

Sarah Weier, Co-President  
5482 Hwy 191  
Dodgeville WI 53533  
(608) 935-5425

Jeanne Lisser, Co-President  
300 5th Ave  
Hollandale WI 53554  
(608) 967-2438

Ruth N. Schriefer, Family Living Agent  
UW-Extension Iowa County  
303 W Chapel St  
Dodgeville, WI 53533  
(608) 930-9850  
FAX (608) 930-9795



## *Homemaker Reflections*

IOWA COUNTY ASSOCIATION FOR HOME AND COMMUNITY EDUCATION

Muffy Swingen, Editor

January / February 2016

Happy 2016 Iowa County HCE members!

I hope your holiday season was filled with enjoyable moments with family and friends. Our Christmas season started in early December when I received the gift of a new cell phone. No longer do I have to use the old flip phone. People told me a 'smartphone' will wake you up in the morning, it will play music, give driving directions, download books and the newspaper and much more. I questioned if learning how to use this complex phone was really going to simplify my life but after a month I think it will! Given my experience with a new phone, I decided to look at the word simplicity for this letter.

An internet search of simplicity reveals the Simplicity Pattern Company and Simplicity lawn mowers. I have found Simplicity patterns easy to use but I can imagine a new sewer would find them confusing. This is another example of what one person finds simple another may find complex. And I'm not even going to talk about lawn mowers!

What is your interpretation of simplicity? For some, like me, it is a new phone or the latest technology while others prefer a landline phone. It could be a make a meal-in a box for supper – who hasn't done this in a hurry? The dictionary definition of simplicity is as follows: the quality of being easy to understand or use, the state or quality of being plain or not fancy or complicated and something that is simple or ordinary but enjoyable.

Simplicity must also be enjoyable. What do you find enjoyable? It could be coffee with a friend, watching a beautiful sunset, a quick game of cards, or a simple 'hello' to a stranger or a thank you for holding a door. Something as simple as a genuine thank you or hello can go a very long way to bring us enjoyment.

Now back to the cell phone – I've also learned two new words this month: distracted walking and petextrians. Distracted walking is not being aware of your surroundings while walking and petextrians are pedestrians who are texting. CBS News reported an estimated ten percent of pedestrian injuries that land people in emergency rooms are due to distracted walking. The National Safety Council is now including distracted walking as a category in its annual report. To me, it would never be simple to walk and text at the same time!

Wishing you simplicity in your life,  
*Sarah Weier*



## Calendar Of Events

### February

15 - March/April Newsletter Deadline  
23 - HCE Board Meeting  
Project Lesson "Granola Bars"

### March

3 - Project Lesson "Straw Bale Gardening"  
22 - HCE Fundraiser at Culver's



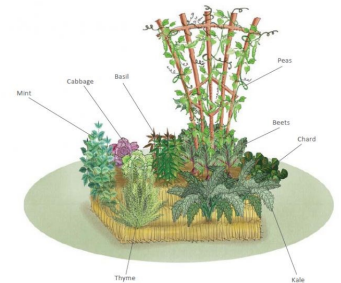
### *February Project Lesson*

**Granola Bars** - A leader from each club will receive a box of Granola Bars in early January. The lesson leader can use the snack and consider the serving size, taste, nutrition values, and cost then share that information back with Ruth in late January so that all 9 product reviews can be sent to the clubs for their February project lesson.

### *March Project Lesson*

**March – Thursday, March 3 @ 1:30 pm, Iowa County Health & Human Services Bldg., Dodgeville ~ Straw Bale Gardening, by Jayne Wisler, Master Gardener.**

Who knew you could grow a garden in a straw bale? Jayne Wisler has mastered the skill and she's going to share what she's learned, what plants grow best, and how we can get started with very little space and a couple of bales of straw. PLEASE call Muffy @ 930-9850 to register for this lesson.



### *Schwan's Fundraiser*

Currently, we have raised \$425.00 through this fundraiser; it will continue until August 19, so keep placing your orders! Website address - [www.schwans-cares.com](http://www.schwans-cares.com)

You need to have our campaign number: **21981**. This number will be entered at checkout on-line or given to the operator taking your order on the phone.

