

January-February-March 2020

Dodge County Association for Home and Community Education



Reflections

HCE Newsletter



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Newsletter Editors

Diane Koch
Lorraine Kohn

Klub Korner Editor

LaVerne Schulz

A Message from your President

Happy New Year!!!

We are trying a few new things in 2020 – the first county HCE meeting will be held in the afternoon; the February Learning Session will be held on a Saturday morning; host center planning meetings will be held prior to the county HCE meetings in March and September; and the Cultural Arts bonus category creations will be judged by everyone attending Spring Council.

Our first county HCE meeting will be held on Wednesday, February 12th. (It's our annual chili-and-chicken-soup potluck meal.) We'll start at **1:30 pm** with an information session, continue with the business meeting* and conclude with the potluck meal. Everyone should bring 2 to 3 cups of chili or chicken soup (and/or a salad or dessert). Plates, bowls, eating utensils, napkins, cups, crackers and hot and cold beverages will be furnished.

Remember to check your program book and read the newsletter to make sure you have marked your calendar for the correct dates and times. You won't want to miss any of this year's meetings and activities – especially those that have been scheduled differently than in past years!

Diane Koch

**see bottom of page 3 for more meeting info*

To register for a Learning Session, call the Extension Office at 920-386-3790 or send an email to Nichole DeBaker at ndebaker@wisc.edu at least two weeks prior to the session.

*For weather-related cancellations, listen to radio station:
WXRO/WBEV, Beaver Dam; WTKM, Hartford;
WFDL, Waupun; or WMDC, Mayville*

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If you need an interpreter, materials in alternate formats or other accommodations to access this program, or activity, please contact the Dodge County UW-Extension Office at 920-386-3790 as soon as possible preceding the scheduled event so that proper arrangements can be made in a timely fashion."



CALENDAR OF EVENTS

Reminder: If fewer than five people register for any Learning Session by the registration deadline, that session will be cancelled and those who registered will be notified.

January 14 (Tues) – Learning Session: Stress and Resilience, 1:00 pm

We have all experienced stress in some form. During this learning session we will spend a moment talking about what stress is and what stress is not. We will also learn about resiliency and how to make it stronger. Resiliency helps us deal with the stressors of everyday life.

January 31 (Fri) – club financial report is due to the County Treasurer

February 7 (Fri) – last day to register for February Learning Session

February 12 (Wed) – County HCE meeting with chili/chicken soup potluck

Info session begins at 1:30 pm; followed by the business meeting and potluck supper

February 22 (Sat) – Learning Session: Recycling Greeting Cards, 10:00 am – Noon

Get tips and ideas for recycling last year's Christmas, anniversary, birthday and other greeting cards; repurpose unused greeting cards that never seem to fit the occasion; make what's old new again – and take it home! (Bring your own 'old' greeting cards or pick from our supply.)

March 1 (Sun) – HCE newsletter articles and club meeting highlights are due to the Newsletter Editor

March 2 (Mon) – HCE scholarship applications are due at the Extension Office

Early March – register for Southeast District Spring meeting

March 11 (Wed) – last day to register for March Learning Session *(date is not in the program book)*

March 12 (Thurs) – County HCE meeting, 6:00 pm

* Host center planning meeting for Spring Council begins at 5:30 pm.* (host: Rock River Center)

March 25 (Wed) – Learning Session: Garlic, 1:30 pm *(date and time are not in the program book)*

We will learn some of the history of garlic; how to plant and grow garlic; and get tips for using and cooking with garlic.

April 13 (Mon) – last day to register for April Learning Session

April 14 (Tues) – Southeast District Spring Meeting, Elkhorn, Walworth County hosts

April 15 (Wed) – program topic suggestions are due to Program Coordinator

April 27 (Mon) – Learning Session: Birds in Our Backyard, 1:30 pm

Grab your binoculars, field guides and kitchen chairs! We're going to learn all about the birds you can see from your home windows. Robins, cardinals and blue jays are all common birds, but do you know the best way to identify them and do you know their songs? We'll test your knowledge on backyard birds as well as show you how to make your yard more attractive for these colorful singers!

