

CROSSE COUNTY NEWS

FEBRUARY 2021



President's Message

Here we are in 2021...We have been wearing our masks, keeping 6 feet apart, staying home a lot more and avoiding crowds. Many of us voted absentee in November and the Holiday get-togethers for some of us were a lot different!

My family got together on Christmas Eve afternoon with a 3-hour virtual celebration. My older daughter, Amy, set us up on Zoom and it turned out to be a lot more festive and fun than I expected. We settled in with our beverage of choice (for me it was wine) and some snacks. We each had a chance to tell the others what has been happening in our lives during the past months. Then we played some games that had everyone laughing and joking around. We finished with opening of gifts, the youngest first as usual. It wasn't the same, but it was wonderful! We are praying that we can be together in person next Christmas as I am sure you all are. The good news is that the Covid vaccine is available and we are in the process of getting our shots. Some have already had one or two and others have appointments to get vaccinated. Contact your health care provider or the La Crosse County Health Department for more information.

Despite not being able to meet in person, several members of our organization have kept very busy doing community service. As I mentioned in the last newsletter, we provided face masks to the Family and Childrens Center in La Crosse. Members also sewed masks for friends and family. Then we began our 2021 Services of Love Project in November. Hundreds of Christmas Cards were delivered to the Veterans Administration Office in Tomah for our U S Veterans to thank them for their service and make their days a little brighter. In February, Sheryl Smith and I drove to Tomah to deliver valentines, many of them home made by our members. They were just lovely. Sheryl and I discussed an Easter project for the vets with the VA Volunteer staff and we will be making small Easter baskets and providing sweets that the Volunteer Office staff will be putting into the baskets for the vets.

After carefully weighing the pros and cons, it was decided to hold the Annual Spring District Meeting in April virtually this year. I will email with the details when I learn more.

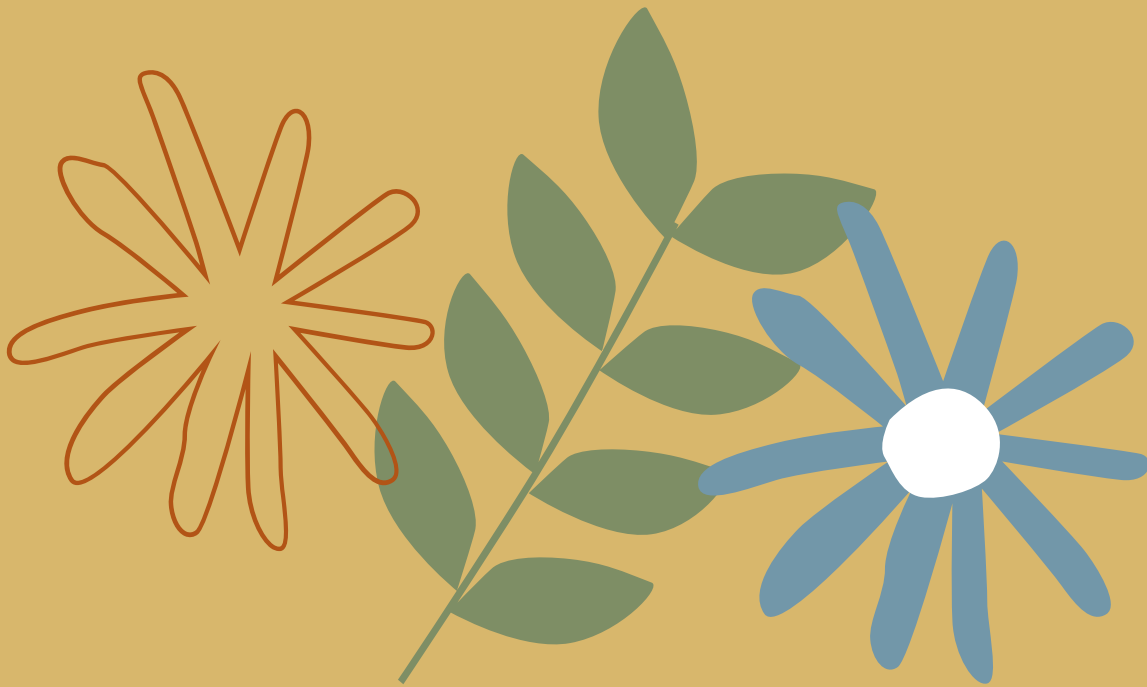
And we will not be holding our Annual Spring Luncheon & Meeting in May. The judging of cultural & textile arts, which is usually done the same day, will be held at a time and place to be determined.

