



# HCE NEWSLETTER

February/March 2018

St. Croix County Association for Home and  
Community Education



Greetings and Happy New Year 2018,

I hope everything is going fine with you and you're surviving the cold and snowy weather! I love the winter, as long I'm inside. I live in Star Prairie Township just north of Somerset; we got snow this week, about 10 to 12 inches. It was beautiful! But it wasn't so much fun when the snow blower broke. We do have a BIG snow blower that attaches to our old Oliver 77 tractor though. Bill, my husband, said the Oliver has a flat tire so that's out of the question too. Glad our shovels are still working, our driveway is only about 400 ft long.

Well if you haven't heard the good news, Linda Sutherland is now our St. Croix County HCE Vice President. Thank you Linda for accepting the VP position. You will make a great VP and future President next year.

I would like to take this opportunity to say thank, say good bye, and God's blessings to Joan Sprain, our Family Living Educator, who is retiring and moving to Florida in February. Enjoy your retirement Joan, you deserve it. Best wishes from all the HCE members.

We are having our SPUD SPECTACULAR event again this year on February 13 at 11:30am in the Baldwin Ag Center. The topic this year is Diabetes and our guest speaker is Sue Kurtz. She is a retired RN, certified Diabetes and nutritionist, and has served our community at Hudson and New Richmond Hospitals for many years. As you may remember from years past, this is a FREE event where HCE provides the Baked "SPUDS" and coffee and you (or your club) bring the tator toppings, a dish to pass, or a dessert. It should be a fun day and I hope to see you there.

On March 10, we are having a Special Interest Event—Jam It Out at 11am with the location to be determined. Our guest speaker is Debbra Anne, from New Richmond who wrote the book JAM IT ON as well as author of "The Enlightened Cat" and "Don't Quit Yet!" She also makes Jams, Jellies, and Preserves. I met her at the Farmer's Market in Somerset where she had a booth. I couldn't resist buying a jar of jam, it was (because I ate it all) delicious. I asked her lots of questions and was excited about her different choices of ingredients she uses. So I bought her book and asked if she could be a presenter at an HCE special interest event. She said "YES". She will even bring some samples for us to try. Hope to see you there too. I will send out more information in an e-mail to the club Presidents and individual HCE members. Maybe we can have a pot luck lunch to go with it.

Be looking for the NW District registration form in this newsletter. St. Croix Co. is hosting it this year and it will be on April 19 at the Roberts Park Bldg. Hope to see you there too.

Respectfully submitted, Wanda Breitbach, HCE President, St. Croix County.

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## **ST. CROIX COUNTY EXECUTIVE BOARD MEETING**

Agricultural & Education Center, Baldwin, WI

Tuesday, January 9<sup>th</sup> 2018

The meeting was opened with the Creed and Pledge of Allegiance.

Roll Call - Present: Marie Nelson, Donna Wilcoxson, Eunice Hop, Jean Kelley, Joan Sprain, Linda Sutherland, Phoebe Shourds, Wanda Breitbach, JoLane Anderson, Stephany Bourdon. Absent: Elizabeth Lee, Lois Burri.

Linda Sutherland accepted the Vice President position with unanimous board approval.

Fall Council and Fair Corrections on past Secretary Notes: NW DISTRICT MEETING date corrected to April 19<sup>th</sup> 2018. This correction was from the planning meeting. FALL COUNCIL: Phoebe Shourds wants to give \$.25 to Zero Hunger; talked about International Day of Peace instead of Peach. INTERNATIONAL correction is: Eunice Hop and Jean Kelley and also corrected to: "they reported that they are having trouble getting water filters out in other countries. They have no money now." MOTION TO ACCEPT CORRECTIONS MADE BY Linda Sutherland and seconded by Donna Wilcoxson; MC. WI. NICARAGUA PROJECT: Jean Kelley and Wanda Breitbach are going in 2018, February 21, 2018 for 10 days. FAIR CORRECTIONS-two people from Master Gardeners will be joining HCE next spring. MOTION TO ACCEPT CORRECTIONS MADE BY Phoebe Shourds and seconded by Donna Wilcoxson; MC.

**PARTY**-We had a party for Joan Sprain as she is retiring January 31, 2018 after 12 years. She has done a great job and will be missed. The gifts we gave to Joan: HCE coffee travel mug, bag of Nicaragua Coffee, \$20 Starbucks gift card, retirement T-shirt and a Rural School Book.

**FINANCIAL STATEMENT** – Phoebe Shourds; Talked about Kwik Trip Cards. JoLane Anderson made motion with correction; Jean Kelley seconded, MC.

**SCHOLARSHIPS** – Donna Wilcoxson: We can't give out scholarships to nieces and nephews, but can have older children and grandchildren of HCE members. This will be voted on at Spring Council in May.

**CULTURAL ARTS**—Linda Sutherland has raffle tickets for NVON.

**FAIR** - Phoebe Shourds; We will get a substitute for the fair as Phoebe will be at NVON conference in Pewaukee, eight (8) members are going. Phoebe would also like to do something with the corner in the HCE building at the fair. Like a banner that would really impact people and draw them to HCE.

