

April-May-June 2021

Dodge County Association for Home and Community Education



# Reflections

HCE Newsletter



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## A Message from your President

The light at the end of the tunnel is getting brighter! The CDC has lifted the mask and social distancing requirements for people who are fully vaccinated – but we should still follow state and local guidelines. Hooray! We are already at work getting HCE meetings and Learning Sessions scheduled for the rest of this year – and beginning to make plans for a more ‘normal’ year in 2022.

Please look closely at the calendar on the next page for meeting and activity dates that have been scheduled. Put the dates on your calendar, take note of the location, and plan to attend one or more of these activities!

Much is planned for our first in-person activity of the year – Spring Council and Cultural Arts Contest – on Thursday, June 3<sup>rd</sup>. All members who attend will have the opportunity to purchase books, centerpieces, and ‘money-maker’ raffle tickets. (Bring cash in small bills.) Everyone will be given a chance to pick program topics to be considered for next year, to choose a country for this year’s International Study, and to vote for their favorite Bonus Category creation. Be sure to read pages 6, 7 and 8 for all the details.

Lorraine Kohn has retired from her position as Membership Chairperson. Thanks, Lorraine, for your many years of service to Dodge County HCE! Anyone interested in assuming these duties, please contact me before June 3<sup>rd</sup>.

*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*

**Extension Dodge County**  
HUMAN DEVELOPMENT & RELATIONSHIPS

**Extension Dodge County**  
Administration Bldg., Rm 108  
127 E. Oak Street  
Juneau WI 53039-1379

Phone: 920-386-3790  
Fax: 920-386-3928  
Website: [dodge.extension.wisc.edu](http://dodge.extension.wisc.edu)



*“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.

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

May 22 (Sat) – Last day to sign up for the Spring Council sub sandwich meal

June 1 (Tues) – Healthy Lifestyle Survey is due to Marianne Zastrow  
(see page 9 of the Jan-Feb-Mar 2021 issue of *Reflections*)

June 3 (Thurs) – Spring Council with Cultural Arts Contest and Scholarship Presentation  
at the Youth Building, Dodge County Fairgrounds

**Cultural Arts entries can be brought to the Youth Building between 3:00 pm and 4:30 pm.**

Entries must be in place by 4:30 pm. Judging begins at 5:00 pm.

(see pages 7 – 8 of the Jan-Feb-Mar 2021 issue of *Reflections* for categories and guidelines)

Social time from 4:30 pm to 6:30 pm

Sub sandwich ‘lunch’ available from 5:00 pm to 6:00 pm (*meal cost is \$5.00 per person*)

(If you plan to join us for the meal, please contact Linda Feucht – see page 6)

Business meeting begins at 6:30 pm      Scholarship presentation at 7:00 pm

View the Cultural Arts entries after judging is completed

June 7 (Mon) – Registration deadline for the Learning Session: Birds, Butterflies and Your Backyard

June 10 (Thurs) – Member Contribution Report is due to Diane Koch  
(see page 5 and 6 of the Jan-Feb-Mar 2021 issue of *Reflections*)

June 19 (Sat) – Flea Market 8:00 am to 2:00 pm at the Dodge County Fairgrounds  
Sell raffle tickets and handcrafted items (see page 10 for work schedule)

June 21 (Mon) – Learning Session: Birds, Butterflies and Your Backyard  
Presentation takes place at 1:30 pm at the Marsh Haven Nature Center on Hwy. 49  
Presented by Renee Wahlen, Certified Interpretive Guide

*Discover more about the beautiful birds and butterflies found in this area. Learn about the monarch population at Marsh Haven Nature Center, and look at what makes a bird and butterfly friendly backyard. You will be sent home with resources and seeds to create your own backyard bird, butterfly and pollinator-friendly garden.*

July 1 (Thurs) – Deadline for submitting articles and meeting highlights for the July-August-September issue of the HCE newsletter

July 1 (Thurs) – HCE Summer Picnic at Juneau City Park, 4:00 – 7:00 pm, potluck supper at 5:00 pm

August 18-22 (Wed-Sun) – Dodge County Fair at the Dodge County Fairgrounds  
Sell raffle tickets and promote HCE (see page 10 for work sign-up schedule)