The State Conference is set for September 20-22. The WAHCE Update will have all of the details in a future edition. I hope each of you will subscribe to the Update. It is only \$8 per year and holds a wealth of information. Please send in your new or renewal subscription to Marcelline Protheroe, N6131 22nd Drive, Wild Rose, WI 54984 along with a check for \$8. Be sure to include your name and mailing address.

Message From the Editor

Membership Report Although most clubs have not been able to meet for almost a year, we still need to keep in touch with our members. I have tried to send out occasional emails to everyone letting you know what is happening. Since the state reduced the dues for this year, we decided not to charge any of our members dues for 2021. Also, any new members can join for a reduced fee of \$10.00. As we go through this year, I am hoping we can recruit a few new members. Many counties are losing members due to not being able to get together and I hate to see this happen. I know of one county in our district that is totally disbanding which is too bad. So let's keep plugging along and see if we can get at least 1 or 2 new members this year.

Sheryl Smith, Membership Chair



HELP!!

LAHCE is in need of a County Treasurer. Retiring Treasurer, Wanda Rogers, served the maximum of 2 2-year terms. I agreed to serve as interim-Treasurer until I can find a volunteer to serve. Please, I really need someone to help. There must be someone willing to step up and join the Executive Committee as Treasurer. This position is not complicated. Wanda is more than willing to help someone get started and I will certainly be there, too. The current books are all in order.

Wanda did a great job. Again, please consider this. LAHCE needs you! If you are interested, call or text me at 608-397-8194 or email me at catw3764@gmail.com.

Cultural & Textile Arts Report

March 2021

As I sit here writing this article in February at 9:30 am, it's still 8 degrees below zero. It's bad enough that we have been pretty much quarantined for the past year, now it's too cold to go out! I don't know about the rest of you, but I've had enough of winter!

Although there are still a lot of questions and problems to be solved, it is time for a cultural arts update. Hopefully, with the arrival of Covid-19 vaccinations, we will be able to meet in person before too long, and I can't wait to see each and every one of you! I have some fun projects on hold for when that time comes.

In the meantime, I hope you have been busy working on your 2021 Cultural & Textile Arts projects. Plans are well underway for the 2021 WAHCE Conference this coming September. A date has not been set yet for judging your items on the county level, but you will be kept informed as to the date, place and time. The WAHCE Board has decided that since the conference was cancelled last year due to Covid-19, any entries you had intended to use last year can be used this year.

Information on the Cultural Arts Show and Contest for 2021 Categories is included in this newsletter, along with a pre-registration form. This form will need to be completed, signed and returned to me no later than **May 1, 2021**.

Pre-registration is required!! No exceptions!! Any questions or concerns, feel free to contact me at: 608-786-4749, or e-mail: lauranorm2021@outlook.com.

Please note - new e-mail address!

This year's Bonus Category (the fun category) is "Reach for the STARS with HCE". Have fun and use your imagination. Create a display of your choice using any media. Size restriction - base no larger than 10" x10" with maximum height of 20". One winner from La Crosse County will be chosen to be entered at the state level. Happy crafting and creating!

Laura Ira
Cultural & Textile Arts Coordinator



Wisconsin Association for Home & Community Education, Inc.

Cultural Arts Show & Contest – 2021 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", unmatd 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

Machine Quilted By You

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

Machine Quilted

Professionally

- 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 – "Reach for the STARS with HCE", the Fun

*Category. Limit of one
entry per county. Use your
imagination. 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
"Reach for the STARS with
HCE" entry. **Have fun!***

**STATE
REGISTRATIONS
DUE BY:
AUGUST 1, 2021**

Wisconsin Association for Home & Community Education, Inc.
Cultural & Textile Arts Show
2021 Guidelines for County Chairs



ALL items, including Bonus Category, must be pre-registered. Registration is due August 1, 2021. 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.

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 (9/19/21) from 7-9pm or Monday (9/20/21) 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 21, 2021. 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: pnjackson@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.

2021 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

2021 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

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: _____



LAHCE Executive Commitee

LAHCE gives a scholarship of \$150.00 to a member who would like to attend the state conference in September. This will cover registration and meal costs. The 2021 conference is going to be held in Stevens Point at the Holiday Inn. This is a good opportunity to meet other ladies in HCE and to attend the workshops and learn new things. You can find information about reserving a motel room on WAHCEinc.org. The registration form, workshops, and tours will be in the May Issue of Update and on the website also. If you are interested in applying for the local scholarship, just send an email to me stating that you would like to apply and attend the state conference. (Monies will be given after the conference.)