**HEALTHY LIFE STYLE SURVEY**—ON THE MOVE AND IN THE GROOVE will be done again this year. Kristen Bruder stopped in to introduce herself. She will be our new District Area Director for Pierce, Polk, and St. Croix Counties.

**MARKETING** - JoLane Anderson: sold \$250.00 of HCE merchandise.

**INTERNATIONAL**—Eunice Hop; Barbara DeSoto will be our speaker, wrote a book "When Women Unite Mountains Move".

**SPUD SPECTACULAR/HEART HEALTHY** event will be February 13<sup>th</sup> at the Ag Center, Baldwin at 11:30am. The board will provide the baked potatoes and clubs/individuals will provide the toppings or a dish to pass. Lesson will be on Diabetes.

Homemaker's prayer was said. Linda Sutherland motioned to close the meeting and Marie Nelson seconded it. Motion carried.

NW District planning committee meeting met.

Submitted by Carol Kobernik

**Spud Spectacular**  
February 13; 11:30am  
Ag Services & Education Center, Baldwin

Come and learn more about diabetes education as well as some information from 2017 State Conference. The guest speaker will be Susan Kurtz, RN; Diabetes Educator Nutritionist; Retired.

This is our 3<sup>rd</sup> annual Spud Spectacular where the HCE Board provides the baked potatoes and you or your club brings the toppings, dish to pass, or dessert. Nicaraguan Coffee and water will also be provided. This is a **FUN & EDUCATIONAL** event. If you have any questions, call Wanda Breitbach 718/248-3806 or e-mail [brightgrandma@yahoo.com](mailto:brightgrandma@yahoo.com).

The Kwik Trip gift cards will be available at this event, if you have an upcoming gift giving occasions. If you are unable to make it to this event but need a Kwik Trip gift card, contact Phoebe Shourds at 715-821-1606.

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**Jam It Out / Be Food Wise**  
March 10; 11am-2pm  
Location, TBD

Come and learn how to use Farm Fresh Recipes that transform Jam, Jelly, and Preserves into Unique Meals. The guest speaker for this event will be Debbra Anne Jacobsen, author of “Jam It On”, “The Enlightened Cat” and “Don’t Quit Yet!”.

If you have any questions, call Wanda Breitbach 718/248-3806 or e-mail [brightgrandma@yahoo.com](mailto:brightgrandma@yahoo.com). Look for more information in the President’s note.

The Kwik Trip gift cards will be available at this event, if you have an upcoming gift giving occasions. If you are unable to make it to this event but need a Kwik Trip gift card, contact Phoebe Shourds at 715-821-1606.



**Honey Doers Club**

Members of the Honey Doers Club assembled treats for Valentine’s Day for the nursing homes and Park Place in Woodville and Spring Valley.



**SAVE THE DATE**  
**Spring Council**  
**May 4, 10:00am**  
**Hammond Town Hall**

The Honey Doers club will host the Spring Council meeting at the Hammond Town Hall, 1819 County Road E. Join us at 9:30 am for registration, coffee and cultural arts. The business meeting will start at 10:00am. Your entertainment will be the Country Memories.

Please bring a salad for every two people attending. If it is warm, bring your salads on ice or in a cooler as there is limited refrigerator space. Also, bring a serving spoon for your salad.

There will be door prizes and a special program after lunch. If you haven't started those cultural arts projects now is the time to get started.

**HCE Scholarships**

Children and grandchildren of HCE members and HCE members may apply for one of two of the scholarships offered in the amount of \$750. Scholarship applications are due to the scholarship committee by April 1.



Applications are available from the Extension office in Baldwin, in this newsletter or on the website, <http://stcroix.uwex.edu/family-living/home-community-education-hce>.

Completed applications and letters of recommendation are to be sent to Donna Wilcoxson, 1027 Hazel Street; River Falls, WI 54022. Scholarships will be awarded at the Spring Council meeting May 4.

**Healthy Lifestyle**

HCE Family and Community Life will focus on all members being active, eating healthy, and local food as a state-wide activity. The five question survey will cover 13 weeks. This survey replaces the "On the Move and In the Groove" form which has been used for several years.

Compile the results for your county using the form, being sure to include the name, address, phone number, e-mail address (if available) and name of county. Individual surveys may also be sent if there is no county coordinator.

In 2017, 30 counties participated in the "On the Move and In the Groove" with the most points reported by Kewaunee, Brown and Waukesha counties. Congratulations to all who participated!

Please mail all 2018 survey results by June 15, 2018. Counties with the greatest percentage of members participating will be recognized at the WAHCE Conference in September. These results are also used in a report given by the Wisconsin HCE President at the NVON Conference in July.



Questions may be emailed to Veronica Sustar as [va914@yahoo.com](mailto:va914@yahoo.com), or call her at 608-847-1140. Tallied County Surveys or Individual Surveys need to be mailed to Veronica by June 15, 2018.

