A Message from your President

Happy Spring!

Thank you to Alice Roth for volunteering to be our secretary.

Also, thanks to Judy Ashby for stepping up to help Sally with Wisconsin Bookworms. She WILL NOT be in charge of the fund-raising for Wisconsin Bookworms. Our members will need to come up with ways to raise the $$’s. Let Iris know if you have suggestions.

We were not chosen to work at Glenn’s Market this season.

I hope all of you are working on your projects for the Cultural Arts Contest. I’m looking forward to seeing all the neat items.

Peace and Love,
Iris Steffen

To register for a Learning Session, call the Extension Office at 920-386-3790 or send an email to idei@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.

early April – register for the NVON Conference; registration info is available at www.nvon.org

April 15 (Sun) – program topic suggestions due to Program Coordinator, Sandy Peirick

April 16 (Mon) – last day to register for the April Learning Session

April 24 (Tues) – Southeast District Spring Meeting; Kenosha County hosts at Brookfield Public Library

April 26 (Thurs) – Focus on Women, 4:00 pm at Juneau Community Center; seating is limited

April 30 (Mon) – Pennies for Friendship due to County Treasurer, Linda Feucht

April 30 (Mon) – Learning Session: Container Gardening, 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) – last day to register for the May Learning Session

May 9 (Wed) – Spring Council with Scholarship Presentation, Cultural Arts Contest and Silent Auction

Cultural Arts judging begins at 6:00 pm; Silent Auction bidding 6:00–7:00 pm;

Scholarship presentation at 7:00 pm; Meeting begins at 7:15 pm

May 23 (Wed) – Learning Session: Get Up-To-Date With Technology, 6:30 pm

I-phone, I-pad, laptop or computer ... Bring them along as resource people will be available to help with your concerns and end your frustrations.

June 1 (Fri) – HCE newsletter articles and club meeting highlights are due

June 1 (Fri) – 2019 program votes due to Program Coordinator

June 1 (Fri) – “Impact of HCE” forms are due to Iris Steffen

June 1 (Fri) – “HCE Healthy Lifestyle Survey” forms are due to Iris Steffen

early June – register for WAHCE Conference; registration info will be printed in the May issue of UPDATE and available at www.wahceinc.org in early May

June 7 (Thurs) – County HCE picnic, 4 pm-8 pm at Juneau City Park with potluck supper at 5:00 pm (rain location: County Administration Building Auditorium)

Reminder: Take your Bonus Category creations to the picnic for people’s choice judging.

June 12 (Tues) – Club representatives attend the Program Planning for 2019, 6:00 pm

July 16-18 (Mon-Wed) – NVON Conference at Pewaukee, WI

July 26 (Thurs) – County HCE meeting; Potluck supper 6:00 pm; Meeting 6:45 pm

September 17-19 (Mon-Wed) – WAHCE Conference at Pewaukee, Southeast District hosts

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

It is the time of year to spring ahead and plan ahead. As the University of Wisconsin Extension continues to implement changes that have been taking place, I am in the midst of writing my annual plan of work. I want to share with you some of my plans for this year.

I will continue to work with the Greater Watertown Health Foundation to realize our mission of – Every Child Thrives. Parenting education and work with Dodge County Childcare providers is still a priority. I recently added support to Dodgeland area School District’s bid for a 21st Century Learning Grant, and if awarded, I will be busy offering parental support.

All and all the year is shaping up to be very productive. Just like you I need to remind myself to stop and smell the flowers this spring.

Pattie Carroll
Family Living Educator
and HCE Liaison

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23rd FOCUS ON WOMEN Resource Day – Healthy, Wealthy and Witty
Thursday, April 26, 2018
Juneau Community Center, 500 Lincoln Drive, Juneau

3:30 – 8:00 pm Booths and exhibits ongoing
A light buffet prepared by Chef Chanse will be available from 4:30-6:30 pm for all registered guests

4:15 pm Healthy “Energizing Chair Yoga” with Certified Yoga Instructor Livia Schomber
  Yoga in a chair can benefit anyone, regardless of age, flexibility level or even disability.

5:45 pm Wealthy “Mindful Money-Tips for Saving, Spending and Debt Reduction”
  Amy Crowe leads the financial habit change program, Project Money, at Summit Credit Union.

6:30 pm Witty “A Day Late a Dollar Short”
  Angela Riccio will keep you in stitches using stories about her family, her unusual outlook on how things work and why people act the way they do.

Registration required by April 16, 2018 – first come, first served basis. Seating is limited.

