

February/March 2018

Sunnyviews



INSIDE THIS ISSUE:

President's Letter	1
Advisor's Letter	2
Dates to Remember	2
Our Condolences	3
A Note from Amy	3
Nondiscrimination Policy Reminder	4
2017 Annual Meeting Minutes	5—6
2017 Stitches of Love Report	6
2018 NVON Conf. Invitation	7
2018 WAHCE Conf. Invitation	8
2018 WAHCE Scholarship	9—10; 23—24
2018 Winnebago HCE Scholarship	11—12; 21—22
2018 Member Contribution Report	13—14; 19—20
2018 HCE Healthy Lifestyle Survey	15—18
2017 WAHCE Facebook Report	25
2018 Cultural Arts Categories	26—27
HCE Activities	28—29
Food Recalls & Safety Notices	30—31
Staff List	32

President's Letter

Happy New Year!

Winter has settled in, and the holiday hustle and bustle has ended. The last of my decorations are put away, and the house seems empty without the trees, garlands, and lights. I hope everyone enjoyed the holidays with family and friends as much as I did. Now we can focus on our 2018 HCE calendar!

We started the new year with a very interesting International Presentation on Korea by Dar Schuff. She followed with some of the national food choices, including kimchi (spicy) and seaweed. Thank you Dar! Our first 2018 Executive Board Meeting followed. My club, West, is doing a luncheon meeting and then going as a group for the Leader Trainings this year (trying something new). Following the Executive Board Meeting, UNO/Oshkosh Center held the first planning meeting for the Spring Banquet/Rally.

This year's forms for HCE Healthy Lifestyle Survey (formerly "On the Move and In the Groove") and the Member Contribution Reports are in this newsletter. Please take the time to record your activities. As a reminder, member dues should be sent to Joan Bestler (Treasurer), prior to the March 1st state deadline. Dues are \$12 per person.

Your President,
Sue Berg

Advisor's Letter

Dear HCE Members,

Whew! January sure kicked off with many “to-dos” didn't it? I love a fresh, clean calendar and the promise of a new year. As we talked about at our Executive Board Meeting, I am going to strongly encourage you to fill out your Contribution Reports on a regular basis. Please keep track of all the work you do on behalf of HCE, and turn it into our office by May 31st. Remember, for this year you are tracking June 1st, 2017—May 31st, 2018. Don't panic if you haven't kept track, start now! As you can see by the form, everything counts (meeting attendance, volunteering, fundraising, club meetings, and charitable work you are doing on behalf of HCE). Help me to continue to tell your story of generosity, dedication, and impact on all the residents of Winnebago County.

With gratitude,

Mandi Dornyeuf

HCE Dates to Remember

February 3 rd	8:00a Joy Conference – Appleton	
February 7 th	9:00a Stitches of Love Workshop	
February 13 th	9:00a Stitches of Love: Walker Caddies	
March 1 st	Due to HCE Treasurer: <ul style="list-style-type: none"> • Updated Club Membership List • Member Dues • Pennies for Friendship 	
March 12 th	1:00p Leader Training: Sharing Your Talents with Our Community (Sew/Craft Demonstration)	
March 15 th	Submissions due for April/May HCE Newsletter	
April 1 st	HCE Scholarship Applications Due	
April 9 th	1:00p Leader Training: Super Foods, Healthy You 2:00p Executive Board Meeting	
April 17 th	Spring Central District Meeting – Host: Green Lake County	

Our condolences on the passing of Meta Ginnow.

Meta was a former member of Worthwhile HCE Club

With Heartfelt
Sympathy



may your memories
exceed
your sorrow

A Note from Amy

Greetings HCE members, and happy New Year! I hope everyone had a great holiday season, and I hope we receive an early Spring!

This newsletter is FULL of various forms and resources for you!

- Healthy Lifestyle
- Member Contribution Report
- WAHCE Leadership Scholarship Application
- Winnebago County HCE Scholarship Application



FILL OUT FORMS



As Sue mentioned in her letter, all current HCE members are asked to complete and submit both the *Healthy Lifestyle* form and the *Member Contribution Report* form. Instructions for completing and where to submit them are included with the forms.

