of working remotely, social and physical distancing, adjusting to a different lifestyle, and living in high stress. Be sure to take care of yourselves – your physical, mental, and social health are important! Please don't be afraid to reach out if you need something. I am here - via email at katie.gellings@wisc.edu or phone at 920-251-3525 (personal cell). Our office is not staffed currently due to covid-19 precautions, and it looks like that will continue throughout 2020 and into 2021.

I know some of you have signed up for the Aging Mastery Program I am teaching. I will be offering another class in spring if you weren't able to attend the one happening now. Watch for more details in 2021 on that!

I want to share some thoughts and ideas for mindfulness practices which help in times of high stress. Compare your life to driving a car. When the gas gauge is running on empty, it is difficult and eventually impossible to keep going. Just like when we've been stressed for a period of time, we begin to feel drained and worn out. It makes it difficult to keep going. We notice our energy levels or "gas gauge" going down, but we keep pushing. The longer we go feeling stressed without taking time to "fill up" the harder it is to keep going. Our bodies, emotions and thoughts are telling us to "stop!" and take time to "fill up".

We would never criticize our cars for dropping to empty, so why criticize ourselves for becoming drained emotionally or physically?

It is time to "fill up" on things that bring us positive energy such as joy, peace or comfort, so we can go again. What you need to fill up may be as simple as taking time to appreciate things in life, such as playing with kids or pets, listening to music, spending time talking with a friend who makes you laugh, gardening or walking in nature. Once we "fill up" we are better able to deal with life's challenges.

One tool you can use to "fill up" is to begin and end each day appreciating the simple things in life. You can write a gratitude journal or try the ABC's of gratitude and say things that you are thankful for for every letter of the alphabet. Focusing on the positive things that we are thankful for will help begin and end your day on a positive note.

Lastly, as always, I have included an update about Charlie and Maggie☺ Charlie is now 3.5 years old and going to preschool, and Maggie is 15 months old. They get along pretty well, although they also have their typical sibling moments. They both love going outside, reading books, and coloring!

Be well,

Katie Gellings

Katie Gellings
Health & Well-being Extension Educator



Healthy Lifestyle Survey

Submitted by Gloria Lichtfuss

We hope that everyone is staying healthy and we know that we had 7 members who participated in the HCE Healthy Lifestyle Survey this spring. Our 7 members like to walk, dance, swim, participate in strong bones class, do stair climbing, hiking, gardening, and exercise DVDs. Four members are active 5 or more days a week and three are active 3-4 days/week. Five members eat 5-7 1/2 cup servings of fruit or vegetables daily and two eat 1-4 1/2 cup servings. Two members have most of their diet raised or grown within 100 miles of them, and five members have some of their diet raised or grown within 100 miles. Four easy questions which led to 3 members receiving \$10.00, the lucky participants are Beth Durik, Kay Rog, and Sue Koch! Congratulations to all who participated!



Make a Difference Day

Submitted by Nancy Wallner



The Fairburn/Jolly J's HCE Club observed "Make a Difference Day" on October 24. We collected 35 items from the Berlin Public Library and 150 items from the Berlin Journal office. We also had a classroom challenge at St. John Lutheran School in Berlin. The classroom who collected the most items won an ice cream party. The winner was the kindergarten class, the collected 600 items! In all, the school collected OVER 1200 paper and soap products for the Berlin Food Pantry! How great was that!

One person giving alone may not seem like much, but HCE pulling together is a lot!

MAKE A DIFFERENCE DAY — OCTOBER 24

Jean Hollander Memorial Scholarship Winners

The 2020 Green Lake County HCE Jean Hollander Memorial Scholarship winners are Laura Wiegel and Emily Klawitter. They both are very deserving students and both are from Berlin High School.

Laura is the daughter of Cindy Wiegel and Emily is the granddaughter of Rose McGrath.



Membership Dues

This year at the state level they are collecting on \$1.00 per member. Thus said, Green Lake County HCE will collect only \$5.00 per member. Each club treasurer will collect the \$5.00 from their members and send the check with each member's address, e-mail and phone number to make sure we are current with their information. Individual members please do the same.

Send to: Cindy Wallace

N9696 Willard Rd.

Berlin, WI 54923

Before December 1, 2020

Please encourage everyone to re-enroll, we still have many important projects that need our attention within our communities and state.

Thank you!

Staff change in Extension

Hello HCE Community!

I would like to introduce myself, Kathy Ninneman. I'm the Fair and Office Coordinator in the Extension Office. And I am happy to be helping and supporting your organization.

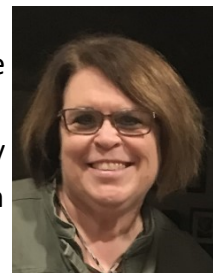
I've worked for the county now for 9.5 years. I previously worked for Ripon Printers/Commonwealth Press for 34.5 years. I always had my heart set on working in the Extension Office since my roots in 4-H were planted at a young age, following in my mom's footsteps.

