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## *Homemaker Reflections*

IOWA COUNTY ASSOCIATION FOR HOME AND COMMUNITY EDUCATION

August/September 2022

Greetings Iowa County HCE Members,

I hope you have enjoyed a great summer. Now that the rain has finally arrived and most of the COVID concerns have subsided, maybe Iowa County HCE can begin to return to normal.

You will notice that we are beginning to take some steps for that return to normal. The September lesson includes a suggestion that each member share something at their next local club meeting, and Ruth Schriefer will deliver a leader training in early October that will then be taught at October club meetings. It is hoped that all clubs will start to meet face-to-face again, learning and socializing!

You might wonder, ***“How did Iowa County HCE stay connected and active in 2021 and early 2022 when we could not meet in-person?”*** Here are some of the highlights from HCE in 2021 and early 2022:

- All members received **program lessons** in the newsletter or in a direct mailing. Did you try some new soup or stew recipes from the “Soups, Stews, and Comfort Foods” lesson? Who did you laugh with when reading “Life is Better When You are Laughing”? Did your plant from the “Growing Connections - Plants and Health” lesson grow and blossom? Have you looked at your treasures and considered which ones are “Heirlooms No One Wants”? What was your favorite lesson?
- Did you decide to read any of the books that were recommended in the newsletter **“Book Tips”**? Many members were involved by sharing book ideas and discussing their favorites.
- Do you enjoy Cultural Arts? The **Iowa County HCE Cultural Arts Show** was still held in 2021 and 2022. Fabric Pumpkins was a popular craft lesson in 2021, too. And Iowa County HCE had entries at the Cultural Arts Show at the State HCE Conference in September!
- Annually, Iowa County HCE presents two \$300 **scholarships** to deserving high school seniors. Do you know someone who received an HCE Scholarship? HCE raises funds at the annual Culver’s Share Day to support these scholarships.
- **Wisconsin Bookworms** and Iowa County HCE continued their collaboration in 2021 and 2022. HCE still purchased the books, but due to Head Start rules, an HCE member was not able to read to them; however, each child still received 8 books for their home library! Wilma Dolan, long-time chair, received a 20-year award at the HCE Conference. Funding from the United Fund of Iowa County assists with the purchase of the books.
- Several clubs continue **local fundraising** and **community support** activities. Hooray for these groups! Volunteering and sharing are hallmarks of HCE!
- Finally, Iowa County HCE members were happy to once again be able to attend **district meetings** and the **State HCE Conference**. Iowa County HCE members have also been contributing ideas for the 2023 State HCE Conference to be held in Wisconsin Dells.

I hope you see there is much happening in Iowa County HCE, and that it continues to be an organization for you and your talents!

Deb Ivey, President

## ***Upcoming Dates for Iowa County HCE***

September: Project Lesson - Dips & Sauces (to be mailed to each member)  
September 15: Newsletter deadline for October/November/December  
September 19-21: WAHCE State Conference in La Crosse County  
October: HCE Board elections via mailed ballots  
October 6: Project Lesson - Gratitude (article below)  
October 13: HCE Board Meeting @ 1:30pm  
October 27: HCE Fall District Meeting hosted in Iowa County (article enclosed)  
November 6-12: HCE Week in Wisconsin  
December 1: HCE Board Meeting  
December 15: Newsletter deadline for January/February



### ***Project Lessons***

**September: Dips & Sauces** - Watch your mail for this project lesson for techniques and recipes that add flavor to basic pasta, meat, salad, and appetizer dishes. Jeanne Lisser has been collecting and compiling favorite recipes from our members and other sources. You can use this lesson on your own, or maybe share a recipe or two if your club is meeting in person!

**October: Gratitude** - Gratitude is a thankful appreciation for what an individual receives, whether it's tangible or intangible. Learn why gratitude is important, and think about new ways to incorporate it into your life. This project lesson training will be held in-person on Thursday, October 6 at 10:30am at the Iowa County Health & Human Services Building in Dodgeville. Clubs can send a representative to this lesson who can bring the information back for your club meetings.

