Message from Your President

At the January County HCE Meeting, members voted to hold a raffle again this year. A queen-size quilt will be the ‘grand’ prize. Each club is asked to donate a prize that has a minimum value of $25. The club prize can be a hand-crafted item or a purchased item or a theme basket filled with non-perishable items. Individuals can also donate prizes, if they wish. All prizes must be new and/or never-used items. Please contact Diane Koch if you wish to donate a prize for this year’s raffle. Tickets will be printed and distributed to members at an earlier date this year so you will have more time to sell more tickets. The drawing will take place at Achievement in November.

This year’s “On the Move and in the Groove” exercise challenge runs from March 1st through May 23rd. If you didn’t already receive one, a chart for recording your physical activity is printed in this newsletter. This program isn’t just for HCE members. Ask your friends and neighbors to join you on your daily walks. Please submit completed activity charts to Marianne Zastrow by June 11th (HCE picnic). A county report will be compiled and sent to WAHCE.

All HCE members are asked to complete an “Impact of HCE” report again this year. The timeframe for reporting your volunteer activities and donations is June 1, 2014 to May 31, 2015. Copies of this report form were distributed to club representatives at the January County HCE Meeting. Please submit all completed reports to Diane Koch by June 11th (HCE picnic). A county report will be compiled and sent to WAHCE.

The Southeast District WAHCE Spring Meeting will be held on Thursday, April 30th at The Wilson House in Port Washington. Add this date to your program book, write it on your calendar, and plan to attend this gathering of HCE members from nine counties in southeastern Wisconsin! The registration fee is $14.00. Send a check to Treasurer Linda Feucht by April 15th if you plan to attend. Contact Diane Koch if you want more details.

If you wish to get any of the following forms and information in electronic version, (Dodge County Cultural Arts Contest info, “On the Move and in the Groove” chart, “Impact of HCE” report form) they are now available on the HCE page of the Dodge County UW-Extension website under the Family Living tab – visit dodge.uwex.edu. If you have questions regarding these forms you can contact Deb Struve at the Dodge County UW-Extension office.

Let’s get “on the move” and get more people “in the groove.” Ask your relatives, friends and neighbors to attend HCE educational programs with you and to volunteer with you for club community service projects. The “impact of HCE” will continue to grow and grow as we learn new things, share what we’ve learned, and care about others in the community and around the world!

Diane Koch, President
Calendar of Events

April 9 (Thurs) – last day to register for April Learning Session
April 15 (Wed) – program topics list due to Program Coordinator
April 21 (Tues) – Focus on Women, 3:30 pm at Bayside Supper Club
April 23 (Thurs) – LS: Experiencing Lyme’s Disease, 1:30 pm
April 29 (Wed) – Spring Council meeting, Scholarship, Cultural Arts Contest, Silent Auction
    Cultural Arts judging 6:00 pm, Scholarship presentation 7:00 pm, Meeting 7:15 pm
April 30 (Thurs) – Southeast District Spring Meeting, Ozaukee County hosts
April 30 (Thurs) – Pennies for Friendship due to county treasurer
May 7 (Thurs) – last day to register for May Learning Session
May 21 (Thurs) – Learning Session: Dementia/Brain Fog – Use It or Lose It, 2:00 pm
June 1 (Mon) – HCE newsletter articles are due for the July-August-September issue
June 11 (Thurs) – County HCE picnic, 4-8 pm at Juneau City Park, potluck supper at 5 pm
    Bring your “Something Sparkly” entries for the people’s choice vote
June 17 (Wed) – Program Planning for 2016, 6:00 pm
    At least one representative from each club should attend
July 14 (Tues) – County HCE meeting, potluck supper at 6:00 pm, meeting at 6:45 pm
July 14-16 (Tues-Thurs) – NVON Conference in Martinsburg, West Virginia
    Conference registration info is available at www.nvon.org
August 19-23 (Wed-Sun) – Dodge County Fair at Dodge County Fairgrounds
September 14-16 (Mon-Wed) – WAHCE Conference at Holiday Inn, Stevens Point
    Registration info will be in the May issue of Update and at www.wahceinc.org

Reminders

- All Dodge County HCE educational programs, county meetings and activities are held at the Dodge County Administration Building, 127 E. Oak Street, Juneau WI or as noted in the calendar.
- All Learning Sessions need five or more persons to sign up to attend.
- **Registration deadline is two weeks prior to the date of the program.**
- If fewer than five people sign up by that date, the session will be cancelled.
- To register for a Learning Session: Call the Extension Office at 920-386-3790, send the registration clip-out to the Dodge County UW-Extension Office, 127 E. Oak Street, Juneau, WI 53039, or send an email to Deb Struve at dstruve@co.dodge.wi.us.
- All HCE members may attend any and all Dodge County HCE activities. All Learning Sessions are open to the public. Invite your friends and neighbors to attend!