April 29 (Wed) – Spring Council with Scholarship Presentation, Cultural Arts Contest and Silent Auction

Cultural Arts Contest entries must be in place by 1:00 pm

Social Time, Food, Beverages, Cultural Arts Show: 5:30 pm-7:00 pm

Silent Auction: Set-up before 5:45 pm Bidding: 5:45-6:45 pm

Meeting begins with Scholarship presentation at 7:00 pm

April 30 (Thurs) – Pennies for Friendship are due to the County Treasurer

April 30 (Thurs) – last day to register for May Learning Session

All Dodge County HCE educational programs, county meetings and activities are held at the Dodge County Administration Building, 127 E. Oak Street, Juneau WI or at the location noted in the calendar.

All HCE members may attend any and all Dodge County HCE activities.

All Learning Sessions are open to the public. Invite your friends and neighbors to attend!

Hello from Pattie



Hello Dodge County HCE members,

As we wind down from the hustle and bustle of the holiday season, I realize that the holidays can be difficult for some people. I am aware that for some people there is a tremendous heartache during the time of year when families gather. Some of us celebrate the best we can, as we grieve the loss of a loved one no longer with us. Just as the song *O Holy Night* resounds, “a thrill of hope the weary world rejoices”, for someone grieving the loss of a loved one, a weariness permeates, even as we try to hold on to hope. Grief, like death, is hard to discuss. Unlike other emotions that we have grown comfortable expressing or describing, we have no ready words for grief or bereavement. Sometimes just an understanding that our friends and family members might be in various stages of grief can be enough. Add a warm greeting, a loving hug, or a kind smile and maybe you will be the thrill of hope to a weary soul. Take good care of yourself my dear friends and I am looking forward to a wonderful New Year!



Pattie Carroll

Human Development and Relationships Educator
and Dodge County HCE Liaison



2020 PROGRAM BOOK

Please add this information for the March Learning Session to page 17:

Learning Session: Garlic

Date: **Wednesday, March 25**

Time: **1:30 pm**

We will learn some of the history of garlic; how to plant and grow garlic; and get tips for using and cooking with garlic.

Please let Diane Koch know if you find any errors, corrections or additions that need to be made in the program book so these changes can be announced to all members. Thank you!

COUNTY HCE MEETING

Wednesday, February 12 -- meeting will be held after the information session that begins at 1:30 pm

The main topic for discussion during the business meeting will be fund-raising. Each club should send at least one representative with suggestions for ways to raise funds and/or obtain grants for the Wisconsin Bookworms program, the HCE Scholarship and other budgeted organizational expenses.



KLUB KORNER

Juneau Center

Emerald Clovers – Members were a part of Monsters on the Marsh and provided leadership for several stations along with a food stand in which proceeds went to Marsh Haven. They were involved with Christmas at Marsh Haven in a variety of ways. They ran the food stand and sponsored the “Fish Pond” with proceeds going to Marsh Haven along with having a Booth. Members organized the Marsh Haven Newsletter and got it ready to mail. Emerald Clovers did several “Carolyn Visits” with Carolyn Dehler while she was at Clearview. Emerald Clovers were involved with the Wisconsin Cattlemen’s Beef Sandwich Trailer at World Dairy Expo and World Beef Expo. Members assisted in the planning and organizing of the Dodge County Farm Bureau Women’s Committee Rural-Urban Luncheon. A wreath-making session was held with members learning how to decorate pine wreaths and make bows. The club held their planning session which included ideas for meetings, educational programs and activities for the coming year. Wisconsin Bookworms readers updated the group on their involvement in the program.

Ledgeview – No information received

Rock River Center

Mother Hubbards – The club made a cash donation to the local Food Pantry. They planned the County Christmas Party which was held in Juneau in December.

Socialettes – No information received

Watertown Center

Country Neighbors – The members continued to collect items for PEP (Personal Essentials Pantry). They have given PEP thirty-four and a quarter pounds. They are also working on baby quilts which will be given to the local hospital. One of their members has made eighty quilt tops, so they have lots of work to do. They also gave food to their local Food Pantry.

