Message from Your President

Thank you to everyone who volunteered to work at the Dodge County Fair! Thank you to those who set up the HCE display area. Thank you to those who read to the children. Thank you to those who sold raffle tickets and promoted HCE to the fair-goers.

Thank you to everyone who worked at the brat fry at Glenn’s Market in Watertown. Funds raised will help pay for the books ordered for the Wisconsin Bookworms™ reading program in Dodge County.

The next county HCE meeting, Fall Council, will be held on Thursday, October 6th at 6:00 pm. All members are invited to attend the final business meeting for this year.

The Southeast District Fall Meeting will be held on Tuesday, October 11th at the Walworth County Government Building in Elkhorn. The guest speaker, Jessica Michna, will be giving her interpretation of Abigail Adams, wife of President John Adams. If you plan to attend, contact Linda Feucht before September 25th and submit the $15.00 registration fee to Linda by that date.

Just a reminder to sell your raffle tickets! All tickets (and money) must be returned to Linda Feucht prior to the Achievement program on November 2nd. (Drawing will take place that evening at 7:30 pm.) Tickets can be turned in to Linda Feucht or Diane Koch at the Fall Council meeting on October 6th or at the Intra-national Study on October 26th. Do not send raffle tickets and money to Linda by mail.

Don’t forget! Membership dues for 2017 ($14.00) should be paid to the HCE County Treasurer, Linda Feucht, by December 1st.

Details about the County HCE Christmas Party will be announced at Fall Council and/or Achievement.

Hope to see you at one or more of the HCE activities planned for the remainder of this year!!

Diane Koch
Dodge County HCE President
Calendar of Events

October 1 (Sat) – last day to register for Intra-national Study
October 6 (Thurs) – Achievement award nominations are due
October 6 (Thurs) – Fall Council with Elections and Budget, 6:00 pm
October 11 (Tues) – Southeast District Fall Meeting, Walworth County
October 26 (Wed) – Intra-national Study of Kansas, 4:00 pm
November 2 (Wed) – Achievement program, 6:30 pm – 8:30 pm
   Registration and refreshments, 6:00 pm – 6:30 pm; Raffle drawing at 7:30 pm
November 3 (Thurs) – last day to register for November Learning Session
November 17 (Thurs) – LS: Food Label Lingo, 3:00 pm
December 1 (Thurs) – ‘Club Officer and Membership Roll’ and ‘Affirmative Action’ forms are due at the Extension Office
December 1 (Thurs) – ‘Club Officer and Membership Roll’ and 2017 membership dues are due to the County Treasurer
December 1 (Thurs) – HCE newsletter articles are due
December 7 (Wed) – County HCE Christmas party, 6:00 pm

Reminders

Culver’s Night fund raiser at Culver’s, has been postponed until January or February 2017
   watch the next newsletter for details!

- 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 as noted in the calendar.
- All Learning Sessions need five or more persons to sign up to attend.
- Registration deadline is two weeks prior to the date of the program.
- If fewer than five people sign up by that date, the session will be cancelled.
- To register for a Learning Session: Call the Extension Office at 920-386-3790, send the registration clip-out to the Dodge County UW-Extension Office, 127 E. Oak Street, Juneau, WI 53039, or send an email to Deb Weber at dweber@co.dodge.wi.us.
- 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!

Weather Cancellations broadcast on these radio stations:

   Beaver Dam. - WBEV (A.M. 1430) / WXRO (FM 95.3)  Mayville - WMDS (FM 98.7)
   Hartford - WTKM (A.M. 1540 / FM 104.9)  Waupun - WFDL (A.M. 1170 / FM 97.7)
Hello from Pattie

Dear Dodge County HCE Members,

I can hardly believe that summer is fading into shorter days and cooler evenings. Admittedly, autumn is my favorite time of year and so I cannot say that I am unhappy that this time of year is upon us. I just cannot believe that the summer has gone in a blink of an eye. Thank you to everyone who volunteered during the Dodge County Fair. You represent HCE well!