For your convenience, all forms listed here are located toward the center of this newsletter and are organized so that they can be torn out as whole pages. Because of this, the reading layout of this newsletter may look a little wonky, so please keep that in mind. If you need additional copies of any of these forms, please email or call me at the Winnebago County UW-Extension office.

Per Kathy Wuest's request, the Cultural Arts categories are also included in this newsletter. Kathy reminds us that it's never too early to be thinking about these projects—we'd love to see what you're working on.

Blessings,

Amy Hendrickson

2018 Nondiscrimination Policy Reminder

Dear HCE Members and Community Partners

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.

To help us ensure that our partners do not discriminate, each year we send out a mailing with this notice and additionally ask an officer of each of our partner organizations to sign and return an enclosed form of agreement and attach a copy of their organization's nondiscrimination policy for our records.

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 Winnebago County Extension Office, (920) 232-1970, 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 Winnebago County Extension Office by calling the relay service for the hearing impaired by dialing 711.

On behalf of Winnebago County Cooperative Extension, we 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 Winnebago County.

Sincerely,

The Winnebago County UW Extension staff


University of Wisconsin-Extension

2017 Annual Meeting Minutes: October 9, 2017

The meeting was called to order by President Sue Berg at 1:08pm, followed by the Pledge of Allegiance, Homemakers Creed, and Roll Call. 17 members were present, including 4 officers. President Sue Berg thanked everyone for the nice lunch. We also had a moment of silence for the members we lost during the year.

The 2016 Annual Meeting minutes were read and there were no additions or corrections. Dar made a motion to accept as read; seconded by Kathy. Motion carried.

Treasurer Joan reviewed her handouts. Dar made a motion to accept, subject to audit; seconded by Sue. Motion carried.

Committee Reports:

Cultural Arts – no chairperson. President Sue Berg reported that Mary Norton and Jane Anton won at the State Conference.

International – Dar would like to resign.

Scholarship – Dar handed in a report. Ann will take on the third person needed. Carol is chairperson along with Jane.

Stitches of Love – Lynn was absent but sent report.

President Sue Berg made a suggestion to raise the amount given for a scholarship to \$1,000.00. Dar made a suggestion to change wording to include vocational and technical. Scholarship will handle the change.

Mandi gave the Advisor's Report on Family Living programs and administration reminders for 2018. Mandi asked if we could eliminate post cards. It was decided we would try it. Mandi is still looking for volunteers to play board games with Headstart students. Presidents will bring request to clubs and will let Mandi know by Nov. 1st.

We voted to change the Annual Meeting from November to October. Joan made a motion to make the change; seconded by Fran. Motion carried to change Article v11 Section 1.

We looked at the Leader Training for 2017 because attendance is so low. Suggestions were to have Leader Training following meetings or only have if they reach the minimum. It was decided to open them to all members.

We then looked at reorganizing our centers. Kathy made a motion to put Progressive with Neenah Center; seconded by Dar. Motion carried. We have 2 centers now. Bernice made a motion to have 1 Center do Spring Banquet and Annual Meeting every other year; Vicki seconded. There were 4 nays and 13 yeas. Motion carried by majority.

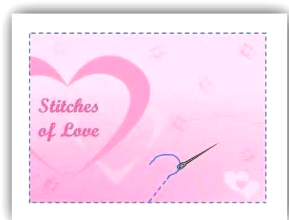
Election of officers: Joan has accepted to continue as Treasurer. There were no more nominations. Kathy made a motion to accept Joan as Treasurer; seconded by Bernice. Motion was carried. Sue said she would stay on as Secretary. There were no more nominations. Motion made by Kathy to accept Sue as Secretary; seconded by Dar.

Motion carried. We are still in need of Chairpersons for Cultural Arts, International, and Marketing.

Meeting was adjourned at 2:55pm, followed by the Homemakers Prayer.

Respectfully submitted by Secretary Sue Soule.

