

February/March
2019

Sunnyviews



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President's Letter

Happy New Year HCE Members,

Today as I am writing this letter, the sun is shin-
ing (a rare thing lately) and I am enjoying the
warmth as I sit in my solarium surrounded by
green plants and flowers.

Our 2019 year started with the Executive Board
Meeting on January 14th, followed by the
Spring Banquet (May 2nd) planning meeting.

Some of the topics we discussed were:

Day of Learning—April 17th from 9am-3pm,
including lunch, registration, information will be
mailed out;

Scholarship Committee—We need someone
too fill the third position, if interested contact
Ann Kobussen, Chair (920)233-0025;

Spring Central District Meeting—April 16th,
in Marathon County, everyone is welcome to
attend.

Other discussion was held about redistribution of
Centers/Clubs. We know have two clubs in
Neenah Center and three in the Oshkosh Center.
Is there a better/different way of planning Center
duties? Please talk about this at your club meet-
ing.

Amy is due NOW. In her absence, Melissa will
be covering for her. As time permits we may not
be able to do the next newsletter or two. Amy,
we hope you enjoy your time with your new little
one!

Your President,

Susan Berg

Advisor's Letter

Hello Everyone,

I am thrilled to share that Amy welcomed a baby boy this week. He is healthy and she is doing well. Thank you for all of you who have asked and checked in. Amy will be off enjoying her new role as a mom and I am excited to have Melissa on board to help support our work. Stop in to welcome her when you are in.

I am excited to work with you on our day of Learning in April. Stay tuned for a mailed invitation with all the details in the near future. We have four unique sessions in the planning stages. Save the day!



*Mandi Dornfeld,
Human Development and Family Relationship Educator*

A Note from Melissa

Greetings All!

My name is Melissa Haight and will be filling in until mid-April, for Amy while she is on maternity leave with their new baby boy, Gideon. I will be providing program support for Mandi Dornfeld.

I have recently graduated with a Bachelor's in Human Services from UW Oshkosh. I had the opportunity to experience what UW-Extension has to offer through my internships with the Human Development & Relationship program (formerly Family Living).

Best Regards,
Melissa

HCE Dates to Remember



February 2nd	Joy Conference
February 7th	Stitches of Love Workshop
March 15th	Submissions due for April/May HCE Newsletter
April 1st	HCE Scholarship Applications Due
April 8th	Executive Board Meeting
April 16th	Spring Central District Meeting-Host: Marathon County
April 17th	HCE Day of Learning

Rent Smart

A free tenant training workshop



March 19 & 26
9:00 am to 11:30 am

Menasha Library
440 1st St
Menasha, WI 54952



Rent Smart is a free, tenant training program that focuses on the knowledge and skills essential for a successful renting experience. This program strives to guide and inform participants so they may:

- Learn new skills to build positive relationships with landlords and neighbors.
- Gain confidence in their ability to find and maintain affordable housing.
- Understand the application and screening processes used by landlords.
- Learn the responsibilities and rights of tenants and landlords.

To register, please call our office at 920-232-1973

2019 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



2019 Schedule

Thursdays:

February 21

March 21

April 18

May 16

September 19

October 17

November 21

December 19



Many grandparents or relatives who are raising their grandchildren are turning to each other to find the comfort and help they need.

The Grandparents Raising Grandchildren Support Group of Winnebago County focuses on the roles grandparents/relatives play, and it provides an opportunity to meet others who share similar experiences, knowledge, strengths, and hopes.

The support group provides a place to belong and a network of support.

***** RSVP REQUIRED *****

Families must RSVP
at least 7 days in advance

Childcare is available for relative children in your care, ages 0—17 yrs. Childcare is only available with RSVP.

Everything is FREE!

**For more information or to RSVP,
call the UW-Extension office at
(920) 232-1973.**

Meeting Information

J.P. Coughlin Center
625 E. County Rd. Y
Oshkosh, WI 54901

5:00—5:40 pm	Family Meal Time
5:40—6:00 pm	Break & Transition
6:00—7:00 pm	Support Group/ Speaker



UW
Extension
University of Wisconsin-Extension

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.

Keeping Reusable Bags Clean



You're using reusable shopping bags – yay! Good for the earth!

But did you know that bacteria, yeast and mold can grow on your bags? And that those unwelcome growths can contaminate your food?

Here's how to keep your bags clean while you live green.

Wash bags after each use, following the care instructions on the bags.*

Wipe the bags with disinfecting cloths, especially along the seams.

Separate the bags into food categories: raw meat, seafood, and produce. Label those bags and use them only for the right types of food.

