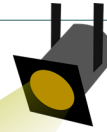




Spotlight



November 2023—December 2023

Co-President's Letter

By Sue Lyons

Good morning,
Today is a nice crisp fall morning. Hope you have time to enjoy the fall colors. Had a nice time at conference. Learned a lot. There was 264 at conference 7 one day registrations, 31 first timers, 3 out of state, and 5 men attend. For Cultural art total entries was 362: with 40 county participating in. Raffling off 45 items with total \$ 1079.00 for culture arts. The County received award for Excellence Ward for increasing County Membership by one. Good job. Let do that again. Class was very good. Have the class information for the clubs who would like to use them. The are: Tee Shirt Quilting, living on a fixed income, wanting funding? To write a grant (for scholarship and book worm grants), new way of living with HCE, gratitude/ finding joy. On the business end the membership dues will be the same as last year. Our investments did good increase by 11%. Rewording the by-law for the handbook. New president of the state has pictures of the conference on facebook. I have pass on the pictures on facebook also. They was filming the conference for the new QR Code to show the fun we had at conference. Which will be out later new year. Hope you have a nice HCE week in November.



Co-President's Letter

By Kristi Leonard

The Wisconsin Association of HCE had a great conference in Lake Delton! Many volunteers made these three days of education, socializing, cultural arts judging, bus tours and business meetings possible. Three educational workshops also had folders that can be used at the local level. If any club or individual would like to use the materials please contact the Extension office in Monroe. These new folders are Gratitude/Finding Joy; Living on a Fixed Income, and Sewing a T-shirt Quilt. At the State Conference Green County HCE was also recognized for increasing our County Membership (+1)!

With HCE week, November 5-11, rapidly approaching let us all celebrate our organization. The Wisconsin Association for Home and Community Education is a non-profit educational organization comprised of member associations in 46 Wisconsin counties. The organization is unique in that members extend information they receive from the University faculty and other reliable sources to the membership and community. Program planning and leadership training are provided by a collaborative effort of WAHCE, Inc. and the UW-Madison-Division of Extension Programs. Local members know that my Mom was a member since the late 1940s. She often spoke of educational programs, baking, home pasteurizing milk, learning finances, timely information that came directly from each county UW-Extension office. This information transfer process still is valuable and needed today!

Dedication to HCE by members keeps our organization moving forward. Thank you to the current Executive Board for working together to bring programs and resourced to our membership! I have enjoyed being a Co-President this year and look forward to staying active in HCE.



Upcoming Events

November 5-11	HCE Week!
November 23-26	UWEX Off. closed for Thanksgiving
December 21	First day of Winter
December 23-26	UWEX office closed for Christmas
January 1	UWEX office closed for New Year's
January 8	Executive Board Meeting - All are welcome to attend!

Family Corner

By Lynn Lokken

Just can't believe the year has gone so fast, and it's only 75 days until the end of 2023, as I write this article. If you are like me the year zipped by and I don't know if I saw any of it? Last week for my birthday, we took a Bus Trip Up North to Door County, Copper Harbor, Bayfield area. The color wasn't amazing, but it was there. There were things I saw out the window of the bus (between rain drops) that made me smile. The food and company were great, and there were lots of laughs. Don't miss the everyday things in our life. Take care, blessings to all for the Holidays, take time to enjoy the little things. I've included a poem from Becky Hemsley, she is my favorite writer of poems right now. I find her daily on Facebook and her poems speak to me and give me a calmness in my heart and soul.

There is so much we miss every day. So much that passes us by, that we barely even see let alone notice.

The leaf in the shape of a heart. The toddler dancing to the music playing in the supermarket. The puppy carrying a huge stick in the park.

Little things that make us smile.

Things that we share with the people we love when we get home and say "guess what I saw today."

And yet, we don't do it enough. We are tunnel visioned, living always a few steps ahead, and thinking that we're closer to some elusive light at the end of that tunnel.

But the little stuff is the light. It's the things that slowly light us up from within that romanticize our everyday lives. That remind us there is joy everywhere if we look for it.

We can't always rely on the big stuff - the holidays, the parties, the weddings, the weekends - to fill us up with joy. They are too short-lived, too fleeting.

We need to slowly drip feed joy into our lives. Our veins. Our souls. That's how we'll hold on to it.

And just like a child or a puppy or a plant that grows without us even noticing how big it's getting, our joy - our love of life - might just do the same.

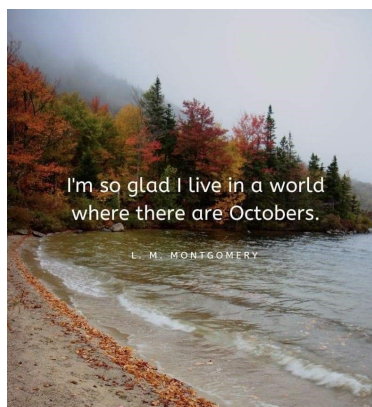
So that one day we might not cling to the holidays and the weekends.

And one day we might look around and realise that we're not in the tunnel at all.

