

January-February-March 2019

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!!!

Our first county HCE meeting will be held on Wednesday, January 23rd. (It's our chili-and-chicken-soup potluck meal.) We'll start at 4:30 pm with an information session. We will eat at 5:00 pm – or when the soups get hot. Everyone should bring 2 to 3 cups of chili or chicken soup (and/or a salad or dessert). Plates, bowls, eating utensils, napkins, cups, hot and cold beverages, crackers, etc. will be furnished.

The business meeting will begin at 6:00 pm. The main topic for discussion will be fund-raising. Each club should send a 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.

I invite all HCE members to attend our county meetings and be ready to participate in discussions. Suggestions for fund raisers, community service projects and ways to promote our organization to others are always welcome.

Diane Koch

To register for a Learning Session, call the Extension Office at 920-386-3790 or send an email to Nicole DeBaker at ndebaker@co.dodge.wi.us.

*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 15 (Tues) – last day to register for January Learning Session

January 23 (Wed) – County HCE meeting with chili/chicken soup potluck
Info session 4:30 pm; potluck supper 5:00 pm; meeting 6:00 pm

January 29 (Tues) – Learning Session: Chair Yoga, 1:30 pm
Certified Yoga Instructor, Lucia Schomber, will lead us in Chair Yoga. We will learn gentle stretching for overall balance, proper breathing, and how to strengthen muscles.

January 29 (Tues) – last day to register for February Learning Session

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

February 12 (Tues) – Learning Session: Beans to Bar, 1:30 pm
Think again if your only idea of chocolate ends in a candy bar. Cacao farm owner, Sarah Uhing will lead us from tree planting, harvesting the colorful pods to the making of chocolate powder and chocolate.

March 1 (Fri) – HCE scholarship applications are due to the Extension Office

March 1 (Fri) – HCE newsletter articles are due to the Newsletter Editor

Early March – register for Focus on Women

Early March – register for Southeast District Spring meeting

March 5 (Tues) – last day to register for March Learning Session

March 14 (Thurs) – County HCE meeting, 6:00 pm

March 19 (Tues) – Learning Session: Where There's a Will, There's a Way, 6:00 pm
Attorney Mark Sweet will discuss things we need to know and do for estate planning. Find out how to protect your estate.

March 26 (Tues) – last day to register for April Learning Session

April 9 (Tues) – Learning Session: Keep Your Credit Report in Check, 1:30 pm
Learn why the periodic review of your credit reports is important; how the information in your credit report affects your credit score; and how your credit score impacts future lending, jobs and rental agreements.

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

April 23 (Tues) – Southeast District Spring Meeting at Brookfield Library, Fond du Lac County hosts

April 25 (Thurs) – Focus on Women, 4:00 pm at Juneau Community Center

April 29 (Mon) – Spring Council with Scholarship Presentation, Cultural Arts Contest and Silent Auction
Cultural Arts judging and Silent Auction bidding begins at 6:00;
Meeting begins with Scholarship presentation at 7:00 pm

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

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



Dear Dodge County HCE members,

Wasn't it just yesterday we were all talking about the "Millennium" and what going from 1999 to 2000 would bring? Now we are on the cusp of 2020! Boy, another year in the books. As I move into the New Year, I am looking forward to a wonderful year. I am excited about the opportunities that will come with UW Extension's merger with UW Madison.

As I write my plan of work for 2019, I am excited about my partnership with the Greater Watertown Health Foundation and the Every Child Thrives (ECT) initiative. A primary goal of ECT is to strengthen the capacity of families in their role as a child's first teacher and caregiver.

It is estimated that more than a third of all American fourth graders (and an even higher percentage of our at-risk students) read so poorly that they cannot complete their schoolwork successfully. As a whole, just 39% of the children in our community read proficiently. Providing young children with opportunities to increase their early literacy can offer a path to improving overall achievement.