**November: Women as Homesteaders** - While researching her own family history, one author discovered more than ancestors - she found stories of some very strong women! Learn to gather stories of strong women in your own family. This lesson will be presented by Elaine McCann during the HCE District Meeting on Thursday, October 27. See the District Meeting article in this newsletter for more information.

### ***No Holiday Fest***

At the August Board meeting, it was decided to cancel Holiday Fest again this year. The potential date was very close to the Fall District Meeting that Iowa County is hosting. We encourage members and clubs to attend the Fall District Meeting instead of Holiday Fest this year.



### ***Bookworms 2022-2023***



Wisconsin Bookworms Chair Wilma Dolan reports that the books for the Head Start children are arriving at her home. There will be 13 students in the classroom this year. Wilma will read to them and give them each a book as soon as that is allowed by Head Start. Until then, the students will get a book each month of the school year.

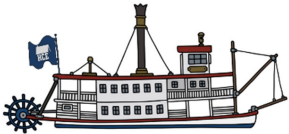
## ***Culver's Shares!***

Iowa County HCE held a Culver's Share Day fundraiser on March 23. 10% of all sales on that day were donated to support scholarships awarded to high school seniors. Danielle Michek, Director of Marketing for Culver's, is shown presenting a check for **\$682.61** to Jeanne Lisser, Lu Borcharding, and Deb Ivey, representing Iowa County HCE. Thank you to all who came out to support Iowa County HCE and those who worked during the day, and THANK YOU to CULVER'S.



## ***2022 WAHCE CONFERENCE: "Rollin' on the River with HCE"***

*Rollin' on the River*



The West District is hosting the 2022 WAHCE Annual Business Meeting and Conference in Onalaska from September 19<sup>th</sup>-21<sup>st</sup> at the Stoney Creek Hotel & Conference Center. Those planning to attend from Iowa County are Debra Ivey, Jeanne Lisser, Lynette Miess, Jean Slapak, and Elaine McCann.

## ***Iowa County Hosts Fall District HCE Meeting***

All Iowa County HCE members are invited to join us as we host the Fall Southwest District HCE Meeting on Thursday, October 27 at the Barneveld Lutheran Church. HCE members from Lafayette, Green, Richland, Sauk, and Columbia Counties have been invited. The day will begin with refreshments at 9am, programs ("Women & Homesteading" and "I Wrote a Book & You Can, Too"), cornhusk doll making & butter-churning, lunch, and a business meeting. The cost is \$15/person, payable to Iowa County HCE. Registrations MUST be received by Jeanne Lisser, HCE Treasurer, by October 17. Some clubs may be sending Jeanne a single registration list, or you can mail your check with your name & club by October 17 to:

Jeanne Lisser  
300 5<sup>th</sup> Avenue  
Hollandale, WI 53544

Remember that the November Project Lesson, "Women as Homesteaders," will be shared at the District Meeting. Clubs not able to attend the district meeting can pick up their materials at the Extension Office after October 27.

## ***Did You Know?***



Iowa County has food pantries in many communities? If you would like a list of pantries, either so you can donate or so that you or someone you know can visit, please call the Extension Office at 608-930-9850 to request the list.

## Shoeboxes for Nicaragua

This year, they are collecting small items for donation to our International Program. The following items are being accepted. Please get them to the Extension Office by September 10 so they can be taken to the State HCE conference as part of our Shoebox donation.

