

January-February-March 2022

Dodge County Association for Home and Community Education



Reflections

HCE Newsletter



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A Message from your President

Happy New Year! Hopefully, this year will bring us back a little closer to 'normal' operations as an organization. We may still hold many of our county meetings and activities in alternate locations, but we plan to have more educational programs than were actually held the last two years.

Please refer to the Calendar of Events on page 2 of this newsletter for meeting and activity dates (and locations) that have already been scheduled for this year, and for deadline dates that are currently in place.

The first county HCE meeting of the year is being held on Tuesday, February 1st in the Juneau Public Library and begins at 1:30 pm with a short information session followed by the business meeting. (The library's location is given on page 2.) We will be making plans to host the Southeast District Meeting on Wednesday, April 20th. We will also discuss / determine tentative dates for meetings, educational programs and activities not yet scheduled.

Reminder: At least one member from each club should attend every county HCE meeting to represent the club, to receive information and materials that must be passed on to club members, and to participate in decisions being made.

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 Americans with Disabilities Act (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."

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

CALENDAR OF EVENTS

Reminders: All HCE members may attend any and all Dodge County HCE activities.
All Dodge County HCE county meetings and activities will be held at the location(s) listed below.

To register for a Learning Session, call the Extension Office at 920-386-3790 or send an email to Laure Dei (Idei@wisc.edu) at least two weeks prior to the session or by the announced deadline.

If fewer than five people register for any Learning Session by the registration deadline, that session will be cancelled and those who registered will be notified.

January 31 (Mon) – club financial report is due to the County Treasurer

February 1 (Tues) – County HCE meeting; 1:30 pm; Juneau Public Library, 250 N. Fairfield Ave, Juneau
The library is located two blocks west of the County Administration Building -- northeast corner of the W. Center Street and N. Fairfield Avenue intersection. Enter parking area from W. Center Street. The meeting room doors are to your left as you come thru the library's entry doors.

Feb / March – sign up to help at and/or register to attend the Southeast District Spring meeting

March 1 (Tues) – HCE scholarship applications are due at the Extension Office (*info on page 5*)

March 10 (Thurs) – HCE newsletter articles and club meeting highlights are due to the Newsletter Editor

March ____ () – County HCE meeting; 1:30 pm; Juneau Public Library, 250 N. Fairfield Ave, Juneau

April 20 (Wed) – Southeast District Spring Meeting; 10:00 am to 3:00 pm; hosted by Dodge County HCE

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

May ____ () – Learning Session: Keeping Ourselves Safe

Tips from a Dodge County Sheriff's officer for protecting yourself from unsafe situations at home and in public.

May ____ () – Spring Council with Cultural Arts Contest and Scholarship Presentation

Date, location and schedule to be determined

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

August 17-21 (Wed-Sun) – Dodge County Fair at the Dodge County Fairgrounds

September 19-21 (Mon-Wed) – WAHCE Conference in Onalaska, WI

October ____ () – Southeast District Fall meeting, Kenosha County hosts

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. **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.

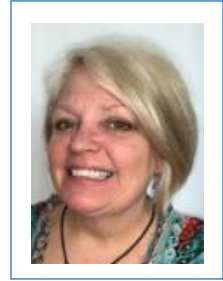
The deadline for the next issue of *Reflections* (April-May-June 2022) is March 10th.

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 given above. If you received the paper version and would like to get the electronic version instead, please contact Diane via email so that I get your correct email address.

Hello from Pattie

Hello, Dodge County HCE Friends,

Wow, it is hard to believe that the calendar has turned a page and we are moving into 2022! I hope everyone had a healthy, safe, and blessed holiday season and that you were able to spend time with your loved ones.



I want to share some 2021 highlights and some goals for 2022. Your Human Development and Relationships Educator has been busy. I was honored to receive a Mid-Career achievement award at our National Epsilon Sigma Phi conference in Savannah Georgia this past fall. The award highlighted my efforts in Digital Parenting, support of early childhood educators and my work with Every Child Thrives coalition. I have become a nationally accredited trainer in the Power of Positive Parenting program, and I am a certified trainer in the WeCope curriculum. All of these things will help serve the families of Dodge County. Currently I am teaching both in-person and virtually. I am teaching parenting programs and providing professional development for early childcare educators. I continue to serve in a leadership role with our coalition and I am looking forward to the coming year.

As we tiptoe back into normalcy, I am looking forward to seeing you hopefully in the administration building during meetings or learning sessions! I am including an article about how to reduce stress through mindfulness from the Healthy Aging and Physical Disability arm of the University of Washington. I hope you find some of the information useful. Goodness knows life can be very stressful!

Take care, friends.