## Cultural Arts

Whew! It's finally January and the rush of the holidays has subsided. Now it's time to relax and work on 2018 cultural arts projects. You will notice the red printing on the 2018 cultural arts form. Hopefully this will encourage people to read all of the top information. Please note the two new classes, Alcohol Ink (1-D), and Jewelry Set (13-C), also the Writing Category names changes—Non-Fiction (17) and Fiction (18).

The Bonus Category theme for this year is "Spring Into Action." I can see a number of ways to interpret this theme and I am eager to see the results.

This will be the last report from me as County Cultural Arts Chair as I am switching board positions. It has been fun and interesting and I will still be available to help the new Cultural Arts Chair if needed.

~ Linda Sutherland



### Memorial Leadership Scholarship

The Memorial Leadership Scholarship was established through a memorial from the Betty Hilbert estate and the monies from the WAHCE Legacy Fund. This scholarship (\$200) is to be used to encourage members of WAHCE to seek leadership training so they may become capable, willing and enthusiastic leaders in the organization.

This scholarship is available to WAHCE members only for registration to a leadership program. (Members of the WAHCE State Board are not eligible.) ***The application is due June 30th to the Scholarship Chair*** and may be used for leadership opportunities during the previous months from the last Scholarship, as well as to upcoming leadership opportunities.

To apply for this scholarship, visit the website at: <http://www.wahceinc.org/memorialleadership.pdf> or use the scholarship form found in this newsletter.

Rose McGrath  
N8890 Big Island Road  
Berlin, WI 54923

### HCE International 2018

The HCE international program for 2018 will feature Barbara De Souza June 19 at 6:30 in the meeting room adjacent to the Baldwin Public Library. Barbara worked with church groups and related organizations giving medical training to Brazilians for 40 years; empowering women to give health care. She returned to the USA to receive needed medical assistance for herself and her husband. Suffering from "reverse culture shock" she found happiness in reliving and writing about her experiences. The resulting book is called *When Sleeping Women Awake, Mountains Will Move*. She now lives in River Falls and is planning on speaking to HCE members, book loving friends, and general public Tuesday, June 19 at 6:30.

*When Sleeping Women Awake,  
Mountains Will Move*



Barbara Mosley de Souza

### **Club News:**

**Glover**—A short business meeting was held in December followed by social time with a potluck and fundraiser. The fundraiser and dues raised \$348. Marilyn Feyereisen dropped her membership to spend more time in the south.

**Lincoln**—Club members enjoyed a meal at Joan Vobejda's in her renovated kitchen. Louise Peterson was celebrated for her 60 years in HCE with dessert and ice cream. The total number of years for all members is 213. Dan Frey was thanked for the donation of the ham for the club Christmas party. Joan Sprain will be retiring and there will be an open house at the Ag Center on January 26 from 2-4pm. Club members discussed the Sewing/Learning Project. Joan will gather any donations from our club and will deliver them. We need to get them to Joan by February 8. February 13 is the Spud/Heart Healthy class at 11:30am at the Ag Center. Members will attend if able. The next meeting will be held on February 20 at 6pm at Culver's in Baldwin. Jody will host the March meeting on the 20th at 6pm. The lesson that month will be on paper tube crafts.

### **Meet and Greet Opportunities**

*A variety full menu is offered at all restaurants*

*There will be NO Meet & Greet held in February*

*Wednesday, March 28—Friendly Bar & Grill  
312 Main Street, Star Prairie*

Meet and Greet gatherings are at 11:30am  
Join us for a good meal and great company!!

Committee: Joan Brown 715-749-3302 and Wanda Breitbach 715-248-3806

\* Please call Joan a day before to RSVP for head count for the restaurant \*

### **Calendar of Events**

Feb	13	<i>Spud/Heart healthy Class Diabetes / Heart Health</i>	Ag Center 11:30am
Mar	13	Executive Board Meeting	Ag Center 2:00 – 3:30pm
Mar	20	Special Interest – Jam It Out/Be Food Wise	Ag Center 11:00 – 3:00pm
Mar	28	Meet & Greet	Friendly Bar & Grill, Star Prairie 11:30am

### **Ag Services and Education Center**

#### **Hours of Operation:**

Monday—Friday

8:00 am—4:30 pm

715-531-1930



Wisconsin Association for  
Home and Community Education, Inc.

## HCE Healthy Lifestyle

February 18 to May 12, 2018

HCE Family and Community Life will focus on all members being active, and eating healthy and using local food as a state-wide activity. The five question survey will cover 13 weeks. This survey **replaces** the "On the Move and In the Groove" form which has been used for several years.

Compile the results for your county using the same form, being sure to include the name, address, phone number, email address (if available) and name of county. Individual surveys may also be sent if there is no county coordinator.

In 2017 **30** counties participated in "On the Move and In the Groove" with the most points reported by **Kewaunee, Brown** and **Waukesha** counties. Congratulations to all who participated!

Please mail all 2018 survey results by June 15, 2018. Counties with the greatest percentage of members participating will be recognized at the WAHCE state conference in September. These results are also used in a report given by the Wisconsin WAHCE President at the NVON Conference in July.

Questions may be emailed to Veronica Sustar at **va914@yahoo.com**, phone **608-847-1140**. Tallied County surveys or individual surveys need to be mailed by June 15, 2018.

