

January-February-March 2021

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

Happy New Year! Hopefully, this year will turn out better than last year!!

We tried a few new things early in 2020 – the first county HCE meeting of the year was held in the afternoon, and the February Learning Session was held on a Saturday morning. Then all activities (HCE and otherwise) came to a screeching halt in mid-March with the onset of the COVID pandemic and the accompanying cancellations and closures.

Many aspects of life soon shifted from face-to-face interactions to phone, email and/or virtual communications. “Watch your distance; wear a mask; wash your hands” is still a constant reminder to stay safe and stay well.

Only two county HCE meetings have been held since the initial COVID shutdown – held via Zoom/phone on Nov. 12, 2020 and Jan. 14, 2021.

The next county HCE meeting will be held via Zoom/phone on Thursday, March 11 at 6:00 pm. The link to join the meeting via Zoom/phone has been sent to all members with an email address. For those without a computer and/or email, the call-in number and meeting code are listed on page 2. Call me to get the Passcode. Meeting agenda, minutes and call-in info has been mailed to members who have requested it in the past.

Because many dates and locations are still to be determined for 2021, the Program Book will not be available until late March. Please refer to the Calendar of Events on page 2 for meeting and activity dates that have been scheduled for this year, and for deadlines that are currently in place.

If you are planning to attend the 2021 WAHCE Conference, please contact Linda Feucht by April 15th. One person from each district will be chosen by drawing to receive free registration and meals at the conference.

Diane Koch

Extension Dodge County
HUMAN DEVELOPMENT & RELATIONSHIPS

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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

March 1 (Mon) – HCE scholarship applications are due at the Extension Office

March 11 (Thurs) – County HCE meeting via Zoom and phone, 6:00 pm

Zoom and phone info will be sent via email to all members with an email address.

By phone: 1-312-626-6799 (Chicago) Meeting ID: 845 8857 6536 Passcode: _____

(This is not a toll-free number.) (Call Diane – 920-387-3990 – to get the passcode.)

April 1 (Thurs) – Deadline for submitting articles for the April-May-June issue of the HCE newsletter

April 21 (Wed) – Southeast District Spring Meeting will be held via Zoom / phone at 10:00 am

Contact Diane Koch by April 10th to ‘register’ to get the Zoom link and/or phone number

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

June 1 (Tues) – Healthy Lifestyle Survey is due to Marianne Zastrow (see page 9)

June 3 (Thurs) – Spring Council with Cultural Arts Contest and Scholarship Presentation

at the Youth Building, Dodge County Fairgrounds; time schedule to be determined

(see page 7 and 8 for Cultural Arts Contest categories and guidelines)

June 10 (Thurs) – Member Contribution Report is due to Diane Koch (see page 5 and 6)

August 18-22 (Wed-Sun) – Dodge County Fair at the Dodge County Fairgrounds

September 20-22 (Mon-Wed) – WAHCE Conference, Holiday Inn in Stevens Point

Registration info will be printed in the May issue of UPDATE and

posted on the WAHCE website after May 1st (www.wahceinc.org)

Room rate: \$99.00 Room reservations can be made online at ihg.com (Select a Room)

or by calling 715-344-0200 and press #3

Group Code: WHC

October ____ – Southeast District Fall meeting, Kenosha County hosts

All Dodge County HCE county meetings and activities will be held at the location listed in this calendar.
All HCE members may attend any and all Dodge County HCE activities.

2021 SCHOLARSHIPS

The application deadline for this year’s Dodge County HCE Scholarship (\$500) was Monday, March 1, 2021. The Extension Office has received four applications.

The two ‘specialty’ scholarships that are given by WAHCE each year are due by June 1 or June 30.

1) The Ardith McDowell International Scholarship (\$350) is available to any HCE member who will be traveling to a WAHCE supported international project area. It may be received only once in three years, and is to be used for travel expenses. Application deadline is June 1, 2021.

2) The Memorial Leadership Scholarship (\$200) is available to encourage HCE members to seek leadership training so they may become capable, willing and enthusiastic leaders in the organization. This scholarship may be used for registration to a leadership program during the previous months from the last Scholarship, as well as for upcoming leadership opportunities (including the WAHCE Conference). Application deadline is June 30, 2021.

Applications for both are available from the WAHCE website or Diane Koch.

(www.wahceinc.org – HCE Forms & Documents – WAHCE Scholarships)

The application deadline for the annual CWC Ruth B. Sayre Memorial Scholarship (\$500) was on March 1, 2021. Applications for next year’s scholarship will be available at the WAHCE website.