Weather Cancellations broadcast on these radio stations:

- Beaver Dam. - WBEV (A.M. 1430) / WXRO (FM 95.3)
- Hartford - WTKM (A.M. 1540 / FM 104.9)
- Mayville - WMDS (FM 98.7)
- Waupun - WFDL (A.M. 1170 / FM 97.7)
Hello from Pattie

Dear Dodge County HCE members,

I recently taught a learning session on identity theft called “Protecting Your Identity: What to Know, What to Do”. Originally offered as a program opportunities outreach leadership (P.O.O.L.) session at WAHCE state conference, the program planning committee asked me to present the workshop locally. The information presented is so important it is worth mentioning again. Here are a few tips from the presentation as recommended by the Federal Trade Commission (FTC):

- Encourage your family to practice identity protection: monitor your credit reports; read your bank, credit card and account statements; and read the explanations of medical benefits that come from your health plan. Know that the law entitles you to get one free credit report each year from each of the three nation-wide credit-reporting companies. You have heard of them: Experian, Trans Union, and Equifax.
- Shred outdated documents that have personal, financial, or medical information before you throw them away.
- Use anti-virus and anti-spyware software on your computer and a firewall.
- Do not use the same passwords for different websites, and do not share them with anyone.

I am also adding information on steps to take if your identity is stolen.

Credit Report Freezes

All three of the major credit agencies – Equifax, TransUnion, and Experian – allow individuals to freeze access to their credit reports. Security freezes prevent companies other than ones you already do business with from viewing your credit report. A credit freeze may make it slower for you to conduct some normal activities such as:

- Open a new credit card
- Apply for a new apartment
- Obtain an auto loan
- Have an employer-mandated background check

You can temporarily lift a security freeze when applying for new accounts or doing other activities that requires access to your credit report. Lifting the freeze may carry a fee, and it may take a few days to process your request.

Applying For a Security Freeze

You must apply for a security freeze directly with each of the three credit agencies. Placing a freeze with one agency does not freeze access to your reports from the other two agencies. Have your full legal name, social security number, and addresses for the past two years available.

Each agency charges a $10 fee for placing a freeze on your credit report, which you can pay with a credit card. Fees also apply for lifting and removing freezes. These fees are waived for victims of identity theft who have reported the incident to law enforcement.

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<th>Equifax</th>
<th>TransUnion</th>
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<td><a href="#">www.freeze.transunion.com</a></td>
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<td></td>
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<td>P.O. Box 6790</td>
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<td></td>
<td>Allen, TX 75013</td>
<td>Atlanta, GA 30348</td>
<td>Fullerton, CA 92834</td>
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*If applying by mail, you must submit a photocopy of a state-issued ID, proof of current residence and a copy of police report (if victim of ID theft)

Alternatives to a Security Freeze

- **Fraud Alert** – All three credit agencies give individuals the opportunity to place a free Fraud Alert on their credit report for 90 days. A fraud alert requires any would-be creditor to take extra steps to verify your identity before opening a new account. Victims of identity theft can place an extended alert on their credit report for seven years.
- **Active Duty Alert** – Members of the military on active duty can place an alert on their credit report notifying creditors that they are currently deployed. Creditors will then need to take extra steps to verify your identity before opening a new account. This alert lasts for one year but is renewable during the service member’s deployment.

Visit the [Experian](#), [Equifax](#), and [TransUnion](#) fraud alert websites to learn more. You only need to set up a fraud alert with one bureau. That bureau will then contact the other two.

The [Federal Trade Commission’s website](#) explains what to do if you believe you are the victim of identity theft.
Check Your Free Credit Report Three Times a Year

Why Should I Check My Report?