Keep separate bags for non-food items like books, sports equipment, cleaning solutions, etc.

Dry bags completely before you store them.

Store your bags somewhere bright and dry – not the trunk of your car! It's dark and humid in there.

*Some tips on washing: polypropylene, cotton and hemp bags can go in the washing machine. Nylon and insulated bags should be hand-washed.

For more cleaning tips, visit:

<https://cleanandhappynest.org>



Stay Organized and Safe

Today is Organize Your Home Day. When it's time to straighten out your cleaning cabinet, we want to remind you that keeping your cleaning products safely stored is important 365 days a year. In addition to child-proofing your cabinets and closets, here are some of our top tips:

- Always keep cleaning products secured and up and out of the reach of children and pets.
- Because it's so easy to get distracted these days, always be sure to tightly close product caps when they are in use, and never leave buckets alone where curious little ones can get into trouble.
- Store products in their original containers and keep the original labels intact. Product use and storage, disposal instructions, precautions and first aid instructions vary according to their ingredients.

For more information visit:

<https://cleanandhappynest.org/wpd/stay-organized-and-safe/>

Food Safety During Power Outages by Barb Ingham

Whether it's a massive winter storm or heavy rains and flooding in the summer, it's important to handle food safely in an emergency. Knowing how to determine if food is safe and how to keep food safe will help minimize the potential loss of food and reduce the risk of foodborne illness.

The ABCDs of keeping food safe in an emergency. Keep meat, poultry, fish, and eggs refrigerated at or below 40°F and frozen food at or below 0°F. This may be difficult when the power is out! Some tips on keeping food cold: Keep the refrigerator and freezer doors **closed as much as possible** to maintain the cold temperature. The refrigerator will keep food safely cold for about **4 hours** if it is unopened. A full freezer will hold the temperature for approximately **48 hours** (24 hours if it is half full) if the door remains closed.

Be prepared for an emergency by having items on hand that don't require refrigeration and can be eaten cold or heated on the outdoor grill. Shelf-stable food, boxed or canned milk, water, and canned goods should be part of a planned **emergency food supply**. Make sure you have ready-to-use **baby formula** for infants and **pet food**. Remember to use these items and replace them from time to time. Be sure to keep a hand-held can opener for an emergency.

And how do you know if your food stayed cold? The USDA recommends consumers keep an appliance thermometer in their refrigerators and freezers. When the power is out, a thermometer will register the temperature and tell you how warm your refrigerator or freezer is **at that moment in time**. Unfortunately, standard thermometers won't tell you the temperature history of your appliance and you have to open the appliance door to read the thermometer. Often consumers are called on to do their best in estimating the safety of the food in their refrigerator or freezer after a power outage. This can be especially difficult for a freezer where the presence of ice crystals may indicate that a product is still partially frozen or that a food is in the process of re-freezing. The old saying applies: When in doubt, throw it out! The USDA has prepared handouts in [English](#) and [En Español](#) that include detailed information to guide decision-making re the safety of refrigerated and frozen foods after a power outage. Stay food safe! Barb

For more information on food safety: <https://fyi.uwex.edu/safepreserving/2019/01/10/food-safety-during-power-outages/>

2019 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 2019. 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, 2019 to:

SCHOLARSHIP COMMITTEE

c/o Ann Kobussen
6302 Dixie Road
Neenah, WI 54956

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, 2019.
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.



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WAHCE Scholarship Application***

2019

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

Please Type or Print. Return by April 1, 2019

Return To: SCHOLARSHIP COMMITTEE
c/o Ann Kobussen
6302 Dixie Rd.
Neenah, WI 54956

Name: _____

Address: _____

City: _____ Zip Code: _____

Birth date: _____ Phone: _____

High School: _____ Date of Graduation: _____

Parent or Guardian's Name: _____

Address: _____

Build a better snack with healthy foods

 Foodwise, University of Wisconsin-Extension
 @foodwise_uwex  @foodwise_uwex
<http://fyi.uwex.edu/foodwise>

Snacks can help you meet your daily nutrient needs. They can keep your energy high throughout the day. Try a snack from each of the food groups!

Fruits and Vegetables:

Has vitamins and minerals your body needs.

- + Peaches
- + Pineapple
- + Strawberries
- + Raisins
- + Mandarin oranges
- + Clementines
- + Dried fruit
- + Broccoli
- + Bell peppers
- + Snap peas
- + Cherry tomatoes
- + Celery
- + Carrots
- + Kale



Protein:

Keeps your muscles strong.