Thank you to all of you for your participation. Looking forward to 2018!!

**Send survey results to:** VP Family and Community Life  
Veronica Sustar  
N2894 Overgaard Road  
Mauston, WI 53948



Wisconsin Association for  
Home and Community Education, Inc.

## HCE Healthy Lifestyle Survey

(formerly On the Move and in the Groove)

Get moving and eat healthy with HCE members across Wisconsin. Please reply to this five question survey about maintaining your healthy lifestyle between February 18 and May 12, 2018.

Name (optional) \_\_\_\_\_  
County \_\_\_\_\_, Wisconsin

1. Which activities do you usually participate in weekly? Check all that apply.

<input type="checkbox"/> walking	<input type="checkbox"/> hiking	<input type="checkbox"/> running	<input type="checkbox"/> dancing
<input type="checkbox"/> bowling	<input type="checkbox"/> biking	<input type="checkbox"/> spinning	<input type="checkbox"/> rowing
<input type="checkbox"/> swimming	<input type="checkbox"/> skiing	<input type="checkbox"/> tennis	<input type="checkbox"/> exercise DVD
<input type="checkbox"/> Tai Chi	<input type="checkbox"/> yoga	<input type="checkbox"/> Strong Bones class	
<input type="checkbox"/> Other (please list) _____			

2. How many times a week are you usually active for ½ hour or more?  
☐ 5 or more    ☐ 3 or 4    ☐ 1 or 2    ☐ zero

3. Do you exercise alone or with a group? Explain \_\_\_\_\_

4. How many ½ cup servings of fruits or vegetables do you usually eat daily?  
☐ 8 or more    ☐ 5-7    ☐ 1-4    ☐ zero

5. How much of your diet is raised, grown or made within 100 miles of you?  
☐ Most    ☐ About half    ☐ Some    ☐ Very little    ☐ Unsure

Questions? Email Veronica at [va914@yahoo.com](mailto:va914@yahoo.com) or phone **608-847-1140**.  
Tallied County surveys or individual surveys need to be mailed by June 15, 2018.

**Send results to:** VP Family and Community Life, Veronica Sustar  
N2894 Overgaard Road  
Mauston, WI 53948

Phoebe Shourds  
401 Highway 65  
River Falls WI 54022



## St. Croix County Home and Community Education Scholarships

***(Funded by Rural School Book and Creamery Book Proceeds)***

1. The St. Croix County Association for HCE (Home and Community Education) will award 2 (two) \$750 Scholarships to a high school senior. MUST be a child or grandchild of an HCE member of St. Croix County. This scholarship will be based on HCE affiliation and activity, and applicant's need, scholarship and leadership. The student does not need to reside in the county.
2. This scholarship is to be used to study in any college or university.
3. All students who possess qualities for satisfactory work in advanced education are eligible. This must be verified by the high school principal or guidance counselor if applicant is currently enrolled in school. (See attached form). If out of school, we will need a transcript of grades.
4. Scholarship applications are due on or before **April 1, 2018**. Send applications and have references sent separately to: **Donna Wilcoxson, 1027 Hazel Street, River Falls, WI 54022**. The Scholarship Committee reserves the right to request an interview.
5. The County HCE Board will designate a committee to select one applicant. An alternate will also be selected.
6. The Scholarship Committee of the County HCE board will select and notify who is to receive the award on or before April 15, presented to recipients at Spring Council meeting, held in late April.
7. The scholarship will be paid by the treasurer of the County HCE Board when he/she is notified that the recipient has successfully completed the first semester with at least a 2.0 GPA. The scholarship will then be in effect for the second semester of the school year. Send transcript to treasurer: **Phoebe Shourds, HCE Treasurer, 401 State Road 65, River Falls, WI 54022**
8. Applications are available from the Extension Office, Ag Center, 1960 8<sup>th</sup> Avenue, Suite 140, Baldwin, WI 54002 or <http://stcroix.uwex.edu/family-living/home-community-education-hce/forms>



## St. Croix County Home and Community Education

### Scholarship APPLICATION

**(Sponsored by Rural School Book and Creamery Book)**

Please complete and return to: **Donna Wilcoxson, 1027 Hazel Street, River Falls, WI 54022:**  
Due before: **April 1, 2018**

Your Name:	
Address:	
Date and Place of Birth	
High School, Technical School, College or University Attending	
Date of Graduation (mm/yy)	
Mother and Father's Name:	
Spouse (If applicable)	
Your Occupation:	
Spouse Occupation:	
School you plan to attend:	
Career you plan to pursue:	
Activities showing responsibility – state in detail	
A) Family	
B) School	
C) Community Organizations	
D) Church/Temple/Synagogue	
E) Other	

What are your plans for financing your education? Why do you feel you need scholarship help?

Indicate any unusual circumstances that should be considered when processing your application.

What is your affiliation with Home and Community Education?

Relationship to a Home and Community Education Member?	
Name of HCE Member: Member's Club name:	
Please comment on parent's or grandparent's involvement or applicant's involvement in HCE.	