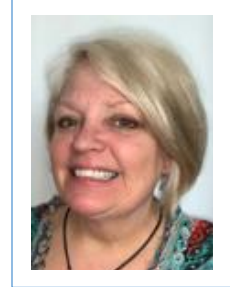
September 20-22 (Mon-Wed) – WAHCE Conference, Holiday Inn in Stevens Point  
Registration info will be printed in the May issue of UPDATE and  
posted on the WAHCE website after May 1<sup>st</sup> ([www.wahceinc.org](http://www.wahceinc.org))  
Room rate: \$99.00 Room reservations can be made online at [ihg.com](http://ihg.com) (Select a Room)  
or by calling 715-344-0200 and press #3      Group Code: WHC

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.

## Hello from Pattie

Dear HCE Friends,

As we move into spring and summer with a sense of returning to a more active life post pandemic, I would like to reflect on some lessons learned during the pandemic.



The first lesson learned is to take time for what is really important. Pre-pandemic, I moved from task to task, activity to activity, and obligation to obligation, without even thinking. I had responsibilities. I had things that needed to get accomplished. However, I rarely slowed down long enough to actually think about what I was doing, why I was doing it, who it mattered to, and what the purpose was.

Another lesson learned is that family connections can grow stronger through distance. I was forced apart from my sisters, yet we found a way to connect and grow our love for each other. Our relationships are stronger than ever.

Finally, a lesson learned is that I am resilient. All of us that managed through the pandemic are resilient. Early on during the pandemic, when we didn't know exactly what it was, there was a lot of fear. Especially when I thought about vulnerable people in my life. I put my faith in God, grew in His strength and carried on. As I faced my fears, I grew my resiliency and I know it will see me through other life challenges!

My hope for all of you is that you take a moment to reflect on the past year and identify the life lessons you have learned through adversity.

Take Care,  
Pattie

*Pattie Carroll*

Human Development and Relationships Educator  
and Dodge County HCE Liaison

This is copied from the website referenced near the bottom of the next page.

<https://go.osu.edu/CopingWithCOVID>

### **Coping with COVID: Lesson Plans to Promote Mental, Emotional and Social Health (MESH)**

Thank you for your interest in our Coping with COVID lesson plans! The Ohio 4-H Healthy Living Design Team has spent many hours developing this resource and hope you find it useful. If you have questions or would like more information on the curriculum or the process used to develop it, please contact Theresa Ferrari, [ferrari.8@osu.edu](mailto:ferrari.8@osu.edu).

Below is a document listing all items in the curriculum and a brief description of each lesson. You can request lesson plans from Coping with COVID through the Qualtrics survey at the link below. After responding to a few questions and identifying your interest, the lesson(s) you indicate will be emailed directly to you.

#### **Coping with COVID Curriculum Overview**

Request lesson plans at [https://osu.az1.qualtrics.com/jfe/form/SV\\_9ulFOzVAE0Dhnb7](https://osu.az1.qualtrics.com/jfe/form/SV_9ulFOzVAE0Dhnb7)

## CFAES

## OHIO STATE UNIVERSITY EXTENSION

## Mindfulness Tip Sheet

Mindfulness is the ongoing process of paying attention to your thoughts, emotions, and experiences in a particular way: on purpose, in the present moment, and without judging. Research shows that mindfulness can improve mental health and well-being. Adults can create a supportive climate for mindfulness to flourish. The following tips can help make mindfulness part of our daily lives and teach others to do so as well.



**Be Intentional.** Start your week in a mindful frame of mind. Take time to set the stage so you can focus your attention on the things that matter to you most. Focus not just on what you want to do, but also how you want to be.



**Just Breathe!** Our thoughts and feelings can get in the way of paying attention. It sounds almost too simple to be true but taking time to breathe can focus your attention. Managing stress is an important life skill. The lesson “Just Breathe!” in the Coping with COVID curriculum has several breathing techniques to get you started.



**Attitude is Everything.** It's easy to get caught up in the constant changes around us, especially during this time of a global pandemic. One way to change our mindset is to develop an attitude of gratitude. Expressing gratitude directs the focus from self-focused awareness to focus on others. The “Growing Our Gratitude” lesson in the Coping with COVID curriculum can give you some ideas to get started.



