



# CROSSE COUNTY NEWS

*February 2022*



## **PRESIDENT'S REPORT**

I had really hoped that we would welcome 2022 with Covid well on its way out. The Spanish Flu lasted 2 years, and it has been two years since Covid struck and sent the world into turmoil. Two Covid shots and a booster for 50% of us, and it continues to affect our lives with new strains and more illness and hospitalizations. The good news for the vaccinated is that if they are less likely to become severely ill and the Omnicron Strain is somewhat weakened.

The Executive Committee has resumed meeting and I understand the clubs are meeting, too. My club, Little Barre, met last fall and will meet again in March. We have chosen not to meet during the cold winter months.

We have scheduled our Annual Spring Banquet. You will find the details and registration form in this newsletter. I am looking forward to seeing you all there! We adopted the Salvation Army as a Services of Love project, donating blankets, coats and personal items. At the Spring Banquet you will hear about this amazing charity, the work they do, the lives they affect and how our donations impact the lives of people they serve.

Also in this edition of the newsletter is the annual Healthy Lifestyles Survey. It is simple and encourages healthy exercise and eating. Just be aware of your activities & eating between February 15th and May 8th. You don't have to write everything down. Then send the results to Leann Kramer. She will prepare the state report.

I hope you have been keeping track of the hours you spend with HCE and the monetary or item donations. These are important as the total of hours and donations are compiled at the state level and sent to the University of Wisconsin which assigns a monetary value of the impact WAHCE has in the state. University Extension is the most valuable resource we have! We want to be able to continue to work with them. This information is so valuable to the continuation of our mission to our families and communities. If you haven't kept track, take an educated guess.

I would like to encourage you to get a subscription to the WAHCE state newsletter, the Update. It has great information about what we are doing in the state and internationally. And you will find the information and form for the State Conference which is being held here in La Crosse County at the Stoney Creek Inn in September. Our State Conference Committee has prepared great speakers, workshops and bus trips for you! This is your opportunity to attend without a long drive or hotel fees. Check out all WAHCE has to offer! You will find a subscription form to the Update in this newsletter. Be safe and healthy. Do good deeds! That's what we are "Good Deed Doers". See you at the Spring Banquet!

Cathy Onsager, LAHCE President

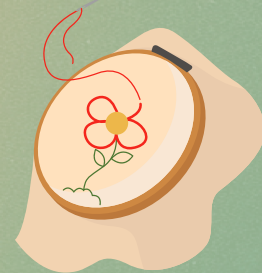


HAPPY  
*Valentine's*  
DAY





## MEMBERSHIP REPORT



This will be my last article as membership chair, Linda Gillmeister has agreed to take over the position. As always, the goal is recruitment of new members, you would be surprised how many people don't know that "Homemakers Organization" still exists. The goal for all counties set by the state chair is 2 new members per year, and guess what?, it is only January and we already have 2 new members, so WAY TO GO team! I am hoping to gain some members through my contact with the Coulee Region Embroidery Guild whose ladies will be doing a hands on workshop at the conference in September. They seemed very interested in joining.

So let's beat the goal of our state chair and make 2022 a good year for HCE.

Sheryl Smith

## WISCONSIN BOOKWORMS REPORT



Fundraising is underway for our Wisconsin Bookworms project with the hopes that we can resume it for the 2022-23 school year. I have applied to the La Crosse Community Foundation and will hear from them in February. I applied for and received a grant from Altra Credit Union for \$500.00. A personal friend of mine, Jarlan Hesselberg recently donated \$100.00. In the next couple weeks, I plan to look for more resources to apply to.

Sheryl Smith





## PROGRAM COMMITTEE REPORT



Our first program will be at the Spring Meeting/Lunch. Our new club, Camaraderie will be presenting this program. It will be a presentation by a member of the Salvation Army and their activities in our area.

We will have a fall education program from Happy Hollanders. This program has not been scheduled yet. We will keep you updated through the newsletter. if anyone has subject ideas, please let me know.

Nancy Kuczynski

## FAMILY AND COMMUNITY LIFE

Here is an update on our Service of Love project for this year.

This past fall, members were invited to Laura Ira's home to help tie fleece blankets.

At that time it was decided to donate them to the Salvation Army shelter in LaCrosse. On December 4th, Cathy and Sheryl delivered 20 blankets to the shelter.

They were very appreciative to receive them. When asked if they had any further needs, Amy Jo (our contact person), said that they always had a need for personal care items. A goal of 100 items was set by us for our organization and with our HCE spirit, we collected and delivered on December 18th, 460 regular size and 39 motel size lotions, shampoos, toothpaste, soap, etc to the shelter, far exceeding our goal.

We also donated an additional 3 blankets. Thank you Laura for inviting us to your home so we could get this project started and to Cathy and Sheryl for making the deliveries.

Two other projects being discussed are making **flower corsages and clothing protectors** made from shirts and blouses for nursing home residents. If you are cleaning closets during these cold winter days, save those shirts and blouses for this project. A date and place will be announced later.

Thank you to everyone who has participated in this project and i am looking forward to working on future ones with you.

# 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

Questions? Email Lynn at [nicfoundation.lynn@gmail.com](mailto:nicfoundation.lynn@gmail.com) or phone 715.823.4829.