Your credit report is a detailed record of your credit activities from the past 7-10 years. Potential creditors, employers, and landlords use your credit report to estimate how trustworthy you will be. The information in your credit report can affect:

- The amount you pay in interest for credit cards and loans
- Monthly insurance payments
- Your ability to get a mortgage or rent an apartment
- Your application for some jobs

By law, you can obtain three free credit reports each year from AnnualCreditReport.com—one each from the three credit bureaus: Equifax, Experian, and TransUnion. We recommend that you view one report every four months. This way, you can be sure that the information is up-to-date and accurate. Regular, careful reviews of your credit report will help you identify any incorrect or fraudulent information, and it can help protect you against identity theft.

How Do I Check My Report?

Federal law entitles every individual to three free credit reports every 12 months, one from each of the three major credit agencies: Experian, Equifax, and TransUnion. The methods below are the only ways to obtain the free credit reports you are entitled to by law.

You can check your report online, by telephone, or by mail. You will need to provide the following information:

- Your full, legal name
- Social Security Number or Individual Taxpayer Identification Number
- Date of Birth
- Address for current residence and every residence for the past two years

**Online**

Visit AnnualCreditReport.com

This is the only completely free credit report site—other sites require a fee or a subscription

This is the fastest way to view your credit report, as it will appear instantly on the screen.

**By Mail**

You must complete the official Annual Credit Report Request Form

You can download one here

Mail the request form to:

Annual Credit Report Request Service; P.O. Box 105281; Atlanta, GA; 30348-5281

**By Phone**

Call 1-877-322-8228 Report will be mailed within 15 days of call
**Klub Korner**

**Country Neighbors**

**December**
Met at Market at the Hospital for lunch. Gift exchange at Joan's house, including drinks & cookies and Secret Pal drawing for 2015. Finalized recipes for Michigan study.

**January**
Meeting began with a sampling and discussion of the recipes from Michigan. Meeting was called to order, Creed said, roll call taken and minutes read from December party. Pennies for Friendship letter from Susan Beck explained where the money goes. The quilt was discussed, along with places for the upcoming meetings.

**February**
Meeting at Bethel's. She had the tea pot on with choice of drinks while looking at pictures of Phyllis's granddaughter's visit to Nevada where she won an award for her knitted skirt & sweater at the National Make it with Wool Contest. Barbara showed her Christmas pictures. Meeting called to order, Creed said; roll called with comments on how cold it was; previous meeting minutes read. Upcoming projects discussed. Our Center will be on for April 29 Spring Council.

**Indian Gardens**

**December**
Christmas Party at Perkins; ordered off the menu, exchanged Secret Pal gifts and drew names for next year. Sharon & Sandy, Christmas Party Committee, gave everyone cups of assorted candy & Oreo cookies. Sandy made centerpieces which were handed out when they played their game. Sharon led a Christmas Trivia game. Carol Lenius won the traveling prize. Project literature for Michigan project was handed out and recipes chosen. Filled out Affirmative Action sheet and wrote down email addresses of those that had them.

**January**
Intra-National Study of Michigan began with a 4-course meal, brought by members. It was held at Sharon Greenwald's home. Sandy Peirick called the meeting to order with eight member present. The Creed was said, roll called with each person telling about the food they brought. Secretary & Treasurer's reports given; Pennies for Friendship collected. Club and County Christmas parties discussed. 2015 Program books filled in. Sharon told about the needs of Alpha Life Resource Center. Donations will be brought next month. Decided on a Christmas Basket for the Quilt raffle. Decided to send in a Memorial to the WI Bookworms to Honor Mary Ellen Peirick, an active, longtime member of 55 years who passed away Dec. 31, 2014. Meeting closed with HCE prayer.

**February**
Sandy Peirick called meeting to order after a meal at Perkins. Thank you cards read for Memorials for Mary Ellen Peirick & 4-H. Sharon will take the donations to the Alpha Life Resource Center; changes made in the Program Books. Decided the next meeting will be at the Lyme Disease Project with a gathering for a meal at the Village Restaurant before to conduct any necessary business. The meeting was followed by some Valentine games, and Secret Pal gift exchanges.

