

April-May-June 2023

Dodge County Association for Home and Community Education



Reflections

HCE Newsletter



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A Message for HCE Members

Please refer to the Calendar of Events on page 2 of this newsletter for a list of county meetings, learning sessions, and other HCE activities that have been scheduled or are being planned for this year. Also take note of deadline dates for registrations, newsletter articles, etc.

Most of this year's HCE activities will take place in the Dodge County Administration Building Auditorium, 127 E. Oak Street, Juneau WI. Please be aware that rescheduling the date of an HCE event may become necessary because county government meetings can be scheduled at any time and they take precedence over any room reservations that our organization has made.

County HCE Meetings: 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. All Executive Board members should attend these meetings whenever possible.

Learning Sessions: All members are encouraged to attend these sessions! HCE members may personally invite neighbors, relatives and friends to attend any session being presented (including those not advertised to the public). Preregistration is requested for all who plan to attend.

Newsletter: Each issue is sent to members via email or postal mail or both. If you wish to change the way you receive your newsletter, please contact me by phone or email (see page 4 in the Program Book).

Diane Koch, Editor

Extension Dodge County
HUMAN DEVELOPMENT & RELATIONSHIPS

Extension Dodge County

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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*

2023 CALENDAR OF EVENTS

Reminders: All HCE members may attend any and all Dodge County HCE activities. County HCE meetings, learning sessions and activities will be held in the Dodge County Administration Building Auditorium, 127 E Oak Street, Juneau or at the location given below.

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

**** Please add this date (and time) to your Program Book.**

~~March 21 (Tues) – Learning Session: The Importance of Pollinators; 1:30 pm; Admin. Bldg. Auditorium~~
This session was cancelled. It will be rescheduled to a later date.

April 1 (Sat) – HCE newsletter articles and club meeting highlights are/were due to the Newsletter Editor

April 1 (Sat) – HCE scholarship applications are/were due at the Extension Office

April 15 (Sat) – Pennies for Friendship are/were due to the County Treasurer

April 18 (Tues) – Learning Session: Doing Something Special with Crafts; 1:00 pm; Admin. Bldg. Aud.

April 19 (Wed) – Southeast District Spring Meeting; 10:00 am; Sheboygan County Historical Museum

May 1 (Mon) – 2024 program topic suggestions (and possible presenter) are due to the Program Coordinator
(suggestions may also be submitted at Spring Council on May 11th)

May ____ () – Learning Session: Help! My Cell Phone is Smarter than Me!

**** May 10 (Wed) – Early drop-off of entries for Cultural Arts Contest; 8:00 am to 4:30 pm; Extension Office**

May 11 (Thurs) – Spring Council with Scholarship Presentation; Cultural Arts Contest; Silent Auction
 Dodge Co. Admin. Bldg. Auditorium *(see page 6 for schedule and registration info)*
(see pages 7-8 for Cultural Arts Contest entry info)

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

June ____ () – Learning Session: Rules-of-the-Road Refresher for Wisconsin Drivers

June or July – County HCE Summer Picnic

July 13 (Thurs) – County HCE meeting; 3:00 pm; Administration Building Auditorium

July 18-20 (Tues-Thurs) – NVON Conference in Parkersburg, West Virginia

**** July 26 (Wed) – Program Planning meeting; 4:00 pm; Administration Bldg. Conference Room 1A**
All club Vice Presidents (or another club member) and County HCE Executive Board members are encouraged to attend. Those attending will select topics for next year's Learning Sessions.

August 16-20 (Wed-Sun) – Dodge County Fair at the Dodge County Fairgrounds; sell raffle tickets

August 29 (Tues) – Executive Board Meeting; 10:00 am; Admin. Bldg. Auditorium

August ____ () – Learning Session: Life with Wisconsin's Early Settlers (Trip to Old World Wisconsin)

September 5 (Tues) – Fall Council meeting and Election; 5:00 pm; Admin. Bldg. Auditorium

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

September 18-20 (Mon-Wed) – WAHCE Conference at Wintergreen Conference Center in Wisconsin Dells

**** October 19 (Thurs) – Southeast District Fall meeting, Walworth County hosts**

October 25 (Wed) – International Study of Ukraine; 4:00 pm; Admin. Bldg. Auditorium

October 31 (Tues) – Achievement (and Raffle Drawing); Admin. Bldg. Aud.; Watertown Center hosts

November 21 (Tues) – LS: How to Prevent Falls and How to Get Up; 4:00 pm; Admin. Bldg. Auditorium

November 30 (Thurs) – County HCE Christmas Party; Admin. Bldg. Auditorium *(committee needed)*