Indian Garden – The Indian Garden Club recently celebrated the 60th Anniversary of their club. Erika Kirchhuebel hosted the club at her home with a dinner and specially decorated cake. She provided members with hand-made dish cloths as table favors. Their Charter Member, Carol Lenius, gave the club a bouquet of yellow roses, with a rose presented to each member. They honored Carol with a corsage and floral arrangement. These were made by their Sunshine Chair, Barb Duxstad. Erika also received a floral arrangement for hosting. Since this was such a special day for the club, Theresa Kluewer had members do a craft – a flower pin that they stitched together. Congratulations!

Lowell – No information received.

Thank you, LaVerne Schulz, for typing up the club submissions for Klub Korner this past year!

To be included in Klub Korner, club secretaries must submit highlights of their club meetings or the meeting minutes to the newsletter editor, Diane Koch, immediately after each club meeting or prior to each newsletter due date for all club meetings held since the previous newsletter’s deadline.

Next newsletter deadline: March 1, 2020 for the April-May-June issue

(Due to space limitations, submitted club meeting highlights may have been edited.)

HCE NEWS AND NOTES



2019 MEMBERSHIP RECOGNITION

At Achievement on November 13th, six members were given certificates in recognition for 5 years of membership. Five members received a certificate – one each – for 10, 15, 20, 25 and 35 years of membership. Two members received a certificate for 40 years of membership. Special recognition was given to 51-year member Barbara Seibel (Country Neighbors) and 51-year honorary member Marianne Zastrow (Ledgewiew), 55-year honorary member Sandy Peirick (Indian Garden), 56-year honorary member Phyllis Westenberg (Country Neighbors), 58-year honorary members Irmgard Meyer (Mother Hubbards) and LaVerne Schulz (Mother Hubbards), 60-year honorary member Carol Lenius (Indian Garden), 61-year honorary member Gerry Weiss (Mother Hubbards), 62-year honorary member Diane Qualmann (Mother Hubbards), and 70-year honorary member Margaret ‘Peg’ Snudden (Lowell). It was announced that Barbara Seibel (Country Neighbors) had been nominated for honorary member status. She received an Honorary Member certificate.

Theresa Kluewer (Indian Garden) received the ‘Member of the Year’ award, and Kelly Kluewer (Indian Garden) received the ‘Rookie of the Year’ award.

2019 RAFFLE WINNERS

The drawing for the 2019 raffle prizes took place during the Achievement program on November 13th.

Handmade Queen-Size Quilt – Yvonne Feucht, Burbank
 Luck of the Irish Basket (donated by Ledgewiew) – Nona Wondra, Leroy
 Weighted Blanket (donated by Indian Garden) – Margaret Johann, Mayville
 Fruit & Nut Basket (donated by Mother Hubbards) – John Milroy, Hustisford
 Family Fun (donated by Emerald Clovers) – Ruth Peirick, Ashippun
 My Favorite Things (donated by Emerald Clovers) – Debbie Neuberger, Reeseville
 Fall Is In the Air (donated by Emerald Clovers) – Lois Voigt, Juneau
 Go Team Go (donated by Country Neighbors) – Joleen Thompson, Beaver Dam
 Christmas Wreath (donated by Lowell) – Alice Roth, Watertown
 Elegant Kitchen Surprise (donated by Socialettes) – Joan Beck, Iron Ridge



2020 HCE SCHOLARSHIP COMMITTEE

We are looking for a member to volunteer for the Dodge County HCE Scholarship Committee. (See page 6 in the program book.)

Currently, one member from each of these clubs: Emerald Clovers, Socialettes, Indian Garden and Lowell, and one Individual Member are serving on this committee. It is preferred (but not required) that a member from one of the three remaining clubs – Mother Hubbards, Country Neighbors, Ledgewiew – volunteer to join the committee. ALL interested members are asked to contact Diane Koch *before* February 10th so the new committee member can be announced at the county HCE meeting on the 12th.





HCE NEWS AND NOTES (continued)



2020 SCHOLARSHIPS

Applications for the Dodge County HCE Scholarship (\$500) will be available at the February county HCE meeting. Contact Diane Koch if you want a paper copy prior to that meeting. The application can also be downloaded and printed from the Dodge County Extension website's HCE page (see bottom of page 2 in the 2020 HCE Program Book). Information on eligibility requirements can also be found on page 6 in the Program Book. Application deadline for this scholarship is Monday, March 2, 2020.