Hello from Pattie

Hello HCE Friends,

As we approach the year marker of COVID-19 and all the restrictions associated with that, I am feeling cautiously optimistic that we might be rounding the corner. I had a wonderful talk with Diane today (3/3/21) and we are looking forward to potentially offering in-person learning sessions in late Spring and into Summer. I told her even if I must teach in the park, then that's what I will do.



I have been super busy with virtual programming. I am nationally certified to teach the Positive Parenting Program (Triple P) and have been offering those seminars. I also have been teaching financial literacy education classes as well as some health and wellness classes. It has been such a learning experience navigating the world of virtual teaching. I believe that virtual education will be part of my work forever, but nothing beats seeing people and interacting with others in-person. I cannot wait to add in-person teaching to my plate. As we move into Spring, I will be working from the office more and more. I look forward to seeing you all soon. In the meantime, check out this virtual offering for the Strong Bodies class.

https://healthyliving.extension.wisc.edu/programs/strongbodies/?ss_redir=1

Pattie Carroll

Human Development and Relationships Educator
and Dodge County HCE Liaison

Pattie also sent a flyer containing the COVID-19 vaccine scam info that is printed at the bottom of page 4. Contact Pattie or me if you want additional info, but don't have access to the websites.

-- Diane Koch

SERVICES OF LOVE

Submitted by Marianne Zastrow for the July-August-September 2020 issue which was not printed.

Even though the state conference for HCE is cancelled the award books will still be sent in and judged and then returned. We had a wonderful year for "Services of Love". We donated \$120.00 cash to the Honor Flight for veterans. Members sewed 1,025 masks and 10 extensions for 4 area hospitals, voting stations, local businesses and also family and friends. We donated 33 pounds of personal hygiene products to Central Wisconsin Community Action Council, large personal hygiene products and coffee mugs to PAVE, and donated 16 baby sweaters to "Warm the Community". The Mittens for Kids project donated 34 hats, 15 pair of gloves and 11 scarves to 4 schools in Watertown, also 3 pet blankets to the Humane Society and 8 pair of men's pants to the men's shelter. I also have 5 baby blankets, 1 baby dress, 26 baby sweaters and 1 hat to be delivered to the Pregnancy Center in Beaver Dam. That should be an impressive report!

"Congratulations!" and "Thank You, Marianne!" for submitting an award-winning Services of Love application. Our county organization received one of the 2020 state awards of \$100.



KLUB KORNER

Juneau Center

Emerald Clovers – No information received.

Ledgeview – *(submitted for the July-Aug-Sept issue)* We had not met for 3 months due to COVID. When I saw Mary's backyard I moved the meeting be outside among the beautiful flowers and scenery. No Bake Sale money was collected, National Guard thank you cards were signed and HCE healthy Lifestyle surveys were filled out. Some of us had a birthday or anniversary during the months we did not meet and we noted how different it was. We are cautious as to when and where we will meet again. Only 3 members were present.

Rock River Center

Mother Hubbards – No information received.

Socialettes – *(submitted for this issue, highlights from the last three club meetings)* Voted to purchase a new bicycle for the Youth Bike Rodeo in Hustisford – rodeo was postponed until spring. Continue to read once a month to 4-K at Hustisford via ZOOM; the books are dropped off at the school prior to the reading date. Took part in Military Mail Call – sent 252 cards and paid the postage for them. Had Mississippi/Alabama meal and project in November. Purchased a \$50.00 gas gift card for a local girl who is paralyzed from a bike accident. Put a flyer w/phone number on bulletin board at Hustisford Library for HCE week. Sold tickets for three volleyball games at Hustisford High School.

Watertown Center

Country Neighbors – *(submitted for the July-Aug-Sept issue)* Due to COVID-19 the learning session on Long Term Care Planning that our club planned for March was cancelled. In addition our group chose not to meet in April but kept in touch by phone and e-mail. It was a bunch of happy campers that met in May at Barb Seibel's farm. We brought our own chairs, beverages, and snacks and practiced social distancing by sitting in the driveway. Everyone shared what they were doing to get through the "safe at home" time and how they were coping with anxiety. It was good to see everyone again.

(update received before this issue) During the warm weather months, our club has been practicing social distancing by meeting in the driveway of one of our members. Since the weather turned colder, we have been meeting at Emmet Town Hall and continue to practice social distancing. In December, our club had a potluck Christmas party and enjoyed playing Christmas trivia questions.

Indian Garden – No information received.

Lowell – No information received.