Registration must include the name, address, phone and email of all persons attending and a $10.00 non-refundable per person registration fee.
Make checks payable to: BDCH Focus on Women
Mail registration form/info and $10.00 per person fee to: Dodge County Housing Authority,
491 East Center Street, Juneau WI 53039

Registration form with more detailed information is available at the Extension Office.
Questions? Call 920-386-2866
KLUB KORNER

Juneau Center

**Emerald Clovers** – For their study of Switzerland, they had Dan and Jenni Curtin as speakers sharing information about the country. They became a Blue Zones Supporting organization. They had a program on Tai Chi and Chair Yoga. They are working on plans for various service projects in the coming year. They also had a “Dine-Out” fundraiser at Benvenuto’s to support the various service projects. They are again planning a Spring Education Tour for HCE members, family and friends. They are also planning to have club shirts made with the Emerald Clovers HCE logo.

**Ledgeview** – The club became a supporting group for the Blue Zones Project. They had a fun day watching marathon sessions of “Say Yes to the Dress” and snacked on Blue Zones food. Marianne Zastrow and Barb Duxstad taught Rummykub at 4-H Learning Day. They plan to have a learning session for their club meetings. They are planning a trip to Hartford in May and another trip to Sheboygan County in June.

Rock River Center

**Mother Hubbards** – Club celebrated 60th Anniversary in September by exploring Carriage Museum in Mayville. Members began with homemade doughnuts, lunch at Back Street Café and dessert at Linda Feucht’s house. In November they had Diane Koch as a guest to thank her for her work on the Switzerland project and other HCE activities. Mary Ann Roeseler, their other guest, brought many beautiful and interesting Swiss items belonging to her family. In December members brought cookies to their Christmas Party and sent baskets of cookies to two families dealing with illness. In February they had Bonnie Borden as their guest and she volunteered to do a presentation of her trip with the Dodge County Dairy Judging Team as they represent the U.S at the International Judging Contest.

**Socialettes** – In January the club gave a cash gift card to a member of the community who is battling cancer. They also made out their schedule for selling tickets at the Hustisford High School at Basketball games. In February they discussed possible dates for a Spring Get-together with spouses. Members are helping to organize the Read-A-Thon at the Hustisford Library. They will also be helping serve a lunch. They also donated to the Hustisford Post Prom.

Watertown Center

**Country Neighbors** – Members had their Christmas Party in December. They collected items for Personal Essentials Pantry (PEP). They reported in February that they will have a guest speaker at their Switzerland project to be held in May.

**Indian Garden** – In December members held their Christmas Party with an Ugly Sweatshirt Contest and Cookie Exchange. Members chose the foods to bring for the Switzerland project. In January members had their Switzerland project and had table adorned with the Swiss Flag. They had a Silent Auction for their treasury. A member worked at Ruby’s Pantry. In February, a special guest, Lois Schuett, a former member from 18 years ago attended. The club also welcomed new member Kelly Kluewer.

Lowell – No information received.

*Club meeting highlights (from the minutes) must be submitted to LaVerne Schulz by newsletter due dates.*
**HCE NEWS and NOTES**

**SOUTHEAST DISTRICT SPRING MEETING**
Tuesday, April 24, 2018
Brookfield Public Library, 1900 N Calhoun Rd, Brookfield WI  53005

9:00 am  Registration and coffee, tea, juice and pastries
9:30 am – 12:00 pm  Business meeting
12:00 pm  Lunch (catered)
1:00 pm  Program to be announced

Registration fee: $15.00 per person
Make check payable to Dodge County HCE and submit to Linda Feucht before April 5th.

**SPRING COUNCIL with SCHOLARSHIP PRESENTATION,**
**CULTURAL ARTS CONTEST and SILENT AUCTION**
The schedule for the evening’s activities on Wednesday, May 9th:
-- Cultural arts entries will be received from 5:30 pm to 6:00 pm and judging will start at 6:00 pm.
-- Refreshments will be available from 5:30 pm to 7:00 pm.  (Host: Watertown Center)
-- Silent Auction items should be in place by 6:00 pm and bidding will be from 6:00 to 7:00 pm.
-- Presentation of the Dodge County HCE Scholarship will take place at 7:00 pm.
-- The business meeting will begin about 7:15 pm and adjourn by 8:30 pm.
-- View Cultural Arts entries after the business meeting adjourns.  All entries must stay in place until everyone has a chance to see them – about 30 minutes.  (If judging is completed prior to adjournment, the meeting may be recessed for a half-hour so all can view the cultural arts display.)
-- Top bidders must pick up and pay for their Silent Auction purchases after the business meeting.