Two 'specialty' scholarships are given by WAHCE each year. The Ardith McDowell International Scholarship (\$350) is available to any HCE member who will be traveling to a WAHCE supported international project area. It may be received only once in three years, and is to be used for travel expenses. Application deadline is June 1, 2020. The Memorial Leadership Scholarship (\$200) is available to encourage HCE members to seek leadership training so they may become capable, willing and enthusiastic leaders in the organization. This scholarship may be used for registration to a leadership program during the previous months from the last Scholarship, as well as to upcoming leadership opportunities. Application deadline is June 30, 2020. Applications are available from Diane Koch or the WAHCE website (www.wahceinc.org).

Applications for the CWC Ruth B. Sayre Memorial Scholarship (\$500) are available from Diane Koch or the WAHCE website. An applicant for the Ruth B. Sayre Memorial Scholarship must be a woman who is a resident of North or South America, who shows financial need, and who has the ability to complete her education. The recipient shall be paid up to the amount of \$500 for a year's period of study, the money to be sent to the educational institution she is attending for tuition and/or books. Application deadline is March 1, 2020.



2020 CULTURAL ARTS CONTEST

The 2020 Dodge County HCE Cultural Arts Contest will be held on Wednesday, April 29th. Paper copies of the categories, guidelines and entry forms for the 2020 Cultural Arts Contest will be available at the County HCE meeting on Thursday, February 12th. The contest information is also printed on pages 7 and 8 of this newsletter. Take note that there have been a few changes in the categories. All entries will be judged and a maximum of 13 entries will be selected to advance to the WAHCE Cultural Arts Contest held in September.

Please take note: Cultural Arts items must be in place by 1:00 pm on Wednesday, April 29th. Details as to when entries may be brought to the Extension Office will be announced at the county HCE meeting on February 12th.

BONUS CATEGORY: The theme for this year is "**Seeing HCE Through New Eyes**"

You may use any media to *decorate a pair of glasses*.

The entry's base can be no larger than 10" x 10" with a maximum height of 20".

New this year! Judging of your Bonus Category creations will take place by people's choice vote at Spring Council on Wednesday, April 29th.



Dodge County Association for Home & Community Education Cultural Arts Contest – 2020 Categories



1. Painting/Drawing

*Framed or Wrapped.
Easels must have
securely taped label with
name, county, and district.*

- A. Oil
- B. Acrylic
- C. Watercolor
- D. Alcohol Ink
- E. Other

2. Photography

*Photograph must be 8" x
10", unmounted only, in 8½"
x 11" plastic. Framed
photographs will be
disqualified.*

- A. Color– Landscape
- B. Color– Waterscape
- C. Color– Plants
- D. Color– Animals/
Creatures
- E. Color– People
- F. Color– Skyscape
- G. Black & white/sepia
- H. Other

3. Sewing

- A. Children's Wear
- B. Adult Wear
- C. Original Design
- D. Wearable Art
- E. Useful Item
- F. Purse or Tote
- G. Pillow
- H. Item made from
recycled materials
- I. Wearable
Accessory (apron,
scarf, hat, etc.)
- J. Other

4. Knitting

- A. Wearable Item
- B. Accessory (i.e., hat,
scarf, mittens)
- C. Afghan
- D. Other

5. Crocheting

- A. Wearable Item
- B. Accessory (i.e., hat,
scarf, mittens)
- B. Doily/Dresser Scarf
- C. Afghan
- D. Other

6. Hand Stitching

- A. Plastic Canvas
- B. Embroidery
- C. Cross Stitch
- D. Other

7. Craft

*Six (6) Cards without
envelopes MUST be
mounted as a group on a
flat sturdy display board
no larger than 14" x 22".*

- A. Cards–paper only-6
- B. Cards–mixed
media-6
- C. Scrapbooking
- D. Craft made from
recycled materials
- E. Handcrafted
doll/toy
- F. Glass craft
- G. Other