**Keep Going.** Mindfulness is not “one and done.” Be in it for the long haul. Research shows that it can take from 2 to 8 months to make a new behavior stick. Although it's easy to get discouraged, if you get off track, just pick back up and keep going.

Created by Theresa M. Ferrari, PhD, Extension Specialist,  
for January Mental Health Month, 01/2021

Sources: Lally, P. et al. (2009). How are habits formed: Modelling habit formation in the real world. *European Journal of Social Psychology*, 40(6), 998-1009. |Shapiro, S. L. et al. (2006). Mechanisms of mindfulness. *Journal of Clinical Psychology*, 62(3), 373-386,

For more information about January Mental Health Month please visit [go.osu.edu/MentalHealthMonth](https://go.osu.edu/MentalHealthMonth) or [facebook.com/ohio4h](https://facebook.com/ohio4h)

To access Coping with COVID: Lesson Plans to Promote Mental, Emotional, and Social Health, go to <https://go.osu.edu/CopingWithCOVID>

### The Ohio State University

College of Food, Agricultural,  
and Environmental Sciences

[ohio4h.org](https://ohio4h.org)

CFAES provides research and related educational programs to clientele on a nondiscriminatory basis. For more information, visit [cfaesdiversity.osu.edu](https://cfaesdiversity.osu.edu). For an accessible format of this publication, visit [cfaes.osu.edu/accessibility](https://cfaes.osu.edu/accessibility)



## KLUB KORNER

### Juneau Center

**Emerald Clovers** – Community Service continues to be an important part of Emerald Clovers HCE Club program. We finished about 50 twiddle muffs that Iris had started for area nursing homes and assisted living facilities, wrapped fish pond prizes for Marsh Haven Nature Center, finished dog toys and blankets for the Dodge County Humane Society, as well as notes to veterans at the VA Hospital. The group continues to remember several 4-H friends at various times during the year with notes, treats, and homemade gifts. Club members make the deliveries and visit with the individuals as they are able. Mailings (cards and packages) were done to these folks when visiting wasn't possible. As volunteer opportunities are available to help other groups, members do volunteer at a variety of activities and events throughout Dodge County like the Dodge County Farm Bureau Fish Fry, Fair Food Festivals, Big Brothers/Big Sisters Fund-Raisers, and others. The club sponsored two children for the Klossner's Kids Program (which is through the Court System) and made blankets for six other children in the program. We were fortunate to have members lead craft sessions (Jewelry Making, Traditional Christmas Crafts, etc.) that we learned much more than the craft itself. Members did the Intra-National study on Mississippi and Alabama and enjoyed authentic foods from those states as well as learning more about the states in a "fun" program led by a member. A committee met to come up with our educational plan for 2021 and we are looking forward to another exciting year.

**Ledgeview** – In May Ledgeview had a cultural day and went to two greenhouses: Honeymoon Acres in New Holstein and Millhome Nursery and Greenhouse near Elkhart Lake.

### Rock River Center

**Mother Hubbards** – Our club met in March with only five members in attendance. We met in April with seven members and in May with six members. The meetings were held at our homes with club members volunteering to host. We donated money to PAVE in April. In May we had the Mississippi/Alabama meal. We plan to take a trip in June. It has been difficult to accomplish much due to the pandemic. Hopefully things will open up soon. Members were happy to spend a few minutes with one another.

**Socialettes** – The Socialettes met regularly throughout the Covid by wearing masks and social distancing. We continued to read for Wisconsin Bookworms at John Hustis Elementary school via ZOOM, and dropping off a project for the students to do with the teacher. Club members sold tickets for sports events at the High School throughout the season. We decided that club meetings would be held in the afternoon rather than in the evening. March project was making St. Patrick's Day centerpieces. A \$25.00 gas card and 2 fish fries were sent to a friend for his recent surgery. April project was a visit to Captain's Chocolate near Neosho, with a presentation on the making of chocolate, from planting the cocoa trees to the finished product, and then "dipping" melted chocolate with fruits, etc. Sent a \$50.00 Cenex gas card to a man who lost his leg in an accident this winter.

