

Debra Ivey, President  
303 S. Iowa Street  
Mineral Point, WI 53565  
(608) 987-3597

Extension Iowa County  
303 W Chapel St  
Dodgeville, WI 53533  
(608) 930-9850



## Homemaker Reflections

IOWA COUNTY ASSOCIATION FOR HOME AND COMMUNITY EDUCATION

August/September 2023

Greetings Iowa County HCE Members,

As many of you know, there are some major changes facing Iowa County HCE due to Ruth Schriefer's retirement in July. We all know she has provided incomparable support, leadership, education, organization, and friendship to Iowa County HCE. She will be MISSED! But she also deserves retirement and time to do the things she has been unable to do as an Extension employee. The HCE Board will discuss potential changes at the August Board meeting and make some decisions about moving forward.

While we process this, here are some quotes to ponder as we face change in Iowa County HCE:



*Be the change that you wish to see in the world. — Mahatma Gandhi*

*Change is inevitable, growth is optional.*

*If nothing ever changed, there would be no butterflies!*



Do these quotes give us a way to think of this change in a different way? Let's ask ourselves these questions:

- What is one thing we can **change to improve** Iowa County HCE?
- How will **change help us grow** Iowa County HCE?
- What can we do to make **caterpillars into HCE butterflies**?

Maybe your HCE club could discuss these questions. I and the rest of the HCE board welcome your ideas as we adapt to the HCE without Ruth.

I do have two wonderful things to report: Jeanne Lisser has volunteered to serve as editor of the newsletter, and Tom Harman will still be our support in the Extension Office. THANK YOU to Jeanne and Tom!

Be sure to check out this newsletter. There are three fall lessons scheduled, the State HCE conference is in Wisconsin Dells in September, there is a fall meeting in Poynette in November, and officer nominations are needed.

I am glad you are part of Iowa County HCE!

Deb Ivey, President

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



**September 5:** Project Lesson - Microgreens, 1:00pm @ HHS Building

**September 15:** Newsletter deadline for October/November/December

**September 18–20:** 2023 WAHCE State Conference, Wisconsin Dells

**October:** HCE Board elections via mailed ballots

**October 2:** Project Lesson - Craft (Japanese Fabric Flowers), 1:30pm @ HHS Building

**October 12:** HCE Board meeting @ 1:30pm @ HHS Building

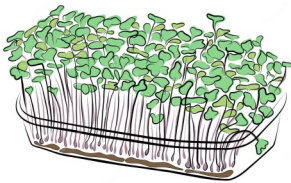
**November 2:** Fall District HCE meeting, Poynette

**November 1:** Project Lesson - Kitchen Hacks, Gadgets, and New Appliances, 1:30pm. Bring your favorite kitchen gadget!

**November 5–11:** HCE Week in Wisconsin

**December 7:** HCE Board Meeting, 11:30am @ HHS Building

### **September Project Lesson - What is the Big Deal about Microgreens?**



Learn more about these little greens: how to grow them, where to buy them, the benefits of eating them, and how to use them in your meals. Join Deb Ivey on Tuesday, September 5<sup>th</sup> at 1:00pm at the Health and Human Services Building in Dodgeville for this lesson. Please register for the training by calling Tom Harman at 608-935-9850.

Clubs not able to have a member attend can pick up their materials at the Extension Office after September 5<sup>th</sup>.

### **October Craft Lesson**

Our October craft lesson will be making Japanese fabric flowers. We will be hand-stitching fabric circles to make a flower, which can be made into a pin or magnet. A small fee will be charged to cover supplies. Be sure to bring a needle and scissors if available.



Join Lynette at the Health and Human Services building conference room 1001 on Monday, October 2<sup>nd</sup> at 1:30pm. Please call the extension office to register by September 22<sup>nd</sup>.

### **Fall District Meeting**



The fall district meeting will be held on Thursday, November 2<sup>nd</sup> in Columbia County at the Poynette Village Hall in Poynette beginning at 9:30am. Michael and Annette Knapstein will present "Wisconsin—Beautiful by Nature," followed by the district meeting. Watch for registration information.