2017 Stitches of Love Annual Report



The Winnebago County Association of Home & Community Education Stitches of Love project, which began in January 2002, is proud to be completing its 16th year of service. The mission of Stitches of Love is to make headwear, free of charge, for local cancer patients and distribute them through local treatment centers. In 2017, six regional cancer centers received our knit, crocheted, and sewn hats:

- ThedaCare Cancer Center in Appleton
- Fox Valley Hematology & Oncology in Appleton
- Fox Valley Hematology & Oncology in Oshkosh
- The Vince Lombardi Cancer Center at Aurora Medical Center in Oshkosh
- The Cancer Center at Mercy Medical Center in Oshkosh, and
- The Agnesian Cancer Center in Fond du Lac

Stitches of Love holds six workshops each year, four at the Coughlin Center in Oshkosh and two at the Calumet County Courthouse in Chilton.

During the workshops, fabric hats are cut out and then taken home by volunteers to sew. A number of volunteers also sew or knit or crochet hats at home. **In 2017 we donated 3,328 hats along with 188 fabric flowers** with the time and talents of our 35+ dedicated volunteers. All of this was done with well over 6,000 hours of volunteer time.

Stitches of Love revenue comes primarily from the ThedaCare Medical Center Foundation, donations, and the sale of walker caddies through ThedaCare at Home. We welcome financial donations as well as donations of yarn, cotton fabric, t-shirt fabric, and heavy fabrics for our walker caddies. Finally, we are also very thankful for the support given to us by the staff at the Coughlin Center – Amy, Ashley and Carol along with an incredible facility, both in Oshkosh and in Chilton, for our workshops.

And finally, a big **Thank You** to Winnebago County Association of Home & Community Education for supporting this most worthwhile cause!!

Lynn Mozingo, Coordinator
Stitches of Love

Mozingol@uwosh.edu
(920) 428-6947

2018 NVON Conference Invitation

The Country Springs Hotel
2810 Golf Road
Pewaukee, WI 53072

Circle the dates July 16—18, 2018. We invite you to join us in Pewaukee (near Milwaukee) for the 2018 National Volunteer Outreach Network Conference.

We are planning wonderful tours and enlightening workshops to enhance the joy of being with our fellow NVON members from Wisconsin. There will be two tours on Monday, July 16, followed by Wisconsin Night. Wear your “red” proudly to the Wisconsin Night event, which we are hosting. Let’s let the rest of NVON know about the great things Wisconsin has done and has to offer.

Some ways that NVON is different from our WAHCE Conference include several crafts on Monday (if you don’t want to go on a tour), tours on Tuesday and Wednesday (while delegates are attending the Annual Meeting), and workshops in the afternoon.

Let’s have a great turnout for this fun conference! Information will be coming from NVON.

To make reservations:

- Reservations can be reached 24/7 at (262) 547-0201.
- Just mention the dates or group: NVON (National Volunteer Outreach Network), July 16 -18, 2018. We have reserved several rooms for Sunday night (July 15), plus Monday through Wednesday nights.
- Room rate is \$99 (1—2 occupants); \$10 each additional occupant. Double check the bed size if you plan to have more than two in the room. The Country Springs Hotel is undergoing extensive renovations. Sometime in the spring, the name will change to The Ingleside. A lot of the rooms currently have two double beds, but that may change to queens with the renovation. There are a few Executive Suites too. You should specify the type of room you want.
- When making your reservation, they are requesting a credit card and processing a payment for the first night’s stay.

See you in Pewaukee! (There's a pool, a sauna, and a whirlpool, so bring your swim suit! Waterpark tickets are extra).

If you have any questions, contact:

Donna Zarovy, *Conference Chair*
262-857-7502

Yvonne Belonga, *Co-Chair*
920-897-3134



2018 WAHCE Conference Invitation

The Country Springs Hotel
2810 Golf Road
Pewaukee, WI 53072

Circle the dates September 17—19, 2018. The Southeast District invites you to join us in Pewaukee (near Milwaukee) to see how “HCE Springs Into Action”.

We are planning wonderful tours and enlightening workshops to enhance the joy of being with our fellow HCE members from Wisconsin. The Southeast District is working hard to make it happen.