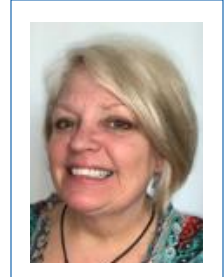
December 1 (Fri) – deadline to submit 2024 membership dues and member lists to the County Treasurer

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

Hello from Pattie

Hello Dodge County HCE Members,

I wanted to give you an update on some of the things I have been working on lately. Recently, I taught a Registry approved two hour professional development program for early childhood professionals where they learned to understand and address increased mental health concerns and stress for themselves as professionals. The goal of this program is to support providers so they can better support the children in their care. Compassion fatigue can lead to complete exhaustion and contribute to the mental health of caring professionals. Dodge County Childcare professional's desired professional development that could help teach childcare teachers about the importance of understanding the signs of stress.



I am also piloting a program that I co-developed called Families+Screens. This is a two hour workshop that teaches families about how family values coupled with strategies can be the foundation of a family media plan. The program has gone through several iterations and is currently being piloted across the state and locally at the Parent Resource Place here in Beaver Dam. Currently, I am teaching a Thursday night online parenting program called Resilient Co-Parenting designed to be a booster class for parents who are not living in the same households.

Pattie Carroll

Pattie Carroll

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

Another Note from Pattie . . .

On the next page is a Mindfulness word search game that I created for you.

Did you know that one mindfulness practice is reflecting on past good experiences? It is actually called savoring and it can increase your overall mental wellness. Reflecting on past experiences can also increase those “happy” endorphins and bring forth all those positive feelings. Perhaps one of the best examples of savoring the past is after someone passes away, and you find yourself with loved ones sharing memories and experiences of that person. This type of sharing will evoke strong emotions; laughing, crying, smiling, and an overall feeling of love and loss.

As I try to be present and enjoy every moment of what is happening each day, I intentionally take time to reflect on the wonderful experiences I have had in the past. I savor those moments, they make me smile, laugh, and yes sometimes cry. I encourage you to do the same.

Mindfulness Word Search

N J O Y E U C B K G N H C G Q
 O H I Q N A T A W R E K J N M
 I I Q G E R O A Y A R H X I A
 T H F F Q H E N L T G W N E W
 A Q O X K R R T R I B D L B A
 I M R L U J H H S T F H D L R
 C M E T D Y Z S L U M A Q L E
 E R A D C F E L L D C U X E N
 R N F J I N K N Y E L V W W E
 P L L Y I T E G N I R O V A S
 P H Y P O S A M L A C R Q A S
 A R P B S K G T H U P E A C E
 R A E T L A U T I R I P S W O
 H N O I T C E N N O C U E L B
 C O M P A S S I O N N G C Y I

Appreciation
 Awareness
 Calm
 Compassion
 Connection
 Gratitude
 Happiness
 Healthy
 Joy
 Meditation
 Mindfulness
 Nature
 Peace
 Savoring
 Spiritual
 Wellbeing

Using Wisconsin Recordings for Education

by Sara Richie, MS Life Span Program Manager

November 2022 *UPDATE* (excerpts from article on page 6)

The Wise Wisconsin series was started by a group of educators during the first winter of the COVID-19 pandemic. The goal was to connect people and give people something to look forward to that also enriched their lives and improved well-being. Wise Wisconsin continues today as a virtual offering attracting participants from across Wisconsin and beyond!

Many of the Wise Wisconsin sessions were recorded and shared on our YouTube page for anyone to watch. The recordings of these sessions may also be repurposed as a teaching tool with local HCE clubs. . . . (The videos may be used) to bring groups together to learn and discuss the different topics available. In addition to learning and discussing, action planning could be an added component to encourage behavior change among individuals.

Check out the website: <https://aging.extension.wisc.edu/programs/wise-wisconsin-program/> and click on **Wise Wisconsin Series Playlist** to see the entire list of videos posted on YouTube.

Also visit the website: <https://aging/extension.wisc.edu/> for information on other UW-Madison Division of Extension Life Span programs such as: The Aging Mastery Program (AMP); Planning AHEAD (an end-of-life planning curriculum); and various Caregiver Support programs.

KLUB KORNER



The following highlights were taken from club meeting minutes received by the Newsletter Editor for club meetings held in July 2022 through February 2023.

Country Neighbors – At each meeting, club members answered a question for their roll call.

July-- What is your favorite holiday? September -- Members were asked to share something new.

October -- Did you go trick or treating as a youngster? November -- What is your favorite candy?

December -- What is your favorite Christmas song? January -- Do you do resolutions?

February -- What is your favorite Valentine memory?

