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Homemaker Reflections

IOWA COUNTY ASSOCIATION FOR HOME AND COMMUNITY EDUCATION

January-February, 2022

Welcome to 2022 with the Iowa County HCE! I hope everyone enjoyed a pleasant Holiday season with family, friends, food, and fun! Regardless of how we celebrated, I suspect we are all happy to have life be a bit more like it was in early 2020!

As we start a new year of HCE events, lessons, and fun, COVID and the pandemic continue to cause changes in how we meet and learn. The 2022 Program Book is enclosed with this newsletter. There are still interesting topics, familiar programs, and special events, but we are meeting in new places since we do not currently have access to the Community Room in the HHS Building.



2022 also brings many opportunities for HCE members to be involved:

- ◆ We need volunteers (and food buyers) at the Share Day at Culver's on March 23
- ◆ We would love to see your smiling faces at Spring Council on April 7 at Grace Lutheran Church in Dodgeville.
- ◆ Would you like to meet HCE members from neighboring counties? Plan to attend the State HCE Conference in La Crosse County in September or the Fall District Meeting on October 27 in Barneveld!
- ◆ Do you have pictures, stories, or quotes about HCE? I am working on an HCE display, and I need any mementos you might have to make it more interesting and attractive.
- ◆ Want to try some new experiences and learn some leadership skills? Officers for clubs and at the county level are also always needed.

You might remember that I included discussion questions about the value of HCE in the last newsletter. As I continue to highlight some basic information about HCE, check out this quote from a news release that Jeanne Lisser wrote for HCE Week:

"The Iowa County Association of Home and Community Education (HCE) provides educational opportunities that help members strengthen their awareness of issues, communication skills, and leadership abilities to provide better service to their communities."

(continued)

And ask yourself:

Have my communication skills improved due to HCE?

Am I more aware of issues connected to home and family in Iowa County?

Have I developed leadership skills through HCE?

Do I and my club provide service to our community?

I hope you can answer "YES" to all those questions so that you and HCE will continue to thrive in Iowa County.

Wishing you a Happy 2022!

Deb Ivey, President

THANKS to our HCE Board!

For the second year in a row, we couldn't thank our outgoing HCE Board members at Holiday Fest and formally install our new Board. We still want to acknowledge their contributions to our organization.

Many thanks to our Board members who completed their terms at the end of the year:

Jean Slapak, Secretary

Nancy Carden, Eastern Center Chair

Lynn Halverson & Mary Leix, Western Center Co-chairs

Wilma Dolan, Wisconsin Bookworms Chair

Election results (elected or re-elected) from October 2021:

Secretary: Jean Slapak

Eastern Center Chair: Nancy Carden

Western Center Co-chairs: Lynn Halverson & Mary Leix

Vice President for Program: Lu Borcharding

Wisconsin Bookworms Chair: Wilma Dolan



Cultural Arts Update by Lynette Miess



We hope to be able to get together for Spring Council and a cultural arts show this year. Be sure to keep working on your entries over the winter! Watch for the cultural arts categories to be listed in the next newsletter.

2022 Program Book



The 2022 HCE Program Book is included with this newsletter. Many dates are set and lessons and meetings will be confirmed depending on public health and safety needs. Watch for newsletter updates or special mailings throughout the year. Thanks to our Program Planning Committee Deb Ivey, Lu Borcharding, Jean Slapak, and Jeanne Lisser for coming up with lessons that meet the needs and interests of our members, whether we are able to be together in-person or learning in our own homes.

2022 WAHCE Conference: "Rollin' on the River with HCE"

The West District is hosting the 2022 WAHCE Annual Business Meeting and Conference in Onalaska from September 19th-21st at the Stoney Creek Hotel & Conference Center, 3060 S Kinney Coulee Rd, Onalaska, WI 54650. If you plan to attend, you may now make your room reservations for WAHCE 2022. Rooms are available for Sunday Sept 18th through the 21st. The room rate is \$109/night (use the code: WAHCE); reservations can be made by calling (608) 781-3060. You will need a copy of your Wisconsin sales tax exemption when checking in to not pay tax on your room. Watch for more information to come regarding the schedule and workshop details!



Aging Mastery Program®

National Council on Aging

Aging Mastery Program

This 10-part series was developed by the National Council on Aging and is being offered by Extension across the state. Because of the ongoing pandemic, we are using Zoom (on the computer or smart phone) or landline/cell phone to share this information. Participants will receive a great workbook to supplement the sessions. Deb Neubauer from Dane County and Ruth Schriefer from Iowa County are co-facilitating this series, which will be held on Tuesdays & Thursdays from 11am-12:30pm, beginning February 1st and going through March 3rd. Topics include nutrition & physical activity, sleep, finances, medications, relationships, future planning, falls prevention, and more. We hope to offer this series in-person in the future, but for now, if you'd like to join us "virtually", call the Extension Office at (608) 930-9850 and leave a message for Ruth; or you can e-mail her at ruth.schriefer@wisc.edu, and we will get you registered.