**Lowell Homemakers**
The Lowell Homemakers have been hibernating.

*Submitted by Karen Christianson, Watertown Center Chairman*
**Klub Korner - Continued…..**

**Mother Hubbards**

**February -**
Meeting was held February 17 at Diane Qualmann’s home, with 8 members and 3 visitors. The month’s project was Essential Oils. After discussion at the County meeting, clubs will be asked to include only new items in their baskets for the County raffle. Joan has completed the quilt for the raffle. A fruit and nut basket will be our donation. Joan reported that the Smith family was happy with the cookies and cash donation at Christmas. We discussed doing a Brat Fry at a store. Next month’s meeting will be at LaVerne’s. Next month’s project will be Identity Theft.

**Socialettes**

**January -**
Roll call was answered with “what is your favorite winter activity or your New Year’s resolution?” This month’s project was the Michigan study and we held our dinner tonight, using recipes from the booklet. Everything was tasty. A thank you was read from the Neu family for the donation we sent them. A scholarship will again be given to a high school senior at their May banquet. Members volunteered to sell tickets at home basketball games. A report was given on the HCE Christmas party, with all favorable comments. Comments were made as to the distribution of hats and mittens, they should be done countywide. January 29 meeting for HCE is 5 pm with a chili or chicken soup dump supper. Upcoming Learning Sessions were noted and members signed up. Next year’s country to be studied is Sweden. Cultural Arts will be Wed., April 29; we need to get our items started.

**February -**
Roll call was answered with “if you could give a heart away, who would you give it to and why?” Judy led this month’s project for making a snowman from a sock and filled with rice. Basketball ticket selling schedule was updated for the remaining games. Our spelling bee team will be Kris, Caroline, and Alice, with Camille as an alternate for the library fundraiser. Read-a-thon at the library will be Saturday, March 7; Kris will again order the food and other members will help with serving it. Upcoming community events were noted. Identity Theft learning session is February 26 at 1:30.

Submitted by Kris Kluewer

There were no other HCE Center submissions with club minutes for this newsletter edition.

**PROGRAM PLANNING**

The 2016 Program Planning meeting will be held on Wednesday, June 17th at 6:00 pm in the County Administration Building. All club Vice Presidents (or another club member) and all County HCE Executive Board Members are encouraged to attend. Each club should have at least one representative attend this meeting to assist in choosing the educational programs to be offered by Dodge County HCE in 2016. Give your program suggestions to Sandy Peirick, Program Coordinator, by April 15th. After a list of topics is compiled and distributed, all members will be asked to vote on their favorites – with the top choices being considered for inclusion in the 2016 Learning Session schedule.
Learning Sessions

Learning Session: Experiencing Lyme’s Disease
Date: Thursday, April 23       Time: 1:30 pm
Place: County Administration Building, Auditorium, Room F & G

Listen to the account of one family’s personal experiences with Lyme’s Disease.

Learning Session: Brain Fog/Dementia—Use it or Lose it!
Date: Thursday, May 21       Time: 2:00 pm
Place: County Administration Building, Auditorium, Room F & G

Is it dementia or brain fog? What is the difference? Learn how society can react positively to the ever growing problem of memory loss—especially dementia.

Registration is required at least two weeks prior to the date of each Learning Session. Register by phone 920-386-3790, email dstruve@co.dodge.wi.us or return the registration clip-out to Dodge County Extension Office, Dodge County Administration Building, 127 E. Oak Street, Juneau WI 53039.

If fewer than five people register for any session, that session will be cancelled and those who registered will be notified.

CHANGE IN CENTERS

It was announced at the January county HCE meeting that the members of the Beaver Belles Club have decided to join as Individual Members in 2015. This results in the loss of a club in the Rock River Center and more Individual Members in the Watertown Center. Since the Watertown Center has four clubs and Rock River Center now has only three clubs, a motion was made and approved to ‘move’ the Individual Members from the Watertown Center to the Rock River Center for this year.

