A Message from your President

Happy New Year!!! My plans for 2018 are that HCE members have more fun, learn more, and laugh more this year than in years past.

Better late than never --- Thank you to all HCE members who helped in any way at the Dodge County Fair! The HCE displays were very nice in the Open Class Building and the Youth Building. I had 22 slots to fill for selling raffle tickets for the five days. Ledgewiew, Socialettes and Country Neighbors each filled 1 slot, Mother Hubbards and Indian Garden each filled 3 slots, Emerald Clovers filled 12 slots, and an Individual Member filled 1 slot.

Thanks also to all HCE members who worked at the brat fry at Glenn’s Market in September. Also to those who came to eat and invited friends to support our fund raiser.

I am looking for someone to fill the position of County Secretary and Family & Community Life Coordinator. Please contact me if you are willing to fill either of these positions.

Our first County Meeting will be Wednesday, January 11th. It’s our chili and chicken soup meal. We’ll eat at 5 PM or as soon as the soups get hot. Our business meeting will begin at 6 PM. Everyone should bring 3 to 4 cups of chili or soup (and/or a salad or dessert). Plates, cups, etc. will be furnished.

I invite all HCE members to attend our county meetings and come with suggestions for fund raisers, community-service projects and promotional activities for the year.

Peace and Love,
Iris Steffen

Newsletter Alert!
Be sure to read of changes on page 10 (back page of newsletter).

To register for a Learning Session, call the Extension Office at 920-386-3790 or send an email to ldei@co.dodge.wi.us (Laure Dei)

For weather-related cancellations, listen to radio station: WXRO/WBEV, Beaver Dam; WTKM, Hartford; WFDL, Waupun; or WMDC, Mayville
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 10 (Wed) – last day to register for January Learning Session
January 11 (Thurs) – County HCE meeting with chili-and-chicken-soup potluck
Chili/chicken soup potluck supper 5:00 pm; Meeting 6:00 pm
January 24 (Wed) – Learning Session: Discover Your Purpose to Live Longer,
Better with Blue Zones Project  Time: 6:30 pm
Inspired by the world’s longest-lived cultures, the Blue Zones project is about making healthy choices.
Knowing why you get up in the morning can add seven good years to your life. A trained facilitator
will lead this 2-hour workshop and help you explore your gifts to live life with greater purpose.

January 31 (Wed) – club financial report is due to the County Treasurer
February 1 (Thurs) – last day to register for February Learning Session
February 15 (Thurs) – Learning Session: Be Food Wise  Time: 1:30 pm
Did you know that we waste about 40% of the food we buy? Learn about food waste – where it
comes from, who is responsible, why it’s a problem, and what can be done to reduce it.

March 1 (Thurs) – HCE scholarship applications are due
March 1 (Thurs) – HCE newsletter articles are due
early March – register for Southeast District Spring meeting
early March – register for Focus on Women
March 8 (Thurs) – last day to register for March Learning Session
March 8 (Thurs) – County HCE meeting, 6:00 pm
March 22 (Thurs) – Learning Session: Wisconsin Native American History  Time: 1:30 pm
Learn about where the Winnebago / Ho-Chunk Native Americans came from, their life before white
settlers arrived, and how they were treated after the Black Hawk War.

early April – register for the NVON Conference
April 15 (Sun) – program topic suggestions are due to the Program Coordinator
April 16 (Mon) – last day to register for April Learning Session
April 24 (Tues) – Southeast District Spring Meeting, Kenosha County hosts
April 26 (Thurs) – Focus on Women, 4:00 pm at Juneau Community Center
April 30 (Mon) – Pennies for Friendship are due to the County Treasurer
April 30 (Mon) – Learning Session: Container Gardening  Time: 6:30 pm
Master Gardeners will make you wise about container gardening and then show their techniques
for creating a beautiful container garden – which you could win.

May 9 (Wed) – Spring Council meeting, Cultural Arts Contest and Silent Auction
Cultural Arts judging 6:00 pm; Scholarship presentation 7:00 pm; Meeting 7:15 pm

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

Hello Friends,
As some of you have heard, on Thursday, November 9, the UW System Board of Regents voted to restructure the UW System, including UW-Extension. System President Ray Cross proposed this restructuring on October 11, 2017 as a way to address the demographic changes related to Wisconsin’s aging population and significant declining enrollment at all thirteen 2-year UW-College campuses. Another goal of the proposal is to bring closer alignment between research and practice. Under this proposal, Cooperative Extension will join UW-Madison, the state’s land-grant institution, in a partnership similar to other states like Illinois, Michigan and Pennsylvania. As our organization reorganizes, I will continue to work with Dodge County HCE. In fact, if truth were told, you women are a bright spot in my work worries.