You will be asked for an electronic form of payment (credit card, debit card, etc). You can change your payment type at the door if you are home at the time of delivery.

Existing Schwan's customers on a delivery route must also order either online or over the phone the first time to contribute to our fundraiser.

**Year-Long Campaign: October, 4 2015 to August 19, 2016.** For the year-long campaign Schwan's will donate 5% of all purchases to Iowa County HCE.



## *State Cultural Arts Show* by Lynette Miess

It's time to be working on your Cultural Arts projects to enter in our spring Cultural Arts show. Maybe you found an unfinished project in your closet after our organization lesson in October. The guidelines and category list will be in the next newsletter. The cultural arts show will be held at our Iowa County HCE Spring Council on Wednesday, April 6.

The bonus category will be "Let's Make Music." The size restriction for the entry will be 10"x10" with a maximum height of 20".

Have fun crafting this winter!



### *Glow* by Jeanne Lisser

Ah, vacation!  
Condo on the beach,  
Surf our white sand at night.  
Dreams of sleeping in  
and joy in the sunny southern days.  
Six-fifteen and awakened to a lily colored wall  
turning to daffodil, then marigold.  
Forget sleeping in, go watch the sunrise  
and let the fun begin!



### *If You Give A Girl A Calf* by Sarah Weier

If you give a girl a calf, she's going to ask for a halter.  
When you give her a halter, she'll probably ask you to help catch the calf.  
When it's caught, she'll need a tractor and wagon to train it to lead.  
Then she'll want to wash and clip the calf's hair.  
When she gets ready to clip it she may realize she needs a clippers and brush.  
So she'll probably ask for one that runs quiet and cool.

When she's finished training and fitting, she'll want to show the calf.  
She'll go shopping for white pants to wear in the show ring.  
She may even end up getting a rhinestone belt just like the older girls wear at the dairy shows.  
When she's ready to show the calf, she'll need a trailer and truck to haul it.  
You'll have to ask the neighbors if you can use their trailer.

During the summer, she'll want to be a dairy princess with a crown and sash promoting great tasting cheese, chocolate milk and yogurt.

Realizing she will need to be in parades, she'll ask you to get a convertible.  
So you'll go to an auto dealer and get a convertible, and she'll ask you to drive her while she waves to the crowds.  
When she is done it is time to go to the county fair with her calf.

She'll need you to bring fresh feed for the calf every day at the fairgrounds.  
She will get a white ribbon in her class and a blue ribbon in showmanship.  
Thinking about next year's fair, will remind her that the calf will be grown up by then.  
Chances are she will ask for another calf.





## *Recipes from December Board Potluck*



### **Chicken Casserole** from Nancy Carden

2 cups cooked chicken, cubed  
1 can cream of chicken soup  
1/4 cup onion, chopped fine  
1 cup celery, chopped  
1 cup shredded mild cheddar cheese

2 cups cooked rice  
3 hard boiled eggs, chopped  
1/4 tsp salt  
3/4 cup mayonnaise

Mix together chicken, soup, onion, celery, rice, eggs, salt, and mayonnaise. Put in a casserole dish, sprinkle cheese on top, and bake at 350 degrees, uncovered, for 1 hour.

### **Pam's Spaghetti Corn Casserole** from Jeanne Lisser

1 Can Whole Kernel Corn don't drain  
1 Can Cream Style Corn  
1 Cup (4 oz.) Spaghetti broken in half or thirds or 1 Cup Dry Macaroni  
4 oz. Cubed Process Cheese or could use 1 cup (4 oz.) Mild Shredded Cheddar Cheese or Swiss Cheese  
1/2 Cup Melted Butter  
2 T Chopped Onion (dry) or 1/2 Cup Finely Chopped Fresh Onion



Spray 2 qt. baking dish with cooking spray. Mix together and bake 350 degrees covered 40 minutes and uncovered 30 minutes stirring occasionally.

This can be cooked in a slow cooker 45 minutes on high and 2 hours on low until the spaghetti is cooked and the liquid is absorbed and onions are cooked.