We are looking for HCE members and/or non-members who have a crafting specialty (fiber arts, paper crafts, stitchery, ceramics, leather crafts, etc.) that they are willing to teach to others at the Crafts Day in November. Please contact Sandy Peirick or Marianne Zastrow (program book page 4) if you are willing to teach a craft to your fellow members – or if you know of someone who may be willing to teach a craft – at this learning session. The date, time, craft sessions and registration info will be announced when finalized.
SPRING COUNCIL, CULTURAL ARTS CONTEST, SILENT AUCTION

The schedule for the evening’s activities has changed from previous years:
-- The time for receiving cultural arts items is one-half hour earlier (5:30 pm to 6:00 pm) and the judging will start one-half earlier (6:00 pm).
-- Refreshments will be available from 5:30 pm to 7:00 pm.
-- Silent Auction items should be in place by 6:00 pm and bidding will be from 6:00 to 7:00 pm.
-- Presentation of the Dodge County HCE Scholarship will take place at 7:00 pm.
-- The business meeting will begin about 7:15 pm and adjourn by 8:30 pm.
-- Viewing of Cultural Arts entries will take place after the business meeting adjourns.

SILENT AUCTION

Bring an item (or two) – new or gently used – that you no longer want to keep stashed away in a drawer or closet. Bring some cash, too, and be ready to bid on the items that others have brought. Join in the fun and help raise money for the Sunshine Fund! (This fund pays for annual HCE social events – the summer picnic and the Christmas party – and other non-budgetary expenses.)

SUMMER PICNIC

All HCE members, spouses and family members are invited to attend the 3rd Annual Summer Picnic at Juneau City Park on Thursday, June 11th from 4:00 to 8:00 pm – with potluck supper at 5:00 pm. 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, socializing and a chance to vote for your favorite “something sparkly” entry. (Rain location: Dodge County Administration Building, Auditorium)

“SOMETHING SPARKLY” CONTEST

For the past three years the WAHCE Cultural Arts Contest “Bonus” category has been greeted with a lot of excitement and participation. This year the WAHCE 75th Anniversary is being celebrated, and the bonus category’s theme is “Something Sparkly.”

Here are the rules to enter Dodge County’s bonus category contest:
1. The display you use for your creation is of your choice.
2. You can use any media to construct your entry.
3. Your entry can be no larger than 10” x 10” x 10”.
4. Bring your creation(s) to the Summer Picnic on June 11th.

The “something sparkly” creation chosen by people’s choice vote will be taken to the WAHCE Conference in September.

NICARAGUA LEARNING CENTERS

A list of sewing and baking supplies needed in Nicaraguan Learning Centers was handed out at the January county HCE meeting. If you have items to donate to women in Nicaragua, you can bring them to any county HCE meeting and give them to Diane Koch. These donations will be taken to the WAHCE Conference in September. Contact Diane if you want a copy of the supplies list.
Dodge County Association for Home and Community Education  
2015 Cultural Arts Contest       Wednesday, April 29 at 6:00 pm

1. Paintings/Drawings  
   **Framed or Wrapped**  
   ___ A. Oil  
   ___ B. Acrylic  
   ___ C. Water Color  
   ___ D. Other

2. Photography (note Rule #4)  
   ___ A. Color – Landscape  
   ___ B. Color – Waterscape  
   ___ C. Color – Plants  
   ___ D. Color – Animals  
   ___ E. Color – People  
   ___ F. Color – Skyscape  
   ___ G. Black and White  
   ___ H. Other

3. Sewing  
   ___ A. Children’s Wear  
   ___ B. Adult Wear  
   ___ C. Original Design  
   ___ D. Wearable Art  
   ___ E. Kitchen Items  
   ___ F. Purses  
   ___ G. Pillows  
   ___ H. Sewn item made from recycled materials  
   ___ I. Other

4. Knitting  
   ___ A. Wearable Item  
   ___ B. Afghan  
   ___ C. Other

5. Crocheting  
   ___ A. Wearable Item  
   ___ B. Doily/Dresser Scarf  
   ___ C. Afghan  
   ___ D. Other

6. Hand Stitching  
   ___ A. Plastic Canvas  
   ___ B. Embroidery  
   ___ C. Counted Cross Stitch  
   ___ D. Other

7. Crafts (note Rule #12)  
   ___ A. Cards–paper only-6  
   ___ B. Cards–mixed media-6  
   ___ C. Scrapbooking  
   ___ D. Craft made from recycled materials  
   ___ E. Other

8. Heritage Skills  
   ___ A. Hardanger  
   ___ B. Tatting  
   ___ C. Woodworking  
   ___ D. Basketry  
   ___ E. Spinning/Weaving  
   ___ F. Felting  
   ___ G. Swedish Weaving  
   ___ H. Rug Making  
   ___ I. Original published book  
   ___ J. Other