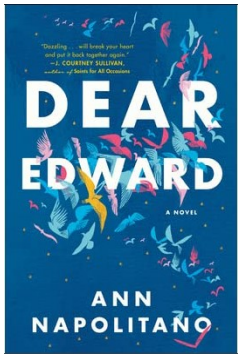
Club Dues

As a reminder for the next time you meet with your club members, 2022 HCE dues are \$6.00 and will need to be paid by April 1st, 2022. The dues include \$1.00 for the WAHCE State and \$5.00 for Iowa County. IACHE dues are used for postage and operation costs. Dues may be mailed to Jeanne Lisser at 300 5th Ave., Hollandale, WI 53544; please include your name, address, and club name.



Book Tips - by Jeanne Lisser

Dear Edward by Ann Napolitano, Literary and Coming-of-Age Fiction

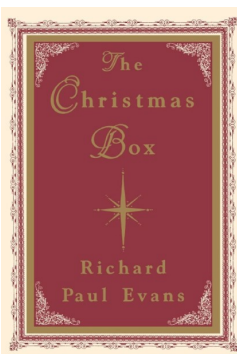
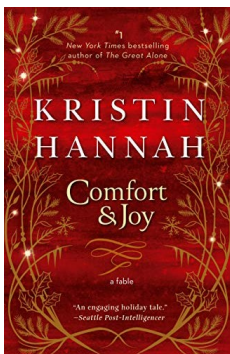
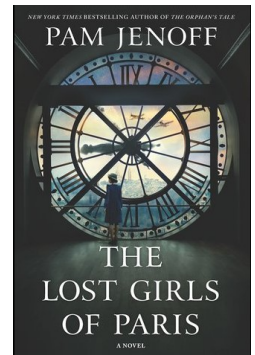


Lynn Halverson said “It keeps you reading.” She recommends this story of 12-year-old, Edward Alder, the lone survivor of an airplane crash that kills his parents and beloved older brother, along with 183 other passengers. Edward goes to live with his aunt and uncle and struggles with PTSD. He lives day-to-day, the best that he can. It is a story of how “a broken heart can learn to love again” and the kindness and decency of others. The author tells the stories of the other passengers as well. You may borrow this 4.5-star novel in regular and large print from your local library or through interlibrary loan. It sells for \$10.52 in paperback or on sale in hardcover for \$13.00 and used for less from Amazon. It may also be ordered through Walmart.

Several members recommended **C. J. Box** and **Nevada Barr**, both with well-loved heroes (and heroines) solving mysteries and crime that take place in Wyoming and in National Parks. Local libraries have large collections of their books in all formats available for checkout, and they could be purchased used for under \$6.00 and new for \$7.50 at Walmart.

The Lost Girls of Paris by Pam Jenoff, Historical Fiction/Mystery

Jeanne Lisser enjoyed this 4-star book, inspired by true events, that reveals how women agents trained by the SOE (Special Operations Executive) helped the British and ultimately the Americans win the war in France. The book has two story lines, beginning in 1946 Manhattan with a woman who finds an abandoned suitcase containing photographs of several women and her search for information about the owner and the photos. The second story line takes place in England and France during World War II and is a story of friendship, valor, and courage. The characters are well-defined, and the narrative is compelling. You will find it in large and regular print at local libraries or through interlibrary loan; it sells for around \$10.00 new or for under \$5.00 used.



Often recommended beloved authors have Christmas and holiday stories that will touch your heart this season. In Comfort & Joy, **Kristin Hannah** offers a modern-day fairy tale - the story of a woman who gets a miraculous chance at happiness. You may borrow this story in several formats from local libraries or purchase it in paperback for under \$10.75. The Christmas Box, **Richard Paul Evans**. If you want a Christmas story with many poignant messages, then this is the novel you should read. Available in large and regular print from local libraries and for under \$10.00 at Walmart or Amazon.



IOWA COUNTY BAKING BUDDIES



Do you have a great cookie, pie, or bread recipe?
Want to share baking tips with a young person?
Baking Buddies is for you!

You will:

- mail a favorite recipe to a 4-H member in March.
- youth will make the item, then send you a letter sharing how it turned out.
- respond with encouragement, tips, & secrets.
- repeat with a new recipe!

Call Extension Iowa County
at 608-930-9850 by February 15
to be matched with a 4-H member.

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Extension Iowa County
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While You
DINE

Give LOCAL
FOOD. FAMILY. FUTURE.
Culver's

10% of all sales on March 23 will be donated to help support Iowa County HCE, Wisconsin Bookworms, and High School Scholarships.

Culver's

Come on in to your local Culver's restaurant:
Culver's of Dodgeville
1122 N Johns St, Dodgeville, WI 53533
(608) 935-9094

CULVERS.COM
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Limited time offer. All participating locations. Ends 3/23/22

Planning Ahead!

The HCE Fundraiser at Culver's to support our Bookworms project and scholarships is set for March 23rd, 2022. This will be a very important and helpful fundraiser since we were not able to have our normal events in 2020 or 2021. 10% of all sales that day will be donated to help support Iowa County HCE, Wisconsin Bookworms, and high school scholarships. We'll remind you again in the next newsletter, but we encourage you to dine out (or drive-thru!) with us that day, and we hope you will invite your friends and family to do the same!



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 Cardin, 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

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Vacant, Nutrition Program Coordinator
Barry Hottmann, Community Resource Ed.
Lynn Perkins, Area Extension Director
Vacant, Agricultural Agent
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/>