

February 2022

President's Message

Today as I am writing this it looks like a beautiful day out.

Hopefully our real cold days are behind us and it won't get much below zero anymore.

We are working on HCE day event. It will be Thursday, April 21 at 6:00 p.m. at Our Saviors Lutheran Church in Greenwood. The speaker will be Bailey Harder who will talk about "Speech Therapy, It's more than communication." Also looking for musical entertainment.

HCE will have a booth at Farm Tech Days on July 12 - 14 in the family living tent. As you know it is in Clark County this year, just south of Loyal. If anyone would like to help man the booth from 9 - 4 all 3 days, let someone on the board know you are interested.

The form for cultural arts is found in this issue. Read over the guidelines carefully on the back side.

I hope you are working on your projects. Judging will be April 21 at HCE day event.

Consider designing a t-shirt to be unveiled at the state convention. Look elsewhere in this issue for the rules.

Looks like we are going to be busy.

Your President,

Lois Becker

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Growing Stronger, Reaching Wider, Caring To Make A Difference

HCE Offers Opportunities For:

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

Executive Board Meeting Minutes

February 1, 2022

The meeting was called to order at 6:00 pm by President Lois Becker. The Flag Pledge and Creed were recited. Members present were: Lois Becker-President, Joanne Trunkel-VP for Program & Community Outreach, Roberta Hansen-Secretary, Betty Loos-Historian, Mary Kip-Marketing/Membership Coordinator; Deb Ortnier-Cultural Arts Chair person; present by telephone: Debra Gries-Treasurer.

The Secretary minutes from January 4th meeting were read and placed on file. The Treasurer's report was given.

Discussed having another project presentation in March. Joanne will make some inquiries.

Director Reports:

Bookworm: Matching funds should be coming shortly.

HCE Event: Discussed holding event in April. Possible dates Thursday, April 21st or Thursday, April 28th. Location to be determined. Discussed ideas for guest speaker and possible entertainment. Will discuss donation collection ideas and who we would sponsor this year at March meeting.

Historian: No 50 year members this year.

Committee Reports:

Cultural Arts: Will start looking for judges for HCE Event. Remind everyone to get working on Cultural Arts items that will be judged at HCE Event.

Scholarship: Will offer 4 - \$500.00 scholarships again this year. Applications will be updated and ready for distribution soon.

Continued Business/New Business:

Working on Quilt for Farm Technology Days fundraising raffle.

Discussed booth in Family area at Farm Tech Days. 10 x 10 size will display comfort quilts, HCE brochures, Bookworm information. Discussed holding several story time book readings. Discussion about what else we could do with the booth space. Bring ideas to next meeting.

Will be making Quilts again for Marshfield Clinic Health System. Looking at dates in March.

HCE Healthy Lifestyle Survey will be published in next Grapevine.

Next meeting will be March 1st, location TBD.

The meeting was adjourned at 7:35pm.

Respectfully submitted,

Roberta Hansen, Secretary



HCE Project Meeting

SAVE THE DATE!

Date: March 15, 2022

Time: 1:00-3:00 pm

Location: Clark County Court-house Auditorium

Speaker Linda Ollech will give a presentation on heart health.



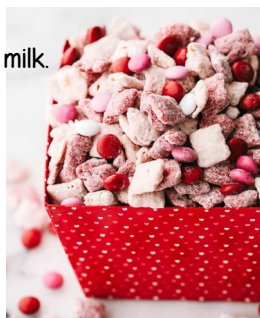
Sweetheart Valentine's Buddies Recipe

Ingredients

- ♦ 5 ounces white almond bark or white chocolate chips
- ♦ 5 ounces red candy melts (can be found at Michael's craft store)
- ♦ 1 teaspoon shortening
- ♦ 5 cups Chex cereal
- ♦ 1 cup strawberry cake mix
- ♦ 1/2 cup powdered sugar
- ♦ 1/2 package Valentine's chocolate M&M's

How to Customize Your Mix

- ♦ Candy: chocolate chips: white, dark or milk. Flavored M&M's
- ♦ Nuts: peanuts or almonds
- ♦ Chex Mix: Try vanilla or chocolate!
- ♦ Change out colors for holidays