- + Peanuts and peanut butter
- + Lean white meats such as turkey or chicken
- + Sunflower seeds
- + Pumpkin seeds
- + Hard boiled eggs
- + Hummus



Whole Grains:

Gives you energy. Helps with digestion.

- + Whole wheat crackers
- + Low-sugar cereal
- + Popcorn
- + Whole wheat or corn tortillas
- + Oatmeal



Low-fat dairy

Keeps your bones strong.

- + Cottage cheese
- + Yogurt
- + Cheese
- + Milk



Combine two or more food groups!

- + Cottage cheese with peaches or pineapple
- + Celery with peanut butter and raisins
- + Broccoli, carrots, or snap peas with hummus
- + Layer sliced bell pepper with lean sliced meat and low-fat cheese
- + Yogurt mixed with fruit, nuts, seeds and cereal or granola
- + Quesadillas
- + Cereal with milk and fruit



Contact your local FoodWise program to learn more:

FoodWise education is funded by the USDA Supplemental Nutrition Assistance Program- SNAP and Expanded Food and Nutrition Education Program - EFNEP. SNAP/FoodShare helps families buy the food they need for good health. Visit access.wi.gov to learn how to apply.

An AA/EEO employer, University of Wisconsin-Extension provides equal opportunities in employment and programming, including Title VI, Title IX and ADA requirements.

FOOD WISE
Healthy choices, healthy lives.

UW Extension
University of Wisconsin-Extension



Dietary Guidelines And MyPlate

MyPlate is a reminder to find your healthy eating style and build it throughout your lifetime. Everything you eat and drink matters. The right mix can help you be healthier now and in the future. This means:

- Focus on variety, amount, and nutrition.
- Choose foods and beverages with less saturated fat, sodium, and added sugars.
- Start with small changes to build healthier eating styles.
- Support healthy eating for everyone.

Eating healthy is a journey shaped by many factors, including our stage of life, situations, preferences, access to food, culture, traditions, and the personal decisions we make over time. All your food and beverage choices count. **MyPlate** offers ideas and tips to help you create a healthier eating style that meets your individual needs and improves your health.

Everything you eat and drink over time matters. The right mix can help you be healthier now and in the future. Start with small changes to make healthier choices you can enjoy. Find your healthy eating style and maintain it for a lifetime. This means:

- Make half your plate fruits and vegetables
 - Focus on whole fruits
 - Vary your veggies
- Make half your grains whole grains
- Move to low-fat and fat-free milk or yogurt
- Vary your protein routine
- Drink and eat less sodium, saturated fat, and added sugars

For more information,, please visit:

<https://www.choosemyplate.gov/MyPlate>



RUTH B. SAYRE SCHOLARSHIP

<http://cwcusa.org>

This memorial scholarship of \$500 is offered for the purpose of fostering educational development of women.

INSTRUCTIONS FOR COMPLETING APPLICATION

1. Applicant must be a woman and a legal resident of the USA who shows financial need and the ability to complete her education.
2. Application with attachments must be submitted, reviewed, and signed by the state society president/chairman of the affiliated ACWW/CWC society from your state. See list of societies, <http://cwcusa.org/Membership.html>.
3. Please type or print plainly. **Attach the following IN ORDER INDICATED to the completed application.**
 - a. Two character reference letters (ONLY two letters will be allowed and both from non-family members),
 - b. Official transcript of high school or equivalent (i.e. state test scores) and college courses completed.
 - c. A one page summary of your participation in school and community, work experience, educational goals and financial need.

EDUCATIONAL INSTITUTION IN WHICH ENROLLMENT IS DESIRED

Institution's Name: _____

Institution's COMPLETE Mailing Address: _____

Course of Study: _____

Degree Sought: _____

Expected Date of Completion: _____

Amount of Tuition/Fees per Semester: _____

Amount of Other Fees per Semester: \$ _____

Date Payment MUST be made: _____

Have you been admitted? _____

Should I be selected as winner of the Ruth B. Sayre Scholarship, I grant the Country Women's Council USA the right to use, publish, and copyright (including audio, moving image, or photograph) for educational programs and publications, web sites, and promotion of Country Women's Council.