### For Sewing

Sewing machine needles  
Spools of Thread  
Scissors/Cutting Wheels  
Bias Tape/Lace Buttons  
Measuring Tapes  
Pins/Needles

### For Gardening

Garden Gloves  
Garden Clippers  
Garden String  
Garden Markers

### For Cooking

Wooden Spoon  
Measuring Spoons  
Measuring Cups  
Cupcake Papers  
Spatulas

### For Hair

Combs and Brushes  
Hair Clippers  
Hair Clips/Barrettes  
Barber Scissors  
Rollers

## Cultural Arts Show 2022 By Lynette Miess, Cultural Arts Chair

We didn't have as many entries this year, but there was a nice variety of items. Thank you to everyone who entered! Carol Paynter was our judge. The following items were chosen to go on to the state cultural arts show:

Sewing: Pillow by Linda Gard  
Knitting: Baby Layette by Carol Davidson  
Crocheting: Throw by Ann Johnsrud  
Counted Cross Stitch: Boy & Horse by Lu Borcharding  
Diamond Dot: Cardinal by Lynette Miess  
Quilling: Spring Flowers by Peggy Storms  
Scrapbooking: Triplets by Jean Slapak  
Wall Hanging: Halloween by Dolores Murphy



Other entries included:

Crocheting: Name by Pat Sieling  
Coloring: Picture by Lu Borcharding  
Lap Quilt: Realtree Deer by Dolores Murphy

There was a tie for the "Best of Show" award between Lu's counted cross stitch and Lynette's diamond dot picture.

## Recipes

Here is the recipe for the cake at Spring Council, which some members requested:

### Crème de Menthe Cake

1 box white cake mix                      16oz fudge topping  
½ cup crème de menthe syrup            8oz extra creamy Cool Whip



Follow directions on cake mix box, replacing ½ cup of the water with the crème de menthe syrup. Bake and let cool. Spread 16oz fudge topping on top of cake. Add 1/3 cup syrup to 8oz extra creamy Cool Whip. Spread on top and refrigerate. The crème de menthe syrup and fudge topping can be found in the ice cream topping section at the grocery store.

Here is another delicious variation:

### Chocolate Crème de Menthe Cake

1 box chocolate cake mix                      16oz fudge topping  
1/3 cup crème de menthe syrup            8oz extra creamy Cool Whip



Follow directions on cake mix box, replacing 1/3 cup of the water with the crème de menthe syrup. Bake and let cool. Spread 16oz fudge topping on top of cake. Add 3 T. syrup to 8oz extra creamy Cool Whip. Spread on top and refrigerate.



## ***Iowa County HCE Awards Scholarships***



The Iowa County Home and Community Education Association (HCE) scholarship committee has selected two teens to receive \$300 scholarships to further their education in a field that benefits families or communities. Scholarship recipients for 2022 are Maya Tarrell and Alexa Weier.

Maya graduated from Highland High School and will be attending UW-Eau Claire, majoring in Communication Sciences and Disorders. Maya is a member of the Country Cardinals 4-H Club, where she served as club president and club secretary. During high school, she was active in athletics (including basketball and volleyball), National Honor Society, and band. She worked at Blackhawk Lake Recreation Area and volunteered in many church and community events.

Alexa was a Mount Horeb High School senior and will attend college to pursue a degree in Elementary Education. She is a member of the Five Point 4-H Club and has excelled in several projects. While in high school, Alexa was an award-winning gymnast and volleyball player, and she was also involved in National Honor Society and Student Council. She has tutored elementary and middle school students and is also a Girl Scout.

Members in our eight Iowa County HCE clubs raise scholarship money through various events, including Culver's of Dodgeville Share Day. Iowa County HCE clubs are committed to supporting our youth, the nation's greatest asset, with these scholarships.

### ***HCE Scholarship Thanks***



I would like to express my thanks and appreciation for awarding me the Iowa County HCE Scholarship. These funds will allow me to offset my tuition at UW-Whitewater. As a future educator, knowing I have people in my community that are in my corner and supporting my journey makes a massive difference. Once again, thank you so much for your consideration and generosity. I hope to give back to the community some day and help a student reach their educational goals with a scholarship.

