



HCE Connection

Manitowoc County Association of
Home and Community Education
April 2019-May 2019



President's letter...

Snow, Snow, Snow, time for you to go away. Spring is right around the corner and I for one am ready for it to come this year. I have enjoyed the snow but the winds with it were something I did not enjoy this year. I know it did give me time to work on some cultural arts projects for the Salad Supper this year.

I hope everyone has enjoyed the presentations we have had so far this year. We started with the Hopeful Hearts Club as our Community Outreach project for this year. What Lia has done so far while only being 15 years old makes me know there are some bright and caring young people in our community to serve us all well in the future. Our February and March focus studies were important areas we all should know about to help ourselves and the community. I know I learned many new things.

The Salad Supper is coming soon on May 1st. It is great to see all the different salads people have in their cookbooks and are sharing for all. The display of talent with all our Cultural Arts items show me what an array of talents we have that we share. The variety of items are amazing and shows me ideas I would have never possibly dreamt of or could do. I am going to try to learn to one of these new skills but it might be the death of me.

State conference is coming up this September and Northeast District is hosting in Manitowoc. Our part of the planning is to get the tours together for Monday afternoon. These are pretty much set and are going to be fun to share. I will be looking for volunteers to help guide the tours, help with loading the buses, and possible activities for those who are staying behind. A sign-up sheet will be available at the Salad Supper or contact myself. The conference is good way to learn about

our group on a state level and attend workshops for learning many things. You can go to our state website in May to get more details at www.wahceinc.org. Mark your calendar for September 16th-18th this year.

Our county is going strong and know that there are still some talented and sharing individuals that should be sharing with our group by helping out our County Board. A few hours a month are all that we ask. I was asked to just try taking notes at a meeting for an ill member and here I am as President. It is not something that I would ever change. Many find it hard to believe but I am not comfortable speaking in front of people but being a Board member has made me stronger and better for it. New friends are a special blessing also. I know if needed many will be there for me in the future. Contact me for information or to sign up to help in the future.

Think Spring, Think Spring, I repeat every day and know it is coming. Hope to see everyone soon.

Amy Kohlmann, Manitowoc County President

Membership and Marketing

We have 120 official members so far and a few individuals yet to return their information for this year's enrollment. We are still one of the largest membership counties in the state and we should be proud of that!

To keep up our membership numbers, we need to attract new members.

The following are some ideas to attract new members:

- 1 Bring your friends and relative to our focus meetings also the salad supper
- 2 Wear HCE clothing and pins to HCE functions
- 3 Put HCE logos on all articles made and distributed
- 4 Advertise HCE at the fair, Quilt Shows, Breakfast on the Farm
- 5 Advertise our focus meeting in all our local newspaper

DATES TO REMEMBER

Tues. March 26 th	HCE Board Meeting UW-Extension Office Room 300 1:00PM
Wed. April 3rd	Study Focus: Taking a Picture on mariners Trail UW-Extension Office Room 300 1:00PM Lunch Bunch Room 111 Noon-1:00PM
Fri. April 15th	Cultural Arts Entry Sheets Due Submit to Judy Yanda 6131 Old Y, Maribel, WI
Tues. April 23rd	NE District Spring Meeting St. John Lutheran 1700 Lost Dauphin Rd. De Pere, WI Registration: 8:30AM Meeting: 9:00AM
Mon. April 29th	All Cultural Arts Projects Due Drop off at the UW-Extension office by 4:00PM
Tue. April 30th	Cultural Arts Judging UW-Extension Room 300 9:00AM
Wed. May 1st	Spring Salad Supper First Reformed United Church of Christ 4921 Waldo Blvd., Manitowoc Registration: 4:30PM Dinner: 5:30PM
Tues. June 25th	HCE Board Meeting UW-Extension Office Room 300 1:00PM
August Wed. 21- Sun. 25 th	Nitrate Water Testing Manitowoc County Fair 4921 Expo Dr Manitowoc, WI <i>Sign Up At The Salad Supper to Volunteer!</i>
Wed. Sep. 4th	Creative Craft Fair UW-Extension Office Room 300 1:00PM

Taking a Picture Stroll on Mariners Trail

Date: Wednesday, April 3rd
Time: 1:00pm
Presenter: Judy Corrado
Location: UW-Extension
Description: This bicycle and walking trail between Manitowoc and Two Rivers overlooks the Lake Michigan shoreline. Judy will share with us the background and future of this beautiful trail.



NE District Meeting

“Seasons Are Changing”

Date: Tuesday, April 30th
Time: 8:45am Register / 9:00am Meeting
Location: St. John Lutheran
1700 Lost Dauphin Rd., De Pere, WI
Cost: \$15.00 per person
Speaker: Chris Kniep
Activity: Women Walk the World during morning break
Brown County HCE will be collecting donations of JELLO and pudding for the DePere Christian outreach Food Pantry.