Print name of Parent or Guardian _____

SEND COMPLETED APPLICATION WITH ATTACHMENTS BY
MARCH 1ST, TO Donna Zarovy, WAHCE President
 6207 203rd Avenue, Bristol, WI 53104

Signature of Applicant _____

Date application completed _____

Sponsoring State ACWW/CWC Society _____

Signature of State ACWW/CWC Society President/Chairman _____

Date _____

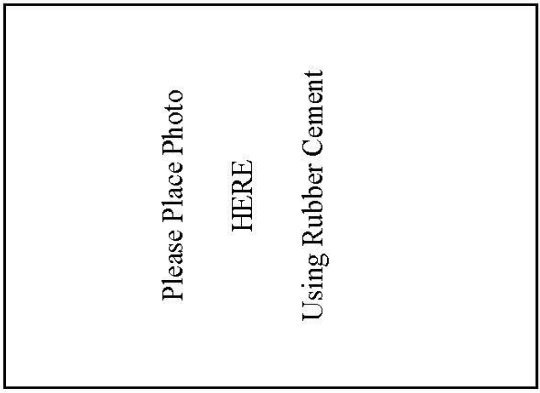
Address _____

RUTH B. SAYRE Scholarship applications shall be
POSTMARKED TO CWC VICE CHAIRMAN BY APRIL 1ST
For additional information contact Debbie Mote ddmote@hotmail.com

**SCHOLARSHIP MONEY SHALL BE SENT TO THE
EDUCATIONAL INSTITUTION ON OR ABOUT AUGUST 1st**

**The scholarship winners names will be posted on the web
site, <http://cwcusa.org> after June 1.**

Parent or Guardian must sign if
subject is under age 18



Please Place Photo
HERE

Using Rubber Cement

Applicant's Name _____

Present Address _____

City, State, Zip _____

Phone _____ Age _____

Email _____

Marital Status _____ Dependents _____

Occupation or business of parent(s) if single _____

Your occupation _____

Spouse's occupation _____

What will be the source of your funds? ie: Family income, scholarships, grants, Pell grant, savings, parents, or other _____

How much is available _____

Have you received this scholarship before? _____ Yes _____ No



Tips for Cooking Safely in a Slow Cooker

by Barb Ingham

- **Start clean.** Start with clean hands, utensils surfaces and a clean cooker.
- **Thaw first.** For food-safety sake, thaw meat or poultry before putting it into a slow cooker. If frozen meat is used, it may not reach above 140°F quickly enough (out of the **Danger Zone**), possibly allowing harmful bacteria to grow. If using a **commercially frozen slow cooker meal**, prepare according to the manufacturer's instructions
- **Set up for safety.** Especially when cooking meat or poultry, it's a good idea to set the cooker to the '**high**' setting for at least the first hour. After the first hour, the temperature can be lowered for the remainder of the cooking time. Do **not** use the 'warm' setting to cook food. You can safely use the 'warm' setting to hold cooked food at the proper temperature prior to serving.
- **Use the right amount of food.** Fill the cooker no more than 3/4 full. An overly full cooker may heat too slowly. Surprisingly, vegetables cook slower than meats, so for best quality, put vegetables in first. **Large cuts of meat and poultry may be safely cooked in a slow cooker**; consult the instruction booklet for suggested sizes of meat pieces that can be safely prepared.
- **Add the right amount of liquid.** A slow cooker heats using moist steam heat. Be sure to add the amount of liquid called for in your recipe, generally at least 1-2 cups.
- **Keep the lid on.** Resist the temptation to lift the lid or open the cover during the cooking cycle. Each time the lid is raised, the internal temperature drops 10 to 15°F, slowing the cooking process and possibly putting food into the **Danger Zone**. Removing the lid also releases steam which is a definite 'no no.'
- **Check with a food thermometer to make sure your meal is ready.** Before taking a bite, check with a food thermometer to make sure your meal has reached a safe internal temperature:
 - Roasts:** 145 to 160°F
 - Poultry:** 165°F
 - Soups, stews, sauces:** 165°F
- **Cool properly.** Do not leave cooked food to cool down in the cooker. Once the cooker is turn off, serve immediately or place leftovers in shallow containers and refrigerate.

For the full article, visit: <https://fyi.uwex.edu/safepreserving/2019/01/03/tips-for-cooking-safely-in-a-slow-cooker/>



Food Safety Inspections by Barb Ingham

Some of our national news currently is focused on the lack of food inspections as a result of the government shutdown. The Food and Drug Administration has stopped routine food safety inspections of processing facilities for seafood, fruits, vegetables and many other foods, according to [Dr. Scott Gottlieb](#), FDA commissioner. FDA inspectors conduct about 8,000 inspections of food manufacturing facilities across the U.S. each year. And the FDA reportedly oversees about 80% of the nation's food supply, as well as most overseas imports. The remaining 20% of the nation's food supply is under USDA inspection: meat, poultry and 'cracked' egg production.