I am looking forward to wonderful things in 2018. One of my major efforts is around ensuring children have the best chance at positive outcomes. I have been a key part of Every Child Thrives (ECT), which is a collective impact effort uniting community partners in Dodge and Jefferson Counties. It is centered on the shared purpose of ensuring all children thrive in health, learning and life. Launched in 2017, ECT uses data to drive decisions and align resources to support what works.

Vision:
Every child thrives in health, learning and life.

Mission:
Engaging business, government, education, families and community partners to ensure that every child thrives.

Promises:
To fulfill our mission, we hold these five promises to our children (adapted from America’s Promise Alliance):

Promise #1: Caring Adults
Promise #2: Safe Places
Promise #3: A Healthy Start
Promise #4: Effective Education
Promise #5: Opportunities to Help Others

Pattie Carroll
Family Living Educator & HCE Advisor

THRIVENT CHOICE DOLLARS®
Thrivent members who receive Thrivent Choice Dollars® can now direct all or a portion of their Choice Dollars® to our county HCE organization. To find our organization when in the Thrivent website, 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 grant funding that Dodge County HCE receives will be put toward these budgetary items: Dodge County HCE Scholarship ($500) and/or Wisconsin Bookworms™ program ($500).
**KLUB KORNER**

**Indian Garden**
October- Crocheted hats made by Erika Kirchhuebel were shown. Baby hats will be taken to the Alpha Resource Center in Watertown. The club plans a display for HCE week at the Watertown Senior Center. The club took a summer trip to Waukesha.
November- Theresa Kluewer won the quilt at our County raffle. Crocheted hats were taken to Ruby’s Pantry and the Alpha Resource Center. Members did a craft project making cards and other items using stamps, punches and pens. Plans are to have a cookie exchange and more at their Christmas Party.

**Country Neighbors**
October- Lori Grabske showed her completed quilt. Members saw the wall hanging for Amy Hartwig, and the completed basket for Achievement.
November- Members checked out Sprechers Pub.

**Socialettes**
September- The Socialettes had their yearly outing (Christmas in July) at the Fox & Hounds with their husbands and our former member, Shirley Pulkkila. We had a fun time, as usual. The Socialettes, along with the Hustisford Police Department and the Sinissippi Recreation Department, worked together at the Bike Rodeo during Hustisford Night Out.
October- Judy Ashby has been Chairman and overseeing the making of sundaes at the Community Hall after Fish Fry night. The money goes toward the Bird Seed Project and Wisconsin Bookworms™. The Wisconsin Bookworms™ project has been off to a good start, with Socialettes members doing the readings and activities. Our fingerprinting has had a good start at John Hustis Elementary and at Bethany Lutheran.
November- We have now begun our basketball season. We will be selling tickets which, in turn, help us with the needy within our community. Our fingerprinting project is complete at Hustisford Elementary and Bethany schools. We enjoyed our study of Switzerland, a bit early, so that our snowbirds could enjoy it, as well.

**Mother Hubbards**
October- We donated cash to the Mayville Food Pantry.

**Emerald Clovers**
Emerald Clovers helped with the Living History Weekend at Marsh Haven Nature Center providing activities like Butter Churning, Ice Cream Making, Old-Time Games, Cheese Information and Sampling, Bus Orientation, and more. Assistance was also given at the John Denver Celebration Weekend and Marsh Haven Monsters on the Marsh Event. Emerald Clovers ran the Food Stand for the Christmas at Marsh Haven with proceeds going to Marsh Haven Youth Education Programs. They also had a Craft Table featuring Cake in a Cup, Muffins in a Jar, Hot Cocoa in a Jar, German Folded Stars, and Hand-made Dish Cloths with proceeds going to Emerald Clovers service projects. Members assisted the Friends of the Juneau Public Library on their Anniversary Celebration. The club worked with the Juneau Public Library Readathon which centered around the Blue Zones theme. The club has also worked with and supported other Blue Zone programs and is working on being a Blue Zones supporting organization. A service project was done for the VA Hospital in Madison. Emerald Clovers had a “Paint Night” where members painted boards and had a Wreath Making Program in which members learned how a wreath is made and how to decorate them. The club organized and sponsored the Dodge County HCE educational tour in the Waupun and Beaver Dam areas. Emerald Clovers had their program planning meeting for 2018 and are looking forward to more fun and educational activities and programs.