9. Bed Quilts (Larger than 60” x 80”)  
   ___ A. Tied  
   ___ B. Hand quilted  
   **Machine Quilted by You:**  
   ___ C. Pieced  
   ___ D. Appliquéd  
   ___ E. Embroidered  
   **Machine Quilted Professionally:**  
   ___ F. Pieced  
   ___ G. Appliquéd  
   ___ H. Embroidered  
   ___ I. Any other Bed Quilt

10. Lap/Baby Quilt  
    (Smaller than 60” x 80”)  
    ___ A. Tied  
    ___ B. Hand-quilted  
    **Machine Quilted By You**  
    ___ C. Pieced  
    ___ D. Appliquéd  
    ___ E. Embroidered  
    **Machine Quilted Professionally**  
    ___ F. Pieced  
    ___ G. Appliquéd  
    ___ H. Embroidered  
    ___ I. Any other lap quilt

11. Wall Hanging (No Frames)  
    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. Table Topper/Runner  
    ___ A. Hand Quilted  
    ___ B. Machine Quilted  
    ___ C. Other

13. Jewelry  
    ___ A. Bracelet  
    ___ B. Necklace  
    ___ C. Other

14. Miscellaneous #1  
    ___ A. Ceramics, Clay, Pottery  
    ___ B. Handcrafted Toy, Doll  
    ___ C. Glass  
    ___ D. Other

15. Miscellaneous #2  
    ___ A. Painting on china, glass  
    ___ B. Painting on Fabric  
    ___ C. Painting on other than A or B

Poem, Essay, Short Story/Play  
Do not count “a”, “an”, and “the” for either essays or short stories.  
(Refer to Rule # 5 on Guidelines.)

16. Poem

17. Essay  
    Original, 1 topic; 250-500 words

18. Short Story/Play  
    -- Original that has beginning, middle and end  
    -- 3,000 words or less

The “best” entry in this category will be determined by a people’s choice vote at the HCE summer picnic on Thursday, June 11th.  
-- No larger than 10” x 10” x 10”  
-- The display you use for your creation is of your choice.  
-- You can use any media to construct your entry.
Dodge County Association for Home and Community Education

The Dodge County HCE Cultural Arts Contest will be held on Wednesday, April 29, 2015. Bring your entries to the Dodge County Administration Building Auditorium between 5:30 and 6:00 pm. **Entries must be in place by 6:00 pm.**

Complete and attach an entry form to each entry. Additional forms will be available.

Up to twelve (12) winning entries will advance to the State Cultural and Textile Arts Show held at the WAHCE Conference in Stevens Point on September 14-16, 2015.

All work must be done by entrant and completed after last year’s county contest. Kits and patterns may be used as long as entrant does all the work. All items must be clean or laundered or will be disqualified by the judge.

Photography must be an 8” x 10” photograph -- unmatted only -- put into an 8½” x 11” plastic sleeve – slip in tag board or cardboard behind picture. Double-sided tape will hold picture to your tag board. **Photographs matted or framed will be disqualified.**

Poems, essays and short stories/plays must be typed. Use plain paper and 12 pitch font. All 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 should appear only on the back side. (Winning entrants will be asked to sign a permission form if they agree to have their piece printed in HCE *Update*.)

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<th>ENTRY FORM</th>
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<td>Phone:________________________________________</td>
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<td>Club:_________________________________________</td>
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If this item receives a blue ribbon, do you want it to be considered for entry in the State Cultural Arts Contest? Yes No

If this item receives a blue ribbon, do you want it to be considered for entry in the State Cultural Arts Contest? Yes No
19. **Bonus Category – Something Sparkly**

For the past three years our "Bonus" contest has been greeted with a lot of excitement and participation. We decided to do it again with another theme. This year we're celebrating the 75th anniversary of WAHCE, Inc. with *Something Sparkly*.

*The bonus category is just for fun!!*

Note: There is a size restriction.--No larger than 10” x 10” x 10”

**Here are the rules to enter:**

The display you use for your creation is of your choice.

You can use any media to construct your entry.

As with all other Cultural Arts entries, your entry must be judged in some way at the County level first. Our county’s winning entry will be taken to the WAHCE Conference where those attending will choose the best looking entry by people’s choice vote.