What does this mean for those of us living in Wisconsin? Wisconsin has its own robust food safety inspection program, staffed by food safety sanitarians working across the state. Inspectors working for the Wisconsin Department of Agriculture, Trade, and Consumer Protection (DATCP) conduct anywhere from 600-800 inspections each year of food and dairy processing facilities within the state. Additional inspectors are working to inspect dairy farms, and still others are working every day in our state's 300+ state-inspected meat and poultry processing facilities. And many other inspectors are working at the local level to help ensure that food prepared in restaurants and available at grocery stores and other retail outlets remains safe for Wisconsin consumers.

State-administered food and meat inspection programs are continuing to operate, even with the federal government shut-down.

Nationally, USDA meat inspection is considered a 'critical function' and has not ceased, despite the government shut-down.

It might ease some concerns knowing that much of the food and meat processed in Wisconsin is inspected by DATCP employees or local agents and not affected by the current shut-down. Safe eating! Barb

For more information on food safety, visit:

<https://fyi.extension.wisc.edu>

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.



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WAHCE Scholarship Application***



*** This page intentionally left blank as the backside of the Cultural Arts Show & Contest Form***

Wisconsin Association for Home & Community Education, Inc. Cultural Arts Show & Contest – 2019 Categories

1. Painting/Drawing

Unframed 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 8 1/2" 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
- C. Pieced

Machine Quilted By You

- 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

REGISTRATIONS OF THINGS

3,000 words or less

19. Bonus Category – “Hattie’s HCE Hat”
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 "Hattie's HCE Hat" entry

Have Fun!!!

STATE REGISTRATIONS
DUE BY:
AUGUST 1, 2019

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. Ceramic/Kiln Fired
 F. 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

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

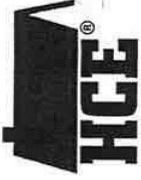
4. Knitting
 A. Wearable Item
 B. Afghan
 C. Other

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

H. Other



Wisconsin Association for Home & Community Education, Inc. Cultural & Textile Arts Show 2019 Guidelines for County Chairs



ALL items, including Bonus Category, must be pre-registered. Registration is due August 1, 2019. 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	Northwest – Light Blue
Southeast – Green	West – Pink
Northeast – Yellow	
Southwest – Orange	

Entry Day: Deliver items Sunday (9/16/19) from 7-9pm or Monday (9/17/19) 9-11:30 am. Judging will begin at 12:30PM. Members may view the show after the Monday evening activity until 10:30pm and during the day Tuesday, September 18, 2019. Hours on Tuesday for viewing will be announced or posted. Pickup times will be posted.

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

715 248-7279 or 715-338-9214

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

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: _____

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



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Memorial Leadership Scholarship - 2019

Wisconsin Association for Home and Community Education, Inc.

A \$200.00 Scholarship to attend a Leadership Opportunity

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, 2019, and mailed to the Scholarship Chair:
Linda Sutherland, 1594 5th Avenue, Star Prairie, WI 54026.

Name _____ E-Mail Address _____

Address _____ Telephone _____

City, State, Zip Code _____

Number of Years as a WAHCE Member _____ Your County _____

Your District _____ 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?

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

Signed: _____

Date: _____

A Little Exercise Can Go a Long Way **Carol Schlitt, Nutrition and Wellness Educator**

The word is out! Even short periods of physical activity can promote better health. The results of this research give a positive approach to getting people out and on their feet.

Previous recommendations for 20, 30 or even 60 minutes of vigorous exercise several times a week discouraged many people.

But new studies show that exercising at a moderate intensity, for even short periods at a time, can help lower blood pressure and improve well-being - and that's good news for all of us.

The new physical activity recommendations have been made by the Centers for Disease Control (CDC) and the American College of Sports Medicine.

The CDC recommends that adults accumulate 30 minutes or more of moderate-intensity physical activity almost every day. Those activities might include brisk walking, biking, swimming, or playing golf. Everyday activities like vacuuming, gardening and going up and down stairs could also be included in the total of physical activity.

The new recommendations also state that the 30 minutes of activity don't have to be done all at once. Three shorter periods of physical activity accumulated over the day can have the same effect on blood pressure, heart rate and blood cholesterol levels as one longer stint of exercise.

Now that we know that even small amounts of physical activity can provide health benefits, isn't now the time to get started?

Visit: <https://fyi.extension.wisc.edu/grandparenting/publications/#14> for more helpful tips.


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>




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*Winnebago/Outagamie
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Kristine Soper

FoodWise Educator

Chad Cook

*Land & Water Outreach
Program Manager***4-H/Youth Development**

Dana Berger

*4-H Program Coordinator***Agriculture & Natural Resources**

OPEN

Agriculture Educator

Sarah Thompson

Youth & Science Educator

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