**Ledgeview**
July-We had dinner at Snapper Vick’s with our husbands.
December- We went to Hartford Community Concert at the Schauer Center and ate dinner together.

*To be included in Klub Korner, club secretaries must submit their meeting highlights to LaVerne Schulz by newsletter due dates.*
2017 MEMBERSHIP RECOGNITION
At Achievement on November 8th, eighteen members were given certificates in recognition for their years of membership in Dodge County HCE. Special recognition certificates were given to 53-year honorary member Sandy Peirick (Indian Garden), 54-year honorary member Phyllis Westenberg (Country Neighbors), 56-year honorary members Irmgard Meyer (Mother Hubbards) and LaVerne Schulz (Mother Hubbards), 58-year honorary members Carol Lenius (Indian Garden) and Marion Luebke (Ledgeview), 59-year honorary member Gerry Weiss (Mother Hubbards), 60-year member Diane Qualmann (Mother Hubbards), and 68-year honorary member Margaret ‘Peg’ Snudden (Lowell). Diane Qualmann (Mother Hubbards) also received an Honorary Member certificate.

LaVerne Schulz (Mother Hubbards) and Judy Ashby (Socialettes) both received ‘Member of the Year’ awards. There were no nominations for the ‘Rookie of the Year’ award.

Two members who retired from the Dodge County HCE Scholarship Committee – Minda Klug (Individual Member) served 23 years with 10 years as chairperson and Barbara Seibel (Country Neighbors) served 12 years – were thanked for their years of service.

2017 RAFFLE WINNERS
Drawing for this year’s raffle prizes took place during the Achievement program on November 8th.
Handmade Queen-Size Quilt – Theresa Kluewer, Watertown
Something Special from Dodge County – Susitti, Hartland
Sweet Cash Basket – Margaret Johann, Theresa
Movin ‘n Groovin Fitness Basket – Adair Zwiener, Horicon
A Little Help from Your HCE Friends – Helen Weisensel, Beaver Dam
The Cadillac of Steam Irons – Sherry Helmer, Fox Lake
Fruit & Nut Basket – Nancy Qualmann, Iron Ridge
Wreath and Grapevine Angel – Whitney Rathke, Fredonia

2017 CULTURAL ARTS CONTEST
These entries were chosen to be entered in the State Cultural Arts Contest.
1. Still-life painting (a duck) – Barb Duxstad
2. Acrylic painting (mountain scene) – Sandy Peirick
3. Photography (sunset) – Judy Ashby
4. Doll dress made of recycled materials – Carolyn Dehler
5. Crocheted cardigan – Margaret Johann
6. Crocheted mermaid blanket – Margaret Johann
7. Crocheted afghan – Helen Weisensel
8. Machine-quilted quilt – Helen Weisensel
9. Embroidered pillowcases – Iris Steffen
10. Plastic canvas project – Iris Steffen
11. Jewelry – Bethel Schmidt
12. Poem “Summer Storm” – Lorraine Kohn
Eleven entries received a blue ribbon and one received a red ribbon. Judy Ashby also received a medallion.
2018 SCHOLARSHIPS
Applications for the Dodge County HCE Scholarship ($500) will be available at the January county HCE meeting or via email from Pattie Carroll (pattie.carroll@ces.uwex.edu). Information on eligibility requirements can be found in the Dodge County HCE Program Book. Application deadline for this scholarship is March 1, 2018.

Two ‘specialty’ scholarships are given by WAHCE each year. The Ardith McDowell International Scholarship ($350) is available to any HCE member who travels to a WAHCE supported international project area. Application deadline is June 1, 2018. The Memorial Leadership Scholarship ($200) is available to any HCE member who registers to attend an HCE state conference, Grandparents University or other approved leadership opportunity. Application deadline is June 30, 2018. Applications are available from Iris Steffen or the WAHCE website (www.wahceinc.org).

Applications for the CWC Ruth B. Sayre Memorial Scholarship ($500) are available from Iris Steffen 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 is continuing her education. Application deadline is March 1, 2018.

CULTURAL ARTS
As we approach a brand new year, why don't all of us resolve to finish that art/craft project that's been tucked away so long? Complete that story, poem or prose that just needs a few more thoughts or lines. Enter your special talents in our County HCE Cultural Arts next spring!