**SILENT AUCTION**
Bring an item (or two) – new or gently used – that you no longer want to keep stashed away in a drawer or closet.  If you have nothing stashed away, you could bring some baked goods or a perennial plant. Books are also appreciated.  Also bring some cash, and be ready to bid on the items that others have brought.  Join in the fun and help raise money for the Sunshine Fund!  (This fund pays for annual HCE social events – the summer picnic and the Christmas party – and other non-budgetary expenses.)

**PROGRAM BOOK ADDITIONS AND CORRECTIONS**
Please make the following additions and/or corrections in your 2018 Program Book.
-- On page 4, Alice Roth (Socialettes) has been installed as the county Secretary.
  Alice Roth, W4687 W. Hillcrest Road, Watertown WI  53098
  Home phone: 920-349-3604        Email: daroth76@gmail.com
-- On page 5, Lorraine Kohn’s address must be changed to 525 Welsh Road.
  Add Lorraine Kohn to the list of Reflections Editors at the bottom of the page.
-- On page 5, Sandy Peirick’s address-zip code must be changed to 53094
-- On page 8, the header for this page was inadvertently printed at the bottom of page 19.
  Please add ‘WAHCE PROGRAMS’ to the top of page 8 and remove from page 19.
-- On page 9, the header for this page was inadvertently printed at the bottom of page 8.
  Please add ‘DODGE COUNTY HCE CLUBS’ to the top of page 9 and remove from page 8.
HCE NEWS and NOTES

SUMMER PICNIC
All HCE members, spouses and family members are invited to attend the HCE Summer Picnic at Juneau City Park on Thursday, June 7th from 4:00 to 8:00 pm – with potluck supper at 5:00 pm. (Rain location: Dodge County Administration Building, Auditorium)
Each person (family) attending is asked to bring a dish of your favorite food, with any necessary serving utensils, and any non-alcoholic beverages you wish to drink. Plates, napkins, eating utensils and beverage cups will be provided. Take a break from the summer heat and join your fellow HCE members for some delicious food, socializing and a chance to vote for your favorite “Spring into Action” entry.
Guidelines for the “Spring into Action” Bonus Category are:
-- You may use any media to construct a display of your choice
-- The base must be no larger than 10” x 10” with a maximum height of 20”

PROGRAM PLANNING
The 2019 Program Planning meeting will be held on Tuesday, June 12th at 6:00 pm in the County Administration Building. All club Vice Presidents (or another club member) and all County HCE Executive Board Members are encouraged to attend. Each club should have at least one representative attend this meeting to assist in choosing the educational programs to be offered by Dodge County HCE in 2019. Give your program suggestions to Sandy Peirick, Program Coordinator, by April 15th. After a list of topics is compiled and distributed, all members will be asked to vote on their favorites – with the top choices being considered for inclusion in the 2019 Learning Session schedule.

FUND RAISING ACTIVITIES
These fund-raisers were approved by members attending the county HCE meeting on January 22nd:
-- Quilt raffle with clubs donating additional items with a minimum $25 value
  Please submit the name of your club’s (or individual) donation to Iris Steffen by May 9th (Spring Council)
-- No-bake ‘Bake Sale’ (members are asked to donate $10 each)  
  Clubs may hold their own fund-raiser to raise this money. 
  Please submit all club member donations in one check. 
  Please submit donations to Linda Feucht by June 7th (the HCE summer picnic)
-- Glenn’s Market brat fry – all proceeds for Wisconsin Bookworms 
  Because of the large number of applicants, our organization did not receive a date this year. 
-- Culver’s work night and calendars – all proceeds for Wisconsin Bookworms 
  The date is has not been confirmed yet.

At the March 8th meeting, members suggested the Watertown Piggly Wiggly (brat fry) and Benvenuto’s (dine in) as possible fund-raising activities.

Contact Iris Steffen if you have any more suggestions for fund-raising activities.