Instructions

1. Start by dividing the Chex cereal into two bowls. (approx. 2 1/2 cups in each)
2. In microwave safe dish, melt the 5 ounces of white almond bark or white chocolate chips. Add 1/2 teaspoon shortening so that the almond bark will spread evenly. Microwave 30 seconds at a time and be careful not to burn the almond bark. Dump this in the first bowl of Chex and mix evenly to coat all of the cereal.
3. Melt the red candy melts next, also checking and stirring the candy melts 30 seconds at a time. Once this is melted, pour this over the second bowl of cereal and mix until coated.
4. In two gallon size Ziploc bags, put 1/2 cup strawberry cake mix and 1/4 cup powdered sugar in each bag. Dump each bowl of Chex mix in each bag and shake until coated with the powdered sugar and strawberry cake mix.

WAHCE T-Shirt Design Contest

The t-shirt design should be something that would entice people to join HCE or market our organization to the public. All entrants must be members of the Wisconsin Association for Home and Community Education, Inc. There are only a few basic rules:

- ♦ The design may be on the front or the back of the t-shirt
- ♦ The HCE official log should be included
- ♦ The logo may just be the house, the house with TM after it, or the house with the ® trademark after it
- ♦ The logo may be in black, white, or teal only
- ♦ The official HCE logo can be copied from www.wahceinc.com or contact the webmaster for it
- ♦ If you are designing your shirt to be on a specific color of fabric, please indicate that
- ♦ Be creative and use your imagination to promote HCE!



A prize will be rewarded to the top 3 winning entries!

More information can be found in the enclosed entry form.

Valentine's Day Word Search

B H R S X X O I E A H S O S O
 J Z C J P K I S S E S W B O D
 D X A B D I D W B Z C E R Z N
 Q Q N U E M F F C R F E C Y N
 H A D C R M Q V V R L T H C D
 Y Q Y A E B I V E V O H E G G
 S W S R N T M N Z H W E A F G
 L N I D O O P V E K E A R O D
 O Y V T J L G H C R R R T R Q
 C E S D L O S P V P S T V E O
 R E R W A V K E E F H E C V P
 T Y H W X E G R M Q P F U E E
 F X U Z V T Q O Q D Q H P R C
 Y K G C H O C O L A T E I O V
 Q S S L M Z N G O F G I D Y X

SWEETHEART

KISSES

CUPID

CHOCOLATE

BE MINE

CARD

FLOWERS

CANDY

HUGS

FOREVER

HEART

LOVE



HCE Healthy Lifestyle Survey

Get moving and eat healthy with HCE members across Wisconsin. Please reply to this four-question survey about maintaining your healthy lifestyle for thirteen weeks, between February 15 and May 8, 2022.

Name (optional) _____

County _____ District _____

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

_____ walking _____ hiking _____ running _____ dancing _____ bowling
_____ biking _____ spinning _____ yoga _____ swimming _____ Tai Chi
_____ Strong Bones or other exercise class_ exercise DVD
_____ 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. How many ½ cup servings of fruits & vegetables do you usually eat daily?

_____ 8 or more _____ 5 - 7 _____ 1 - 4 _____ zero

4. How much of your diet is raised, grown or made within 100 miles of you?

_____ Most _____ About half _____ Some _____ Very little _____ Unsure

Send results by June 1st to: Joanne Trunkel
N9569 River Ave
Greenwood, WI 54437

Design a T-Shirt Contest for the WAHCE 2022 State Conference



HCE ® official log should be included and can be copied from www.wahceinc.com. Feel free to change to a color of your choice.

Be creative and use your imagination to promote HCE ®. A prize will be rewarded to the winning entry. Votes will be cast by the board. You may enter multiple designs; there is no limit. Send entries to: Lori Hlinak, State Marketing Chair, P.O. Box 219, Luxemburg, WI 54217 or email to lynnz23cat@gmail.com by May 31, 2022.

Name: _____

County: _____

District: _____

You may use the space below for your design. Indicate whether the design is intended for the front or back of the t-shirt.

Entries must be received by May 31, 2022, to be considered.