## Iowa County HCE Awards Scholarship



The Iowa County Home and Community Education Association (HCE) scholarship committee has selected one teen to receive a \$300 scholarship to further her education in a field that benefits families or communities. The scholarship recipient for 2023 was Dana Hanson.



Deb Ivey presented Dana with a certificate at our HCE board meeting this month. Dana is from Dodgeville and is a junior at Lakeland University in Plymouth, WI. She has a double major, Psychology and Criminal Justice. Her 4-H involvement, leadership roles, work ethic, and successful school performance made it easy to choose her as a recipient for our scholarship.

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.

### "Driftless Dreaming" 2023 WAHCE State Conference



Southwest District will be hosting the State Conference at the Wintergreen Conference Center in Lake Delton from September 18<sup>th</sup>-20<sup>th</sup>. There are a variety of sessions and a great assortment of tours. If you want to attend one day of the conference, Tuesday registration of \$100.00 includes meals and fees. The registration deadline is August 15<sup>th</sup>. After that date, there is a \$50.00 late fee charge. No more registrations will be accepted after September 1<sup>st</sup>. Here is a link to the conference registration form: <https://wahceinc.org/wp-content/uploads/2023/07/2023-Registration-Form-final-2.pdf> Several Iowa County HCE members will be attending. Watch for their reports in the next newsletter!

### 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 10<sup>th</sup> so they can be taken to the State HCE conference as part of our Shoebox donation. They are also requesting that you take a picture of you with the things you are donating. The recipients are interested in who provides these treasures!



#### **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 Personal**

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

# Cultural Arts

## 2023 Cultural Arts Show

Our cultural arts show was held at Spring Council on April 13<sup>th</sup>, with Carol Paynter serving as our judge. We had a nice variety of items with 17 entries. Thank you to everyone who entered! The items marked with \* were chosen to be entered in the state cultural arts show.

### Photography

Yosemite Park photo by Elaine McCann \*  
Pixie in Bloom photo by Elaine McCann \*  
Grand Tetons photo by Elaine McCann  
Frozen Autumn Leaves photo by Sarah Weier \*  
Frog-Shades of Green photo by Sarah Weier \*  
Tractor Time photo by Sarah Weier

### Crocheting

Owl Hat by Sarah Weier \*  
Butterflies by Pat Sieling  
Jar Opener by Pat Sieling  
Yarn Spinner by Pat Sieling



### Craft-Diamond Dot Painting

Serenity by Lynette Miess \*  
Soulmates by Lynette Miess

### Counted Cross Stitch

I'm Sorry! by Lu Borcharding \*

### Quilling

Mystical Spring Garden by Peggy Storms \*

### Scrapbook by Jean Slapak \*

### Quilting

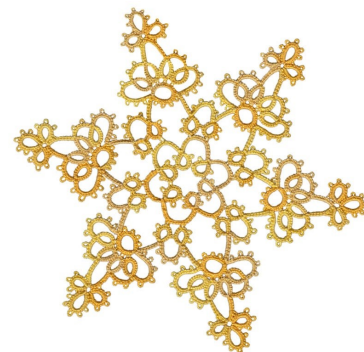
Pretty Purple Quilt by Rhonda Mitchell \*  
Lap Quilt-Wisconsin by Ann Johnsrud \*

**The best of show award** went to Lynette Miess for the Serenity diamond dot painting!

## Needleart Workshops

Tri-State Needlearts is presenting workshops and displays in Platteville at the Roundtree Gallery from August 30<sup>th</sup>-September 30<sup>th</sup>. Some members have mentioned an interest in tatting. Admission is free!

Saturday, Sept. 2 - Learn basic needlepunch  
Saturday, Sept. 9 - Try shuttle tatting  
Friday, Sept. 15 - Basic embroidery stitches  
Saturday, Sept. 23 - Fabric yo-yo's  
Friday, Sept. 29 - Modern techniques in crazy quilting  
Saturday, Sept. 30 - Kumahimo braid demo



For more information, call Lynette at 608-935-3418.