WISCONSIN BOOKWORMS
Dine in and buy gift cards at Benvenuto’s for Wisconsin Bookworms! We will receive 20% of sales when mentioning HCE fundraiser. Purchase all your birthday, wedding, anniversary and graduation gift cards that day! All we need to do is hand out flyers and make a spring trip to Benvenuto’s MONDAY MAY 21, 2018 11:00 a.m. – closing, 831 Park Avenue, Beaver Dam

We are no longer required to add the “™” after the name when printing ‘Wisconsin Bookworms’, but we are still required to use the full name when making reference to this reading program.
Dodge County Association for Home and Community Education
Cultural Arts Show and Contest – 2018 Categories

1. Painting/Drawing
   Framed or Wrapped. If bringing an easel for your painting or drawing, securely tape a label with name, district and county.
   A. Oil
   B. Acrylic
   C. Water Color
   D. Alcohol Ink
   E. Other

2. Photography
   Photograph must be 8” x 10”, unmatted only, in 8½” x 11” plastic sleeve with a tag board or cardboard behind the photo.
   Framed photographs will be disqualified.
   A. Color–Landscape
   B. Color–Waterscape
   C. Color – Plants
   D. Color – Animals/Creatures
   E. Color – People
   F. Color – Skyscape
   G. Black and White
   H. Other

3. Sewing
   A. Children’s Wear
   B. Adult Wear
   C. Original Design
   D. Wearable Art
   E. Useful Sewn Item
   F. Purse or Tote
   G. Pillow
   H. Sewn item made from recycled materials
   I. Wearable Accessory (apron, scarf, hat, etc.)
   J. Other

4. Knitting
   A. Wearable Item
   B. Afghan
   C. Other

5. Crocheting
   A. Wearable Item
   B. Doily/Dresser Scarf
   C. Afghan
   D. Other

6. Hand Stitching
   A. Plastic Canvas
   B. Embroidery
   C. Counted Cross Stitch
   D. Other

7. Craft
   Six (6) Cards without envelopes MUST be mounted as a group on a flat sturdy display board no larger than 14” x 22”.
   A. Cards–paper only-6
   B. Cards–mixed media-6
   C. Scrapbooking
   D. Craft made from recycled materials
   E. Handcrafted doll/toy
   F. Glass craft
   G. Other

8. Heritage Skill
   A. Hardanger
   B. Tatting
   C. Woodworking
   D. Basketry
   E. Spinning/Weaving
   F. Felting
   G. Swedish Weaving
   H. Rug Making
   I. Original published book
   J. Other

9. Bed Quilt
   Larger than 60” x 80” or 4,800 square inches
   A. Tied
   B. Hand quilted
   Machine Quilted by You:
   C. Pieced
   D. Appliquéd
   E. Embroidered
   Machine Quilted Professionally:
   F. Pieced
   G. Appliquéd
   H. Embroidered
   I. Any other Bed Quilt

10. Lap/Baby Quilt
    Smaller than 60” x 80” or 4,800 square inches
    A. Tied
    B. Hand-quilted
    Machine Quilted By You
    C. Pieced
    D. Appliquéd
    E. Embroidered
    Machine Quilted Professionally:
    F. Pieced
    G. Appliquéd
    H. Embroidered
    I. Any other lap quilt

11. Quilted Wall Hanging (with hanging sleeve, NO frame) -- One (1) item only no longer than 50 inches
    A. Hand Quilted, fabric
    B. Machine Quilted, fabric
    C. Other i.e., - collage of assembled materials or mixed media

12. Table Topper/Runner
    A. Hand Quilted
    B. Machine Quilted
    C. Other

13. Jewelry
    A. Bracelet
    B. Necklace
    C. Set
    D. Other

14. Constructed Original Item
    A. Clay/Pottery
    B. Wood
    C. Other

15. Painted Object
    A. China
    B. Glass
    C. Fabric
    D. Wood
    E. Other

Poem, Non-Fiction, Fiction
Entries must be typed on plain paper with 12 point font. Entries must not be framed or in book form. Staple a cover sheet with the category/title which is to be centered on the entry. Name and county should appear on the back side. Do not count “a”, “an”, and “the” for either essays or short stories.
(Three copies of winning entries must be submitted with the registration forms for the state contest.)

16. Poem

17. Non-Fiction
    Original, 1 topic; 250-500 words

18. Fiction
    Original with beginning, middle and end, 3,000 words or less

Judging for the Bonus Category will take place at the HCE Summer Picnic on Thursday, June 7, 2018. Those attending will vote for their favorite “Spring into Action” entry.

The Fun Category
Create a display of your choice.
You may use any media to construct your entry
Size restriction - base no larger than 10”x10” with maximum height of 20”
Have Fun!!
Dodge County Association for Home and Community Education
2018 Cultural and Textile Arts Contest Guidelines

The Dodge County HCE Cultural Arts Contest will be held on Wednesday, May 9, 2018. Bring your entries to the Dodge County Administration Building Auditorium between 5:30 and 6:00 pm. Entries must be in place by 6:00 pm. Complete and attach an entry form to each entry. Additional entry forms will be available.