Wisconsin Association for Home & Community Education, Inc.
Cultural & Textile Arts Show & Contest—2022 Categories



**STATE
REGISTRATIONS
DUE BY:
AUGUST 1, 2022**

1. Painting/Drawing

*Framed or Wrapped.
Easels must have securely
taped label with name,
county, and district.*

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

2. Photography

*Photograph must be 8" x
10", unmatd only, in 8½" x
11" plastic. Framed photo-
graphs will be disqualified.*

- A. Color—Landscape
- B. Color—Waterscape
- C. Color – Plants
- D. Color – Animals/
Creatures
- E. Color – People
- F. Color – Skyscape
- G. Black & white/sepia
- H. Other

3. Sewing

- A. Children's Wear
- B. Adult Wear
- C. Original Design
- D. Wearable Art
- E. Useful Item
- F. Purse or Tote
- G. Pillow
- H. Item made from
recycled materials

- I. Wearable Accessory
(apron, scarf, hat, etc.)
- J. Other

4. Knitting

- A. Wearable Item
- B. Accessory (i.e., hat,
scarf, mittens)
- C. Afghan
- D. Other

5. Crocheting

- A. Wearable Item
- B. Accessory (i.e., hat,
scarf, mittens)
- C. Doily/Dresser Scarf
- D. Afghan
- E. Other

6. Hand Stitching

- A. Plastic Canvas
- B. Embroidery
- C. Cross Stitch
- D. Other

7. Craft

*Six (6) Cards without
envelopes MUST be
mounted as a group on a flat
sturdy display board no larg-
er than 14" x 22".*

- A. Cards—paper only-6
- B. Cards—mixed media-6
- C. Scrapbooking
- D. Craft made from recy-
cled 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. Macramé
- J. Quilling
- K. Other

9. Bed Quilt

*Larger than 60" x 80" or
4,800 sq inches. Attach
8x10 color photo also.*

- A. Tied
- B. Hand quilted

Machine Quilted by You:

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

*Machine Quilted by Paid
Professionally:*

- F. Pieced
- G. Appliqued
- H. Embroidered
- I. Not Quilted

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. Appliqued
- E. Embroidered

*Machine Quilted Paid
Professionally*

- F. Pieced
- G Appliqued
- H. Embroidered
- I. Any other lap quilt

**11. Quilted Wall Hang-
ing (with hanging sleeve,
NO frame) -- One (1) item
only; no longer than 50 inch-
es**

- A. Hand Quilted,
fabric
- B. Machine Quilted,
fabric
- C. Other i.e., collage
of assembled
materials or mixed
media

**12. Quilted 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. Fabric/Felt
- D. Other

15. Painted Object

- A. China
- B. Glass
- C. Fabric
- D. Wood
- E. Ceramic/Kiln Fired
- F. Other

**Poem, Non-Fiction,
Fiction**

*Two (2) 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 cate-
gory/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, mid-
dle and end, 3,000 words or
less*

**19. Original Published
Book**

*One copy must accompany
entry.*

**20. Bonus Category –
"Rollin on the River
with HCE", Decorate an
item that floats on the river.
Limit of one entry per coun-
ty. 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.
Have fun!*

Cultural & Textile Arts Show
2022 Guidelines for County Chairs



ALL items, including Bonus Category, must be pre-registered. Registration is due August 1, 2022. 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 including written entries. A County may enter a total of 12 entries plus one Bonus Category 20. 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. **Judges have authority to put items in proper category if needed.**

All work must be done by entrant and completed after last year's county 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. All easels must have securely taped label with name, county and district.

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 (9/18/22) from 7-9pm or Monday (9/19/22) 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 20, 2022. Hours on Tuesday for viewing will be announced or posted. Pickup times will be posted.

Send registration and written entries to:

Phoebe Shourds, Cultural Arts Chairperson
 401 State Hwy 65, River Falls, WI 54022
 Email: pnjpaolson@yahoo.com 715-821-1606 (c)

Contact Phoebe 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.

2022 Registration Form	2022 Claim Check Claim Reference# _____
People's Choice Conference Vote# _____	Category (example 2D) _____
Category (example 2D) _____	Class (Acrylic Oil) _____
Class (Acrylic Oil) _____	District _____ County _____
District _____ County _____	Name (print) _____
Name (print) _____	Address _____
Address _____	City/Zip _____
City/Zip _____	E-mail _____
E-mail _____	Phone # _____
Phone # _____	Title/Color/Pattern Desc _____
Title/Color/Pattern Desc _____	Are you bringing an easel? Y or N
Are you bringing an easel? Y or N	

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. Ref # _____

Signature: _____ County _____ Date: _____