8. Heritage Skill

- A. Hardanger
- B. Tatting
- C. Woodworking
- D. Basketry
- E. Spinning/Weaving
- F. Felting
- G. Swedish Weaving
- H. Rug Making
- I. Macramé
- J. Quilling
- K. Other

9. Bed Quilt

*Larger than 60" x 80" or
4,800 sq inches*

- A. Tied
- B. Hand quilted

Machine Quilted by You:

- C. Pieced
- D. Appliqued
- E. Embroidered

Machine Quilted

Professionally:

- F. Pieced
- G. Appliqued
- H. Embroidered
- I. Any other Bed Quilt

10. Lap/Baby Quilt

*Smaller than 60" x 80" or
4,800 sq. inches*

- A. Tied
- B. Hand-quilted
- C. Pieced
- D. Appliqued
- E. Embroidered

Machine Quilted By You

- F. Pieced
- G. Appliqued
- H. Embroidered
- I. Any other lap quilt

11. Quilted Wall

*Hanging (with hanging
sleeve, NO frame) -- One
(1) item only; no longer
than 50 inches*

- A. Hand Quilted,
fabric
- B. Machine Quilted,
fabric
- C. Other i.e., collage
of assembled
materials or mixed
media

12. Quilted Table Topper/Runner

- A. Hand Quilted
- B. Machine Quilted
- C. Other

13. Jewelry

- A. Bracelet
- B. Necklace
- C. Set
- D. Other

14. Constructed Original Item

- A. Clay/Pottery
- B. Wood
- C. Fabric/Felt
- D. Other

15. Painted Object

- A. China
- B. Glass
- C. Fabric
- D. Wood
- E. Ceramic/Kiln Fired
- F. Other

Poem, Non-Fiction, Fiction

*One copy typed on plain
paper with 12 point font,
must accompany the
registration form. Entries
must not be framed or in
book form. Staple a cover
sheet with the category/title
which is to be centered on
the entry. Name should
appear on the back side.
Do not count "a", "an", and
"the" for either essays or
short stories.*

16. Poem

17. Non-Fiction

*Original, 1 topic; 250-500
words*

18. Fiction

*Original with beginning,
middle and end, 3,000
words or less*

19. Original Published Book

*One copy must accompany
entry.*

20. Bonus Category – "Seeing HCE Through New Eyes"

*Decorate a pair of glasses.
You may use any media to
construct your entry.*

*Size restriction - base no
larger than 10"x10" with
maximum height of 20".*

People's Choice Judging

*Those attending Spring
Council on Wednesday,
April 29th will vote for their
favorite "Seeing HCE
Through New Eyes" entry.*

Have fun!

Dodge County Association for Home and Community Education 2020 Cultural and Textile Arts Contest Guidelines

The Dodge County HCE Cultural Arts Contest will be held on Wednesday, April 29, 2020.

Judging begins at 1:00 pm. (Dates and times that items may be entered will be announced later.)

Up to twelve (12) entries that receive blue ribbons (plus one Bonus Category entry) will advance to the State Cultural and Textile Arts Show held at the WAHCE Conference in Hudson on September 21-23, 2020.

1. Entries in Category 1 thru Category 19 will be judged prior to Spring Council on Wednesday, April 29th.
2. Bonus Category 20 entries will be judged by the people attending Spring Council.
3. Participants may enter items in as many categories as they wish, but *entries are limited to one item in each lettered sub-category.*
4. All work must be done by the entrant and completed after last year's county contest.
5. Kits and patterns may be used as long as entrant does all the work.
6. All items must be clean or laundered or they will be disqualified by the judge.
7. Entrants must comply with all specifications as listed for the category or the item will be disqualified.
8. All easels and/or items used for display of an entry must have a name label securely attached.
9. Entrants must indicate if they want a blue-ribbon-winning entry to be considered for advancement to the State Cultural Arts Show and taken to the WAHCE Conference.
10. Only one entry from any lettered sub-category can be chosen to advance to the State Cultural Arts Show – a maximum of 12 entries from Categories 1 through 19 plus one Bonus Category entry will be chosen.
11. Winning entrants will be required to sign the state contest registration form to give permission for their photo, photos of their entry and/or print copies of their written entry to be used by WAHCE as seen fit.
12. Entrants will not hold Dodge County HCE and WAHCE responsible for any loss or damage to items.
13. Questions? Contact either Cultural Arts Co-Chairperson – Jean Milroy or Caroline Jeffers.