## IOWA COUNTY HOME AND COMMUNITY EDUCATION

*(Published in the WAHCE July 2023 Update)*



2022 brought more normalcy to Iowa County HCE. By mid-2022, the HCE Board was able to meet in our normal meeting room, lessons and leader training were once again scheduled and more clubs started to meet face to face. It was great for the members and for HCE to restart.

Monthly program lessons were sent directly to member homes, included in the newsletter or delivered through leader training. Topics for the year included “Engage Your Brain,” “Cooking Oils,” “Music, Music, Music,” “Dressings, Sauces, Dips and Appetizers,” “Gratitude,” and “Women as Homesteaders.”

Spring Council was held with musical entertainment by three talented musicians from Mineral Point High School. Two Iowa County HCE members were recognized for 50 years of membership. The meeting ended with a sing-along that was enjoyed by all. Lynette Miess, Cultural Arts Chair, organized the Cultural Arts Show with many wonderful entries. Several entries traveled to the State HCE conference, all were awarded blue ribbons and three received medallions!

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

Again, with adjustments, Iowa County HCE continued their long tradition with Wisconsin Bookworms. HCE still purchased the books and delivered them to the teacher, but due to Head Start rules, an HCE member was not able to read to the children. Funding from the United Fund of Iowa County assists with the purchase of the books.

Several Iowa County HCE members attended District meetings and the State HCE conference. Iowa County HCE members hosted the fall district meeting with programs on *Women as Homesteaders*, *Writing your own Book* and Corn Husk Dolls presented by Iowa County HCE members. Iowa County HCE was excited to receive a membership award for new members at the 2022 State HCE Conference. We are pleased that we maintain our membership in these interesting times.

We are confident that 2023 will be another eventful year for HCE. An outstanding HCE board, superb assistance from UW-Extension Office staff and committed club members help Iowa County HCE to continue to make a difference for our members and our communities.

Deb Ivey, Iowa County HCE President

## HCE Election Season -Time for Nominations

Since we won't have a Fall Council Meeting or Holiday Fest in 2023, 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:

**Secretary** (elected for a two-year term: 2024-2025)

Nominee: Jean Slapak

Nominee: \_\_\_\_\_

**Vice President for Program:** (elected for a two-year term: 2024-2025)

Nominee: Lois Jean Clifton

Nominee: \_\_\_\_\_

**Bookworms Chair:** (elected for a three-year term: 2024-2026)

Nominee: Wilma Dolan

Nominee: \_\_\_\_\_

**Eastern Center Chair:** (elected for a three-year term: 2024-2026)

Nominee: Nancy Carden

Nominee: \_\_\_\_\_

**Western Center Chair:** (elected for a three-year term: 2024-2026)

Nominee: Lynn Halverson

Nominee: \_\_\_\_\_

**Membership/Public Relations Chair:** (elected for a two-year term: 2024-2025)

Nominee:

Nominee: \_\_\_\_\_



## Homemaker Reflections

Iowa County Association for Home & Community Education

### EXECUTIVE BOARD

Debra Ivey, President

Elaine McCann, Vice President

Jean Slapak, Secretary

Jeanne Lisser, Treasurer

### Center Chairs and Education Programs

Nancy Carden, Eastern Center Chair

Lynn Halverson, Western Center Chair

Lois Jean Clifton, Programs Vice President

Lynette Miess, Cultural/Textile Arts Chair

Wilma Dolan, Wisconsin Bookworms Chair

Vacant, Membership/Public Relations/  
Marketing Chair

### EXTENSION IOWA COUNTY

303 W Chapel St, Ste 1200

Dodgeville, WI 53533

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

Vacant, Human Dev & Relations Educator

Dan Brandt, 4-H Coordinator

Maggie Milcarek, FoodWise Nutrition Coordinator

Kathy Lange, FoodWise Nutrition Educator

Barry Hottmann, Community Resource Educator

Lynn Perkins, Area Extension Director

Josh Kamps & Jackie McCarville, Multi-county  
Agricultural Educators

Joe Bonnell, Natural Resource Educator

Tom Harman, Department Assistant

Office Hours: Monday through Friday

8:00am to 4:30pm

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