But that we are the light at the end of it.

Becky Hemsley 2023

'Tunnel Vision' is from Letters from Life



Cultural Arts

By Mary Ann Krebs

The results of the State Cultural Arts Contest are in! Congratulations to everyone, you did Green County proud. Here are the placings.

Kathy Weaver

Bed Quilt, 1st place

Wall Hanging, 1st place

Lynn Lokken

Photography, 1st place

Scrapbooking, 2nd place

Nancy Signer

Painting, 1st place

Weaving, 1st place

Mary Ann Stauffacher

Table Runner, Medallion

Poem, 1st place

Janet Gobeli

Bed Quilt, 1st place

Karen Benton

Tatting, 1st place

Andrea Byerley

Lap Quilt, 1st place

Mary Ann Krebs

Purse, 3rd place

The results of the State Cultural Arts Contest are in! Congratulations to Mary Ann Stauffacher for winning a medallion on her table runner.

Thank you to Sue Lyons, Kathy Weaver, and Donna Cockcroft for taking everything to the contest.

We will be making plans for another contest in the spring. I hope everyone has many projects to work on in the coming months. If you have suggestions for projects or talented presenters, give me a call.

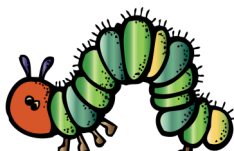
Thanks again, Mary Ann Krebs—Cultural Arts
608-325-9208

Bookworms Report

By Kristi Leonard

Amigo – by Carlos Zamora, was the book read to the HeadStart/4K class in October. This story is of a pair of roosters who begin a soccer game and build a friendship as they discover each other's language. The colorful and brightly illustrated book held the attention of the youngsters while the two roosters bounced their ball all around their town! Thank you to Kris Winkler (an amigo to many of us) for leading the children through an activity to share each other's name and pass the ball around the circle of students! Color and sharing were also part of the pairing of friends – amigos!

November will bring **Ways to Welcome** by Linda Ashman to the classroom. This sweet story about kindness and connection is told in rhyme. Readers will delight in finding the blue butterfly in every scene. Kindness is something our Bookworm volunteers express each month when they take time to visit the classroom. We are thankful for all our volunteers: Mary Friedrichs, Ellen Hossman, Kristi Leonard, Ella Sanderson, Lynn Lokken, Tammy Schulte, Carol Schild, and Kris Winkler. Together with HCE we are making a difference in the lives of children by spending time in the classroom, reading with them and sending them home with a new book each month!



Lasagna Love

At the April Southwest District HCE meeting, host by Green County, the Lasagna Love initiative was introduced to the HCE members in attendance. This program matches willing local bakers with individuals needing support. If you would like to sign up for baking you may visit the website www.lasagnalove.org. **Prefer to make a monetary donation by mail?** Mail a check payable to "Lasagna Love" to: Lasagna Love, 323 Lake Forest Dr. Belleville, IL 62220. Additional program questions can be asked of Green County representative Kathy Pennington 773-636-0501.

LASAGNA LOVE

Boxes of Love

Thank you to Kris Winkler for delivering two crochet small blankets to continue the donations for this project.



Fun Facts

- November 16th is National Button Day
- December 8th is National Brownie Day
- December 21st is the Winter Solstice
- January is known as the coldest month in the northern hemisphere and the warmest in the southern hemisphere
- January 28th is National Fun at Work Day
- January was excluded from the Roman calendar which only has 10 months



AIR FRIED – PORK CHOPS

INGREDIENTS

- 2 center-cut, bone-in pork chops, 1 ½ – 2 inches thick
- 2 tablespoons brown sugar
- 1 tablespoon paprika
- 1 ½ teaspoons salt
- 1 ½ teaspoons fresh ground black pepper
- 1 teaspoon ground mustard
- ½ teaspoon onion powder
- ¼ teaspoon garlic powder
- 1–2 tablespoons olive oil

INSTRUCTIONS

1. Preheat air fryer to 400 degrees for 5 minutes
2. Rinse pork chops with cool water and pat dry completely with a paper towel.
3. In a small bowl, mix together all the dry ingredients.
4. Coat the pork chops with olive oil and rub in the mix. Rub it in well and liberally. Use almost all of the rub mix for the 2 pork chops.
5. Cook pork chops in air fryer at 400 degrees for 12 minutes, flipping pork chops over after 6 minutes.



Wisconsin Association for Home
and Community Education, Inc.