ENTRY FORM

Category/Class (example 2D): _____

Title or Description: _____

Name: _____

Address: _____

City/Zip: _____

E-mail: _____

Phone #: _____

Club: _____

If this item receives a blue ribbon, do you want it to be considered for entry into the State Cultural Arts Contest at the WAHCE Conference? Yes No

Are you using a display easel? Yes No

ENTRY FORM

Category/Class (example 2D): _____

Title or Description: _____

Name: _____

Address: _____

City/Zip: _____

E-mail: _____

Phone #: _____

Club: _____

If this item receives a blue ribbon, do you want it to be considered for entry into the State Cultural Arts Contest at the WAHCE Conference? Yes No

Are you using a display easel? Yes No



Harvard Health Publishing
HARVARD MEDICAL SCHOOL

Trusted advice for a healthier life



Is it seasonal depression or just the winter blues?

Published: December, 2014

Even if you're not clinically depressed, a little light can counter sleepiness, low energy, and carbohydrate cravings.

The dark nights are longer these days, but they don't have to be dark nights of the soul. Although only 5% to 10% of the population has outright seasonal affective disorder (SAD) – marked by sadness, loss of interest in regular activities, exhaustion, and weight gain – about 25% of people living in the middle and northern regions of the United States get the winter doldrums – milder changes in mood, alertness, energy, and appetite. SAD requires professional treatment, but the winter doldrums can be more easily banished.

The role of light

Light affects the body's supply of melatonin and serotonin. Both are neurotransmitters – chemicals that carry messages throughout the nervous system. When the days are shorter, more melatonin, which helps to induce sleep, is produced and melatonin levels remain higher longer into the morning. As a result, you may feel sleepier as you start the day. In contrast, production of serotonin, which elevates mood and contributes to satiety, is triggered by light, so less of it is produced during the winter. You may feel less cheerful and have more food cravings, particularly for carbohydrates.

Artificial lighting helps to blunt the effects of the seasonal decline in natural light, but not entirely. "Even though we have access to electric light, we still experience the seasonal effects of changes in the natural light cycle," says Dr. Jeanne Duffy, associate professor of medicine at Harvard Medical School, who studies the effects of light on biological rhythms and health.

Brightening your winter

Although some studies have indicated that blue light is best for increasing alertness, you can achieve the same effect with bright standard lighting. "What matters more is how much light you are exposed to rather than distribution of wavelengths," Dr. Duffy says. When it comes to generating a lot of light, the sun has no equal. "Because our eyes adapt we don't realize it, but on a sunny day, the light outdoors can be 50 to 100 times brighter than the light inside most buildings," she says.

Try these to boost your light intake:

- **Take a morning walk.** Getting out in the daylight can help to reset your internal clock. Exercise will also improve your mood, increase your alertness, and suppress your appetite.
- **Flood your home with light.** Throw open the shutters and draw back the drapes. Sit close to the windows when you can. Invest in LED bulbs and turn up the wattage on dark days.

REGARDING THE HCE NEWSLETTER

Club Secretaries – Please submit your meeting minutes or the highlights portion of each meeting’s minutes to the newsletter editor, **Diane Koch**, immediately after each meeting or prior to the current newsletter deadline for all meetings held since the last newsletter’s deadline. Continue to send a copy of each club meeting minutes to Pattie Carroll.

All other articles for the newsletter should also be submitted to **Diane Koch** by the deadline for the next issue (*see date below*). Please send computer/electronic versions via email to dd_koch@hotmail.com -and- to Pattie Carroll at patricia.carroll@wisc.edu.

Put “HCE” in the subject line of all email messages. Send any handwritten or typed articles submitted on paper to Diane Koch, W1646 Hochheim Rd, Mayville WI 53050.

The deadline for the next (April-May-June 2020) issue is March 1st.

All Members – If you received the electronic version of this issue and wish to receive a paper copy of future issues, please contact Diane Koch (call 920-387-3990 or send an email) *before* the next issue’s deadline.

Extension Dodge County

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