### Watertown Center

**Country Neighbors** – In March, members met at the Rose Garden for lunch and their club meeting. The April meeting was held at the Emmet Town Hall. Pennies for Friendship, items for the food pantry and items for PEP (Personal Essentials Pantry) were collected at each meeting.

**Indian Garden** – It was nice to see friends after 14 months when we met to re-organize on May 17th. We will meet again starting in September and follow our 2020 listing for hostesses. Discussion on Secret Pals and Christmas and upcoming programs was put on hold. Many ideas for a summer outing were discussed. Our contribution to the raffle will be a table topper and accessories.

Lorraine Kohn is at the Columbus Nursing home following knee surgery recuperating, possibly through June. Please keep her in your prayers.

(Due to space limitations, some editing of submitted highlights may have been necessary.)





## **SPRING COUNCIL with CULTURAL ARTS CONTEST and SCHOLARSHIP PRESENTATION**

Thursday, June 3<sup>rd</sup> in the Youth Building at the Dodge County Fairgrounds

Schedule of activities:

**Cultural Arts entries can be brought to the Youth Building between 3:00 pm and 4:30 pm.**

Entries must be in place by 4:30 pm. Judging begins at 5:00 pm.

**Social time from 4:30 pm to 6:30 pm**

-- Sub sandwich 'lunch' from 5:00 pm to 6:00 pm (*meal cost is \$5.00 per person*)

If you plan to join us for the meal, see the sign-up info at bottom of this page.

*(If you sign up and don't come, you will still be responsible for the cost.)*

-- Vote for the Bonus Category creation that you like best

-- Purchase a set of 5 books for \$12.00 (fund-raiser for county Wisconsin Bookworms program)

-- Purchase a centerpiece (fund-raiser for Sunshine Fund)

-- Buy tickets for the money-maker raffle (fund-raiser for the county treasury)

-- Vote for your favorite 2022 program topics

-- Vote for 2021 International Study country

-- Sign up to sell quilt raffle tickets at the Flea Market and/or Dodge County Fair

-- Program Books and quilt raffle tickets will be distributed.

Business meeting begins at 6:30 pm

Scholarship presentation at 7:00 pm

View the Cultural Arts entries after judging is completed

***Covid-19 social distancing and face mask recommendations in effect at the time will be followed.***

### **Sign Up for Spring Council Lunch**

Spring Council is on Thursday, June 3. We will be serving a sub sandwich lunch and we need to order the food ahead, so we need everyone to sign up if you are planning to be there for the evening lunch.

Cost is \$5.00 per person. If you sign up and don't come, you will still be responsible for the cost.

**Please contact Linda Feucht by May 22 so that we can get an accurate count.**

cell number: 920-344-6406

email address: lafeucht@gmail.com

### **2021 CULTURAL ARTS CONTEST**

**All entries (including Bonus Category creations) must be brought to the Youth Building at the Dodge County Fairgrounds between 3:00 pm and 4:30 pm on Thursday, June 3<sup>rd</sup>.**

**Entries must be in place by 4:30 pm.** Judging begins at 5:00 pm.

Cultural Arts Contest guidelines and entry forms were printed in the Jan-Feb-Mar 2021 issue of the HCE newsletter. Additional entry forms will be available when items are brought in.

All entries will be judged and a maximum of 13 entries will be selected to advance to the WAHCE Cultural Arts Contest being held at the Holiday Inn in Stevens Point in September.

Everyone attending Spring Council will be able to vote for their favorite Bonus Category entry. The "people's choice" creation will advance to the WAHCE Cultural Arts contest.

## SPRING COUNCIL *(continued)*

### Centerpieces

We will have centerpieces for sale at Spring Council to fund our Christmas Party this year. Please bring small cash if you think you might be interested. The minimum price will be \$3.00. Please offer a fair price. This is the only fund raiser that we will have this year for our Christmas Party (Sunshine Fund). After the meeting, some of the centerpieces may be given away as door prizes.

### Money-Maker Raffle

Last year, we voted and approved to have a money-maker every so often at county HCE meetings to help raise attendance at meetings and make a little extra money for the county treasury. Some members offered to donate an item to be raffled off to members who attended these meetings. We voted to sell tickets for \$1.00 each or 6 tickets for \$5.00. A minimum of five tickets must be dropped in the container for a drawing to be held for a particular item.