The Wisconsin Bookworms program is an excellent ambassador of this idea. Wisconsin Bookworms is a program that helps empower caregivers through the activity guide, not to mention it puts books into the homes of children.

Speaking of Wisconsin Bookworms, a very special thank you to the Hustisford Lion's club. They responded to my stakeholder appeal and sent in a \$500.00 donation for books!!!! What a great kick off for the 2019 program, and how very generous of them. If you run into any Hustisford Lion's member, be sure to thank them.

I am looking forward to 2019 and working with all of you!

Pattie Carroll

Human Development and Relationships Educator
and Dodge County HCE Liaison





KLUB KORNER

Juneau Center

Emerald Clovers – Members were involved with the “Living History Weekend” at Marsh Haven Nature Center. Their involvement included bus orientation, ice cream making, butter churning, old time games like button spinners and cat’s cradle, cheese sampling, and other educational stations. They helped with “Monsters on the Marsh” at Marsh Haven and other programs and events at the Nature Center.

A Community Service Night was held which included making Christmas cards for Clearview, wrapping fish pond prizes for Dodge County 4-H, making no-sew blankets for Milwaukee Rescue Mission, cards for the VA hospital, sewing neck gators for the military, and others. The club volunteered at the Dodge County 4-H Fish Fry. Emerald Clovers planned and organized a summer educational tour for Dodge County HCE members, family and friends, featuring local family-owned businesses. Emerald Clovers made “Welcome Packets” for the students involved in the Wisconsin Bookworms project, and several members are reading in the program.

Ledgeview – The club reported that they lost long time member, Marion Luebke, who passed away on December 7th at the age of 91. Marion had been an HCE member for 59 years and was Member of the Year in 1984.

Members are planning their Club Christmas Party at Linden Inn after Christmas. Marianne Zastrow and Barb Duxstad will be teaching Rummikub and Farkle at 4-H Learning Days in February and April.

Rock River Center

Mother Hubbards – Members enjoyed an Armchair Tour of Italy presented by Bonnie Borden as she highlighted a trip she recently took. They made a cash donation to the Mayville Food Pantry. They also made a cash donation to a family in the area who lost their home to a fire.

Socialettes – Members were again busy. Their raffle basket was made up of items that each member created including at least one or two handmade items. They did a lunch date with a former member who is a caregiver for her husband with dementia. The Socialettes worked at the Community Hall in Hustisford at a Friday Night Fish Fry. Members also donated a gas card to a local person in need, a gift card for another person in need, and purchased a brick with the HCE logo for the new sidewalk at the John Hustis House in Hustisford, a Hustisford Historical Society Project. The group fingerprinted 30 Hustisford Elementary School students. Also, each member donated 10 - 12 greeting cards for Military Mail Call with the club paying the postage.

Watertown Center

Country Neighbors – Members took their September meeting on the road and traveled to New Glarus to round out the Switzerland Study including lunch with cheese fondue at Glarner Stube Restaurant and other stops. They also worked on baby blankets, and quilted and knit other baby items which they donated to Hephatha Lutheran Church in Milwaukee for their Strong Baby Sanctuary Ministry. A large amount of items were donated to PEP (Personal Essentials Pantry) in Watertown.

Indian Garden – Barb Duxstad taught members “New Ways to Cook with Oils” by serving a delicious lunch giving members an opportunity to experience different tastes with various oils.

Lowell – No information received.

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

HCE NEWS AND NOTES

2018 MEMBERSHIP RECOGNITION

At Achievement on November 7th, eleven members of the Emerald Clovers Club were given certificates in recognition for 5 years of membership. (The club was organized in 2013.) Five members from three clubs each received a certificate for 15, 30, 35, 40 or 45 years of membership in Dodge County HCE. Barbara Seibel (Country Neighbors) and Marianne Zastrow (Ledgview) each received a 50-year pin in addition to their 50-year certificates. Special recognition was given to 54-year honorary member Sandy Peirick (Indian Garden), 55-year honorary member Phyllis Westenberg (Country Neighbors), 57-year honorary members Irmgard Meyer (Mother Hubbards) and LaVerne Schulz (Mother Hubbards), 59-year honorary members Carol Lenius (Indian Garden) and Marion Luebke (Ledgview), 60-year honorary member Gerry Weiss (Mother Hubbards), 61-year honorary member Diane Qualmann (Mother Hubbards), and 69-year honorary member Margaret 'Peg' Snudden (Lowell). It was announced that Marianne Zastrow (Ledgview) had been nominated for honorary member status. She received an Honorary Member certificate.

