

Crosse County News - February 2020

Executive Committee Reports

President's Message

There was a nice turnout for the January Executive Committee and Club Presidents Meeting on January 13th. It was my first meeting as County President and I am happy to work with such a great group of women who are excited about HCE and willing to contribute their time and talents to the Association and the community. The next meeting will be held on March 16th at 1:15 pm at the Hamilton Town Hall. All members are welcome to attend.

We are again making fleece blankets for the Family and Children's Center in La Crosse. Volunteers at the FCC tell me the children love them! Laura Ira, Cultural Arts Committee Chair, has graciously opened her home on Monday, February 10th at 1 pm to anyone interested in making the fleece blankets. We did this last year and it was such fun. Laura's address, phone number and email address are in the 2020 LAHCE Booklet. Please let her know if you will be there. You can also make them individually if you prefer. I would be happy to collect and deliver them to the FCC.

Also in February, we will be participating in the 4H Clover College which will be held at the Bangor Elementary School on Saturday, February 15th. I will be teaching a session on making fleece blankets from 9-10:30 am. Sheryl Smith will teach students to sew book bags. The blankets will be donated and the bags will be used for the Bookworms Program. This also teaches the 4H participants community involvement and generosity. If you are interested in helping out, you can contact Sheryl or me. Our contact information is in the 2020 LAHCE Booklet.

At the suggestion of our International Chair, Leah Bork, we will be participating in the 'Days for Girls' Project. Watch for more information in the March Newsletter for items to be collected and donated.

Sometimes it seems that world issues can be overwhelming. What can we do as individuals to make it better? I would like to encourage all of you to get active in HCE. Together we can make a difference.

Cathy Onsager
President

Family & Community Life

As we move into February, I would like to challenge each and every one of you members to help spread the word about our organization and what our mission is: TO promote and strengthen the family unit; TO provide opportunities of self-education for development of potential abilities; TO better serve and improve home and community life.

HCE offers opportunities for learning in a social setting, sharing what we learn, and caring to make a difference in our homes, communities, and the world.

Sheryl Smith
Secretary

SPECIAL ATTENTION:

Send in your LAHCE Newsletter Renewal/Public Record Info sheet by January 31st, 2020.
If you do not you will stop receiving the Cross County Newsletter.

Committee Reports

International Coordinator

A project this year will be to lend support to DAYS FOR GIRLS. Days for Girls is a non-profit organization that helps girls stay in school and retain dignity, giving back important days of their lives. Most girls in developing countries miss school during their periods; many eventually drop out because of falling behind in learning. Days for Girls puts together kits of feminine hygiene products, cotton briefs, soaps, washcloths, information material etc.

In the up coming months - a list will be put together in ways we can help this project.

Leah Bork

International Coordinator



Family & Community Life

It's that time of year again to do the Healthy Lifestyle Survey. This survey is about maintaining your healthy lifestyle between February 16 and May 9, 2020. The form which can be found in this newsletter is due back to me by May 30.

A few reminders:

We are still making bookbags for the Bookworms project. A total of about 280 bookbags are needed. Remember to keep track of your volunteer hours spent on HCE activities. Forms for reporting these hours will be in a future newsletter.

Leann Kramer

Family and Community Life Coordinator

Cultural & Textile Arts

Well, it appears we finally have winter in our area. Hopefully, because it is already February, it will be a short one. It's nice to see the days starting to get longer already. I am so looking forward to spring, and the exciting events coming up for Cultural/Textile Arts.

Our first event will be: Creating A Simple Easter Project

Date & Time: Monday, April 6, 2020 @ 1:00 pm

Location: My House @ 113 Meadow Lane in West Salem

Cost: Cost of supplies (No More Than \$3.00)

RSVP: Laura Ira

E-Mail: Lnira@live.com

Phone: 608-786-4749 (H)

608-498-2953 (C)

Refreshments provided

You will have an opportunity to create your own Easter Sock Bunny and/or Button Egg Ornament. Please bring scissors & a hot glue gun, if you have one. Please let me know in advance if you will attend so I can plan accordingly.

The Spring Banquet/Annual Meeting will be Monday, May 4, this year. At that time, judging of the Cultural & Textile Arts projects will be done. Have you started working on your project(s) yet? We have so many talented members in our county. I can't wait to see what everyone has created. More details will follow in the March and April newsletters.

The fall cultural learning event will be October 26, so mark your calendars now. More to follow on that at a later date.

Happy crafting and creating!

Laura Ira

Cultural & Textile Arts Coordinator

Wisconsin Association for Home & Community Education, Inc. Cultural Arts Show & Contest – 2020 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" plastic. 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 & 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)
- B. Doily/Dresser Scarf
- C. Afghan
- D. 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. 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*

- 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

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. 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 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 – "Seeing HCE Through New Eyes", the Fun

*Category. Limit of one
entry per county. Decorate
a pair of glasses. 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
"Seeing HCE Through New
Eyes" entry. **Have fun!***

**STATE
REGISTRATIONS
DUE BY:
AUGUST 1, 2020**

COOPERATIVE EXTENSION SERVICE
 United States Department of Agriculture
 University of Wisconsin-Extension
 La Crosse County Offices
 212 North 6th Street
 La Crosse, WI 54601

X Crosse-County News



ACTION CALENDAR: FRIENDLY FEBRUARY 2020

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

"People forget what you said and what you did. But they never forget how you made them feel" - Maya Angelou

1 Send someone a message to say how much they mean to you

2 Ask a friend what good things have happened to them recently

3 Do something supportive and friendly for your colleagues

4 Notice the good qualities of everyone you meet today

5 Get in touch with an old friend you've not seen for a while

6 Thank someone and tell them how they made a difference for you

7 Show an active interest by asking questions when talking to others

8 Say friendly things to people who work in your local shop or cafe

9 Put away digital devices & really focus on who you're with

10 Try to involve others and invite them to join your conversations

11 Smile at the people you're with and try to brighten their day

12 Send an encouraging note to someone who needs a boost

13 Be kind especially when your first instinct is to be unkind

14 Tell loved ones why they are so special to you

15 Make an effort to have a friendly chat with a stranger

16 Call a friend to catch up and really listen to them

17 Respond positively to everyone you meet today

18 Look for the good side when other people frustrate you

19 Tell a loved one about their strengths that you value most

20 Actively listen to what people say, without judging them

21 Give sincere compliments to three people you meet today

22 Make a plan to meet up with others and do something fun

23 Take time to speak with a neighbour and get to know them

24 Do an act of kindness to make life easier for someone else

25 Make positive comments to as many people as possible today

26 Thank three people you feel grateful to and tell them why

27 Share what you're feeling with someone you really trust

28 Be gentle with someone who you feel inclined to criticise

29 Make uninterrupted time for your loved ones

ACTION FOR HAPPINESS

www.actionforhappiness.org

Find out more about the Ten Keys to Happier Living, including books, guides, posters and more here: www.actionforhappiness.org/2019key/