### **INSTRUCTIONS**

- ON A SEPARATE PAPER WRITE A 100-200 WORD ESSAY ENTITLED:

### ***“WHY I HAVE CHOSEN A TEACHING CAREER”***

**RECOMMENDATIONS:** PLEASE IDENTIFY 3 LOCAL PEOPLE WHO WILL BE SENDING IN RECOMMENDATIONS. INSTRUCT THEM TO SEND RECOMMENDATION LETTERS TO:

Attn: HCE Scholarship  
Donna Wilcoxson  
1027 Hazel Street  
River Falls, WI 54022

THEY MUST BE RECEIVED BY **APRIL 1, 2018** AND MUST BE SENT, *UNDER SEPARATE COVER*; I.E., (NOT SEEN BY APPLICANT).

Name	Address	Phone
1)		
2)		
3)		

Date	Signature

**DUE: APRIL 1, 2018**

### **IMPORTANT NOTE:**

The completed application must include the following items or the application will not be considered.

- Student Application
- Student Essay
- 3 Recommendations (Applicants may check on persons writing recommendations and remind them of deadline)

# Spring District Meeting



Registration: 9:30am (refreshments provided)

Meeting: 10:00am

Registration Fee: \$10.00

Speaker: Eunice Hop (Cranes & Japan)

Directions: South from New Richmond - turn West/Left on Hwy 12. Turn South/Right on N Division St. (Holiday Gas station on corner). Turn Right/East on Maple (go around curve, next building past post office)

**SEND REGISTRATIONS TO:  
STEPHANY BOURDON**

1870 80th St., Balsam Lake, WI 54810

Name: \_\_\_\_\_

Address: \_\_\_\_\_

District: \_\_\_\_\_

\* Send this with your registration fee to Stephany - **DUE APRIL 5** \*



## 2018 NVON Conference July 16 – 18, 2018

The 2018 NVON Conference planning has been concluded. The actual registration forms and other information will be available in the May 2018 VISION and on the NVON website ([www.nvon.org](http://www.nvon.org)). Registration fee is \$140, plus the cost of any tours. Due June 15.

Reservations for The Country Springs Hotel (soon to be The Ingleside Hotel) 2810 Golf Road, Pewaukee, WI 53072 can be made at (262) 547-0201.

Room Rate is \$99 (1-2 occupants) \$10 each additional occupant. Ask the bed size if you plan to have more than two in the room. There are executive suites available, too. They are requesting a credit card and processing a payment for the first night's stay.

**Tours for NVON 2018** (Lunch is on your own and not included in cost for all tours.)

### Monday, July 16, 2018

#### Old World Wisconsin, \$40. 9:00 am - 4:00 pm

Enjoy an overview of the historic site and learn about the museum's houses, heirloom gardens, outbuildings, immigrant life and more on the 80 minute guided tram tour and then have time to eat and explore the village.

#### Wisconsin Museum of Quilts & Fiber Arts & Downtown Cedarburg, \$25 -- 11:30am to 5:00pm.

The Museum is dedicated to educating the public about the artistic, cultural, historic and social importance of quilts and fiber arts. After the tour, explore the many restaurants and shops of downtown Cedarburg.

### Tuesday, July 17, 2018

#### Harley-Davidson Museum®, & Lakefront Brewery\*\*. \$30 - 9:00 am to 2:45 pm

A visit to the Harley Davidson Museum™ is an experience that will stay with you for a lifetime. Eat your lunch in the Motor® Bar & Restaurant before heading for the Lakefront Brewery where we will have a private tour, including beer sampling.

### Wednesday, July 18, 2018

#### Milwaukee Art Museum\*\*. \$25. 9:15 am - 1:45 pm

The "wings" open at 10 and "flap" at noon. Participate in a tour led by one of the Museum's docents which includes highlights of the collection. The tour is about one hour. There will then be time to eat lunch and explore the museum on your own.

*\*\*The cost of the Harley Museum Tour and the Milwaukee Art Museum has been reduced to reflect a credit for purchasing your lunch.*

## Monday, July 16, Heritage Skills Workshops

All craft workshops have a material fee of \$5.00 paid to the instructor when you enter the classroom.

### 9:00 – 10:00 am



Shirley Schweiger

Chicken scratch is a fun and simple type of embroidery done on gingham fabric. Learn some basic stitches with lots of room for creativity. It's not just for aprons anymore.

#### Hexie Needle Keeper by Eileen Gottbeheat

Enjoy this workshop where you will make a Hexie needle keeper for your sewing needles.

#### Sun Catcher – Jean Morton

Sun catchers reflect the light of the sun. Make your own using glass beads and bobbles to make sunlight dance.

### 10:30 – 11:30 am

#### Art on Sea Glass by Sandy Pohl

Learn to make stamped tumbled glass pieces for jewelry or small ornaments.



Sashiko, Kathy Metzenbauer

Sashiko means 'little stabs' which is a running stitch with a Sashiko needle and heavier thread that make geometric patterns on fabric. It is very therapeutic and can be used in a variety of ways from clothing to quilting.