### ***Culver's Fundraiser ~ Save the Date!***

Come dine and support Iowa County HCE on Tuesday, March 22 at Culver's. Please encourage your friends and family to eat at Culver's in Dodgeville that day to support our fundraiser. Sarah Weier will be contacting workers so if you would like to help please contact her at 935-5425.



A % of the proceeds for the day will be donated to us to help with the Wisconsin Bookworms™ project and scholarships. We appreciate this local business giving us the opportunity to raise funds.



## *Iowa County HCE Board Meeting December 4, 2015*

After a delicious pot luck meal, the meeting was called to order by Sarah Weier, co- president. Pledge was recited. Roll call taken. Attending were Sarah Weier, Jeanne Lisser, Lois Jean Clifton, Jean Slapak, Marge Daentl, Nancy Carden, Mary Leix, Lynn Halverson, Ruth Schreifer, Lu Borcharding, Lynette Miess and Wilma Dolan. Minutes for the October board meeting were read and approved. Treasurer's report read, discussed and filed. Marge Daentl treasurer, said the final payment for the Wisconsin Bookworms™ books was made. She paid Dave and Matty Olson for the Holidayfest and Lynette for postage to send 40 bears for the Hugs project. Lois Jean Clifton turned in her bill for the State Conference and the book labels. Our CD had automatically renewed.

### **Committee Reports**

**Bookworms™.....** We are waiting to hear about the United Funds grant.

**HolidayFest.....** was attended by 34 people. We will cut back a little on the meat purchased next year. We will do the silent auction again next year. We really enjoyed the entertainment and the luncheon.

**Fundraisers.....**Schwan's is going very well. We chose the date for Culvers, aiming for March 22nd, if possible. We will wait to hear from Dairyland Dare.

### **Unfinished Business.....**

**Fall District Meeting evaluation.....**We received the reviews from the District Meeting that we hosted in October, they were very positive. 40 cards that we made at the District Meeting were delivered to Bloomfield for Thanksgiving. The birthday bags were sent to Barneveld, Hollandale, and Iowa County food pantries for distribution. The quilt that our members worked on is going to Mexico.

**New Business.....**We filled in the dates for our 2016 calendar and signed up for committees that we want to participate in. We voted to continue to give ribbons for 4H at the Iowa County fair.

**Family Living Agent report....**Ruth talked about Work on Wheels, a program to help needy people be able to purchase cars so they have the transportation to work.

Motion to adjourn. Jean Slapak, ICHCE secretary

## ***Non-discrimination policy***

Periodically, UW-Extension, Cooperative Extension takes steps to assure that our partners know and understand our policy of nondiscrimination. This letter is to remind or notify you that the University of Wisconsin-Extension does not discriminate in the treatment of individuals, in admission or access to its programs and activities, in the provision of services, or in employment.

Further, UW-Extension, an institution receiving federal financial assistance through the U.S. Department of Agriculture, cannot participate with or partner with organizations that discriminate on the basis of any of the legally prohibited categories of discrimination, based on Civil Rights laws. Categories of prohibited discrimination include race, color, gender/sex, creed, disability, religion, national origin, ancestry, age, sexual orientation, pregnancy, marital or parental status, arrest or conviction record, or membership in the national guard, state defense force or any other reserve component of the military service.

Consistent with the Americans With Disabilities Act, persons who need materials in alternative format or other accommodations are encouraged to write or call the UW-Extension contact person for the specific program or call the main telephone number of the Iowa County Extension Office, as early as possible prior to the event so appropriate arrangements can be made. Requests are kept confidential. Individuals who need special access due to hearing impairment may contact the Iowa County Extension Office by calling the relay service for the hearing impaired by dialing 711.

On behalf of Iowa County Cooperative Extension, I want to thank you for collaborating with UW -Extension on educational programs. We appreciate your support and partnership as we provide education designed to meet the needs of the diverse residents of Iowa Country.

## 2016 Volunteer Sign Up Sheet

Please fill out this sheet at your January or February meeting and return to the Extension Office by Feb. 28th. Your volunteer time is much appreciated and needed to support our scholarships, Bookworms™ program and keep our organization running. You will be contacted by someone on the fundraising committee closer to each event with more details.