To make reservations:

- Reservations can be reached 24/7 at (262) 547-0201.
- Room rate is \$99 (1—2 occupants); \$10 each additional occupant. Double check the bed size if you plan to have more than two in the room. The Country Springs Hotel is undergoing extensive renovations. Sometime in the spring, the name will change to The Ingleside. A lot of the rooms currently have two double beds, but that may change to queens with the renovation. There are a few Executive Suites too. You should specify the type of room you want.
- When making your reservation, they are requesting a credit card and processing a payment for the first night’s stay.
- Just mention the dates: September 17—19, 2018, or the group: WAHCE (Wisconsin Association for Home & Community Education). There are rooms reserved for Sunday night (September 16) if you plan to come in then, plus Monday and Tuesday nights.

See you in Pewaukee (there’s a pool, a sauna, and a whirlpool—so bring your swimsuit! Waterpark tickets are extra!)

Information will be in the May UPDATE and on the WAHCE website after May 1st.

If you have any questions, contact:

Donna Zarovy, *Conference Chair*
262-857-7502

Chris Werner, *Conference Co-Chair*
262-857-3458



Springs Into Action
2018 WAHCE
Conference

*** This page intentionally left blank as the backside of the
WAHCE Memorial Leadership Scholarship form***



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 _____

2018 Winnebago County Association of Home and Community Education Scholarship Rules

1. The Winnebago County Association of Home and Community Education (WCAHCE) Higher Education Scholarship is available to graduating high school seniors who desire to pursue higher education in any field of endeavor, or to a WCAHCE member who plans to further his or her education. All applicants must be a resident of the state of Wisconsin. To qualify, the high school recipient must also be a child, grandchild, niece, or nephew of a current Association of Home and Community Education member.
2. Applicants must begin their full-time studies in the summer/fall of 2018. The Winnebago County Association of Home and Community Education Scholarship of \$500.00 will be awarded at the beginning of the recipient's second year of full-time study.
3. Each applicant must submit the following items: Application Form, Criteria Statement, Essay on "Future Education Plans", Academic Record, and two Letters of Reference.

These items are due by April 1, 2018 to:

2018

**WINNEBAGO COUNTY ASSOCIATION OF HOME AND COMMUNITY EDUCATION
SCHOLARSHIP APPLICATION FORM FOR HIGH SCHOOL SENIORS**

Please Type or Print. Return by April 1, 2018

Return To: SCHOLARSHIP COMMITTEE
c/o Carol Kaufmann
2677 Indian Point Rd.
Oshkosh, WI 54901

Name: _____

Address: _____

City: _____ Zip Code: _____

Birth date: _____ Phone: _____

High School: _____ Date of Graduation: _____

Parent or Guardian's Name: _____

*** This page intentionally left blank as the backside of the
HCE Member Contribution Report***



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 1st 2017 to May 31st 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 10th 2018. Thank You!**

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

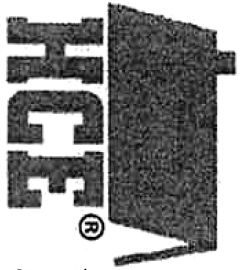
Club Member's Name: _____

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	_____	_____



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 local food as a state-wide activity. The 5 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.



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 5 question survey about maintaining your healthy lifestyle from February 18 and May 12, 2018.

Name (optional) _____

County _____, Wisconsin

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

_____ walking _____ hiking _____ running _____ dancing _____ bowling

_____ biking _____ spinning _____ rowing _____ swimming _____ skiing

_____ Strong Bones class _____ yoga _____ TaiChi _____ exercise DVD

_____ tennis _____ others (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 & vegetables to 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 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

In 2017 **thirty** 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 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**, 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

HCE District Meetings
HCE State Meetings

TOTAL

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. _____

TOTAL

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. _____

TOTAL

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. _____

TOTAL



*** This page intentionally left blank as the backside of the
HCE Member Contribution Report***

Address: _____

Name of WCAHCE Parent, Grandparent, or Aunt: _____

Address: _____

School or Institute You Plan To Attend: _____

Proposed Area of Study: _____

Submit the following information on a separate sheet(s):

- Criteria Statement: special talents, leadership roles, community service (activities and hours served) and goals, High School activities and organizations, your out-of-school activities and organizations (e.g. Church, 4-H, Scouts, etc.).
- Essay of 150-200 words on “ **My Future Education Plans**”.
- Academic record.
- List two references (names, addresses, and phone numbers) who will be submitting letters of recommendations that support information in your criteria statement. Applicants who are high school seniors must have one of the two references be from your High School Principal or Guidance Counselor. None may be a family member.