Sincerely, Alexa Weier

I am sincerely honored to have been selected as a recipient of the Iowa County Association for Home & Community Education Scholarship. Thank you for your generous financial support toward my higher education. I plan to attend the University of Wisconsin-Eau Claire to earn my undergraduate degree in Communication Sciences and Disorders. From there, I hope to receive my master's degree in Speech and Language Pathology. My goal is to return to a small, rural school in the area one day to work as a speech and language pathologist. Students in rural schools deserve high quality speech services. This rewarding career will benefit the students as well as their families. The Iowa County HCE Scholarship will allow me to make my goals and dreams a reality. Your generosity is greatly appreciated, and I am truly grateful for your support toward my college education.

Sincerely, Maya Tarrell



## **IOWA COUNTY HOME AND COMMUNITY EDUCATION**

*(Published in WACHE July 2022 Update)*



This past year, 2021, began much as 2020 had - no face-to-face meetings and little contact with HCE friends. In addition, the normal meeting room (the county board room) was closed to employees and outside groups. By mid-2021, the HCE Board started meeting with masks in area community rooms - the library annex, a bank conference room, and a local restaurant. Some clubs also started to meet face-to-face. It was great for the members and for HCE to once again be able to meet.

Monthly program lessons continued to be sent directly to member homes or included in the newsletter. Topics for the year included "Soups, Stews and Comfort Foods", "Life is Better When You are Laughing", "Growing Connections - Plants and Health", "Fabric Pumpkin Craft", "30 Ways to Live Longer, Stronger, and Better", and "Heirlooms No One Wants".

A popular addition to the Iowa County HCE newsletter was "Book Tips." HCE members sent Jeanne Lisser information about favorite books. Jeanne wrote short summaries of three or four books for each newsletter. Many members shared ideas and discussed their favorites.

The Iowa County HCE Cultural Arts Show was still held with adjustments. Members delivered entries to the Extension office, the Cultural Arts Chair took them all to her home, and the judge came to her home to review the entries. Through pictures, other members were able to enjoy and appreciate our talented members. Several entries traveled to the State HCE conference, and one was awarded a medallion!

Iowa County HCE presented two \$300 scholarships to deserving high school seniors. Funds raised at the annual Culver's Share Day is used for these scholarships.

Again, with adjustments, Iowa County HCE continued their long tradition with Wisconsin Bookworms. HCE still purchased the books, but due to Head Start rules, an HCE member was not able to read to them. Wilma Dolan, long time chair, received a 20-year award at the HCE Conference. Funding from the United Fund of Iowa County assists with the purchase of the books.

Iowa County HCE members also were happy to once again be able to attend District meetings. They have also been contributing ideas for the 2023 State HCE conference to be hosted in the Southwest District.

It was again a different year for all of us, but we are moving forward and working to get all HCE members involved again. We look forward to having our meetings again and seeing everyone and trying new projects.

Lu Borcharding Iowa County Membership/Public Relations/Marketing Chair and Deb Ivey, Iowa County HCE President

## Upcoming Programs in Extension - for You or Someone You Know

### planning **AHEAD**



“**Planning AHEAD**” will help people understand how to prepare for the end-of-life for themselves or a loved one and why it’s important. Topics include handling finances, advance medical and legal directives, estate planning, choices in end-of-life care, and final wishes. This 7-week series will be offered via Zoom on Tuesdays, September 13-October 25 from 9-10:30am. Ruth from Extension Iowa County and several of her Extension colleagues will be the facilitators. To register, go to <http://go.wisc.edu/SoAHEAD> or call Ruth at 608-930-9850.

“**Powerful Tools for Caregivers**” is focused on self-care so the caregiver can be physically & emotionally healthy to provide better care & make better decisions for their loved one. This 6-week series will be offered via Zoom on Fridays, October 7-November 11 from 1-2:30pm. This series will be facilitated by Ruth from Extension Iowa County and Laura from the Green County ADRC. To register, call the Green County ADRC at 608-328-9499.



### Aging Mastery Program®

National Council on Aging

“**Aging Mastery Program**” helps older adults improve their well-being on 10 different topics, including exercise, sleep, healthy eating & hydration, finances, relationships, and more. Bridget from Extension in Green & Lafayette Counties and Ruth from Extension Iowa County will facilitate this series on Mondays & Thursdays, October 20-November 21 from 10:30-noon via Zoom. To register, contact Ruth @ 608-930-9850.