#### Wool Heart Scissors Keeper, Sandy Kohler & Jean Morton

Keep your scissors wrapped up in their own little case so they stay safe and sharp.

### 2:00 – 3:15 p.m.



Friendship Necklace, Sandy Pohl

Learn how to create your unique one of a kind friendship necklace with your new friends and everyone's bead choices.

#### Small Dried Flower Wreath, Jean Morton

Make your own small wreath out of dried flowers.

#### Sun Bonnet Sue Needle Keeper by Jean Brew

You will make a Sun Bonnet Sue needle keeper that you will trim with your own creativity.

### Tuesday, July 17, 2018

#### 2:00 – 3:00 pm

#### Button Necklace – Sandy Kohler & Jean Morton

Make a necklace out of colorful buttons. Materials supplied, but if you have some favorite buttons, please bring them along.

### Wednesday, July 18, 2018

#### 3:30 – 4:30 pm

#### Swedish Weaving Table Mat, Darlene Schumacher

Using Swedish weaving technique, yarn, fabric and needles, embroider a Monk's table mat.

## NVON Conference Summary

### Monday, July 16, 2018

10:00 – 11:00 am

- **Aprons, Tie One On**, Wilma Rehbein

Early aprons being very functional to the later years, quite a work of art and other uses.

2:00 – 3:00 pm

- **From Tobacco to Grapes**, Tim Rehbein

Tobacco was a core financial foundation on many farms in Wisconsin. Learn how the transition from tobacco to grapes worked and today's results.

### Wisconsin Night: Rochelle Pennington

- The Wreck of the Edmund Fitzgerald

### Tuesday, July 17, 2018

#### 9:00 am – Annual Meeting

**Luncheon** – The Joy of Conferences, Karen Dickrell

#### Workshops

2:00 – 3:00 pm

- **Button Necklace**, Jean Morton

Make a necklace out of colorful buttons. Materials supplied but you can use your own, too.

- **The Current Opiate Epidemic in WI**, Julie Kobach

The rate of opioid overdoses has almost doubled in Wisconsin. Hear how it all began, where are we now and what is being done to reverse the trend.

- **Helping Haitians to Help Themselves**, Barb Seefeldt & Ann Neumann

Bringing to life, with stories and pictures, the work of Ventures in People.

- **Life Long Gardening**, Marilyn Cech

Learn tools and techniques that enable individuals with any ability to garden.

- **Popping Up Popcorn**, Mary Ann Schilling

Learn about the history, nutritional benefits, and many flavorings you can add that make popcorn more than just a snack food.

#### Workshops: 3:30 – 4:30 PM

- **Fermentation Feast**, Mary Ann Schilling

Learn about the health benefits of foods such as sauerkraut, kombucha, and yogurts and how to make some of these fermented products safely at home.

- **Look! My Feet are Straight!**, Priscilla Kopczynski

Priscilla shares anecdotes from her years in the classroom and as a mother of six children to show the contentment we can find in every day, ordinary life.

- **Finding Your Passion While Still Balancing Your Responsibilities**, Jessie Garcia

Identify if any area has been lacking in your life and give them strategies for putting things back into balance. She will share her own personal story too.

- **American Sign Language Today**, by Kara Thomas  
Learn useful information about deafness, deaf culture and myths surrounding deaf/hard of hearing people and useful emergency signs to help in everyday life.

### Tuesday Banquet

#### Keynote Speaker Michelle Tidemann,

- **What if the spark to change the world lived within each of us?**

### Wednesday, July 17, 2018:

#### 9:00 am – Annual Meeting continued

**Lunch:** Wisconsin Friendship Chorus

#### Workshops: 2:00 – 3:00 pm

- **Be Food Wise To Reduce Food Waste** Sarah Weier  
Learn about food waste – where it comes from, who is responsible, why it's a problem, and what can be done to reduce it in your home and communities.

- **Birthday Blooms and Blessings**, Marilyn Herman  
During the Victorian era, a language of flowers was developed. Find out what your birthday flower means and the blessings you offer to those around you.

- **Rock County Barn Quilts**, Jeanette Beard  
Learn the history, how to's and see some of the beautiful barn quilts with their stories from around Rock County.

- **Taking Care of You, Mind, Body & Spirit**, Jen Whitty

Jen will discuss the various dimensions of health (physical, mental, social, and spiritual), and how they are interrelated. Do activities that reinforce the importance of being mindful and intentional in our daily lives.

#### Workshops: 3:30 – 4:30 pm

- **First Ladies Quilts**, Jean Morton & Sandy Kahler,  
See the quilt and hear about the White House and the ladies that occupied it. The quilt tells the story.

- **Fraud, Trends and Behavior**, Jeanie Tucker  
Hear about fraud trends and behavior, The Con Artist's Play Book, and the most effective prevention strategies to avoid becoming a victim.

- **Let's Eat, Grandma**, Rita Bloom

A light hearted look at our English language and some of the mistakes we make trying to use it correctly. NOT a boring grammar lesson! !

- **Listen, Your Weeds are Talking to You, Are you Listening**, Jane Chapman

Could that plant you call a weed be beneficial to you, the environment or your yard or garden?