SCHOLARSHIP COMMITTEE

c/o Carol Kaufmann
2677 Indian Point Rd.
Oshkosh, WI 54901

Late and/or incomplete applications will not be considered

4. The selection of the recipient and two alternates will be made by the Scholarship Committee by April 15, 2018.
5. The Treasurer of the Winnebago County Association of Home and Community Education will award the scholarship when she is notified that the recipient has successfully completed one year of full-time study and is registered to begin their second year of full-time study. If the scholarship winner does not continue their second year of full-time study within one year of completion of their first full-time year of study, the scholarship will be given to an alternate. Alternates must have met the same requirements.
6. Applications are available online at <https://winnebago.uwex.edu/family-living/hce/> or at the Winnebago County Cooperative Extension Office: 625 E. County Rd. Y, Suite 600, Oshkosh, WI 54901-8131.
7. A certificate of recognition and scholarship details will be awarded to the recipient in late April or May.

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 WAHCEP?

- A. County _____
- B. District _____

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

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

Signed: _____

Date: _____



*** This page intentionally left blank as the backside of the
WAHCE Memorial Leadership Scholarship form***

**Facebook™ Annual Report 2017**

Many great posting on the WAHCE Facebook page this year, we need to see the great things you are doing. And fun you had at annual and conference meetings.

We realize this is tedious to do this every year – but it is important.

New this year -- We've added a simpler group/club signature page to the website if you care to use – Simple Name, Signature, Yes or No and if only approval for current year or until further notice (until you say you don't give permission). Feedback is always appreciated.

Reminder: we are to keep all Signed Photo releases for 7 years, and needs to be signed every year and kept at your local extension office.

If you are county that doesn't have a designated Facebook page – Anybody (or group of people) that does have a Facebook page can post an HCE an event to the WAHCE Facebook™ Page and any follow-up photos of what you've done – (reminder to have photo releases of each person)

We would love to post anything special you are doing in your county, just email us (make a note to add to WAHCE Facebook™ page).

Submitted by: Phoebe Shourds – Facebook™ Coordinator

Facebook™ administrators are:

Phoebe Shourds – email pnpaulson@yahoo.com

Betty Anne Tubbin - email batubbin@charter.net

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

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

10. Lap/Baby Quilt
Smaller than 60" x 80" or 4,800 sq inches

- 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. 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

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

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

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

Machine Quilted by You:

- C. Pieced
- D. Appliqued
- E. Embroidered

Machine Quilted

Professionally:

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

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

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



HCE Member Activities:

A special thanks to Bernice Labus for taking photographs at these events and sharing them for the newsletter!

International Presentation: Korea

On Monday, January 8, 2018 *Winnebago County HCE International Chair, Dar Schuff*, delivered a presentation on Korea: The Land of the Morning Sun.

(Pictured below: Dar Schuff)



(Pictured below: Presentation)



Dar and Lee Schuff shared some tastes of Korea, including kimchi, seaweed, and ginger tea. On display were some of the items they have collected from Korea.

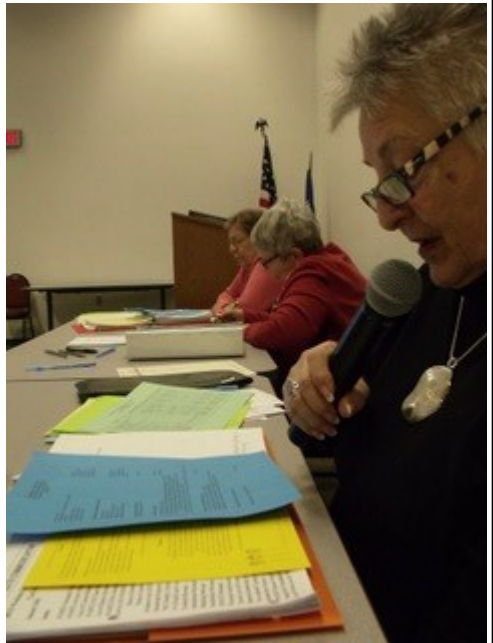
(Pictured below: Korean food samples) *(Pictured below: Korean collectables)*



Executive Board Meeting

The Executive Committee met after the presentation.