Happy Holidays from Anita and Barb, Co-Chairs for Cultural Arts

2018 CULTURAL ARTS CONTEST
The 2018 Dodge County HCE Cultural Arts Contest will be held on Wednesday, May 9th. The list of categories and guidelines for the 2018 Cultural Arts Contest will be available at the County HCE meeting on January 11th. The contest info 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 will begin 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.

2018 BONUS CATEGORY: The theme for this year is “Spring into Action”. 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 for your Bonus creations will take place by people’s choice vote at the HCE Summer Picnic on Thursday, June 7th.

‘ON THE MOVE AND IN THE GROOVE’
The title of 'On the Move and in the Groove' has been changed to 'HCE Healthy Lifestyle Survey'. The dates in 2018 are February 18 to May 12. Surveys are due June 1st and should be sent or given to Iris Steffen.

INTERNATIONAL
There will be a 25 cent per person collection again this year. It will go to the new "Learning Center" project for classes for adult women in Haiti. More info will be given at the January county HCE meeting.
DODGE COUNTY SERVICES OF LOVE PROJECTS

Thanks to you - members of Dodge County HCE. We won first place in the state contest. I accepted the Certificate of Achievement along with a $100.00 prize check on Monday, September 11th at the WAHCE conference at Lake Delton. We cut 98,842 coupons worth $225,185.81 for overseas military persons and collected 57 pounds of personal hygiene products for PAVE and Central Wisconsin Community Action Council. Sixty five/seventy two members participated in this project along with 17 residents of Clearview. I took 23 gallon size zip lock bags full of coupons to the Beaver Dam Legion. There was a $10.00 gift toward the postage, the rest was paid by the Legion. This was a simple project that many of our older members could do with little cost to us. We flooded the market so we will have to stop this collection, but the collection of personal hygiene items can go on. Thanks to all! Marianne Zastrow

RECIPE CONVERSION CHART

Some of the Switzerland International Study recipes gave ingredient amounts using the metric system of weight and volume measurements. Some of the recipes have weight conversions from grams to ounces for dry ingredients, but the conversions to volume (cups) are not given.

Here is a baking conversion chart, found at www.BiggerBolderBaking.com, which gives the volume equivalent for the specified metric / US weights of six common baking ingredients.
If you use the same chart for all ingredient measurement conversions, the recipe should turn out great.

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<th>FLOUR</th>
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Credit Reports are More Important than Ever

The response of Equifax, one of the three major credit bureaus in the U.S., to their data breach this summer continues to evolve. This breach involves computer hackers accessing personal data – social security numbers, birth dates, addresses, and potentially more information – of 143 million U.S. consumers.

Equifax advises all consumers to determine if their personal information may have been affected by going to their main website www.equifax.com. There have been reports of imposter websites popping up, so double check spelling when going online. Once online, consumers can read about the extent of the data breach and request to enroll in one-year free credit monitoring, whether or not personal information has been stolen. Be sure to use a secure internet connection and not a free public wireless connection because individuals will be asked to provide the last 6 digits of their social security number.

If consumers find that the website is not working or offline, another option is to call Equifax toll-free 1-866-447-7559 between 8 a.m. and 12 midnight seven days a week, but due to high call volumes, expect busy signals or try to call later in the evening. To protect yourself from scams, know that Equifax will never call consumers unless they have left a message on the hotline. Equifax has also not sent out emails or mailed letters regarding the breach at this time, so beware of imposters who may try contacting you for personal information.

If you choose to enroll in free credit monitoring, individuals will be provided with an enrollment date and the website to the free credit monitoring service from Trusted ID Premier. Be sure to write down both the date and website since individual’s will not receive any email reminders from Equifax and it is up to the consumer to complete the credit monitoring enrollment request. After completing the credit monitoring enrollment process, individuals will then receive an email with a link to activate the free credit monitoring. The free enrollment offer timeline has been extended and now expires January 31, 2018.

“Equifax will soon be offering free credit freezes for life for all consumers whether or not you choose to participate in the free credit monitoring service,” says Peggy Olive, UW-Extension/UW-Madison Financial Capability Specialist. “Stolen information puts you at risk for years to come, long after the one-year free monitoring service expires. Placing a credit freeze on your Equifax credit file is a step that may or may not be right for each individual.”