The County registration form is due by April 3rd, so please let Amy or Phyllis know by April 1st, if you plan to attend.

Cultural Arts Judging

Date: Tuesday, April 30th
Time: 9:00am
Location: UW-Extension Office Room 300
4319 Expo Dr, Manitowoc



***Paper registrations are due to Judy Yanda by Tuesday, April 15th.
Entries due to Cultural Arts Judging show need to be at the UW-Extension office by Monday, April 29th at 4:00pm***

Spring Salad Supper

“Spring Lights up My Life”

Date: Wednesday, May 1st
Time: 4:30pm Register / 5:30pm Dinner
Location: First Reformed United Church of Christ
3613 Waldo Blvd, Manitowoc, WI



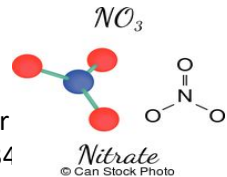
Please bring one large salad for each four members attending to serve eight people, a basket for silent auction and baked goods for the bake sale. Individual members are asked to donate as they see fit. For Reservations, call any Center Chair.

Individual Member from North Center and East Center are asked to help set up and clean up also.

Please contact your Center Chairs by Friday, April 19 if you plan to attend. Center Chairs are to submit Names of all the members and guests attending to Jan Schramm: 920.323.7007 By April 23rd!

County Fair Nitrate Water Testing

Date: August 21st-25th
Location: 4921 Expo Dr., Manitowoc, WI
Description: For more information and to volunteer contact Shirley Oswald at 920.682.4234



HCE members will be assisting Manitowoc County Soil and Water conservation Department with free nitrate well-water screening at the Manitowoc County Fair Aug 21-25 Wed thru Sun. We will have a sign-up sheet at our Salad Supper Wed. May 1st.

Nitrates are a common contaminate in well water from fertilizers, liquid manure, and human waste. Water filters to remove much of the nitrates are available. You and your family deserve good water. Volunteer at the salad supper!

Submitted by Shirley Oswald

Creative Craft Fair

Date: Wednesday, September 4th
Time: 1:00pm
Location: UW-Extension Room 300
Description: Scarecrow Art, Clothes Pin Angels
and Neck Tie Scarfs.



February Study Focus Review

Understanding Adverse Childhood Experiences

Thank you to Stacy Ledvina from Manitowoc County Human Services for sharing her experiences with Adverse Childhood Experiences (ACE's). Nineteen members braved the weather to hear our speaker.

Ms. Ledvina started with a You Tube presentation by Nadine Burke Harris. She is known for linking adverse childhood experiences with harmful effects to health later in life. Adverse Childhood Experiences are very common. These ACE's are experienced by children where parents may do substance abuse, parental separation or divorce, mental illness, battered mothers, or parents that have done criminal behavior. It can also include emotional or physical neglect along with emotional physical or sexual abuse. Each time a child is faced with one of these ACE's their whole body is affected. To some this happens on a regular basis. As the child becomes older, Ace-attributed problems can arise, such as liver disease, mental health problems, coronary heart disease, or alcoholism.

To help children overcome some of these issues, *Kids at Hope* has been started. *Kids at Hope* is an initiative to use positive youth development to transform families, schools and communities. This initiative is being promoted in Manitowoc County. To learn more about *Kids at Hope* please go to www.kidsathope.org.

Submitted by Nancy Oehldrich

2019 Community Outreach Program

Remember to bring your donations along to the Salad Supper on May 1, 2019 if you haven't already dropped them off at the office. I will be collecting them for Lia Haile and the projects she does for Hope House in Manitowoc. Donations could include hygiene items such as toothbrushes, tooth paste, deodorant, hair brushes, shampoo, pocket size tissues or paper products like wrapping paper and tape. She could also use cash or gift cards to Pick 'n Save for birthday cakes, Dollar Tree for supplies and Wal-Mart for gifts. Thank You for your continued support of our Community Outreach Projects.

Cindy Christianson, Vice President of Family and Community Life

In Loving Memory



Judith "Judy" Muchowski

Age: 84

February 21, 2019

Cultural Arts

The Spring Salad supper and Cultural Arts Show is Wed. May 1st, only a couple of months away. I hope all of your projects are developing into treasures. Everyone should be entering the bonus category: Hattie's HCE Hat! Entries are due by Friday, April 15th. You may not enter anything entered in the past, only items made from July 1, 2018 through May 1, 2019. All entries need to be dropped off at the UW-Extension office by Monday, April 29th by 4:00 pm. We hope to see a lot of entries after this long cold winter!