Our county’s entry in the state contest will be chosen by people’s choice vote at:

- _____ Spring Council on Wednesday, April 29th
- _XX_ County HCE Summer Picnic on Thursday, June 11th
- _____ County HCE Potluck and Meeting on Tuesday, July 14th
Get moving with HCE members from across the State. **Record 1 point for each 20 minutes of activity.** For example: 1 hour = 3 points. Activities include walking, biking, hiking, gardening, cleaning, painting, swimming, etc. A report needs to be compiled and sent to JoAnn Blonien, WAHCE Vice President of Family and Community Life before June 15th, 2015.

Name of County: ____________________________

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<th>Dates</th>
<th>Sun.</th>
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Turn this report into your County Coordinator who will combine them and complete the County Combined Report on the next page.

JoAnn Blonien, Vice President of Family & Community Life  
S589 Co Rd WW, Elroy, WI 53929  
joblonien@yahoo.com
CELEBRATE!
20th Annual
Focus on Women Resource Day
Tuesday, April 21, 2015
3:30-8:00 p.m.
Bayside Supper Club, W9231 Cty Tk G, Beaver Dam, WI

3:30-8:00 p.m.  Booths and exhibits ongoing
Exhibits will be available with information on health education and services provided by area agencies, as well as products and therapies to "pamper" the woman in you. Please take time to visit these exhibits before or during the presentations and break times between speakers. Booths will be located in the front dining room and in the lower level. Free health screenings will be offered on a first-come, first-served basis as well as many exhibitors will have interactive activities at their booths.

A light sandwich buffet will be available from 3:30-6:30 p.m. for all registered guests.
Pre-registration is required with a $9.00 non-refundable registration fee per person.

4:15-4:45 p.m.  "My Personal Journey to Finding Passion in Life"
Amber Alvin - Amber is the owner of A & B Fitness Concepts in Randolph. She is going to share with us how determination has brought her through her own weight loss journey that led her to find and follow her passion to help others with changing their lifestyles for the better.

4:45-5:15 p.m.  "Healthy Eating and Nutrition Tips"
Dr. Cristin Newkirk-Thompson - Learn about enjoying nutrition, exercise and mindful eating to support your health goals. Dr. Newkirk-Thompson will share her background and updates on diet and a healthy lifestyle.

5:45-6:45 p.m.  "Gifts on a Budget"
Brenda Murphy - Brenda is the host of the Idea Exchange on AM1430. She will be sharing her knowledge of creating meaningful gifts on a tight budget.

7:00-8:00 p.m.  "Celebrating Laughter"
Sally Edwards, Comedian - Women’s Health Speaker ("Healthy Living Through Laughter") and Clean Corporate Comedian, Sally Edwards knows the benefits of a good healthy laugh. Sally will inspire you by relating the key benefits of laughter and deliver hilarious clean comedy and humor that will bring you to tears. The health benefits of laughter are delivered as the presentation begins!

Please note that there is a change in the presentation schedule from what was previously published in the March InSpire.

This resource day is sponsored by Beaver Dam Community Hospitals, Inc. and coordinated by the following agencies committed to a healthy community: Dodge County Housing Authority, Moraine Park Technical College, UW Extension and YMCA of Dodge County.

Questions? Call (920) 386-2866

Focus on Women Registration Form

Name ___________________________ Address ___________________________

City, State, Zip ___________________________ Email Address ___________________________

Phone ___________________________ Email Address ___________________________

Registration required by April 13, 2015 - first-come, first-served basis. Seating is limited. Registration must include the name, phone and email of all persons attending and a $9.00 non-refundable per person registration fee.

Checks made payable to: BDCH Focus on Women
Mail registration form and $9.00 per person to: Dodge County Housing Authority, 491 East Center St., Juneau, WI 53039
Clip Outs

Learning Session: Experiencing Lyme’s Disease
Thursday, April 23
1:30 p.m.
Name ____________________
Club _____________________
Phone #: __________________
Please RSVP by April 9, 2015

Learning Session: Dementia/Brain Fog—Use It or Lose It!
Thursday, May 21
2:00 p.m.
Name ____________________
Club _____________________
Phone #: __________________
Please RSVP by May 7, 2015