Three Ways to Avoid COVID-19 Vaccine Scams

- Don't pay to put your name on a list to get the vaccine. **That's a scam.**
- Don't pay to get early access to the vaccine. **That's a scam.**
- Don't give your Social Security, Medicare, bank account or credit card number to anyone who calls about the vaccine and asks for any of these numbers. **That's a scam.**

Learn more at:

ftc.gov/coronavirus/scams and **consumerresources.org/beware-coronavirus-scams**

Dodge County HCE 2020 Achievement Awards MEMBERSHIP RECOGNITION



5 Years

Ann Gallagher – Ledgeview
Candy Graulich – Socialettes
Sylvia Hinrichs – Emerald Clovers
McKenna Hron – Emerald Clovers

10 Years

Joan Hella – Country Neighbors

15 Years

Bethel Schmidt – Country Neighbors

20 Years

25 Years

Barb Duxstad – Indian Garden

30 Years

Judy Billington Patenaude – Ledgeview

35 Years

Charlotte Laufenberg – Mother Hubbards

40 Years

45 Years

50 Years

52 Years (Honorary Member)

Barbara Seibel – Country Neighbors
Marianne Zastrow – Ledgeview

56 Years (Honorary Member)

Sandy Peirick – Indian Garden

57 Years (Honorary Member)

Phyllis Westenberg – Country Neighbors

59 Years (Honorary Member)

Irmgard Meyer – Mother Hubbards
LaVerne Schulz – Mother Hubbards

61 Years (Honorary Member)

Carol Lenius – Indian Garden

62 Years (Honorary Member)

Geraldine Weiss – Mother Hubbards

63 Years (Honorary Member)

Diane Qualmann – Mother Hubbards

71 Years (Honorary Member)

Margaret (Peg) Snudden – Lowell

NEW Honorary Member

- none -

Directions for “Impact of HCE” Member Contribution Report

To HCE Members, including officers at all levels:

Please use the Member Contribution Report table on page 6 to keep track of your HCE contributions to your community. Just record your hours at HCE events, fundraising for HCE, community outreach and volunteering, and the value of donations to HCE each month of the year, June 2020 through May 2021.

Then total each month and the entire year within the four categories. If you wish to combine the responses for your entire club, you can submit the combined total instead of individual member totals.

Send the completed report to the designated person listed below before June 10, 2021.

That person will add up the total hours and dollars for the year and submit it for the entire County.

Lynn Marcks, WAHCE VP of Family and Community Life

Mail reports to: Diane Koch, W1646 Hochheim Road, Mayville WI 53050
or submit totals to Diane via email: dd_koch@hotmail.com

HCE MEMBER CONTRIBUTION REPORT FOR JUNE 2020 THRU MAY 2021

Club member's Name:

County:

Club:

[illegible]

Dodge County Association for Home & Community Education Cultural Arts Contest – 2021 Categories



1. Painting/Drawing

*Framed or Wrapped.
Easels must have
securely taped label with
name, county, and district.*

- A. Oil
- B. Acrylic
- C. Watercolor
- D. Alcohol Ink
- E. Other

2. Photography

Photograph must be 8" x 10", unmounted only, in 8½" x 11" plastic. 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 & white/sepia
- H. Other

3. Sewing

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

4. Knitting

- A. Wearable Item
- B. Accessory (i.e., hat, scarf, mittens)
- C. Afghan
- D. Other

5. Crocheting

- A. Wearable Item
- B. Accessory (i.e., hat, scarf, mittens)
- B. Doily/Dresser Scarf
- C. Afghan
- D. Other

6. Hand Stitching

- A. Plastic Canvas
- B. Embroidery
- C. 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. Macramé
- J. Quilling
- K. Other

9. Bed Quilt

Larger than 60" x 80" or 4,800 sq inches

- A. Tied
- B. Hand quilted

Machine Quilted by You:

- C. Pieced
- D. Appliqued
- E. Embroidered

Machine Quilted

Professionally:

- F. Pieced
- G. Appliqued
- H. Embroidered
- I. Any other Bed Quilt

10. Lap/Baby Quilt

Smaller than 60" x 80" or 4,800 sq. inches

- A. Tied
- B. Hand-quilted

Machine Quilted By You

- C. Pieced
- D. Appliqued
- E. Embroidered

Machine Quilted

Professionally

- F. Pieced
- G. Appliqued
- 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. Quilted 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. Fabric/Felt
- D. Other

15. Painted Object

- A. China
- B. Glass
- C. Fabric
- D. Wood
- E. Ceramic/Kiln Fired
- F. Other

Poem, Non-Fiction, Fiction

One copy typed on plain paper with 12 point font, must accompany the registration form. Do not count "a", "an", and "the" for either essays or short stories. 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.

16. Poem

17. Non-Fiction

Original, 1 topic; 250-500 words

18. Fiction

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

19. Original Published Book

One copy must accompany entry.

