

April-May-June 2020

Dodge County Association for Home and Community Education



Reflections

HCE Newsletter



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Newsletter Editors

Diane Koch
Lorraine Kohn

A Message from your President

Spring is here! But so is the COVID-19 virus . . . and virtually all social interactions are shut down at this time. I hope you have been able to go outside and enjoy the spring weather, see some blooming spring flowers, and catch a glimpse of the first signs of budding leaves on bushes and trees.

I had much of this issue ready before the first orders from the governor and from the county board cancelled all county HCE meetings and activities until further notice -- so some of the articles had to be rewritten.

Currently, all HCE learning sessions, county and district meetings and activities scheduled in April have been cancelled:

- Southeast District Meeting (Tuesday, April 14)
- Learning Session: Birds in our Backyard (Monday, April 27)
- Spring Council/Cultural Arts Contest (Wednesday, April 29)

If additional cancellations are required, HCE members with an email address listed on the 2020 membership list will be notified via email. Please call me to request phone notifications: 920-387-3990. Stay tuned for updates. . .

HCE clubs are also encouraged to cancel club meetings and activities while the social distancing requirements are in effect. Stay home and stay safe!

Diane Koch

To register for a Learning Session, call the Extension Office at 920-386-3790 at least two weeks prior to the session.

*For weather-related cancellations, listen to radio station:
WXRO/WBEV, Beaver Dam; WTKM, Hartford;
WFDL, Waupun; or WMDC, Mayville*

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"An EEO/Affirmative Action Employer, UW Madison Division of 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."



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.

NOTE -- All county HCE meetings and activities have been cancelled through the end of April.
 -- Currently, other due dates and deadlines remain as listed in the calendar below.
 -- Depending on future "Safer at Home" orders, additional cancellations may occur.
 -- Learning Sessions, County Meetings and other activities will be rescheduled depending on meeting room and presenter availability.

~~April 14 (Tues) – Southeast District Spring Meeting, 9:00 am~~ **cancelled**

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

~~April 27 (Mon) – Learning Session: Birds in Our Backyard, 1:30 pm~~ **cancelled**

~~April 29 (Wed) – Spring Council, Cultural Arts Contest and Silent Auction~~ **cancelled**

April 30 (Thurs) – Pennies for Friendship are due to the County Treasurer, Linda Feucht

April 30 (Thurs) – last day to register for May Learning Session

early May – register for NVON Conference

Find registration information at www.nvon.org

May 14 (Thurs) – Learning Session: Protecting Ourselves from Intruders, 6:30 pm

What should we do if we find ourselves in a situation that could be life threatening?

Dodge County Sheriff's Dept. Sgt. Eric Krueger will provide tips for keeping us safe from intruders in public and at home.

May 15 (Fri) – name/theme/description of raffle prizes must be submitted to Diane Koch

June 1 (Mon) – HCE newsletter articles and club meeting highlights are due to Diane Koch

June 1 (Mon) – Healthy Lifestyle surveys are due to Marianne Zastrow

June 1 (Mon) – 2021 program topic votes are due to Program Coordinator, Sandy Peirick

early June – register for WAHCE Conference

Find registration information in the May issue of *Update* or at www.wahceinc.org

June 11 (Thurs) – HCE Contribution reports are due to Diane Koch

June 11 (Thurs) – County HCE picnic, 4 pm – 7 pm at Juneau City Park

(rain location: County Administration Building Auditorium)

June 16 (Tues) – Program Planning for 2021, 6:00 pm

Clubs are encouraged to send at least one representative to this meeting.

July 9 (Thurs) – County HCE meeting with potluck meal

Potluck supper 5:30 pm; Meeting 6:30 pm

July 20-22 (Mon-Wed) – NVON Conference at Spartanburg, South Carolina

August 19-23 (Wed-Sun) – HCE raffle ticket sales at the Dodge County Fair at County Fairgrounds

Contact Diane Koch to volunteer for a time-slot to sell tickets and promote HCE.

September 21-23 (Mon-Wed) – WAHCE Conference at Hudson

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 HCE Friends,

Boy what a crazy time we find ourselves in. I pray that each one is doing well and that you and your families are safe and healthy! All of Wisconsin is now in a “safer at home” order, and Extension personnel have been following the guidance of UW-Madison.



As a Division of UW-Madison, Extension employees are working with and following guidance from Campus leadership. To help limit the spread of the COVID-19 virus, UW-Madison employees are required to telecommute and not work from a shared office space such as a county building. This directive was put into effect on March 16.

I am working to transition my programming to a remote delivery. As you know, during the initial spread of the virus in Wisconsin, we were busy postponing events and making plans for remote work. This affected HCE on many levels. I am heartbroken that we have had to cancel and postpone all of the Spring HCE events. The future is still uncertain and I do not have a handle on when we will be able to reschedule. We are all in the same boat with this uncertainty.

