



# HCE Connection

Manitowoc County Association of  
Home and Community Education



February 2019- March 2019

## President's Letter...

It is 2019 and can't wait to see what it brings for us all. Hope everyone had a great holiday season and had good food, time spent with family and friends, and enjoyed themselves. I also was working on a Cultural Arts project that I hope to have done for the Salad Supper this spring.

We had an excellent presentation on January 2nd for this year's Community Outreach program, Hopeful Hearts Club, run by local teenager, Lia Haile. Her mother, Tania, did the presentation as it was the first day back to school for Lia who has a future goal of becoming a social studies teacher. She gave a presentation on donation items and ideas that we can consider doing to help her continue her great work at Hope House. She concentrates on the children of the shelter who many forget can be homeless too. More information on what we will be doing is in this newsletter.

As you can see, I am doing another term as President for our great county. I am honored that you have confidence in me and hope that we can continue to work together to make our organization an important part of Manitowoc County and the areas we live. Helping families continue to do better and spreading knowledge is so important. Many of the things we share are not taught in other places and we need to keep it going.

I hope to see everyone continue to keep their HCE Time and Commitment Log. There is a log and code list in this newsletter for your reference. It is our way to show the county and state officials how much we do and how vital our impact is in the area. We do not get any money from the local or state levels but we do receive support through the use of building space and office administration which make it easier for us to do the

things we do. They do not know how much we appreciate all their efforts.

We will be doing the Healthy Lifestyle Survey similar to last year. The survey will begin on February 17th and end May 11<sup>th</sup>. It will help each of us to stay on track regarding exercise activities and our daily servings of fruits and vegetables. Becoming aware of how much of our diet is grown or raised within 100 miles of our homes, will also be part of the process. More details to follow in the next HCE Connection. Following this program of exercise and healthy eating will keep us strong for our futures.

Lastly, as you review our 2019 program guide you may have noticed we have lost 3 clubs due to disbanding. Some of the people are staying as individual members but also some have passed away or are unable to participate any longer.

Remember to invite family and friends to learn new skills or get new ideas for the knowledge and the friendships. Having more friends is never a bad thing in my book.

Work on your cultural arts projects and see everyone at the Focus lessons coming up soon. Have a safe and white but not too cold winter.

Amy Kohlmann, Manitowoc County President.



## HCE Dates to Remember

<b>Wed. February 6<sup>th</sup></b>	<b>Study Focus: Understanding ACE's</b> UW-Extension Office Room 300 1 PM (Lunch Bunch- Room 111 noon to 1 PM)
<b>Wed. March 6<sup>th</sup></b>	<b>Study Focus: Keep Your Credit Report in Check</b> UW-Extension Office Room 300 1 PM Only (Lunch Bunch- Room 111 noon to 1 PM)
<b>Wed. April 3<sup>rd</sup></b>	<b>Study Focus: Taking a Picture on Mariners Trail</b> UW-Extension Room 300 1 PM Only (Lunch Bunch-Room 111 noon to 1 PM)
<b>Tues. April 23<sup>rd</sup></b>	<b>NE District Spring Meeting</b> <b>St. John Lutheran</b> 1700 Lost Dauphin Rd., De Pere, WI Registration: 8:30 AM Meeting: 9:00 AM
<b>Tues. April 30<sup>th</sup></b>	<b>Cultural Arts Judging</b> UW-Extension Room 300 9:00 AM
<b>Wed. May 1<sup>st</sup></b>	<b>Spring Salad Supper</b> <b>First Reformed United Church of Christ</b> 3613 Waldo Blvd., Manitowoc Registration: 4:30 PM Dinner : 5:30 PM

## February Study Focus: Understanding ACE's

**Date:** Wednesday, February 6<sup>th</sup>

**Time:** 1:00 PM

**Location:** UW Extension Office (Room 300)

**Presenter:** Stacey Ledvina

**Description:** ACE's are serious childhood traumas-anything from separation or divorce to being homeless. Our presenter will explain how these traumas affect the developing brains of a child. These ACE's can also be carried with us into adulthood.

## March Study Focus: Keep Your Credit Report in Check

**Date:** Wednesday, March 6<sup>th</sup>

**Time:** 1:00 PM

**Location:** UW Extension Office (Room 300)

**Presenter:** Cleveland State Bank

**Description:** Have you obtained your free credit report in the past year? Have you ever pulled your free credit report? Our presenter will discuss why we need to be diligent on checking our credit report.



## April Study Focus: Taking a Picture on Mariners Trail

**Date:** Wednesday, April 3<sup>rd</sup>

**Time:** 1:00 PM

**Presenter:** Judy Corrado

**Description:** This bicycle and walking trail between Manitowoc and Two Rivers overlooks the Lake Michigan shoreline. Judy will share

with us the background and future of this beautiful trail.

## NE District Meeting Spring Meeting

**Date:** Tuesday, April 23<sup>rd</sup>

**Registration:** 8:30 AM

**Meeting:** 9:00 AM

**Location:** St. John Lutheran

1700 Lost Dauphin Rd., De Pere, WI

## Community Outreach 2019

On January 2, we learned from Tania Haile, how we can help her daughter, Lia with the Welcome bags and birthday parties she gives to the children of Hope House in Manitowoc. Lia also holds monthly theme parties for Hope House. Donations could include hygiene items for young children or teens, such as toothbrushes, tooth paste, deodorant, hair brushes, shampoo, pocket size tissues or paper products like wrapping paper and tape. She could also use cash or gift cards to Pick n' Save for birthday cakes, Dollar Tree for supplies and Wal-Mart for gifts. Please bring your donations to our Salad Supper in May where I will collect them. Thank You for your continued support of our Community Outreach Projects.

Cindy Christianson, Vice President of Family and Community Life



## Membership

We have 117 official members so far. We have lost three clubs due to disbanding but many are staying as individuals and are still returning their membership information. We are still one of the largest membership counties in the state. The HCE Time and Commitment log is included in this newsletter. It would be greatly appreciated to have everyone fill one out and return to Amy by June 1<sup>st</sup> or at the Salad Supper.

**Commitment:** Please track your time invested in HCE activities from June 1, 2018 to May 31, 2019. Indicate the event code as well as the description. Please include club meetings, study focus meetings, community service...etc. We will compile the information collected from all current members and submit to WAHCE.

### Event Codes:

- 1- County HCE Executive Board Meetings
- 2- County HCE Spring Event
- 3- County HCE Fall Event
- 4- County HCE Educational Sessions
- 5- HC Club Meetings
- 6- HCE District Meetings
- 7- HCE State Meetings

## 2018-2019 HCE Time and Commitment Log

Name: \_\_\_\_\_



Club Member:  Individual Member:

Club Name: \_\_\_\_\_

*Please track all your time invested in HCE activities from June 1, 2018 to May 31, 2019. We will compile the information collected from all current members and submit to WAHCE. Please include club meetings, study focus meetings, community service, etc.*

Community Outreach and Other Activities

Date	Event	Hours

### Newsletter Update

The April/May Newsletter deadline is: March 1<sup>st</sup>

Please submit articles electronically by emailing them to [wendiholschbach@co.manitowoc.wi.us](mailto:wendiholschbach@co.manitowoc.wi.us) or to [kendramahuna@co.manitowoc.wi.us](mailto:kendramahuna@co.manitowoc.wi.us)

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