Marianne Zastrow (Ledgview) received the 'Member of the Year' award, and Barb Duxstad (Indian Garden) received the 'Rookie of the Year' award. An 'Honorary Member of the Year' award was given to Iris Steffen (posthumous).

2018 RAFFLE WINNERS

The drawing for the 2018 raffle prizes took place during the Achievement program on November 7th.

Handmade Queen-Size Quilt – Kiesha Demetroupoulos, Watertown
 Fruit & Nut Basket (donated by Mother Hubbards) – Nancy Thompson, DeForest
 Autumn Basket (donated by Lowell Club and Diane Koch) – Daniel Guenterberg, Iron Ridge
 Walmart gift card (donated by Indian Garden) – Don Boychuk, ??
 Sew Much Fun Basket (donated by Emerald Clovers) – Barb Duxstad, Watertown
 Wine at Five Basket (donated by Emerald Clovers) – Dorothy Parks, Menomonee Falls
 Created With Our Own Hands Basket (donated by Socialettes) – Theresa Kluewer, Watertown
 Thankful for Fall Basket (donated by Ledgview) – Arlene Krause, Watertown
 My Favorite Things Basket (donated by Emerald Clovers) – David Christianson, Lowell
 Ho-Ho-Ho Basket (donated by Country Neighbors) – Kristin Young, Brownsville

Some 80th Anniversary Tidbits

Our organization has changed its name several times since it was established 80 years ago:

- 1938 – Dodge County homemakers program / Home Demonstration Council
- 1964 – Dodge County Extension Homemakers Council
- 1994 – Dodge County Association for Family and Community Education (*fce*)
- 1995 – Dodge County Association for Home and Community Education (HCE)

Current Dodge County HCE clubs were organized:

- 1938 – Lowell
- 1957 – Country Neighbors, Mother Hubbards
- 1959 – Indian Garden
- 1968 – Socialettes
- 1982 – Ledgview
- 2013 – Emerald Clovers

HCE NEWS AND NOTES *(continued)*

WAHCE State Conference Report

Submitted by Lorraine Kohn

The 2018 WAHCE State Conference was held at Pewaukee, WI. I attended on Tuesday, September 18th.

My first session was “Sleep Issues – What You Need to Know” presented by Dr. Fawad Khan, who practices medicine in Hartland. He said we spend 1/3 of our life sleeping. He talked about sleep disorders, including sleep apnea and CPAP (continuous positive airway pressure) which is pressurized air; it’s not oxygen. It was a very interesting session.

Then I attended the “Wisconsin Summer Weather” session presented by Jesse Ritka, who does the weather on TMJ-TV. She explained our weather. When we have high pressure, it’s nice weather. Low pressures are rain makers. Along the cold front can be severe weather. Wisconsin has 30 to 40 thunderstorm events each year. There’s 900 million gallons of water in one thunderstorm. She gave us much information. She took us outside and showed us TMJ’s Storm Chaser vehicle and explained a WI weather map extended from the back of the car. She also told about the vehicle and what she does and how she and her driver go to where the storms are located and give weather reports where they happen.

“Old Fashioned Christmas: A Heartwarming Look at the Past” was presented by Rochelle Pennington, who took us down memory lane. She asked us about memories of doctors who made house calls, cloth diapers and rubber pants, rotary phones and party lines, aluminum Christmas trees, icicles, real Christmas trees, and dressing up to go shopping. Also, Lionel trains, Raggedy Ann and Howdy Doody – and that Howdy Doody ran for President of the US in 1948 and pledged that every banana split going forward would have four scoops of ice cream. (He received more votes than the third party candidate!)