I have had a busy summer. I spent time at Farm Technology Days volunteering in the Family Living tent in July. I presented an overview of “Protective Factors” to the Dodge County and City of Watertown CARES coalition in August. I also spent time at the Dodge County Fair, both in the Youth Building, pre-fair, helping with the junior fair food entries and judging Green Valley exhibits, and in the expo tent representing my work with children and families and the CARES coalition. I am thrilled to collaborate with Green Valley to help educate learners about employment readiness skills this fall and to continue to work with the Dementia Concerns Coalition. See the article later in the newsletter about an upcoming summit.

I wish you all a productive fall. I wish you happiness and good health now and throughout the holiday season. In addition, I hope to see many of you at upcoming fall HCE events.

Pattie Carroll

“An EEO/Affirmative Action Employer, University of Wisconsin-Extension provides equal opportunities in employment and programming, including Title IX and ADA requirements.

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.”
Register Now!

Thursday, October 20, 2016

Interested in aging and dementia concerns? Join us!

The Dementia and Aging Crisis: The Cost to Our Communities
A Summit to Understand the Challenges before the Crisis

Guest speakers: Former Wisconsin Governor Martin Schreiber and Tom Hlavacek, Executive Director of the Alzheimer’s Association

Thursday, October 20, 2016
1 - 4 pm at the Old Hickory Golf Club
W7596 State Road 33 – Beaver Dam, WI

To register: Please email dementiaconcerns@gmail.com or call the Aging and Disability Resource Center of Dodge County at 920-386-3580

Family caregivers are 2.5 times more likely to live in poverty

1 in 5 retirees left the workforce early to care for family resulting in $303,880 of lost income and benefits on average over a lifetime for family caregivers 50+

Summit sponsored by the:
Dementia Concerns Coalition and Aging & Disability Resource Center of Dodge County
Klub Korner

Mother Hubbards
August
Our members are planning to attend “OUR Day” event in Green Lake county.

Submitted by LaVerne Schulz

Ledgeview
A Garden Center Road trip was held in May where we went to Oak Village, Patty’s Plants and K&W Green House in Janesville. After lunch we went to Blodgett Mills in Fort Atkinson and our last stop was Jones Market in Fort. At the May meeting we made glass “mushrooms” for our gardens from crystal vases and plates.

On July 26, we met for dinner at Ginger’s Hideaway in Horicon.

Submitted by Ann Gallagher

Emerald Clovers
We have been involved with serving meals for the Habitat for Humanity Build in Juneau. Volunteers and the Habitat Site coordinators are most appreciative of meals that are provided. Members are continuing to volunteer at Ruby’s Pantry Food Ministry in Lebanon and Hartford. Emerald Clovers learned how to make scarves out of t-shirts with a session led by Amy and Cassandra Meyer. Laurie Hron and Amy Meyer taught a session on making meals to freeze for crock pot cooking. The club is involved with the Living History Weekend at Marsh Haven Nature Center.

Submitted by Sally Schoenike

There were no other HCE Center submissions with club minutes for this newsletter edition.

Report for Southeast Meeting on April 27, 2016

I attended the SE District meeting in late April at the Generations Center in Sheboygan. There were 53 present. We started our morning with drinks and refreshments. After our welcome we then proceeded with Roll Call and the Treasurer’s and Secretary’s reports. Marianne Zastrow gave a report on S.E. Membership. She stated that we need to think of ways of starting new clubs including 4H leaders, moms and young members. We also need websites for each county for new young recruits because they are used to connecting on their IPhones.