I grew up on a 120-acre farm just west of Green Lake which gave me the opportunity to learn some very valuable life lessons, for which I am forever grateful. I was heavily involved in 4-H and took a variety of projects to learn and grow in. In fact, Nancy Wallner and I enjoyed many years showing together 😊

Once I got married and had two children of my own, they were also involved in 4-H and were able to enjoy many years of a great youth program along with showing at the Green Lake County Fair.

I'm also a proud grandma aka "Mame" of four sweet blessings. And in my spare time I love to scrapbook and craft, cake decorating, garden and rock hunt with my grandchildren, along with cheering on the Packers!

As of now, I am working remotely from home. I do stop in to the office to make copies and mail items whenever needed. I look forward to meeting you whenever the opportunity arises!



Cultural Arts Update

Submitted by Chris Kalupa, Co-Chair

Hello crafty friends!

As we all know, the 2020 Cultural Arts Show was sadly cancelled. However, with luck, we will be able to enjoy the 2021 Cultural Arts Show. It was determined that all items entered for 2021 can include anything made in 2020 and 2021. This means double excitement and entries for the next Cultural Arts Show. Plans are being made in hopes of having our Green Lake County Achievement Night in May. Entries for the Cultural Arts Show held at Achievement Night will be due in April to allow time for organizing and planning for the set up of the show.

Entry forms are already available on the WAHCE website if you would like to print them out. If you would like to request a printed copy, call 920-290-0781 or email to: chrisk361@yahoo.com. Details about categories can also be found on the WAHCE Cultural Arts entry form.

The 2021 bonus category is "Reach for the Stars with HCE." This fun category allows members to use their imagination to create a masterpiece item that is only restricted by size, which is 10" (l) x 10" (w) x 20" (high).

What better way is there to pass time at home than by picking up your crafts and maybe even, trying something new? Have you heard of Diamond Art? That seems to be the new craze among my friends. There are some beautiful designs and it is fairly easy to do. Whether your craft is needlework, painting, quilting, jewelry or photography, just to name a few, please consider sharing with your HCE friends at the Cultural Arts Show. Let your talent ...

"Reach for the Stars!"

Wisconsin Bookworms™ Report

Submitted by Dawn Folker, Co-Chair



Last spring the volunteer readers were unable to read the last couple of books in the sets because of the schools shutting down in March due to COVID-19. When it was realized the schools were not going to reopen for the remainder of the year the readers made arrangements with the classroom teachers to drop off the remaining books at designated locations so the teachers could send the books home in learning packets to the families.

The new books for the 2020-21 school year arrived in early September. A Pack and Plan meeting was held later in the month and volunteer readers labeled the books and packed sets for each early learning program. Many thanks to all who came to help with this, you are very much appreciated!

Although the Wisconsin Bookworms™ early reading program may look a little different this year because of restrictions due to COVID, it remains important to keep the principles of this program intact. At this time volunteer/mentors are unable to read in person in the schools, therefore the first four books of the sets were dropped off to the locations of the 4K or early childhood programs. The children will still be presented a monthly story and provided a book to take home to add to their home library. Teachers were given information of an alternative way to read to the children via You Tube where all the stories are posted. The titles and authors of the first four reading selections are: *Giraffes Can't Dance* by Giles Andrea, *The Pout-Pout Fish Goes to School* by Deborah Diesen, *If It's Snowy and You Know It, Clap Your Paws* by Kim Norman and *Hoot, Owl* by Shelby Alinsky (National Geographic Kids).

In October a grant request application for \$4000 was submitted to the Green Lake Basic Needs Fund within the Green Lake County/Ripon Community Foundation. We should find out sometime in December whether we are awarded money from this fund.

Prayer Creed

Dear God, give us the grace to see
the blessings which have come from thee;
Give us the strength to do our duty,
To see in everything some beauty.

Teach us love and cheerful giving, tolerance, and decent living,
Make of our home a place sublime,
Where there's no room for hate or crime,
A place where good friends gather round,
Where laughter, mirth and cheer abound.
Not selfish thoughts nor worldly greed,
Let this dear Master, be our Creed.

By Mrs. James M. Hutton, St. Croix County



Thanksgiving Word Search

Challenging



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

CELEBRATION
FALL
GOBBLE
HOME
NOVEMBER
PILGRIM
STUFFING
TRADITION
WISHBONE

CORN
FAMILY
GRATITUDE
LEAVES
PECAN
PLYMOUTH
THANKFULNESS
TURKEY

CRANBERRIES
FEAST
HOLIDAY
MAYFLOWER
PIE
PUMPKIN
THANKSGIVING
VOYAGE





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Bob Dolgner, District 1; **Ken Bates**, District 5; Alternate, **Brian Floeter**, District 6

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