Up to twelve (12) entries that receive blue ribbons (plus one Bonus Category entry) will advance to the State Cultural and Textile Arts Show held at the WAHCE Conference in Pewaukee on September 17-19, 2018.

1. Entries in Category 1 thru Category 18 will be judged on Wednesday, May 9, 2018.
2. Bonus Category 19 entries will be judged at the HCE Summer Picnic on Thursday, June 7, 2018.
3. Participants may enter as many items as they wish into any category and/or sub-category. Only one entry from any lettered sub-category can be chosen to advance to the State Cultural Arts Show.
4. All work must be done by the entrant and completed after last year’s county contest.
5. Kits and patterns may be used as long as entrant does all the work.
6. All items must be clean or laundered or will be disqualified by the judge.
7. Entrants must comply with all specifications as listed for the category or the item will be disqualified.
8. Entrants must indicate if they want a blue-ribbon-winning entry to be considered for advancement to the State Cultural Arts Show and taken to the WAHCE Conference.
9. Winning entrants will be required to sign the state contest registration form to give permission for their photo, photos of their entry and/or print copies of their written entry to be used by WAHCE as seen fit.
10. Entrants will not hold Dodge County HCE and/or WAHCE responsible for any loss or damage to items.
11. Questions? Call Anita Back at 920-349-3729 or Barb Duxstad at 920-262-1699.

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Food Safety Steps for Successful Community Meals
By Barb Ingham, UW Extension Food Scientist

People who are great cooks at home don’t necessarily know how to safely prepare and store large quantities of food for large groups. Special precautions are wise when preparing food for a family reunion or a community gathering, because food that is mishandled can cause foodborne illness. By following some simple steps, volunteer cooks can make the event safe and successful! Barbara Ingham, University of Wisconsin-Extension food scientist offers the following seven food safety steps for successful community meals.

Step 1: Plan Ahead
Make sure the location meets your needs. Be sure you have enough oven, stovetop, refrigerator, freezer and workspace. Find out if there’s a source of clean water. If not, bring water for preparation and for cleaning.

Step 2: Store and Prepare Food Safely
Refrigerate or freeze perishable food within two hours of shopping or preparing. Find separate preparation areas in the workspace for raw and cooked food. Never place cooked food back on the same plate or cutting board that held raw food. Wash hands, cutting boards, dishes, utensils, and work surfaces frequently with hot, soapy water.

Step 3: Cook Food to Safe Internal Temperatures
“It’s the only way to tell if harmful bacteria are destroyed,” says Ingham. Use a food thermometer to check the internal temperature of meat, poultry, casseroles, and other food. Check temperature in several places to be sure food is safely cooked. Never partially cook food for finishing later because this increases the risk of bacterial growth.

Step 4: Transport Food Safely
Keep hot food HOT. Keep cold food COLD. Keep cold food at or below 40 °F. Place in a cooler with a cold source such as ice or commercial freezing gels. Keep hot food at or above 140 °F. Wrap well and place in an insulated container.

Step 5: Need to Reheat?
“Food must be hot and steamy for serving,” says Ingham. “Just ‘warmed up’ is not good enough.” Use the stove, oven, or microwave to reheat food to 165 °F. Bring sauces, soups, and gravies to a boil.

Step 6: Keep Food Out of the "Danger Zone" (40-140°F)
Keep hot food hot – at or above 140 °F. Place cooked food in chafing dishes, preheated steam tables, warming trays or slow cookers. Keep cold food cold – at or below 40 °F. Place food in containers on ice.

Step 7: When In Doubt, Throw it Out!
Place leftovers in shallow containers and refrigerate or freeze immediately. Discard food left out at room temperature for more than two hours.

When preparing for your special event, remember you have to the power to Fight BAC!™
- Clean – Wash hands and surfaces often.
- Separate – Don’t cross-contaminate.
- Cook – Cook to proper temperatures.
- Chill – Refrigerate promptly.

To learn more about cooking for groups, visit web site: http://www.fsis.usda.gov/OA/pubs/cfg CFG.htm
For more information on the Fight BAC!™ food safety campaign, visit web site: www.fightbac.org
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 pcarrroll@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 (July-August-September 2018) is June 1st.

To cut down on the number of paper copies mailed, every member who shows an email address on the 2018 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 June 1st.