20. Bonus Category – "Reach for the STARS with HCE"

Use your imagination. You may use any media to construct your entry.

Size restriction - base no larger than 10"x10" with maximum height of 20".

People's Choice Judging

Those attending Spring Council on Thursday, June 3rd will vote for their favorite "bonus category" entry.

Have fun!

Dodge County Association for Home and Community Education 2021 Cultural and Textile Arts Contest Guidelines

The Dodge County HCE Cultural Arts Contest will be held on Thursday, June 3, 2021.

(Dates and times that items may be entered, and when judging takes place, will be announced later.)

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 Stevens Point on September 20-22, 2021.

1. Entries in Category 1 thru Category 19 will be judged on Thursday afternoon prior to Spring Council.
2. Bonus Category 20 entries will be judged by the people attending Spring Council.
3. Participants may enter items in as many categories as they wish, but ***entries are limited to one item in each lettered sub-category.***
4. All work must be done by the entrant and completed after the last county contest (held in April 2019).
5. Kits and patterns may be used as long as entrant does all the work.
6. All items must be clean or laundered or they 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. All easels and/or items used for display of an entry must have a name label securely attached.
9. Entrants must indicate if they want each entry that receives a blue ribbon to be considered for advancement to the State Cultural Arts Show and taken to the WAHCE Conference in September.
10. Only one entry from any lettered sub-category can be chosen to advance to the State Cultural Arts Show – a maximum of 12 entries from Categories 1 through 19 plus one Bonus Category entry will be chosen.
11. 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.
12. If any Poem, Non-Fiction or Fiction entry is chosen to advance to the state contest, two copies of the entry must be submitted with the registration form that is sent in by the Cultural Arts Chairperson.
13. Entrants will not hold Dodge County HCE and WAHCE responsible for any loss or damage to items.
14. Questions? Contact either Cultural Arts Co-Chairperson – Jean Milroy or Caroline Jeffers.

Please take note:

This year's Cultural Arts Contest and the Spring Council meeting are being held at the Youth Building at the Dodge County Fairgrounds on Thursday, June 3rd.

Details as to when entries may be brought to the Youth Building (and possibly to the Extension Office) will be announced at the County HCE meeting on Thursday, March 11th.

BONUS CATEGORY: The theme for this year is ***"Reach for the STARS with HCE"***

Use your imagination!

You may use any media to construct your entry.

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

Judging of your Bonus Category creations will take place by people's choice vote at Spring Council on Thursday, June 3rd.

ENTRY FORM

Category/Class (example 2D): _____

Title or Description: _____

Name: _____

Address: _____

City/Zip: _____

E-mail: _____

Phone #: _____

Club: _____

If this item receives a blue ribbon, do you want it to be considered for entry into the State Cultural Arts Contest at the WAHCE Conference? Yes No

Are you using a display easel? Yes No



Wisconsin Association for Home
and Community Education, Inc.

HCE Healthy Lifestyle Survey

Get moving and eat healthy with HCE members across Wisconsin. Please reply to this four-question survey about maintaining your healthy lifestyle for thirteen weeks, between February 15 and May 8, 2021.

Name (optional) _____

County _____, **Wisconsin**

1. Which activities do you usually participate in weekly? Check all that apply.

☐ walking ☐ hiking ☐ running ☐ dancing ☐ bowling
☐ biking ☐ spinning ☐ yoga ☐ swimming ☐ Tai Chi
☐ Strong Bones or other exercise class ☐ exercise DVD
☐ Other (please list) _____

2. How many times a week are you usually active for ½ hour or more?

☐ 5 or more ☐ 3 or 4 ☐ 1 or 2 ☐ zero

3. How many ½ cup servings of fruits & vegetables do you usually eat daily?

☐ 8 or more ☐ 5 - 7 ☐ 1 - 4 ☐ zero

4. How much of your diet is raised, grown or made within 100 miles of you?

☐ Most ☐ About half ☐ Some ☐ Very little ☐ Unsure

Questions?

Email Lynn Marcks at nicfoundation.lynn@gmail.com
or phone 715.823.4829

Return your completed forms to your County Coordinator by June 1st.

Submit results to: Marianne Zastrow
773 E. Center Street
Juneau WI 53039
e-mail: mariannezast@yahoo.com

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

All Members – All other articles for the newsletter should also be submitted to **Diane Koch** by the deadline for the next issue (*see date below*). Please send computer/electronic versions via email to 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 (April-May-June 2021) issue is April 1st.

All Members – If you received the electronic version of this issue and wish to receive a paper copy of future issues (or vice versa), please contact Diane Koch (call 920-387-3990 or send an email) *before* the next issue's deadline.

Extension Dodge County

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