The evening speaker at the banquet was also Rochelle Pennington, who spoke about the “Lake Michigan Christmas Tree Ship”.

All in all, it was a day of learning and much more. Next year’s conference will be in Manitowoc and the Northeast District will host.



More 80th Anniversary Tidbits

Membership dues thru the years:

1949 – dues were raised from 10¢ to 25¢ per person

1955 – dues increased to 45¢ (20¢ went to the new Sarah Robinson Smith Memorial Scholarship fund)

1960 – dues were raised to 60¢ 1963 – dues were raised to \$1.00 1971 – dues were \$2.00

1978, 1979, 1980 – dues increased by 25¢ each year until they reached \$3.00 per member

1983 – dues were increased to \$4.00 1988 – dues were raised to \$4.50

1995 – dues were increased to \$7.00 per member (state dues increased from \$2.25 to \$4.00)

2000 – dues were raised to \$10.00 per member (state dues increased to \$5.00 per member)

2005 – dues were increased to \$12.00 per member; initiated honorary member dues at \$7.00

2016 – dues were increased to \$14.00 per member; honorary member dues were raised to \$9.00

2019 – your membership dues pay for \$5.00 state dues, \$2.00 district dues, \$7.00 county expenses

HCE NEWS AND NOTES *(continued)*

2019 SCHOLARSHIPS

Applications for the Dodge County HCE Scholarship (\$500) will be available at the January county HCE meeting. The application can also be downloaded and printed from the Dodge County Extension website (website is shown at the bottom of page 2 in the 2019 HCE Program Book). Information on eligibility requirements can also be found on page 6 in the Program Book. Application deadline for this scholarship is March 1, 2019.

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. Application deadline is June 1, 2019. 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. Application deadline is June 30, 2019. 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. Application deadline is March 1, 2019.

2019 CULTURAL ARTS CONTEST

Greetings to all the talented Dodge County HCE members from the Cultural Arts Co-Chairs.

We would like to encourage each of you to think ahead to the spring competition, and get started on a new item – or finish that entry during the coming winter months that has been started this year.

Look for some changes this year that will improve the process of displaying and judging each entry.

*Wishing you all a blessed New Year!
Anita and Barb*

The 2019 Dodge County HCE Cultural Arts Contest will be held on Monday, April 29th. The list of categories and guidelines for the 2019 Cultural Arts Contest will be available at the County HCE meeting on Wednesday, January 23rd. The contest information will also be printed in the next HCE newsletter (April-May-June issue). All entries will be judged and some will be selected to advance to the WAHCE Cultural Arts Contest held in September.

Please take note: Cultural Arts items will be received from 5:30 to 6:00 pm and judging begins at 6:00 pm.

All entries must remain on display for at least a half-hour after the business meeting so all members will have a chance to view them.

2019 BONUS CATEGORY: The theme for this year’s Bonus Category is “**Hattie’s HCE Hat**”.

You may use any media to construct your entry with a base that’s no larger than 10” by 10” and a maximum height of 20”.

Judging of your Bonus Category creations will take place by people’s choice vote at the HCE Summer Picnic on Thursday, June 13th.

UWEX Human Development and Relationships article

Don't be SAD, take this advice on beating the winter blues

The dog days of winter have arrived. The holiday season is gone, temperatures are low and skies are gray. It is the time of year when many say they have the “winter blues” and feel that the spring thaw cannot get here soon enough. Now a Purdue professor is offering tips on perking up mentally and feeling better physically.

Susan Kersey, clinical assistant professor in the Purdue School of Nursing, says feeling sluggish in colder months is normal, but attention needs to be paid to make sure that the winter blues are not really Seasonal Affective Disorder.