My main concern is for the safety of all of you. Please do what you can to stay connected (from a distance) and healthy. I am confident that we will come out of this dark time closer and more committed to each other.

Extension is producing resources across our program areas to help those all over Wisconsin. A website has been put together to collect these resources as they're available. You are invited to follow along with Extension as we share the latest resources as they pertain to the COVID-19 outbreak and how Extension is responding:

<https://fyi.extension.wisc.edu/covid19/>

Pattie Carroll

Human Development and Relationships Educator
and Dodge County HCE Liaison



Spring





KLUB KORNER

Juneau Center

Emerald Clovers – No information received.

Ledgeview – In December, we had our Christmas luncheon at Red Lobster in Madison and then went to Barnes and Noble Bookstore. In January, we had our meeting in Madison at the Nile Restaurant with spouses. They have great Moroccan cuisine. We all ordered different appetizers to share. Later we shared facts about Morocco that were not in our handout.

Rock River Center

Mother Hubbards – No January meeting. February meeting: No special activity

Socialettes – January: Sent a card with handmade fleece blanket to a local woman who has macular degeneration. February: Sent a gift card to a local boy with cancer; sold tickets at high school sports activities to earn money for activities. March: Sent cards to HCE members or local people who had a need.

Watertown Center

Country Neighbors – Wedding photos and christening gowns was the theme of Country Neighbors HCE January meeting. Members brought their wedding photos. How young we all looked back then! Barb and LaVerne Seibel were the couple married the longest. Members also shared beautiful christening gowns that have been in, and used by, their families for many years. Some gowns were made by the individual member and some gowns were made many years ago by a family member. It was good to hear everyone's stories. The February meeting began with a Roll Call question chosen by the hostess – "What do you like about winter?"

Indian Garden – In November, our club met at the Village Restaurant in Juneau for dinner, then had our meeting and went to the "History of Aprons" as a group. The learning session was filled with nostalgia and happy memories. December saw us at the Golden Dragon in Watertown for a Christmas luncheon and a gift exchange.

In January, members met at the Watertown Senior Center. The Morocco project was discussed, and comments were made about the recipes containing too many expensive ingredients which we wouldn't use again. We are donating each month to build up the club treasury – no more hostess prizes. Members received pamphlets on Capitans Bean to Bar Chocolate. In February, the club distributed hats, mittens and scarves to four Watertown Elementary Schools, and crocheted dog blankets to the Humane Society. Members exchanged homemade Valentines.

Lowell – No information received.

To be included in Klub Korner, club secretaries must submit highlights of club meetings or the full meeting minutes to the newsletter editor, Diane Koch, immediately after each club meeting or prior to each newsletter due date for all club meetings held since the previous newsletter's deadline.

Next newsletter deadline is June 1, 2020 for the July-August-September issue

(Due to space limitations, submitted club meeting highlights may have been edited.)

HCE NEWS AND NOTES

SOUTHEAST DISTRICT SPRING MEETING

~~Tuesday, April 14, 2020~~ **cancelled**

A Wis-line (phone conference) has now been scheduled for Southeast District county presidents and district committee chairs on Tuesday, April 14 beginning at 10:00 am.

SPRING COUNCIL with SCHOLARSHIP PRESENTATION, CULTURAL ARTS CONTEST and SILENT AUCTION

~~Wednesday, April 29, 2020~~

***This county activity has been cancelled – and will be rescheduled for a later date.
The HCE Scholarship recipient will be notified by mail after being chosen by the committee.***

2020 CULTURAL ARTS CONTEST

When the 2020 Dodge County HCE Cultural Arts Contest is held, all entries will be judged and a maximum of 13 entries will be selected to advance to the WAHCE Cultural Arts Contest.

Cultural Arts Contest guidelines and entry forms were made available at the February county HCE meeting. Contest info was also printed in the Jan-Feb-Mar 2020 issue of the HCE newsletter. Additional entry forms will be available when entries are brought in prior to judging.

BONUS CATEGORY: The theme for this year is “**Seeing HCE Through New Eyes**”

You may use any media to **decorate a pair of glasses**.

The entry's base can be no larger than 10” x 10” with a maximum height of 20”.

New this year! Judging of your Bonus Category creations will take place by people's choice vote when the Cultural Arts Contest is held and/or when all entries are on display for viewing.

SILENT AUCTION

Please save your new or slightly used articles for our Silent Auction at Spring Council. Suggestions – toiletries (new), books, CDs, knickknacks, or any usable item. Proceeds go into our Sunshine Fund for our Christmas Party and other non-budgetary needs. Also, please bring smaller bills or change to pay for your purchases.