This year there will also be a scholarship awarded to one member in each district to cover registration and meal costs. To apply for that, you just need to send a message to the district director, Joan Staffon. Her email is Joanstaff@centurytel.net.

Sheryl Smith, LAHCE Secretary

International Report

WAHCE's Wisconsin Nicaragua Partners is again sending shipments to Nicaragua so donations are welcome as well as monetary donations which can be used for purchases there.

Here is their new list of needs:

- * Sewing supplies (fabric, scissors, needles, yarn)
- * School supplies (pencils, paper, scissors, backpacks)
- * Cooking supplies (mixers, blenders, bowls, utensils)
- * Carpentry tools (hammers, nails, saws, hand tools)
- * Gardening tools

No medical or electronics accepted.
Throughout the year if you have any thing you would like to donate-
let me know by middle of September

Leah Bork, International Chair



Family and Community Life

It is time to start the Healthy Lifestyles surveys again, they will be included in this newsletter. Also remember to keep track of any hours you devote to doing HCE projects and any expenses you incur. There is a form for this on the state website if you want to use it listed under Impact of HCE.

Cathy already wrote about our latest Services of Love project with the Tomah VA so be sure and read her report. We will be busy working on the Easter baskets now to take there for the patients. Sheryl will send out an email with patterns and ideas for making the baskets.

Leann Kramer, Family and Community Life Chair



Marleen Stello of Mindoro passed away December 29th at the age of 85.

Marleen was a member of the La Crosse Association for Home and Community Education for over 60 years. Marleen and her husband farmed in Burr Oak, she was working right beside him, and loved the farm animals. She loved to read and do Suduko puzzles. Besides that she was well known for her cooking and baking skills. Marleen also did beautiful embroidery and counted cross stitch pieces, many were entered in HCE Cultural Arts competition and at the LaCrosse County fair and quite often won blue ribbons. She was also a 4-H leader for many years. Marleen was a very devoted member to HCE and always volunteered to help in any way she could. She will be missed.





Wisconsin Association for Home
and Community Education, Inc.

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, 2021.

Name (optional) _____

County _____, **Wisconsin**

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?

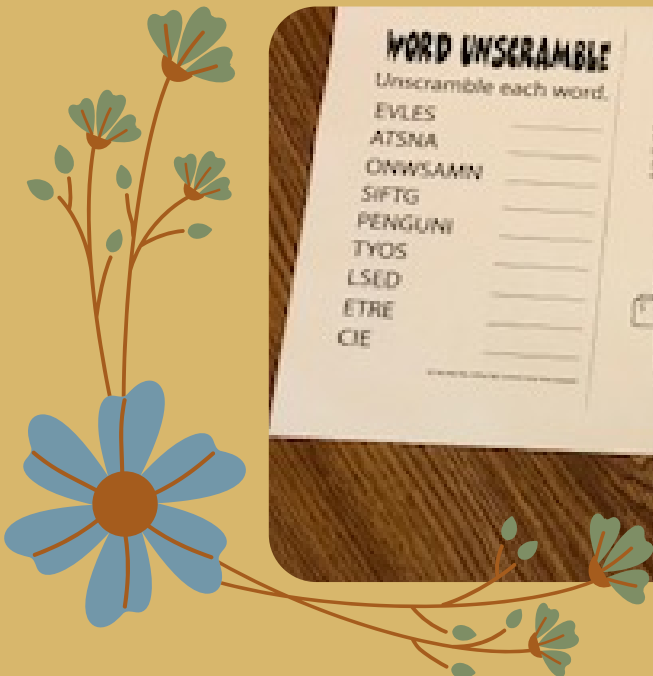
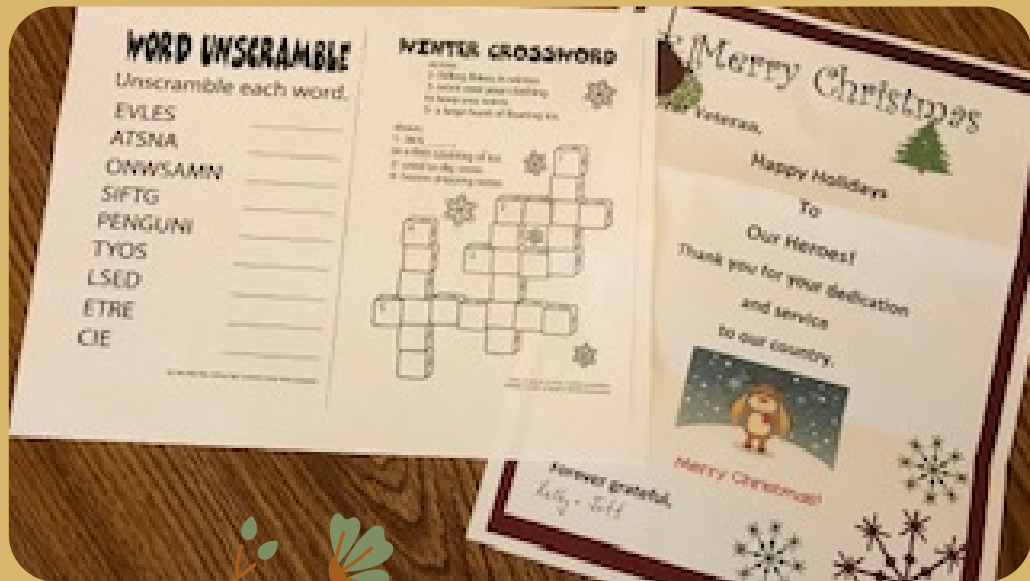
☐ Most ☐ About half ☐ Some ☐ Very little ☐ Unsure

