

Homemaker Reflections – Mini-newsletter

May 2022

Greetings HCE members,

For your reading pleasure prior to the summer break, this is a quick update on HCE happenings and a request for information. Can you believe it is May? I know I am looking forward to flowers, sun, warm weather, and picnics! What are your favorite things about summer?



Are you happier in the summer? What makes you happy?

What makes us happy? Perhaps surprisingly, experts say that at least in part it's growing older. In fact, dozens of studies in the past 15 years suggest our happiness quotient curves upward after age 50 or so. A 2016 study by the Center on Healthy Aging at the University of California San Diego, for instance, showed that as they age, people report higher levels of overall satisfaction, happiness, and well-being, along with lower levels of anxiety, depression, and stress. Research from the Stanford Center on Longevity found that age correlates with what's called the "positivity effect," where older people experience fewer negative emotions and look back on the past with more satisfaction and less sadness or regret.



Maybe you define happiness by the amount of quality time you spend with loved ones? Or a great career? Financial freedom? Did you know you can also create happiness on a daily basis by your thoughts and habits?

Try asking yourself these three daily questions for happiness. Then, use your answers to cultivate happiness in your life!

1. What will make me feel healthy today?
2. What will make me feel connected today?
3. What will give me a sense of purpose today?

Wishing you a Happy Spring and Summer!

Deb Ivey, Iowa County HCE President

Sources: [4 happiness-boosting questions to ask yourself on a daily basis \(theladders.com\)](https://theladders.com)
[10 Questions for Happiness - Mind Fuel Daily](https://www.mindfuel.com)
[Shortcuts to Happiness: 7 Tips to Boost Your Well-Being \(aarp.org\)](https://www.aarp.org)

RECIPES NEEDED FOR SEPTMEBER PROJECT LESSON

Do you have a favorite sauce, dip, or dressing that you use with pasta, meat, salad, and appetizers? For the September lesson, we are gathering your favorite recipes and sharing them with all of you. So send your favorite dip, sauce, or dressing recipe to Jeanne Lisser (300 5th Ave, Hollandale, WI 53544) by June 30th. Watch for the September newsletter with all these great new recipes to try. YUMMY!

2022 SCHOLARSHIP RECIPIENTS



Thanks to our HCE Scholarship Committee who reviewed the applications for several high school seniors who are children/grandchildren of HCE members and/or Iowa County 4-H members. The recipients of \$300 scholarships for 2022 are Alexa Weier and Maya Terrell. The alternate is Bryce Johnsrud. We will have a press release in the Dodgeville Chronicle soon and complete information in our next newsletter.

HCE BOARD NOMINATIONS FOR 2023-2024

Are you interested in serving Iowa County HCE at the county level? We will be seeking nominations for at least one Iowa County HCE member candidate for each of these offices:

IAHCE President – plans & presides at meetings; voting delegate at district/state meetings

Vice-President – substitutes for president in their absence; chairs Holiday Fest committee

Treasurer – collects our money, manages our bills

Cultural Arts Chair – encourages self-expression of members; coordinates Cultural Arts Show

Membership Chair – promotes HCE; encourages membership

Each of these positions will serve for two years. If you are interested in nominating yourself or someone else, please submit their name to Extension Iowa County-HCE, 303 W Chapel St, Dodgeville, WI 53533 by August 1st. If you nominate a member for an office, they must be notified and give written consent accepting the nomination.

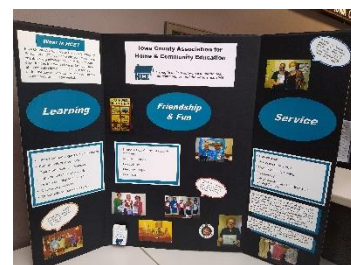
FUNDRAISING SUCCESS!



Iowa County HCE hosted their annual Share Day at Culver's on March 23rd and received **\$682.61!** These funds will be used for the two scholarships that we give each year and for our Bookworms books, if needed. Thank you to all who worked and those who visited Culver's that day. Thank you also to Culver's for sponsoring this fundraiser.

PROMOTING HCE

There is a brand-new Iowa County HCE display which was used during Share Day and at Spring Council. Contact the Extension Office if you have an HCE or community event where it might be used.



ITEMS NEEDED 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 10th so they can be taken to the State HCE conference. Each county will be limited to ONE shoebox of items this year.

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

Hair/Personal Care

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