Pattie

Pattie Carroll

Human Development and Relationships Educator
UW-Madison • Division of Extension



FACTSHEET

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How to Reduce Stress Through Mindfulness

Practicing mindfulness can benefit your health and well-being. Learn how you can build mindfulness into your everyday life.

What Is Mindfulness?

Mindfulness is a state of intentional, nonjudgmental focus on the present moment. Mindfulness techniques are often incorporated into other practices, such as yoga or meditation. It is often thought to include the following elements:

- **Awareness** – Being tuned in to what is happening in the present moment, including sights, sounds, smells, or physical sensations you might usually ignore.
- **Focus** – Paying attention to the present moment, without thinking about past or future events.
- **Acceptance** – Accepting whatever you might be feeling or thinking, without judging it or trying to change it or your reactions.
- **Observation** – Recognizing unpleasant sensations, thoughts, and feelings as temporary and fleeting, observing them objectively without reaction or judgment.

What Are the Benefits of Mindfulness?

Mindfulness has been studied for many years. According to recent research, it has several benefits for physical and mental health. Some of the strongest health benefits include:

- **Improves mood** – Mindfulness training may reduce depression and anxiety. One study found that mindfulness training was as effective as antidepressant medications in preventing a depression relapse.
- **Reduces stress and its consequences** – Mindfulness can lead to less intense stress responses. This has many health benefits, such as lowering your blood pressure and strengthening your immune system.
- **Improves coping with pain** – People with chronic pain who practice mindfulness meditation report less severe pain and pain-related distress. They are also more active in spite of their pain.
- **Improves brain functions** – Practicing mindfulness helps build your ability to pay attention and focus. Over time, this training can sharpen memory and improve mental performance.
- **Helps with weight management** – Some mindfulness techniques have been shown to reduce overeating and obesity.

The benefits of mindfulness training may persist for years, because learning to be mindful is something that can be applied to your daily routine.

What Are Some Common Mindfulness Techniques?

Here are brief descriptions of a few common mindfulness exercises. You can try many of these anywhere, at home or on the go, in a few moments of quiet. To learn more about these techniques, take a look at the section on Resources.

- **Mindful breathing** – One of the simplest exercises is mindful breathing. Simply spend a few minutes focusing your awareness on the movement of your thoughts and your breath in and out, without trying to change them in any way.
- **Body scan** – While seated or lying down, gradually focus your attention on one body part at a time, noticing any physical sensations without judging or reacting to them. A typical body scan might start with the soles of the feet and then progressively move awareness to the knees, hips, back, belly, chest, neck, and head.
- **Mindful eating** – This exercise involves eating very slowly and deliberately while paying attention to the sensations of holding the item, smelling, tasting, chewing, and swallowing it.
- **Loving kindness meditation** – An exercise in which you direct positive thoughts and wishes first to yourself, then to your close family and friends, then to more distant acquaintances, and finally to all humanity.
- **Mindful movement** – While walking or rolling, pay close attention to your breathing, your body movements, and your surroundings. You can also practice mindfulness while doing familiar exercises, such as yoga, focusing on the physical sensations as you enter and hold each pose.

What Are Some Ways to Practice Mindfulness?

- The Mindfulness-Based Stress Reduction (MBSR) program by Jon Kabat-Zinn is probably the most well studied mindfulness program. Audiorecorded guided meditations are available for purchase at: www.mindfulnesscds.com
- A free online mindfulness course, taught by a certified MBSR instructor, is offered at: www.palousemindfulness.com
- You can find an in-person group course near you at: <http://www.umassmed.edu/cfm/stress-reduction/find-an-mbsr-program/>
- Smartphone apps have mindfulness practices that may be helpful, such as Headspace, Simply Being or The Mindfulness App.

The contents of this factsheet were developed under a grant from National Institute on Disability, Independent Living, and Rehabilitation Research (NIDILRR) grant (90RT5023). NIDILRR is a Center within the Administration for Community Living (ACL), Department of Health and Human Services (HHS). The contents of this factsheet do not necessarily represent the policy of NIDILRR, ACL, HHS, and you should not assume endorsement by the Federal Government.

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2021 STATE CULTURAL ARTS CONTEST

These are the blue-ribbon-winning entries at the 2021 Dodge County HCE Cultural Arts Contest that were chosen to advance to the State Cultural Arts Contest/Show held in Stevens Point in September. Listed are the state contest entries and the person who made each one, along with the placement received at the state contest.