- **Swedish Weaving**, Darlene Schumacher  
Using Swedish weaving technique, yarn, fabric and needles, embroider a Monk's table mat. *Class Fee: \$5.*

### Wednesday Banquet, 6:00 PM

**Entertainment:** Jessica Minchna portrays Eleanor Roosevelt in "Brother Can You Spare a Dime?"



## Memorial Leadership Scholarship - 2018

Wisconsin Association for Home and Community Education, Inc.

A \$200.00 Scholarship to attend a Leadership Opportunity

**A memorial from the Betty Hilbert estate and monies from the WAHCE Legacy Fund are being used to fund this scholarship.**

**Purpose:** To encourage members of WAHCE to seek leadership training, so they may become capable, willing and enthusiastic leaders in the organization and their communities.

**Eligibility:** This scholarship is available to WAHCE members only, for registration to leadership training. Members of the WAHCE State Board are not eligible.

**Requirements:** Complete the personal data and questions on this application form and attach a copy of the leadership registration form. This application should be no longer than two pages. After attending, recipients are to report to WAHCE on their experience.

**Payment for Scholarship:** Payment of scholarship will be made after proof of attendance at workshop or WAHCE State Conference registration has been submitted to the Scholarship Chair.

Deadline: Application must be postmarked by June 30, 2018, and mailed to the Scholarship Chair: **Rose McGrath, N8890 Big Island Road, Berlin, WI 54923**

Name \_\_\_\_\_ E-Mail Address \_\_\_\_\_

Address \_\_\_\_\_ Telephone \_\_\_\_\_

City, State, Zip Code \_\_\_\_\_

Number of Years as a WAHCE Member \_\_\_\_\_

Your District \_\_\_\_\_ Your County \_\_\_\_\_

Club/Individual \_\_\_\_\_

**Answer the following questions. If you need more space, add only one more sheet to continue your answers, and number for each answer on that sheet.**

**1. What offices, if any, have you held in WAHCE?**

A. County \_\_\_\_\_

B. District \_\_\_\_\_

**2. How might you use some of what you would learn to benefit WAHCE?**

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**3. How do you plan to use your leader training in your community?**

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**Signed:** \_\_\_\_\_

**Date:** \_\_\_\_\_

Wisconsin Association for Home & Community Education, Inc.  
Cultural & Textile Arts Show  
2018 Guidelines for County Chairs



**ALL items, including Bonus Category, must be pre-registered. Registration is due August 1, 2018.** Any items NOT pre-registered will NOT be judged or displayed. Only one entry on each registration form. Send all forms together immediately after county show. A County may enter a total of 12 entries plus one Bonus Category 19. A county cannot have duplicate entries in any lettered sub-category. The County Cultural Arts Chair must include a self-addressed postcard or email address to verify receipt of registration forms. If you do not receive verification within three weeks, please call or email the WAHCE Cultural Arts Chair.

**IMPORTANT: All entrants MUST sign the Registration form.** Please read and sign below; entries will NOT be accepted if unsigned. Entrants will not hold WAHCE responsible for any loss or damage to any item submitted for use in the WAHCE Cultural Arts Show. Entrants 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.

All work must be done by entrant and completed after last year's show. It must receive a first place at this year's county show or fair. All items must be clean or laundered or will be disqualified by the judge. Kits and patterns may be used as long as entrant does all the work.

**Color Coding of Registration Forms by Districts:**

Central – White  
Southeast – Green

Northeast – Yellow  
Southwest – Orange

Northwest – Light Blue  
West – Pink

**Entry Day:** Deliver items Sunday (9/16/18) from 6:30-8PM or Monday (9/17/18) 9-11:30 am. Judging will begin at 12:30PM. Members may view the show for one hour after the Monday evening activity and during the day Tuesday, September 18, 2018. Hours on Tuesday for viewing will be announced or posted. Pickup times will be posted.

Send registration and written entries to: **Linda Sutherland**  
**1594 5<sup>th</sup> Avenue**  
**Star Prairie, WI 54026**

**715 248-7279 or 715-338-9214**  
[tagalongacres@yahoo.com](mailto:tagalongacres@yahoo.com)

Contact Linda with any cultural arts questions.

Cut on the dotted line and send in the **SIGNED** completed Registration Form and Claim Check **with both parts filled out.** You will receive your Claim Check when you bring in the items.

**Registration Form**

Category/Class (example 2D) \_\_\_\_\_  
County \_\_\_\_\_ District \_\_\_\_\_  
Name (print) \_\_\_\_\_  
Address \_\_\_\_\_  
City/Zip \_\_\_\_\_  
E-mail \_\_\_\_\_  
Phone # \_\_\_\_\_  
Title or Description \_\_\_\_\_  
Are you bringing an easel? Y or N

**Claim Check**

Category/Class (example 2D) \_\_\_\_\_  
County \_\_\_\_\_ District \_\_\_\_\_  
Name (print) \_\_\_\_\_  
Address \_\_\_\_\_  
City/Zip \_\_\_\_\_  
E-mail \_\_\_\_\_  
Phone # \_\_\_\_\_  
Title or Description \_\_\_\_\_  
Are you bringing an easel? Y or N

Peoples' Choice # (Official use only) \_\_\_\_\_

**Please read and sign:** Entries will NOT be accepted if unsigned. Entrant will not hold WAHCE responsible for any loss or damage to any item submitted for use in the WAHCE Cultural Arts Show. Entrant gives permission for their photo, photos of their entry, and/or print copies of their written entry to be used by WAHCE as seen fit.