In May there was a celebration for Bookworms for reaching the 750,000 books mark. Eight counties in the S.E. District are participating. The 2018 State Conference will be held at Country Springs in Pewaukee. We, in the Southeast District, are in charge of this conference. We went over the S.E. Guidelines booklet which covers S.E. policies. It was revised in Apr. 2016. This year’s State Conference will be held in Eau Claire from Sept. 12-14. The S.E. Districts Fall meeting will be held in Elkhorn, WI. on Oct. 11 at the Government Center in Walworth County.

After a wonderful lunch of a pulled pork sandwich, sweet potatoes, beans and fruit, and ice cream for dessert, we had a speaker, Joann Wieland, Executive Director of the Intergenerational Coalition. She said the mission is to provide opportunities of bringing generations together. The center houses many of the Greater Plymouth Area’s Intergenerational activities. A coalition guides the activities. Also housed are Head Start, Head Start Pals Growing Generations Child Care Center, Plymouth Adult Community Center, Safe Harbor and the Family Resource Center and Senior Meal Site Program. It is a beautiful place to visit. All counties present gave reports on their years HCE activities. There will again be a basket auction at the State Conference and anyone is welcome to donate any item.

Also, ideas were passed along among the counties for projects and fund raisers. During lunch and after the meeting we were able to purchase supplies and items from the HCE Marketplace.

The meeting adjourned at 2:15.

Linda Feucht
**Twiddle Muffs**

A Twiddle muff is a double thickness hand muff with bits and bobs attached inside and out. It is designed to provide a stimulation activity for restless hands for patients suffering from dementia. These twiddle muffs provide an engaging entertaining way to occupy the hands. They also help keep patient’s hands warm.

The twiddle muffs can be knit or crocheted and have lots of fun things (buttons, beads and so forth). There have been several requests from nursing homes for this item. If you would like to learn more about them, please contact Iris Steffen at 920-474-4051 or email iriselaine31@gmail.com. Emerald Clover members encourages HCE members to get involved with this project.

**Intra-national Study of Kansas:**

Wednesday, October 26\(^{th}\) at 4:00 pm

If you plan to attend but haven’t registered for this session, please do so by October 1\(^{st}\). (The registration form is printed on the back cover of this issue of Reflections.) Everyone who registers will receive a recipe to prepare for the meal. Recipes will be available for pick-up at the Fall Council meeting on October 6\(^{th}\).

If you have any books, photos, souvenirs or other items from the state of Kansas, please bring them for the display table and be ready to talk about anything you brought!

**Lifelong Learning is Important**

*(Your Learning Sessions are Important!)*

Scientific research from the 1990s now reveals that more than ever before, a challenged, stimulated brain may well be the key to a vibrant later life. As 78 million Baby Boomers prepare to redefine their own retirement, news that staying active and keeping their brains constantly engaged may help stave off mental and physical ailments and diseases has many asking how best to do so. The answer is simple: lifelong or later-life learning.

Lifelong learning is the continued educational experience that utilizes non-credit academic courses, educational travel, and community service and volunteerism to fully engage the brain, heighten physical activity, and maintain healthy social relationships.

Reference: "Learning Later, Living Greater: The Secret for Making the Most of Your After-50 Years," can be purchased at www.amazon.com
Learning Sessions

Learning Session: Intra-national Study of Kansas
Date: Wednesday, October 26  Time: 4:00 pm
Place: County Administration Building, Auditorium, Room H & I

Take an armchair tour of this Midwestern state. Learn about historical, cultural and scenic places to visit, and get a taste of the traditional foods of the state of Kansas.

Learning Session: Food Label Lingo
Date: Thursday, November 17  Time: 3:00 pm
Place: County Administration Building, Auditorium, Room H & I

Come and learn how to identify and understand the different parts of a food label. The resources and tips gained will help you speak Food Label Lingo and empower you to make nutritious decisions that will lead to lifelong healthy eating habits.

Registration is required at least two weeks prior to the date of each Learning Session. Register by phone 920-386-3790, email dweber@co.dodge.wi.us or return the registration clip-out to Dodge County Extension Office, Dodge County Administration Building, 127 E. Oak Street, Juneau WI 53039.