Crochet afghan -- Judy Ashby, blue

Knit afghan -- Helen Weisensel, blue

Pieced bed quilt -- Helen Weisensel, blue

Color photo, animals/creatures -- Mary Pat Boschert, blue

Table runner, quilted -- Anita Back, blue and medallion

Lap quilt -- Helen Weisensel, red

Pillow (wild animal) -- Helen Weisensel, blue

Bonus Category "Reach for the Stars" -- Barbara Duxstad (did not receive People's Choice award)

Dodge County HCE -- 2021 Achievement Membership Recognition

5 Years

Deb Merfeld – Emerald Clovers

Janet Minnig – Emerald Clovers

Linda Schumann – Emerald Clovers

Lynn Stanton – Emerald Clovers

15 Years

Gail Laufenberg – Mother Hubbards

25 Years

Amy Hartwig – Country Neighbors

45 Years

Joan Beck – Mother Hubbards

Alice Roth – Socialettes

50 Years

Anita Back – Socialettes

53 Years (Honorary Member)

Barbara Seibel – Country Neighbors

Marianne Zastrow – Ledgeview

57 Years (Honorary Member)

Sandy Peirick – Indian Garden

58 Years (Honorary Member)

Phyllis Westenberg – Country Neighbors

60 Years (Honorary Member)

Irmgard Meyer – Mother Hubbards

LaVerne Schulz – Mother Hubbards

62 Years (Honorary Member)

Carol Lenius – Indian Garden

63 Years (Honorary Member)

Geraldine Weiss – Mother Hubbards

65 Years (Honorary Member)

Diane Qualmann – Mother Hubbards

72 Years (Honorary Member)

Margaret (Peg) Snudden – Lowell

NEW Honorary Member

Anita Back

2021 RAFFLE DRAWING WINNERS

Quilt -- Kathy Wagoner (HCE member), Watertown

Fruit & Nut Basket #1 (donated by Mother Hubbards) -- Jodi Sterwald, Watertown

Moo-ing Forward (donated by Country Neighbors) -- Laurie Hron (HCE), Horicon

Relaxation Basket (donated by Emerald Clovers) -- Jodi Sterwald, Watertown

John Deere Basket (donated by Ledgeview) -- Sharon Pahl (HCE), Horicon

Quilted Tablecover / Centerpiece (donated by Indian Garden) -- Dianne Krieg (HCE), Fox Lake

Sport Basket (donated by Emerald Clovers) -- Ann Yohn, Watertown

Fruit & Nut Basket #2 (donated by Mother Hubbards) -- Linda Smedema (HCE), Beaver Dam

Fall Is In the Air Basket (donated by Emerald Clovers) -- Elaine Pierce, Snyder TX

Sweet Cash Basket (donated by Socialettes) -- Diane Koch (HCE), Mayville

Dodge County Association for Home & Community Education

Cultural Arts Contest – 2022 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"x10", un-matted only, in
8½"x11" sheet protector
and cardboard support.
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)
- C. Doily/Dresser Scarf
- D. Afghan
- E. 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. Diamond Dot
- H. 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. **Attach
8"x10" color photo also.***

- A. Tied
- B. Hand quilted

Machine Quilted by You:

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

Machine Quilted by Paid

Professional:

- F. Pieced
- G. Appliqued
- H. Embroidered
- I. Not Quilted

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 by Paid
Professional*

- F. Pieced
- G. Appliqued
- H. Embroidered
- I. Not Quilted

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. Not Quilted

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

*Each entry 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.*

*If an entry is chosen for the
state contest, **two copies
of the entry** must be
provided for submission
with the registration form.*

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 – "Rollin' on the River with HCE"

*Decorate an item that
floats on the river.*

*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 will vote for their
favorite "bonus category"
entry.*

Have fun!

Dodge County Association for Home and Community Education 2022 Cultural and Textile Arts Contest Guidelines

The Dodge County HCE Cultural Arts Contest will be held on the same day/evening as Spring Council.
(Date, location and time schedule for judging and evening activities 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 Onalaska on September 19-21, 2022.

1. Entries in Category 1 thru Category 19 will be judged in the 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 last year's county contest (6/3/2021).
5. Kits and patterns may be used as long as the 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. Any easel used for display of an entry must have a securely taped label with name, county and district.
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.
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 will be 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 – Caroline Jeffers or Jean Milroy.

Please take note:

The date and location of this year's Cultural Arts Contest and the Spring Council meeting with HCE Scholarship presentation will be determined at the first county HCE meeting ***on Tuesday, February 1 at 1:30 pm at the Juneau Public Library.***

Details as to when entries may be brought for judging will be announced at the March county HCE meeting. Additional entry forms will be available when items are brought in for judging

BONUS CATEGORY: The theme for this year is ***"Rollin' on the River with HCE"***

Decorate an item that floats on the river.

You may use any media to construct your entry.

Size restrictions: The 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.

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