Please bring singles or five-dollar bills to purchase tickets (there will not be change for large bills), and get a chance at taking home a prize. The first money-maker raffle drawings will take place at Spring Council on Thursday, June 3<sup>rd</sup>. This is the only meeting where multiple donated items will be raffled off this year.

Once again all monies raised will go to the Dodge County HCE treasury. So let's have some fun, and see you at Spring Council.

Submitted by Theresa Kluewer

## HEALTHY LIFESTYLE SURVEY -and- HCE CONTRIBUTIONS REPORT

This year's "Healthy Lifestyle" survey runs from February 15<sup>th</sup> thru May 8<sup>th</sup>. Please submit your completed survey to Marianne Zastrow, Family and Community Life Coordinator, by June 1<sup>st</sup>.

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, 2020 to May 31, 2021. Please submit all completed reports to Diane Koch by June 10<sup>th</sup>.

County-wide reports will be compiled from the individual surveys/reports – and submitted to WAHCE. Both report forms were printed in the Jan-Feb-Mar issue of *Reflections*. Contact Diane Koch if you or your club members need additional copies.

## SUMMER PICNIC

All HCE members, spouses and family members are invited to attend the HCE Summer Picnic at Juneau City Park on Thursday, July 1 from 4:00 to 7:00 pm – with potluck supper at 5:00 pm.

(No alternate / rain location this year.)

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.

Covid-19 social distancing and face mask recommendations in effect at the time will be followed.

## 2022 PROGRAM TOPIC SUGGESTIONS

Most of the topics listed below were suggestions for 2021 educational programs. They are now options for 2022 programs. If you have additional topic suggestions, they will be added to this list and members will vote for their favorites at Spring Council on Thursday, June 3<sup>rd</sup>.

1. Wisconsin Early Beginnings – life as it was for the early settlers
2. Peanut Butter – uses and recipes
3. Things Victorian – valentines, lace and more
4. How to Make a Pillow Case – simple patterns and directions
5. “Pick Some Cherries” – Wisconsin cherries, uses and recipes
6. How to Make Paper Gift Boxes of Assorted Sizes (*check with Kathy Wagoner*)
7. Popcorn – ways to prepare this snack
8. HCE – Trivia – Fun – HCE Then and Now (HCE history)
9. How to Make Microwave Bowl Covers (*check with Socialettes*)
10. All issues involved in the loss of a loved one through death (*check with a funeral director*)
11. Elections and Voting (*check with Dodge County Clerk*)
12. Zucchini – preserving, uses and recipes
13. Starting Your Own Garden Plants
14. Preparing Food for One or Two People
15. Writing a Memoir – Jerry Apps (*Barb Duxstad has a CD*)
16. Native Plants for Beginners (*Wisconsin Natural Resources magazine / WI DNR*)
17. History of the Horicon Marsh (*Horicon/Mayville DNR*)
18. What is the ADRC? What does it do? (*Dodge County Aging & Disability Resource Center*)
19. Helping Haitians Help Themselves (*Ventures in People, West Bend WI*)
20. Making Physical Activity Fun! (*State Education Program*)  
*Learn how to include a variety of physical activities as you age, while having fun! Learn to use some of the Go4Life© activity resources, practice some exercises and create a personal action plan.*
21. Healthy Aging – Improving Health Through Self-Advocacy (*State Education Program*)  
*Learn to ask questions without challenging the healthcare provider’s authority – for improved health outcomes and stronger patient-provider relationships. Practice brief intervention strategies to establish healthy exercise routines and to ensure medical appointments are thorough and helpful.*
22. Intra-national Study: \_\_\_\_\_ (suggest a state - or states - to be studied)

Additional topics: \_\_\_\_\_

If you have additional topic suggestions (along with a possible presenter/speaker if you know one), please submit them to Diane Koch by May 31<sup>st</sup>.

(Call 920-387-3990; send a text to 920-266-5422 or an email to dd\_koch@hotmail.com.)

Note: The Learning Session that was scheduled in May, 2020 is currently set to be held in May, 2022.