If fewer than five people register for any session, that session will be cancelled and those who registered will be notified.

2016 Cultural Arts Contest Results

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<th>Item</th>
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<th>Club</th>
<th>Ribbon Color</th>
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<td>Socialettes</td>
<td>Blue</td>
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<tr>
<td>Crocheted Baby Afghan</td>
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<td>Socialettes</td>
<td>Red</td>
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<tr>
<td>Stitched Hot Pad</td>
<td>Anita Back</td>
<td>Socialettes</td>
<td>Red</td>
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<tr>
<td>Stitched Tee Shirt Dress</td>
<td>Margaret Johann</td>
<td>Mother Hubbards</td>
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<td>Poem</td>
<td>Lorraine Kohn</td>
<td>Indian Gardens</td>
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<td>Jean Milroy</td>
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Submitted by Marianne Zastrow
From March till the end of July we clipped, added and took to the Beaver Dam Legion Auxiliary coupons totaling $61,258.30 for the military bases overseas. That's a lot of coupons with a lot of value for 5 months of clipping. What might it be for 12 months? At the October 6th county meeting we will vote if we should continue this Service of Love project. I had many coupon booklets at the September county meeting and many took coupons home to clip or clipped them at the meeting. We will turn them in whether or not we vote to discontinue the project. If we continue I hope for 100% participation. I also hope you will watch that you only use fresh coupon booklets as well as watching for those that can only be used at a specific store or restaurant. PLEASE, PLEASE turn them in OFTEN, perhaps every month so that the coupons still have value when I add them. You DO NOT have to add them unless your club is keeping track of your totals. I would also prefer to add them just as you cut them not with all $1.00 coupons separated into one bag. It's an easy project that everyone can do. If you do not get a newspaper ask your library to save the coupon booklets for you and pick them up often. You did our service men a nice favor. Thank you!

Submitted by Marianne Zastrow

We are ready to begin a new school year with our Wisconsin Bookworms™ Program.

The following schools are involved with the Program: Schurz School, Watertown; St. John’s, Juneau; John Hustis, Hustisford; St. John’s, Fox Lake; and the Head Start Programs in Beaver Dam. If any members would like to get involved in the program, let Sally know. We have had interest expressed from other schools and classrooms, so – if you would like to get involved, now is your opportunity to learn more about the program.

If any HCE Clubs or individuals would like to make a donation to this valuable program, the cost is $25 per student and you could contribute to cover one student or more. Contact Sally for more information. We do fundraise to cover the total cost of the program and appreciate your support of the fundraisers. We also receive donations for this program as well. This year we have around 90 students involved in the program. Thanks for your continued support of the Wisconsin Bookworms™ Program in Dodge County. If you have any questions and/or are willing to help, please contact Sally at 920-988-7797 or jschoenike@netwurx.net
HCE at the Fair—THANK YOU FAIR WORKERS!!

Thank you to all who helped at the Dodge County Fair this year. Thanks to all who read to children, brought books to read, put up our display, worked in our booth, sold raffle tickets, and promoted HCE at the fair. We appreciate all your help. All clubs and four individual members participated. Readers and workers were:

HCE Readers at the Fair

Minda Klug
Lorraine Kohn
Marianne Zastrow
Lynn Stanton
Kris Kluewer
Dave Christianson
LaVern Schulz

HCE Fair Workers:

Dianne Kreig
Karen Schmidt
Lorraine Kohn
Jean Milroy (2x)
Helen Weisensel
Irmgard Meyer
Margaret Johann
Bethel Schmidt
Joan Hella
LaVerne Schulz
Lois Voigt
Minda Klug (2x)
Lynn Stanton
Alice Roth
Erika Kirchhuebel
Marianne Zastrow
Sharon Greenwald
Theresa Kluewer

Also, Special Thank You’s to the following:

Diane Koch, Jean Milroy, LaVerne Schulz and Lorraine Kohn—for putting up our display!