Questions? Email Lynn at nicfoundation.lynn@gmail.com or phone 715.823.4829

Return your completed forms to your County Coordinator, by June 15, 2021.

Send results to: Vice President of Family and Community Life

Lynn Marcks
N2837 County Road Y
Clintonville, WI 54929



Extension office support

WISE WEDNESDAYS

Every Wednesday from 11:00-12:00PM, Join Heather Quackenboss and have some fun and connect with others to socialize, learn tools to cope with aging, and improve joy in your day to day life in a welcoming and engaging atmosphere. This is an open class, so join us when you can, whether that be one session or the entire series.

Zoom Link Below:

<https://uwmadison.zoom.us/j/97867912699>
pwd=RktDTCtIMFBFbE1nTmJRQVIMc000UT09



LIFE SPAN WISE WISCONSIN WINTER SERIES

UW-Madison Division of Extension's Life Span program presents Wise Wisconsin Winter Series. Life Span Educators from around to state will host sessions on topics that will help you increase joy and satisfaction in your life and help you connect with others during the cold, snowy winter months. Grab a hot beverage of your choice and join us!

Register at:

<https://aging.extension.wisc.edu/programs/life-span-connection/>

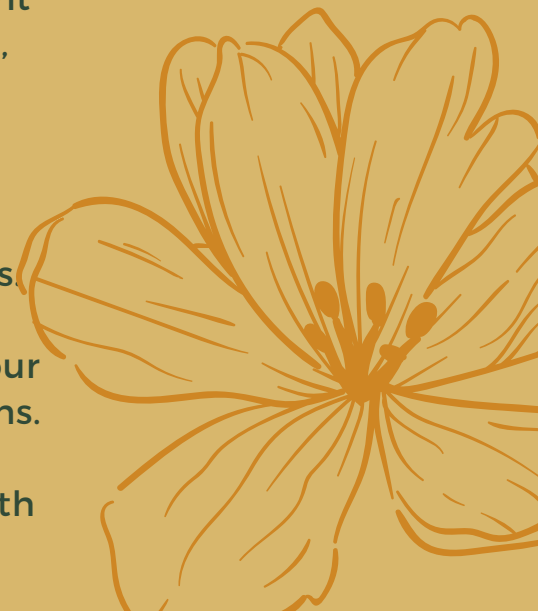
POLLINATORS BE POLLINATING

With snow on the ground, it's hard to believe spring is right around the corner. With spring comes the return of bees, butterflies, beetles, birds, bats, and much more.

What do they all have in common? Why, they are all pollinators of course! Join Kaitlyn Davis the Agriculture Extension Educator, and dive into the world of pollinators. We will discover ways of creating habitats, raising them (butterflies and bees), and why they are so important for our plants. Feel free to contact Kaitlyn if you have any questions.

Register here: <https://tinyurl.com/y29sfzdf>

Wednesdays from 3:30pm-4:30pm starting on February 17th and running through March 24th.



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



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Extension

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LA CROSSE COUNTY



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