## 2021 International Study

These countries have been suggested for this year’s International Study scheduled for October 25<sup>th</sup>.

-- Ireland      -- Iceland      -- \_\_\_\_\_

Please submit any other suggestions (along with a possible speaker) to Diane Koch by May 31<sup>st</sup>.

Members attending Spring Council will be asked to choose the country they’d most like to learn about.



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

- Detailed info for these scholarships was printed in the Jan-Feb-Mar 2021 issue of the HCE newsletter. Applications are available from President Diane Koch or the WAHCE website ([www.wahceinc.org](http://www.wahceinc.org)).

Diane Koch is eligible for re-election as President, but LaVerne Schulz is not eligible for re-election. Lorraine Kohn chose not to continue as Membership Chairperson for another 2-year term (2021-22), so that position is now vacant.

The Program Coordinator, Cultural and Textile Arts Chairperson and International Chairperson terms all end on Dec. 31, 2021. Members currently serving in these positions are all eligible for nomination and re-appointment, if they so choose. Elections / appointments take place at Fall Council on Sept 30.

**STATE:** Election takes place during the annual business meeting at the WAHCE Conference in Sept. Treasurer-Elect/Treasurer (1 year + 3-year term as Treasurer), International Chair (3-year term)

Did you know that you can support HCE by shopping through Amazon Smile? Pull up Amazon Smile (the prices are the same as regular Amazon), and choose **Wisconsin Association for Home and Community Education Inc., Mayville.** It does not cost anything but Dodge County HCE gets 0.5% of most purchases. That doesn't seem like much but it adds up when many people do their shopping there. Any funds received are auto-deposited in our checking account and go into our general fund. Tell your family and friends. Any person – not just HCE members – can participate. It will be a great fund raiser for our organization. Remember to look for the “Mayville” Wisconsin Home and Community Education.

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](http://www.wahceinc.org).

## **DODGE COUNTY FLEA MARKET AND CRAFT FAIR**

### ***HCE TABLE / BOOTH at the Dodge County Fairgrounds***

Saturday, June 19<sup>th</sup>

Location will be determined upon arrival

#### Set up tables / booth

6:00 am – 8:00 am 2 or 3 people

#### Take down booth / tables

2:00 am – 3:00 pm 2 or 3 people

#### Sell tickets and crafts

8:00 am – 10:00 am 2 people

10:00 am – 12:00 pm 2 people

12:00 pm – 2:00 pm 2 people

Please call Diane Koch at 920-387-3990 or 920-266-5422 to volunteer.

*Thanks to all who volunteer!  
Thanks to all who donate items!*

## **DODGE COUNTY FAIR      AUGUST 18 – 22, 2021**

### ***HCE TABLE / BOOTH in the Open Class building***

The schedule for selling raffle tickets and for promoting Dodge County HCE at the fair is as follows:

#### Wednesday, August 18<sup>th</sup>

1:00 pm – 3:00 pm

3:00 pm – 5:00 pm

5:00 pm – 7:00 pm

#### Thursday, August 19<sup>th</sup>

11:00 am – 1:00 pm

1:00 pm – 3:00 pm

3:00 pm – 5:00 pm

5:00 pm – 7:00 pm

#### Friday, August 20<sup>th</sup>

11:00 am – 1:00 pm

1:00 pm – 3:00 pm

3:00 pm – 5:00 pm

5:00 pm – 7:00 pm

#### Saturday, August 21<sup>st</sup>

11:00 am – 1:00 pm

1:00 pm – 3:00 pm

3:00 pm – 5:00 pm

5:00 pm – 7:00 pm

#### Sunday, August 22<sup>nd</sup>

11:00 am – 1:00 pm

1:00 pm – 3:00 pm

3:00 pm – 5:00 pm

Please call Diane Koch at  
920-387-3990 or 920-266-5422  
to volunteer.

*Thanks to all who volunteer!*

### ***REGARDING THE HCE NEWSLETTER***

**Club Secretaries and All Members** – All club meeting highlights and articles for the HCE newsletter should be submitted to **Diane Koch** prior to each issue's deadline. Please submit 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 of *Reflections* (July-August-September 2021) is July 1, 2021.**

**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 that I get your correct email address.