Return your completed form or email results by June 15, 2022 to:

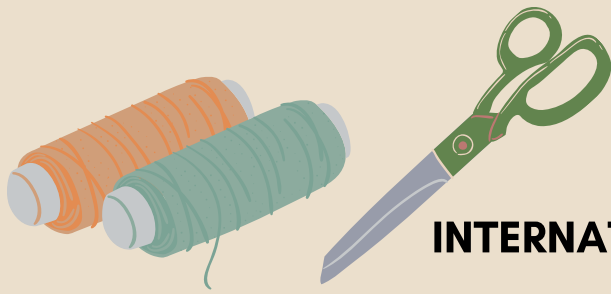
Leanne Kramer  
N8581 Kramer Rd  
Mindoro, WI 54644

[akramer@centurytel.net](mailto:akramer@centurytel.net)

healthy  
• BODY •  
healthy  
• LIFE •







## INTERNATIONAL REPORT

It has been suggested that for the State Conference held here in LaCrosse in September each county should only submit a small shoe box of items for Partners with Nicaragua because of transportation space to take them back. Here is a list of items that would fit, which I will be collecting some of-- Spools of thread, scissors, cutting wheels, bias tape, lace, buttons, pins & needles, measuring tape, garden( gloves, string, markers, clippers), wooden spoons, measuring spoons & cups, cupcake papers, spatulas, combs & brushes, barrettes, barber scissors, hair rollers.

Leah Bork, International Chair



## Cultural & Textile Arts

Greetings from your new Cultural Arts ladies. Hope your new year is getting better every day. We had our first Cultural Arts at the Onalaska Library on Feb 2. We heard Bob Bovee, a musician from Spring Grove, MN. Some of the ladies did lunch afterwards. We are planning a Cultural Arts day in March.

Details will be emailed to everyone.

**REMINDER:** Hope you have started your art project for the Spring Banquet. The sign-up forms are online and included in this newsletter.

Angie Vondrashek and Debra Herrmann



# 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", unmounted 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 8 x10 color photo also.*

- A. Tied
- B. Hand quilted
- C. Pieced
- D. Appliqued
- E. Embroidered
- F. Machine Quilted by You: 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
- C. Machine Quilted By You
- C. Pieced
- D. Appliqued
- E. Embroidered
- F. Machine Quilted Paid Professionally
- F. Pieced
- G Appliqued
- 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

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

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.  
**Have fun!**



# Wisconsin Association for Home & Community Education, Inc.

## 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	Northeast - Yellow	Northwest - Light Blue
Southeast - Green	Southwest - Orange	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: pnpaulson@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.

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2022 Registration Form

People's Choice Conference Vote#

Category (example 2D)

Class (Acrylic Oil)

District County

Name (print)

Address

City/Zip

E-mail

Phone #

Title/Color/Pattern Desc

Are you bringing an easel? Y or N

2022 Claim Check Claim Reference#

Category (example 2D)

Class (Acrylic Oil)

District County

Name (print)

Address

City/Zip

E-mail

Phone #

Title/Color/Pattern Desc

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: \_\_\_\_\_

# LAHCE Spring Banquet

**Date:** Monday, May 2, 2022

**Place:** Holland Town Hall  
W7937 County Rd MH (McHugh Rd), Holmen, WI

**Time:** 12:00 PM - Noon

Cost: \$10

**Menu:** Homemade chicken salad on a croissant,  
salads & desserts, milk & coffee

Winners of the Cultural Arts Contest will be announced after lunch, followed by a business meeting, an Educational Program by Hope from the Salvation Army, and a drawing for door prizes.

Registration Due by April 24th

.....  
LAHCE Spring Banquet  
May 2, 2022

Name(s)\_\_\_\_\_

Address\_\_\_\_\_

Phone\_\_\_\_\_

Club\_\_\_\_\_

Total Payment @ \$10 per person\_\_\_\_\_

Make checks payable to: LAHCE

Please send registration form and payment to:

Sylvia Finch, 210 Schaller St., Tomah, WI 54660





## UPDATE SUBSCRIPTION FORM

\$8 \_\_\_\_\_ One Year or \$15 \_\_\_\_\_ Two Years  
New Subscription \_\_\_\_\_ or Renewal \_\_\_\_\_  
County \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

Make check payable to: WAHCE, INC.  
Mail to: Marcelline Protheroe, UPDATE Editor  
N6131 22nd Drive, Wild Rose, WI 54984

Check No. \_\_\_\_\_ Date \_\_\_\_\_

*Extension Office Support*

### **Wise Wisconsin Winter Series 2022** **One-hour sessions on Zoom Wednesday mornings at 9:00am**

February 2nd through March 9th, 2022

Registration Required: <https://go.wisc.edu/5u4ez3>  
For detailed information on sessions, go to: <https://go.wisc.edu/i2165a>



#### Session information:

2/2 - Old at Heart: Reframing the way we think and talk about growing older - Presented by Dr. Kristin Litzelman

2/9 - Compassion Resilience - Presented by Heather Quakenboss, La Crosse County HDR Educator

2/16 - Advanced Directives? What are those?!?! - Presented by Jackie Carattini, Faculty and Wood County HDR Educator

2/23 - Jump Start Your Energy! - Presented by Karen Dickrell, Faculty and Outagamie County HDR Educator and Jane Jensen, Faculty and Sheboygan County HDR Educator

3/2 - The Retirement Transition - Panel Presentation Moderated by Ruth Shriefer, Faculty and Iowa County HDR Educator

3/9 - Preparing for the Growing Season - Presented by Master Gardener Tom Jerow, Master Gardeners of the North

**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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