“SAD is a type of depression and it can severely impair your daily life,” Kersey said. “It occurs when there is a cyclical, seasonal pattern between the beginning and ending of an episode of depression. This means that signs and symptoms usually come back and go away at the same times every year.”

While there is no specific cause known, there are several factors that can play a role in developing SAD, including age, genetics, and the body's natural chemical makeup. Many researchers think sunlight is a major factor, with shorter days and longer nights either increasing the sleep-regulating hormone melatonin, or decreasing the mood-affecting chemical serotonin.

Kersey says other risk factors include family history and geography.

“The farther a person lives from the Equator, the more likely they are to develop SAD,” she said. “And someone who has the disorder is more likely to have family members with the condition.”

Kersey says there are several things that people can do to fight the winter blues and cut the chances of developing SAD, ranging from the easy and affordable - spending time with friends, starting a small project to create a distraction and sense of accomplishment, and even wearing bright colors to trick your brain into thinking it's warm and sunny outside – to the more expensive and involved.

Sun lamps and light boxes that make up for the lack of sunlight in winter have been shown to boost moods and are readily available in stores and online.

“I found natural sunlight bulbs or full spectrum bulbs are best when placed in a lamp near a window to mimic natural sunlight,” Kersey said. “Indirect exposure is enough, and about 20-30 minutes per day of reading the paper, or a book in front of it is recommended.”

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UWEX Human Development and Relationships article *(continued)*

Of course, there are natural ways to get more sunlight, and Kersey says that bundling up and stepping outside for a few minutes - even when it is frigid – can provide a vitamin D boost to the brain’s limbic system. If you would rather go south where it is warmer, she recommends taking a vacation to a sunny spot in late January or February when days are shorter, rather than over spring break, though that might not be possible for everyone.

Limiting stress, exercising, getting enough rest, limiting sugar and increasing omega-3 fatty acid intake - whether via diet or supplements - are also easy steps to beat the blues, but Kersey emphasizes that if these do not bring your mood up, you must seek help from a medical professional.

“Most people experience some days when they feel down,” she said. “But if you feel down for days at a time, you can’t seem to get motivated to do activities you normally enjoy or if you ever feel like ending your life or that your life isn’t worth living, don’t turn to alcohol or unprescribed drugs for relief, see your doctor or nurse practitioner.”

Writer: Tim Doty,
765-496-2571,
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Source: Susan Kersey,
sjkersey@purdue.edu



THRIVENT CHOICE DOLLARS®

Reminder: Dodge County HCE is now enrolled in Thrivent Financial’s Thrivent Choice® program. Eligible Thrivent members – those who receive Thrivent Choice Dollars® – can direct all or a portion of their Choice Dollars to our county HCE organization. Choice Dollars accumulated in 2018 must be directed to an eligible charitable organization before March 31, 2019.

-- To learn more about the Thrivent Choice program and/or to direct your Choice Dollars, visit Thrivent.com/thriventchoice.

-- To find our organization, type ‘Dodge County HCE’ into the Search box for eligible organizations. ‘Dodge County Home and Community Education, c/o Linda Feucht, 433 Grove St, Mayville WI’ should be the only result of that search.

-- Any Thrivent Choice Dollars that Dodge County HCE receives will be put toward these budgetary items: Dodge County HCE Scholarship and/or Wisconsin Bookworms program.

REGARDING THE HCE NEWSLETTER

Club Secretaries – Please submit your meeting minutes or the highlights portion of each meeting’s minutes to LaVerne Schulz via email to kenla3470@gmail.com or by postal mail to W3470 Wildcat Rd, Iron Ridge WI 53035 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 your club meeting minutes to Pattie Carroll.

All newsletter articles should be submitted to **Diane Koch** by the deadline for the next issue. Please send computer/electronic versions via email to dd_koch@hotmail.com and to Pattie Carroll at pcarroll@co.dodge.wi.us -or- pattie.carroll@ces.uwex.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 issue (April-May-June 2019) is March 1st.

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.



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