HEALTHY LIFESTYLE SURVEY -and- HCE CONTRIBUTIONS REPORT

This year's “Healthy Lifestyle” survey runs from February 16th thru May 9th. Please submit your completed survey to Marianne Zastrow, Family and Community Life Coordinator, by June 1st.

All HCE members are asked to complete an “HCE Contributions” report again this year. The timeframe for reporting your volunteer activities and donations is June 1, 2019 to May 31, 2020. Please submit all completed reports to Diane Koch by June 11th (HCE picnic).

County-wide reports will be compiled from the individual surveys/reports – and submitted to WAHCE. Copies of both report forms were distributed at the February and March County HCE Meetings. Contact Diane Koch if you need additional copies.

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 11th from 4:00 to 7:00 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, fun, games, and socializing.

PROGRAM PLANNING

The 2021 Program Planning meeting will be held on Tuesday, June 16th 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 2021.

Submit your program suggestions to Sandy Peirick, Program Coordinator, by April 15th.

Include a possible presenter or resource person's name with each suggestion if you know one.

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 2021 Learning Session schedule.

2020 SCHOLARSHIPS

Reminder – There is still time for HCE members to apply for these scholarships:

- The Ardith McDowell International Scholarship (\$350). Application deadline is June 1, 2020.
- The Memorial Leadership Scholarship (\$200). Application deadline is June 30, 2020.

Detailed info for these scholarships was printed in the Jan-Feb-Mar 2020 issue of the HCE newsletter. Applications are available from President Diane Koch or the WAHCE website (www.wahceinc.org).

HCE SCHOLARSHIP COMMITTEE

We are still looking for a member to volunteer for the Dodge County HCE Scholarship Committee. (See page 6 in the program book.) This committee member will be involved in the 2021 selection process.

Please contact President Diane Koch if you are interested in becoming a member of this committee.

2020 PROGRAM BOOK

Please change the following information in your program book:

Alice Roth, County Secretary, has discontinued her home phone service. (*see page 4*)

Her cell phone number is: 920-342-7781

Please let Diane Koch know if you find any errors, corrections or additions that need to be made in the program book so these changes can be announced to all members. Thank you!

HCE NEWS AND NOTES

FUND RAISING ACTIVITIES in 2020

These fund-raisers were approved by members attending the February 12th county HCE meeting:

- Quilt raffle with clubs donating additional items with a minimum \$25 value
Please submit your club prize's name/theme/description to Diane Koch by May 15th
(Raffle tickets will be sold at the Dodge County Fair in August.)
- No-bake 'Bake Sale' (members are asked to donate \$10 each) to be paid to Linda Feucht, Treasurer, by June 11th

This fund-raiser was approved at the March 12th county HCE meeting:

- A mystery prize will be donated at random county HCE meetings; members will purchase tickets for \$1.00 each. One ticket will be drawn at the end of the meeting and the winner will receive the prize.

The Thrivent Choice Dollars® program is an on-going fund-raising activity for Dodge County HCE.

On-going fund-raising activities for Wisconsin Bookworms:

- Grant writing Please contact Judy Ashby if you learn of a possible grant writing opportunity.
Alliant, We Energies, Walmart have already been suggested.
- Donation request letter to be given/sent to local businesses or organizations.
Contact Judy Ashby or Pattie Carroll to obtain a sample copy.

HCE Reading at the Fair

At the February County HCE Meeting, it was voted to discontinue reading to children at the Dodge County Fair. This was a very good activity when we started. However, over the years, the number of children we've been reading to has dwindled and we've been having trouble finding enough readers. We are leaving it up to the 4-H leaders and members to continue to do this activity if they want.

I looked up when we started reading to children at the Fair and found that the first year our members read to children was at the August 1999 County Fair. (That's 20 years ago last year.) We were asked to do this by Sally Schoenike, then County 4-H Youth Development Agent, and members volunteered.

We started with eight readers, two of which were still reading to children last year: Karen Christianson (last year her husband, David, read in her place) and Lorraine Kohn. Lorraine read every year for twenty years.

Several loyal readers are not with us anymore. Other faithful readers over the years include: Marianne Zastrow, Jean Milroy, Sandy Peirick, Margaret Johann and Kris Kluewer. Other past readers include: Sharon Greenwald, LaVerne Schulz, Linda Feucht, Alice Roth, Judy Vogenthaler, Lydia Meyer, Barb Duxstad, Lynn Stanton, and Diana Seifert.

Thanks to all of you who have read to these children over the years. You have helped to open their eyes to books. Also, thanks to clubs and individuals who have donated books for reading and/or to give away over the years. You've been great! It was a good project and we appreciate your participation.