*(Pictured right:
Sue Berg, President,
Joan Bestler, Treasurer, &
Sue Soule, Secretary)*



*(Pictured below:
Mandi Dornfeld, Advisor,
participating with various
club representatives)*



Food Recalls & Safety Notices

Recently, Cooperative Extension has shared a variety of food recalls due to confirmed cases of Listeria and Salmonella. Winnebago County UW-Extension has been sharing articles regarding food recalls and safety on our website and on social media. Visit our website (<https://winnebago.uwex.edu/>) for more details regarding which brands and locations have been included in the recalls.

Salmonella Notice:

- Sprouted seeds (sprouts) served by Jimmy Johns

Symptoms of Salmonella infection may include headache, muscle aches, diarrhea, vomiting, abdominal cramping, chills, fever, nausea and dehydration. Symptoms usually appear 6 to 72 hours after ingesting the bacteria, but it can take longer for them to develop. Most illnesses resolve on their own and do not require treatment other than drinking fluids to stay hydrated. Anyone who experiences persistent or severe symptoms should contact a healthcare provider.



Listeria Recalls/Notice:

- Frozen meatballs
- Ice Cream Bars: orange cream bars, raspberry cream bars, and chocolate-coated vanilla bars
- Frozen buttermilk biscuits
- Frozen green beans

Symptoms can include fever, muscle aches, headache, stiff neck, confusion, loss of balance, and convulsions, sometimes preceded by diarrhea or other gastrointestinal symptoms.

In severe cases the infection becomes invasive and spreads beyond the gastrointestinal tract. Older adults, young children, and people with weakened immune systems such as cancer patients, people with HIV/AIDS, and organ



transplant recipients are susceptible to serious, sometimes fatal, infections. In addition, in pregnant women, infection with *Listeria* can cause miscarriages, stillbirths, premature delivery, or life-threatening infection of the newborn. The pathogen can cross the placenta and infect developing fetuses.

According to Food Safety News, it can take up to 70 days after exposure for symptoms of *Listeria* infection to develop. Consequently, people who have eaten any of the recalled food items should monitor themselves for listeriosis symptoms during the coming weeks.



Check your freezer

NOW



Winnebago County UW-Extension Office

J. P. Coughlin Center

625 E. County Road Y, Suite 600

Oshkosh, WI 54901-8131

(920) 232-1973 or 727-8643

FAX (920) 232-1967

711 for Wisconsin Relay (TDD)



HOURS: 8:00 AM - 4:30 PM, Monday through Friday

Website: <http://winnebago.uwex.edu>



An EEO/AA employer, University of Wisconsin-Extension provides equal opportunities in employment and programming, including Title VI, Title IX and the Americans with Disabilities Act (ADA) requirements. Requests for reasonable accommodations for disabilities or limitations should be made prior to the date of the program or activity for which it is needed. Please do so as early as possible prior to the program or activity so that proper arrangements can be made. Requests are kept confidential.

Area 10 Extension Director

Catherine Neiswender

Support Staff

Amy Hendrickson

Ashley Rolph

Carol Hollmaier

Family Living

Mandi Dornfeld

Family Living Educator

Community Development

OPEN

Interim Community & Economic Educator

Nutrition Education

Kristine Soper

FoodWise Educator

Chad Cook

Natural Resources Educator

Evan Groth

FoodWise Educator

Agriculture and Natural Resources

Darrell McCauley

Agriculture Agent

4-H/Youth Development

Jody Bezio

Interim 4-H/Youth Development Educator

Kim Miller

Horticulture Educator

Sarah Thompson

Youth & Science Educator