Signature: \_\_\_\_\_ County \_\_\_\_\_ Date: \_\_\_\_\_

**Wisconsin Association for Home & Community Education, Inc.  
Cultural Arts Show & Contest – 2018 Categories**



**1. Painting/Drawing**

*Framed or Wrapped. If bringing an easel for your painting or drawing, securely tape a label with name, district and county.*

- A. Oil
- B. Acrylic
- C. Water Color
- D. Alcohol Ink
- E. Other

**2. Photography**

*Photograph must be 8" x 10", unmatted only, in 8½" x 11" plastic sleeve with a tag board or cardboard behind the photo. Framed photographs be disqualified.*

- A. Color–Landscape
- B. Color– Waterscape
- C. Color – Plants
- D. Color – Animals/ Creatures
- 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. Useful Sewn Item
- F. Purse or Tote
- G. Pillow
- H. Sewn item made from recycled materials
- I. Wearable Accessory (apron, scarf, hat, etc.)
- J. 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. 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. Other

**8. Heritage Skill**

- 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 Quilt**

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

- A. Tied
- B. Hand quilted
- C. Pieced
- D. Appliqued
- E. Embroidered

*Machine Quilted*

*Professionally:*

- F. Pieced
- G. Appliqued
- H. Embroidered
- I. Any other Bed Quilt

**10. Lap/Baby Quilt**

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

- A. Tied
- B. Hand-quilted
- C. Pieced
- D. Appliqued
- E. Embroidered
- F. Pieced
- G. Appliqued
- H. Embroidered
- I. Any other lap quilt

**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. Table**

**Topper/Runner**

- A. Hand Quilted
- B. Machine Quilted
- C. Other

**13. Jewelry**

- A. Bracelet
- B. Necklace
- C. Set
- D. Other

**14. Constructed Original Item**

- A. Clay/Pottery
- B. Wood
- C. Other

**15. Painted Object**

- A. China
- B. Glass
- C. Fabric
- D. Wood
- E. Other

**Poem, Non-Fiction, Fiction**

*Three copies, typed on plain paper with 12 point font, must accompany the registration forms. 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.*

**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. Bonus Category – "Spring Into Action"**

*The Fun Category*

*Limit of one entry per county. Create a display of your choice.*

*You may use any media to construct your entry*

*Size restriction - base no larger than 10"x10" with maximum height of 20"*

*Judging - those attending will vote for their favorite "Spring Into Action" entry*

*Have Fun!!!*

**STATE  
REGISTRATIONS  
DUE BY:  
AUGUST 1, 2018**



## Impact of HCE -- 2018

### HCE Club Member Contribution Report



To recognize the achievements and contributions of HCE members, each member is asked to complete the following sheet. Information will be compiled into an "Impact of HCE" Report. The dates for the report for 2018 are June 1<sup>st</sup> 2017 to May 31<sup>st</sup> 2018. Please give your reports to your Club President or your County so they can be compiled. **Counties will put everything together on the County Form and send to Veronica Sustar, WAHCE Vice President for Family and Community Life by June 10<sup>th</sup> 2018. Thank You!**

**Contact information** (will not be shared, for record keeping only)

**Club Member's Name:** \_\_\_\_\_

**County:** \_\_\_\_\_

**Club:** \_\_\_\_\_

In the past year please indicate the number of times you attended and the amount of time you gave for the following:

Event	# Attended	Time Spent
County HCE Executive Board Meetings	_____	_____
County HCE Spring Event(s)	_____	_____
County HCE Fall Event(s)	_____	_____
County HCE Educational Sessions	_____	_____
HCE Club Meetings	_____	_____
HCE District Meetings	_____	_____
HCE State Meetings	_____	_____
		<b>TOTAL</b> _____

Please list any fundraising activities you were involved with on behalf of HCE.

(example: bake sale at the bank for HCE))

Fundraising Activity	Time Spent
1. _____	_____
2. _____	_____
3. _____	_____
	<b>TOTAL</b> _____

Please list any community outreach activities that are directly related to HCE.

(example: Bingo at the nursing home for HCE))

Community Outreach	Time Spent
1. _____	_____
2. _____	_____
3. _____	_____
	<b>TOTAL</b> _____

Please list the value of any **individual donations** (monetary or otherwise) you made for HCE.

Note: Club donations will be obtained from Club Treasurer. (Example: crocheted baby blanket for HCE)

Donations	Estimated Dollar Value
1. _____	_____
2. _____	_____
3. _____	_____
	<b>TOTAL</b> _____

Phoebe Shourds  
401 Highway 65  
River Falls WI 54022