Club Name \_\_\_\_\_

Names of members to help at Culver's (March 22) fund raisers:

---

---

Names of members who are willing to bake **pies** for the Balloon Fest at Bloomfield Manor (Tentatively June 2):

---

---

Names of members who are willing to bake **cookies** for the Balloon Fest at Bloomfield Manor (Tentatively June 2):

---

---

Names of members who are willing to work at the HCE Booth at Balloon Fest at Bloomfield Manor:

---

---

Names of members who are willing to help at the Dairyland Dare Bike Ride on August 13:

---

---

Name \_\_\_\_\_ Phone or email \_\_\_\_\_

Please return to the UW-Extension office by February 28<sup>th</sup>. Thank you!



Thank  
You

***Holiday Fest Thank You** by Lois Jean Clifton*

A "big" Thanks to all who helped make our Iowa County HCE Holiday Fest a success on Saturday, November 14, 2015 at the Health & Human Services Building.



A "sincere" Thank You:

To each center that helped in the kitchen to prepare beverages, arrange platters of food, get the serving tables ready for lunch and keep them replenished. To those who brought nut breads for the morning refreshments during registration and silent auction. Also for those who got the food left from lunch ready for sale, and to clean the kitchen, dining and program areas.

To those who brought cookies, bars or salads. We again had slices of ham, turkey and buns to make your own sandwiches.

To Nancy Carden, kitchen chair to be there as food was brought in.

To David and Matty Olson for their "wonderful musical program" and the "Christmas Sing-along."

To those who helped set up and got everything ready on Friday evening.

To Marge Daentl and Lu Borcharding for selling the lunch tickets and handing out the programs.

To the Lazy Daisies for their booth and the Lefse sale in memory of Twila Rohowetz who was a member of their club.

To Ruth Schriefer, our Family Living Agent, Sarah Weier, and Jeanne Lisser, our Co-Presidents for helping with any details that needed to be taken care of. Also to Muffy, our Secretary at the Extension Office for all her help.

To Mary Leix and Lynn Halverson for taking care of the successful Silent Auction.

To those who brought items for the Food Pantry.

To those on our committee; Jean Slapak, Mary Leix, Nancy Carden, and to anyone else that helped. Again, thank you so much for everything. If we missed anyone, please know we sincerely appreciated your contributions.

We wish everyone a wonderful Holiday Season and a Happy, Healthy year in 2016.



UW-EXTENSION IOWA COUNTY  
303 W Chapel St  
Dodgeville WI 53533



Address Service Requested

An EEO Affirmative Action employer,  
the University of Wisconsin-Extension  
provides equal opportunities in  
employment and programming including  
Title IX and ADA requirements. Persons with  
disabilities who require alternative means for  
communication of program information should  
contact the UW-Extension Office at 608 930-9850.



---

## *Homemaker Reflections*

Iowa County Association for Home & Community Education

### **EXECUTIVE BOARD**

Sarah Weier & Jeanne Lisser, Co-Presidents

Lois Jean Clifton, Vice President

Jean Slapak, Secretary

Marge Daentl, Treasurer

### Center Chairs and Education Programs

Nancy Carden, Eastern

Lynn Halverson & Mary Leix, Western

Lu Borcharding, Vice President for Program.

Lynette Miess, Chair for Cultural / Textile Arts

Lu Borcharding, Membership/Public Relations/  
Marketing Chair

Wilma Dolan, Wisconsin Bookworms™ Chair

### **UW-EXTENSION IOWA COUNTY**

303 W Chapel St

Dodgeville WI 53533

Phone (608) 930-9850

Fax (608) 930-9795

Ruth N. Schriefer, Family Living Agent

Donna Peterson, Nutrition Program Educator &  
Coordinator

Paul Ohlrogge, Community Resource Agent

Deb Ivey, 4-H Youth Development Agent

Melissa Doyle, 4-H Program Advisor

Gene Schriefer, Agricultural Agent

Ana Karina Burton, VISTA Volunteer

Muffy Swingen, Department Assistant

Office Hours: Monday through Friday

8:00 am to 4:30 pm

[www.iowa.uwex.edu](http://www.iowa.uwex.edu)