Sincerely,
Lorraine Kohn

UPDATE

The *Update* magazine provides HCE members with news and info from WAHCE, Inc. (the state HCE organization). It is recommended that at least one member in each HCE club subscribe to this quarterly newsletter and share the info with fellow club members. The cost is \$8.00 per year or \$15.00 for 2 years. Get subscription details from the website: www.wahceinc.org.



**Start Simple with MyPlate:
Food Planning During the
Coronavirus Pandemic**

This article can be found online at – www.choosemyplate.gov (also available as downloadable PDF)
Click on – [Click for information on food planning during the coronavirus pandemic](#). – at top of page.

During a pandemic, you may be taking extra precautions to keep you and your family safe and prepared, including making sure you have everything you need at home. This guide contains information on food planning, including what to buy, how much to buy, and preparation tips.

-- Check what you have at home first

Take a look at the foods you already have in your refrigerator, freezer, and pantry before you make a list; make sure to look at expiration dates and best by dates. This can help you plan meals around what you already have, and will help you limit the number of trips to the grocery store and avoid spending money on items you don't need.

-- Make a shopping list

Shopping may feel more stressful at this time. Make a list ahead of time to stay focused, get the items you need, and keep your shopping trip short. Since stores may not have some specific items, create a list with general items like "fruit" or "bread."

-- Explore your shopping options

Many grocery stores offer in-store pickup, curbside pickup, or delivery. Third party options also exist for grocery store delivery. You may find these services helpful during times of social distancing. If you are older, check if your store delivers or has early shopping hours for older Americans only.

-- How much should I buy?

Buy what you and your family need at this time, and resist the urge to buy in much larger quantities. Prepare a shopping list that will cover you and everyone in your household for two weeks.

-- Include fresh, frozen, and non-perishable items

Plan for a mix of fresh, frozen, and shelf-stable foods. Eat your fresh food first. Stock your freezer and pantry with items you can eat in the second week and beyond.

-- What foods should I buy?

Choose a mix of shelf-stable, frozen, and fresh foods. Examples of shelf-stable include pastas, rice, legumes, nut butters, and dried and canned goods. Frozen options to think about might be breads, meats, vegetables, fruits, and even milk. With fresh foods, buy a variety in quantities that you would normally buy. Remember to include the special needs of all family members, including pets, infants, or those with dietary restrictions.

Food Planning During the Coronavirus Pandemic (continued)

-- What should I make?

While everyone is home together, you may feel inclined to try a new recipe or experiment with new flavors to keep things interesting. For others, sticking to simple items or familiar foods and tastes provides comfort. Plan what works for you and your family.

-- Access to food while school is closed

Many school districts across the country are continuing to provide meals to students in need during school closures. Check for local programs in your area, such as Meals to You. Contact your local school to learn about meals that may be available through pop-up food systems, grab-and-go meal pickups, or school bus routes.

The additional resources listed below can be accessed at – www.choosemyplate.gov. Just click on – [Click for information on food planning during the coronavirus pandemic](#). – at top of page.

Additional Food Planning Resources:

Tips for Every Aisle

Use these tips to fill your cart with budget-friendly and healthy options from each food group.

Sample 2-Week Menus

These sample 2-week menus can be used by any person or family wanting to follow a healthy diet at a modest price.

MyPlate Plan

To learn about your food group targets, use the personalized MyPlate Plan tool.

Activities for Families at Home:

MyPlate: Activities to do with Kids

Activities and printables to get the whole family on board with making healthier choices.

Team Nutrition Cooks!

Cooking-based nutrition activities for children ages 8-12 years old.

Team Nutrition Games & Activities

Make your way through all the food groups with these fun games and activities.

Contact information:

For solutions to feeding children impacted by COVID-19, email FeedingKids@usda.gov.

For more information about Coronavirus:

Coronavirus.gov

Coronavirus Disease 2019 (COVID-19) *(see directions above for link to this website)*

What the U.S. Government is Doing <https://www.usa.gov/coronavirus>

Ready.gov

(Spanish: <https://www.usa.gov/espanol/coronavirus>)

REGARDING THE HCE NEWSLETTER

Club Secretaries – Please submit your meeting minutes or the highlights portion of each meeting's minutes to the newsletter editor, **Diane Koch**, immediately after each meeting or prior to the current newsletter deadline for all meetings held since the last newsletter's deadline. Submitted club meeting highlights will be printed in Klub Korner.

Continue to send a copy of each month's club meeting minutes to Pattie Carroll.

All other articles for the HCE newsletter should also be submitted to **Diane Koch** prior to each issue's deadline. Please submit computer/electronic versions via email to Diane at dd_koch@hotmail.com -and- to Pattie Carroll at patricia.carroll@wisc.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 (July-August-September 2020) is June 1, 2020.

All Members – 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. If you received the paper version and would like to get the electronic version, please contact Diane via email so I get your correct email address.

Extension Dodge County

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