Indian Garden – (*September meeting*) The club met at the newly renovated library in Watertown. (*October meeting*) Members treated themselves to a lunch buffet at Maranatha College before their meeting at the Watertown library. Lorraine and Sharon told of happenings at Fall Council. Sandy and Sharon displayed the doggie blankets they made which, along with other items, will be given to the Watertown Humane Society.

Ledgeview – (*July, August*) The club held two fund-raising food sales at Leipsic Tavern. (*September meeting*) Ann Gallagher presented a demonstration on hanging towels for use in the kitchen using a towel and potholder. Every club member left with a finished towel. (*October highlights*) Members attended Ruby's Witches Night Out in Mayville. Two members attended a wreath-making class at Caan's Greenhouse in Sheboygan and came home with a beautiful wreath they had made.

Socialettes – (*September meeting*) Several members volunteered at the bike rodeo held in Hustisford. The club donated a bike, and Judy Ashby also donated one. The club had five entries for their club scholarship and the recipient was Ariona Hildebrandt. (*November meeting*) The club donated money to the Prom Committee for their post prom party. Judy Ashby collected cards the club members had prepared for Military Mail Call and will get them mailed. Before Jean Milroy moved back to her home state of Missouri, the club held a going away luncheon for her. (*February meeting*) Members continue to collect plastic bags for the library.

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NOTICE TO CLUB SECRETARIES: Please submit a copy of each club meeting's minutes (or a synopsis of club meeting highlights and club activities) to the Newsletter Editor, Diane Koch, before each newsletter's deadline. The next newsletter deadline is June 10th.

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2023 SCHOLARSHIPS

The application deadline for this year's Dodge County HCE Scholarship (\$500) was April 1st.

The application deadline for the CWC Ruth B. Sayre Memorial Scholarship (\$500) was March 1st.

Additional scholarships which are still available this year:

- 1) The WAHCE Ardith McDowell International Scholarship (\$350) is available to any HCE member who will be traveling to a WAHCE supported international project area, and is to be used for travel expenses. Application deadline is June 1, 2023.
- 2) The WAHCE Memorial Leadership Scholarship (\$200) is available to encourage HCE members to seek leadership training. 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, 2023.

Applications for these scholarships are available from the WAHCE website.

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

Dodge County Association for Home & Community Education

Cultural Arts Contest – 2023 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", unmatted only, in
8½"x11" sheet protector.
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. 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. Needle Punch
- 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"x22".*

- 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 (Full)
- H. Diamond Dot (Part)
- I. Other

8. Heritage Skill

- A. Hardanger
- B. Tatting
- C. Woodworking
- D. Basketry
- E. Spinning/Weaving
- F. Felting
- G. Swedish Weaving
- H. Rug Making
- I. Rug Hooking
- J. Quilling
- K. Other

9. Bed Quilt

*Larger than 60"x80" or
4,800 sq inches. Attach
5x7 color photo or larger
(encouraged).*

- A. Tied
- B. Hand quilted

*Computer Pattern/Quilted
by You or Professional.**

- C. Pieced*
- D. Other*

*Freehand Quilted by You
or Professional.***

- E. Pieced**
- F. Other**

10. Lap/Baby Quilt

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

- A. Tied
- B. Hand-quilted

*Computer Pattern Quilted
By You or Professional**

- C. Pieced*
- D. Other*

*Freehand Quilted by you
or Professional***

- E. Pieced**
- F. Other**
- G. Not Quilted

11. Quilted Wall

*Hanging (NO frame) --
One (1) item only; no
larger than 50 inches
square.*

- A. Hand Quilted,
fabric
- B. Machine Quilted,
fabric
- C. Other
(Embellishments)

12. Quilted Table Topper/Runner

- A. Hand Quilted
- B. Machine Quilted
- C. Not Quilted

13. Jewelry

- A. Bracelet
- B. Necklace/Pendent
- C. Set
- D. Earrings
- E. 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 – "Driftless Dreaming"

Build a Beehive

*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 2023 Cultural and Textile Arts Contest Guidelines

The Dodge County HCE Cultural Arts Contest will be held on Tuesday, May 11th in the Dodge County Administration Building Conference Room 1A. ***All Cultural Arts entries must be in place by 4:30 pm.***

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 Wisconsin Dells on September 18-20, 2023.

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 (5/25/2022).
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 Anita Back.

ENTRY FORM

Category (i.e. 2C) _____
 Class (i.e. Color-Plants) _____
 Title/Color/Pattern 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

ENTRY FORM

Category (i.e. 2C) _____
 Class (i.e. Color-Plants) _____
 Title/Color/Pattern 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