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## Iowa - Grant - Lafayette County Clean Sweep Event



Improperly handled chemicals can pollute ground and surface water and pose health risks for you and your family. Clean Sweep allows you a one-time opportunity to safely dispose of these chemicals.

All Grant, Iowa, and Lafayette County residents, farmers, and agri-businesses can participate in this program.

Pre-registration is required. You may register online at <https://go.wisc.edu/8a673k> or by calling Tom Harman at the Extension Iowa County office at (608) 930-9850.

For more details, including what information will be needed and a list of what items will and will not be accepted, please visit the Extension Iowa County website (<https://iowa.extension.wisc.edu>) or call the number above and an information sheet can be mailed or emailed to you.

#### LANCASTER

FRIDAY, SEPT 23, 2PM-6PM  
SATURDAY, SEPT 24, 8AM-12PM  
GRANT COUNTY FAIR GROUNDS  
916 E ELM STREET (CTY RD A)

#### DODGEVILLE

SATURDAY, SEPT 30, 2PM-6PM  
IOWA COUNTY HIGHWAY DEPT  
109 LEFFLER ST

#### DARLINGTON

SATURDAY, OCT 1, 8AM-12PM  
LAFAYETTE CO. HIGHWAY DEPT  
12016 HILL STREET

## ***HCE Election Season - Time for Nominations***

Since we won't have our own Fall Council Meeting or Holiday Fest in 2022, our Iowa County HCE Board elections will be held via mail again in October. First, we have some nominations and would welcome additional ones. Current nominees are:

**President** (will be elected for 3-yr term - 2023-2025 to get us back in line with our bylaws)

Nominee: Debra Ivey

Nominee \_\_\_\_\_

**Vice President** (elected for 2-yr term - 2023-2024)

Nominee: Elaine McCann

Nominee \_\_\_\_\_

**Treasurer** (elected for 2-yr term - 2023-2024)

Nominee: Jeanne Lisser

Nominee \_\_\_\_\_

**Cultural Arts Chair** (elected for 2-yr term - 2023-2024)

Nominee: Lynette Miess

Nominee \_\_\_\_\_

**Membership/Public Relations Chair** (elected for 2-yr term - 2023-2024)

Nominee \_\_\_\_\_

Nominee \_\_\_\_\_

The deadline for nominations is **September 30**. If you nominate a member for an office, she/he must give written consent to accept the nomination. Please mail your nomination and acceptance to Extension Iowa County-HCE, 303 W Chapel St, Dodgeville, WI 53533 by September 30.



## *Homemaker Reflections*

Iowa County Association for Home & Community Education

### **EXECUTIVE BOARD**

Debra Ivey, President

Lois Jean Clifton, Vice President

Jean Slapak, Secretary

Jeanne Lisser, Treasurer

### Center Chairs and Education Programs

Nancy Carden, Eastern

Lynn Halverson & Mary Leix, Western

Lu Borcharding, Vice President for Programs

Lynette Miess, Chair for Cultural/Textile Arts

Lu Borcharding, Membership/Public Relations/

Marketing Chair

Wilma Dolan, Wisconsin Bookworms™ Chair

### **EXTENSION IOWA COUNTY**

303 W Chapel St, Ste 1200

Dodgeville WI 53533

Phone (608) 930-9850 Fax (608) 935-0328

Ruth N. Schriefer, Family Living Educator

Sarah Weier, 4-H Coordinator

Kathy Lange, Nutrition Program Educator

Barry Hottmann, Community Resource Ed.

Lynn Perkins, Area Extension Director

Josh Kamps, Amanda Cauffman, & Jackie

McCarville, Multi-county Agricultural Educators

Joe Bonnell, Natural Resource Educator

Tom Harman, Department Assistant

Office Hours: Monday through Friday

8:00 am to 4:30 pm

<https://iowa.extension.wisc.edu/>