



# HCE Connection

Manitowoc County Association of  
Home and Community Education

April-May 2022

## President's letter...

Welcome to spring. Winter did not seem too harsh to me this year but always welcome spring, warmer weather, birds singing and flowers and planting the garden. The cycle of life continues on.

We had our Focus lessons for January through March so far this year. We did have to move our January meeting to February due to weather and scheduling and seemed to work out well for all those who attended. We learned about WI Nicaragua Partners from Amy Wiza and then about local farming in the modern day by Jacque Downey. I know I learned a lot that day. In March, we had Amanda Hartwig speak to us about stress and how to recognize and deal with it. She was quite informative for all.

We will be having our Salad Supper this year and getting to eat this year. Mark your calendar for May 4<sup>th</sup>. We will be viewing all the Cultural Arts projects from this past year. We will have our Silent Auction so clubs and groups of individuals are encouraged to bring items to help raise funding for our scholarships. Remember to bring your salads and appetites for food and conversation. I have some Cultural Arts to enter this year. Hope to see many people's entries this year.

Our Northeast District meeting is Wednesday, April 20<sup>th</sup> in Luxemburg with registration starting at 8:00am and the meeting to start at 8:45 am. Registration is due to either myself or Phyllis Hickman by April 4<sup>th</sup>. We will try to car pool as needed. Our State conference is set for September 19<sup>th</sup> to 21<sup>st</sup> in Onalaska near La Crosse. I have reserved some rooms for Sunday to Tuesday and more information on events will be coming in the May Update and will also be online at the state website of [www.wahceinc.com](http://www.wahceinc.com).

Several Executive Board positions are open and this is your chance to lead our organization for the next few years. If we continue to not have these positions filled, events will start being

affected or not be occurring at all. This is not something I would like to see happen as we are still one of the stronger and larger counties in the State. Most positions only take a few hours a month and at times none at all. Would you like to have choice in how our group goes into the next years to come? Contact myself or any Board member for more information.

Glad to see we are getting back to normal and hope to see you all soon.

Submitted by Amy Kohlmann, Manitowoc County President

### DATES TO REMEMBER

Wed. April 7 <sup>st</sup>	Study Focus: Eat, Sleep, and Move Manitowoc County Expo Building 1:00PM
Wed. April 1 <sup>st</sup>	Scholarship forms for youth and adult are due. To Scholarship chairs or at Extension office. All parts are due on April 1st
Wed. April 20 <sup>th</sup>	North East District Spring Meeting Rendezvous, E 896 County Rd N, Luxemburg Registration 8-8:45 and meeting to start at 8:45
Wed. May 5 <sup>th</sup>	Spring Salad Supper Peace United Church 3613 Waldo Blvd., Manitowoc Register: 4:30 PM Supper: 5:30 PM
Tues. June 28 <sup>th</sup>	Executive Board Meeting Manitowoc County Building on Expo 1:00 PM
Aug 24 <sup>th</sup> -28 <sup>th</sup>	Manitowoc County Fair Water Nitrate Testing Signup will be at Salad Supper

---

## 2022 Study Focus

---

### **Eat, Sleep, and Move: The 50+ Immune System**

**Date:** Wednesday, April 6th  
**Time:** 1:00 PM  
**Location:** Extension, Manitowoc County Office: Room 300  
**Presenter:** Amy Kohlmann, Manitowoc County HCE President  
**Description:** We will learn about the Six Pillars of Brain, Body and Mind health for our bodies. We will learn about the risk factors and different ways to booster our immune system ourselves. MIND diet and other activities and methods will be shared.



### **North East District Spring Meeting**

**Date:** Thursday, April 22nd  
**Registration:** 8:00-8:45 am  
**Meeting:** 8:45 am  
**Location:** Rendezvous  
E896 County Rd N, Luxemburg



Northeast District Spring meeting will be held on April 20th at Rendezvous in Luxemburg starting at 8:45 am with registration from 8-8:45. Keynote speaker will be Ann Shebesta and she will be talking about bees with “*Conversation about Butterfly Gardening*”. The cost is \$15 per member and is due by April 4<sup>th</sup>. If interested in attending, please contact Amy Kohlmann at 920-901-5068 or Phyllis Hickmann at 920-693-8522

---

## Spring Salad Supper

---

### “Feather Your Nest”

<b>Date:</b>	Wednesday, May 4th
<b>Display:</b>	Starts 4:30 PM
<b>Dinner:</b>	Dinner at 5:30 PM
<b>Location:</b>	Peace United Church 3613 Waldo Blvd., Manitowoc. WI

We are going to be able to have a Cultural Arts display, silent auction with baskets, Salad Supper and collection for our Community Outreach, Wisconsin Nicaragua Partners. Please bring a salad serving 8 people for each 4 people attending from your club and bake sale items for all. Please have reservations to your Center Chair by April 16<sup>th</sup>. Sign up for the water nitrate testing at the County Fair will be available with Shirley.