The University of Wisconsin-Extension “Check Your Free Credit Report” website – fyi.uwex.edu/creditreport – provides information on the differences between security freezes and fraud alerts, as well as links to reporting and dealing with identity theft.

Security Freeze

A security freeze prevents others from accessing your credit report for the purpose of opening new accounts, unless you lift the freeze. A freeze has no effect on your existing accounts or on your credit score. Note that a freeze will not prevent credit fraud unless the creditor actually checks an individual’s credit report.

In Wisconsin, a security freeze costs $10 to place or lift at two of the main credit bureaus, Experian and TransUnion, since Equifax will now be free. The $10 fee is also waived if you have been a victim of identity theft and have filed a police report. You must lift the security freeze each time you want to apply for new credit which will delay your ability to open new credit, shop for insurance quotes, or apply for a car loan, for example. A security freeze may be a good option for individuals who do not plan to apply for credit in the near future.
**Fraud Alerts**

Fraud alerts are a free alternative to a security freeze. Fraud alerts flag your credit report so that lenders must take additional steps to verify your identity when somebody applies for credit in your name. Similar to a security freeze, fraud alerts only prevent identity theft that requires your credit report. To create a fraud alert, an individual needs to contact one of the three credit bureaus, and then that bureau will contact the other two bureaus.

There are three types of free fraud alerts:

- **Initial fraud alert.** This alert lasts for 90 days. An individual will need to renew the fraud alert every 90 days to keep this flag on their credit report.
- **Extended fraud victim alert.** This alert is only available to individuals who prove they are victims of identity theft by filing a police report. The alert lasts seven years and entitles the victim to additional free credit reports, in addition to their annual free report from AnnualCreditReport.com.
- **Active duty alert.** This alert is available to members of the military. The alerts lasts one year and can be rolled over while the individual continues to be on active duty.

**Continue to monitor personal data**

The University of Wisconsin provides email reminders to individuals to check their free credit reports from Experian, Equifax, and TransUnion throughout the year. Visit the “[Check Your Free Credit Report](#)” website – fyi.uwex.edu/creditreport – to sign up for an email reminder on 2/2, 6/6, and 10/10. Individuals can also request their reports directly from AnnualCreditReport.com. In addition to the official website, individuals can also order a free credit report through the mail or by phone toll free at 1-877-322-8228.

“Reviewing your free credit report every four months is especially important given the number of data breaches occurring these past few years,” adds Olive. “Checking your free credit reports or using security freezes or fraud alerts help you monitor and control use of your credit history. However, credit reports don’t include data on checking accounts, for example, so keep an eye on the monthly statements from your financial institution.”

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**Report on Fall Southeast District Meeting**

I attended the Fall Meeting of the Southeast District of Wisconsin Association for Home and Community Education held at the Retzer Nature Center near Waukesha. Seven members from Dodge County attended. The day began with us being treated to a wonderful array of fruits and breads. We then held our business meeting. Three of our Dodge County members were installed as members of the Southeast District board. We then spent considerable time working on plans for the NVON conference and the State Conference, both of which will be held at the Country Springs Hotel complex in 2018. Many decisions needed to be made regarding both of these events. I would encourage our members to attend these events. Help will be needed to make these things happen. Each county also gave a report on activities going on in their county. Lunch was then served. After lunch we proceeded to the planetarium and saw an interesting presentation. We then returned to the meeting room and the meeting ended. It was a very interesting and informative day.

LaVerne Schulz
**ATTENTION! PLEASE NOTE THESE HCE NEWSLETTER CHANGES**

Because of the many changes taking place in UW-Extension, the Dodge County Extension Office no longer has support staff that can get the quarterly Dodge County HCE newsletter, *Reflections*, ready for printing. Because of a temporary committee of volunteers who felt our organization still needed this form of communication, several members have volunteered to do the newsletter.

**Club Secretaries** – Please submit your meeting highlights portion of the minutes to LaVerne Schulz kenla3470@gmail.com prior to each newsletter’s deadline. Continue to send minutes to Pattie.

All newsletter articles should be submitted to Iris Steffen by the deadline for each issue. Please send computer/electronic versions via email to iriselaine31@gmail.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 Iris Steffen.

The deadline for the next issue (April, May, June 2018) is March 1st.

To cut down on the number of paper copies mailed, every member who shows an email address on the 2017 membership list will receive the electronic version only. If you wish to receive a paper copy of future issues in addition to the electronic version, please contact Iris Steffen before March 1st.