Diane Koch and LaVerne Schulz—for making the display!

Joan Beck—for making the quilt!

Jean Milroy and Minda Klug—for working two shifts!

Sharon Greenwald—our top seller this year, followed by Alice Roth, Erika Kirchhuebel and Theresa Kluewer!

Jason and Jill Beck, LaVerne Schulz and Theresa Kluewer—for helping take down the display!

Diane Koch—for coming to take display items home!

To all of you who volunteered your time and to all who agreed to help when asked!

Again, thanks to all of you who helped in any way to make this a successful event!!!

Submitted by Lorraine Kohn
I was a first timer along with 54 other first timers. Also being one of the 8 men among 327 women. I went on a tour of Cadott Cabin Ridge ride. Two horses pulled 44 people in a large wagon. We rode thru the woods to a cabin with a lot of history and then we went to Yellowstone Cheese Factory where I had ice cream. On Tuesday morning I went to a session on "Hiking Wisconsin's Ice Age Trail". Very interesting speaker who walked 1200 mile starting Sept. 1 to Peninsula State Park on Dec. 10. He tried drying his clothes at the evening campfire and had to hide when a bear appeared on the trail. The assigned seating at meals was a very good idea which gave me a chance to meet many of the members. I would recommend more classes for men.

Submitted by Harold Zastrow

We arrived at the Plaza Hotel on Sunday, Sept. 11th with all the cultural art entries and Diane Koch had supplies for the Silent Auction. The Plaza will only be open another month as Marshfield Clinic has paid 8 million dollars for the land and the hotel will be bulldozed. I went on the Cadott Cabin Ridge ride with Harold. That was a very relaxing place. We had cookies and coffee on huge decks overlooking the 400 acres the family owned.

They have tours all year, weddings in the summer and camp fires, and skiing at other times. The hotel was spacious with plenty of room for the 418 entries in cultural arts entries. The Silent Auction room was also large enough.

I went to 5 wonderful learning sessions. My favorite speaker was J. P. Olson, a woman who was the keynote speaker, a presenter and the entertainer on Tuesday evening. This woman has traveled the world speaking to poor women and telling them not to allow men to abuse them. She has told men not to beat their wife, have more than one wife, or to refrain from purchasing a wife. Recently 5000 women in India gathered to hear her speak but it could not be advertised. She has a beautiful voice, was married to one of the original "Platters", sang with them, with Anne Murray, and even sang for the queen of England. Harold bought 2 of her recordings and she will mail a recording of the whole conference singing with her.

The 2 award books I typed up did not win. Twenty three books were sent in for awards. Perhaps someone can help with the wording next year and help take the photos, etc. that are needed. We still should do the work as HCE ladies through out the state are doing wonderful things.

I enjoyed meeting women from all over the state at the meal tables. The food staff did a poor job of getting my meals correct having 3 major food allergies. We send that info in ahead of time for a reason.

I helped enter the totals for the Silent Auction. The auction raised just over $2900.00 for international use. We gained 188 new members statewide and 2 new clubs were formed. State total membership is now 3636. Thirty counties increased their membership.

The West District did a good job of planning the conference, hosting and handling problems. Next year the conference will be in the Dells and two years from now the conference will be at the Country Inn Motel in Pewaukee with the Southwest District doing the planning. That's US! Be prepared to work and have fun!

Submitted by Marianne Zastrow
Clip Outs

Learning Session:
Intra-national Study of Kansas
Wednesday, October 26
Time 4:00pm

Name ____________________
Club _____________________
Phone #: __________________

Please RSVP by October 12, 2016

Learning Session:
Food Label Lingo
Thursday, November 17
Time 3:00 pm

Name ____________________
Club _____________________
Phone #: __________________

Please RSVP by November 3, 2016