2023 Southwest District Fall Meeting

Wisconsin Association for Home and Community Education (WAHCE)

Hosted by: Columbia County Association for Home and Community Education (CCAHCE)

Date: Thursday, November 2, 2023

Location: Poynette Village Hall, 106 South Main Street, Poynette WI

Cost: \$15 per person (registration deadline is October 23, 2023)

Agenda

(CCHCE will be conducting its Fall Council meeting from 9:00 – 10:00 AM)

9:45 Arrival and registration for Southwest District guests

10 – 10:20 Morning refreshments

10:20 – 10:30 Welcome, Pledge, HCE Creed, Announcements

10:30 – 11:45 “Wisconsin—Beautiful by Nature”, The amazing natural beauty of WI as captured by international award-winning photographer, Michael Knapstein, Middleton, WI

12 – 1:00 Sandwich and Salads buffet lunch

1:00 – 2:30 Southwest District business meeting

2:30 Closing: invitation to Spring meeting, Prayer Creed and depart for home

Reservations are due October 23 and are non-refundable – only transferable. For questions about registration, contact Carol Beck, CCAHCE Treasurer at 608-669-1858

Southwest HCE Fall District Meeting, November 2, 2023

Name(s) _____

Total number attending _____ x \$15 = \$_____ Check payable to CCAHCE

Mail registration form and check to: Carol Beck

Columbia County HCE Treasurer

5700 Prairie Stone Drive, McFarland WI 53558

Winter Coloring Page



New Year Word Search

N	V	B	T	E	O	T	F	R	N	W	O	D	T	N	U	O	C	F	F
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BALL
CLOCK
DROP
FIREWORKS
GOALS
KISS
PARTY
START

CELEBRATE
CONFETTI
END
FRIENDS
HAPPY
MIDNIGHT
RESOLUTION
TOAST

CHEERS
COUNTDOWN
FAMILY
GATHERING
JANUARY
NEW
SPARKLERS
YEAR

Homemaker's Creed

We, the Homemakers of Wisconsin, believe in the sanctity of the HOME, the cradle of character, blessed by motherly devotion and guarded by fatherly protection.

We pledge ourselves:

- To work for the preservation and improvement of home and community life;
- To strive for healthier minds and bodies and better living;
- To promote the welfare of our boys and girls, the nation's greatest asset;
- To be true to God and country and of lasting service to our homes and communities.

~Mrs. John Meise, Sauk County



Prayer Creed

Dear God,

Give us the grace to see
The blessings which have come from
thee;

Give us the strength to do our duty.
To see in everything some beauty.

Teach us that love and cheerful giving,
tolerance and decent living,

Make our home a place sublime,
Where there's no room for hate or crime,

A place where good friends gather round;
Where laughter, mirth, and cheer abound,

Not selfish thoughts, not worldly greed,
Let this, Dear Master, be our Creed.

~Mrs. James M. Hutton, St. Croix County

2022-2023 Green County HCE Executive Board

Co-President: Kristi Leonard
523-4501 or kristileonardmppm@gmail.com

Co-President: Sue Lyons
325-4596 or rl Lyons@wekz.net

Vice President: Vacant

Treasurer: Kris Winkler
325-9326 or kriswink56@gmail.com

Secretary: Mary Ann Stauffacher
325-6643 or 5heavenbound@gmail.com

Past President: Donna Cockroft
636-9526 or donnacockroft00@gmail.com

Cultural Arts: Mary Ann Krebs
325-9208 or makrebs@tds.net

Family: Lynn Lokken
558-3476 or lokken@wekz.net

Programming: Donna Cockroft
636-9526 or donnacockroft00@gmail.com

International: Tammy Schulte
328-4645 or schulte1@tds.net

Marketing: Mary Ann Krebs
325-9208 or makrebs@tds.net

Scholarship: Tammy Schulte
328-4645 or schulte1@tds.net

Bookworms Coordinator: Kristi Leonard
523-4501 or kristileonardmppm@gmail.com

Advisor: Bridget Mouchon

Club Presidents:
ABC—Anita Huffman
Adams—Mary Matteoni
Ambitious Mrs.—Sue Lyons
City-Country Mixers—Mary Ann Krebs
Country Aires—Elaine Gerber
Udder Gals—Tammy Schulte



Extension

UNIVERSITY OF WISCONSIN-MADISON
GREEN COUNTY



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Victoria Solomon, Community Resource Development Educator
Bridget Mouchon, Health & Well-Being Educator
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The following individuals serve on the Green County Agriculture and Extension Education Committee. Feel free to contact these individuals if you have any questions in regards to Extension Programs.

Green County Agriculture and Extension Education Committee:

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N2668 Cadiz Springs Rd. Monroe, WI 53566
Dawn Sass, (Vice Chair) (608) 424-3095
356 Sugar Ave, Belleville, WI 53508
Kathy Pennington, (Secretary) (773) 636-0501
W2461 State Road 92, Brooklyn, WI 53521

Jerry Guth, (608) 325-7566
1322 21st St, Monroe, WI 53566
Peg Sheaffer, (608) 247-9684
902 21st St, Monroe, WI 53566

"HCE—Caring to Make a Difference"
Mission Statement of the
Wisconsin Association for Home and Community Education

HCE Offers Opportunities for:

- ***Learning in a social setting***
- ***Sharing what we learn***
- ***Caring to make a difference in our homes, communities and the world.***

WAHCE Values

- ***Families and Communities***
- ***Opportunities for personal growth through learning, sharing and volunteering.***
- ***Meeting great people and forming friendships and enjoyment.***
- ***Volunteering to make a difference***
- ***Leadership***

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