---

## 2022 Community Outreach

---

I hope many of you were able to attend the February study focus where Amy Wiza, Director of the WI Nicaragua Partners of the Americas presented how we are partnering with them and how we can help with their projects.

With spring coming soon, remember them as you may be cleaning your home or going to rummage sales in the community. Bring the items along to the Salad Supper were I will be collecting them. A list of the items needed is included here. Cash donations are also welcome.

Here is the list of items needed, sewing items including fabric over 1 yard, needles, scissors and other notions. Embroidery and hand crafts, yarn and needles. Baking items like baking sheets, tins and measuring cups and rolling pins. Arts and crafts and backpacks and books for lending libraries. Hair styling items like combs, brushes, clips, curling irons, capes and scissors. NO LIQUIDS items allowed. Sports equipment for the families. Hand garden tools for gardens needed. They are stating with some music classes so musical items would be encouraged.

Thank You for your continued support of our Community Outreach Project

*Submitted by: Cindy Christianson*

---

## Cultural Arts

---

Cultural Arts entries forms are due to Judy Yanda by April 18th. Items can be made in 2021-2022 year this year. Items need to be to the Extension office for judging by May 3rd to be done the next day. Cultural Arts display will be held at the Salad Supper at Peace United Church, (name changed but same location) on Waldo Blvd on May 4<sup>th</sup>. Reach for the Stars with HCE is the bonus category this year. Start saving your voting pennies which go to Pennies for Friendship.

---

## Scholarships

---

The Manitowoc County HCE scholarship information will be available on line or from the Extension office after January 1st. Applicants need to have a family member who is a current HCE member. The due date is April 1st, 2022 for all applications and associated materials. Winners will be notified prior to the Spring Salad Supper in May.

Applications can be obtained on the following website, [www.wahceinc.org](http://www.wahceinc.org), under Contacts then Manitowoc County under Northeast District or at the Extension Manitowoc County Office (920-683-4167).

There is also the Manitowoc County Adult Scholarship available to all current members to apply for and can get applications by contacting Amy Kohlmann or Mary Ann Rabitz or the County website

---

## Nitrates

---

At our Spring Salad Supper, Wednesday May 4<sup>th</sup>, you will be able to volunteer for Nitrate Water screening at the Manitowoc County Fair. As in past years, a form will be passed around for members to sign up for 1 or multiple time slots or you can call Shirley Oswald at 920-682-43-234. Manitowoc County Soil and Water will provide free passes to the fair for those who participate. It's so important for our health to make sure our well water is not nitrate contaminated.

*Submitted by: Shirley Oswald*



*Audrey Ertel, 94 January 14<sup>th</sup>, 2022  
Manitowoc County Pigeon River Homemakers*

### 2022 Newsletter Deadlines

Newsletter Edition	Due Date at Extension, Manitowoc County
August/Sept	July 1st

Please submit items online to Jan Siewert or Amy Kohlmann or get items to them for future newsletters at this time

# Wisconsin Association for Home & Community Education, Inc.

## Cultural & Textile Arts Show & Contest – 2022 Categories

### 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", unmated only, in 8½" x 11" sheet protector & Cardboard support. Framed photographs 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 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. Diamond Dot**
- H. 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 5x7 color photo or larger (encouraged).

**A. Tied**

**B. Hand quilted-Machine Quilted by You:**

**C. Pieced**

**D. Appliqued**

**E. Embroidered-Machine Quilted by Paid Professionally:**

**F. Pieced**

**G. Appliquéd**

**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. Appliquéd**

**E. Embroidered-Machine Quilted Paid Professionally**

**F. Pieced**

**G Appliquéd**

**H. Embroidered**

**I. Not Quilted**

**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. Quilted Table Topper/Runner**

**A. Hand Quilted**

**B. Machine Quilted**

**C. Not Quilted**

### **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 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. 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 county. 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.**

# CULTURAL ARTS REGISTRATION FORM

<b>Name:</b>	
<b>Phone:</b>	
<b>Address:</b>	
<b>Club or membership:</b>	
<b>Item registered:</b>	<b>Category:</b>
<b>Item registered:</b>	<b>Category:</b>
<b>Item registered:</b>	<b>Category:</b>
<b>Item registered:</b>	<b>Category:</b>

Send completed registration to:  
Judy Yanda  
Cultural Arts Committee Chairperson  
Old Y  
Maribel, WI 54227  
Phone: 920-609-4076

Extension, Manitowoc County  
705 Viebahn St Room 122  
Manitowoc, WI 54220

NON-PROFIT ORGANIZATION  
U.S. POSTAGE PAID  
MANITOWOC, WISCONSIN PERMIT  
NO. 216