Cultural and Textile Arts Show Registration Forms are due by April 15, 2019!

**** Registration can be found at the end of this newsletter****

Stitches of Love

Thank you to everyone who made little dresses or collected clothing, school supplies, sports equipment, tools or kitchen pans. We sent 250 Blankets and 250 little dresses to Ethiopia- Africa via the pancake breakfast at St Francis of Assisi. Due to bad weather ASAC (Americans Serving African Children) did not meet the \$5000.00 goal we needed to ship these items. Hopefully the community will come to our aid. Keep making the little dresses.

Our book bag quota for the year is at 146 of the 200 we make for the Head start program.

Sixty knitted and crocheted chemo hats were distributed to Holy Family Memorial and Aurora Hospitals.

Invite your friends to work on HCE project and the welcome them into the HCE family

Submitted by Judy Yanda



Wisconsin Association for Home & Community Education, Inc.
Cultural Arts Show & Contest – 2019 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", unmounted 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. Ceramic/Kiln Fired
- F. 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 – "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

HCE Healthy Lifestyle Survey

In this newsletter, you will see the survey for this year for the Healthy Living Survey. It is similar to last year's survey where we looked at how much exercise people are getting and what we are eating and where we get our food from locally. It helped having our Winter Farmer's market in Manitowoc at least to help increase those numbers.

We are hoping everyone takes a few minutes to fill the survey out and submit it at the Salad Supper in May.

**** Survey can be found at the end of this newsletter****

If you want to download the survey from the state's website you can also at <http://www.wahceinc.org>.

Scholarship Information

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 State Scholarship Chair and may be used for leadership opportunities during the previous months from the last Scholarship, as well as to upcoming leadership opportunities.

Student Scholarship

The Manitowoc County Association for Home and Community Education will award two \$500 scholarships annually. Applicants may be seniors in high school or college students continuing their education. Applicants must be sons, daughters, or grandchildren of a current Manitowoc County Association for Home and Community Education member. This scholarship can be used for any field of advanced study. The deadline to apply is April 1st of the current year.

Cultural Arts Registration Form

Name:	
Phone:	
Address:	
Club Name:	
Item Registered:	Category:
Item Registered	Category:
Item Registered:	Category:

Send completed registration to:
Judy Yanda
Cultural Arts Committee Chairperson
6131 Old Y
Maribel, WI
Telephone: 920.609.4076

HCE Healthy Lifestyle Survey

(Formerly On the Move and in the Groove)

Get moving and eating healthy with HCE members across Wisconsin.
Please reply to this four question survey about maintaining your healthy lifestyle
between February 17 and May 11, 2019.

Name: *(optional)*

County:

Wisconsin

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"/> Strong Bones or other exercise class | |
| <input type="checkbox"/> Yoga | <input type="checkbox"/> Tai Chi | <input type="checkbox"/> Tennis |
| <input type="checkbox"/> Exercise DVD | | |
| <input type="checkbox"/> Other <i>(please list)</i> | | |

How many times a week are you usually active for?

- 5 or more 3 or 4 1 or 2 Zero

How many $\frac{1}{2}$ cup servings of fruits and vegetables do you usually eat daily?

- 8 or more 5-7 1-4 Zero

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

- Most
 About half
 Some
 Very Little
 Unsure

Surveys can be turned in at the Salad Supper or returned to the
UW-Extension office by May, 20th.

If you have any questions, please contact Amy Kohlman at 920.901.5068

Manitowoc County “HCE Connection” Newsletter

All Club and individual members are invited to submit newsworthy articles for the HCE Connection newsletter. These can be sent at any time during the year. All submittals must be electronic. If you need assistance or access to a computer, please contact the UW-Extension Office.

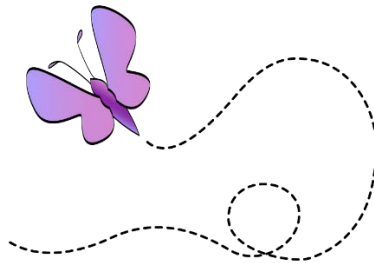
Written permission must be obtained for use of all recipes and other copyrighted material.

2019 Newsletter Deadlines*

First Friday of the month prior to the release date:

**Please note: The Manitowoc County UW-Extension office policy on newsletter deadlines is firm. Failure to comply may result in the item not being printed in the next issue of the newsletter. Thank you for your understanding...The Manitowoc County UW-Extension Staff.*

Newsletter Edition	Due Date at UW-Extension
August/September	July 5th
October/November	September 6th
December/January	November 7th



UWEX - Manitowoc County
Manitowoc County Office Complex
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Manitowoc, WI 54221-0935

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