



# HCE Newsbrief

Spring- 2019

## A Communication for Bayfield County HCE Members



**Extension**  
UNIVERSITY OF WISCONSIN-MADISON  
BAYFIELD COUNTY

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Springtime is finally here, sort of. My crocus are trying to bloom, but with the cloudy, rainy weather, they go back to sleep. That's ok, the flowers will last longer.

Since the winter was so bitter cold with many inches of snow, we're all looking forward to summer. I still have four feet of snow in my backyard. I'll skip the rest of those snow memories.

Back to the news for the months of April and May. There are many items to cover and plan for. Here is the lineup of dates and activities.

Saturday, April 27<sup>th</sup>, Douglas County has a wonderful gathering of craft people. Classes for each craft are held morning and afternoon. Please check the registration form and sign up for new craft ideas, or just come and enjoy the day. Thursday May 16<sup>th</sup>, is the Northwest District Meeting in Cable. It is Bayfield County's turn to host. Please register on the form and send it to the Extension Office Attn: Theresa LaChappelle.

The Brick House in Cable is catering, we have speakers on the Coop gardens in the area, and discussions about the 2020 Conference.

Thursday May 23<sup>rd</sup>, is Bayfield County's Lesson Day and Cultural Arts will be judged. There is a form to submit the Cultural Arts entries. The winners will go on to the state competition in September.

There are many forms and activities to participate in, I hope our members will take advantage of all the HCE programs.

*Glory Bizub, Bayfield County HCE President*



### Inside this issue:

Cover Letter	1	White River HCE update	6
Calendar	2	Douglas County Craft Day	7
Cable Blood Drive	2	Douglas County Craft Registration	8
November babies	3	Spring District Meeting—Registration	9
WR HCE Scholarship Fund Raising Breakfast	4	Spring District Meeting Agenda	10
Valentine Baskets	5	Achievement/Lesson/Cultural Arts	11
Shelter Shop	5	Forms With Your Newsbrief	11
Craft Corner	5	Non-discrimination & Civil Rights Notice	12

# SPRING Calendar

## April

- 3 ..... Cable HCE Meeting
- 8 & 12 ..... Cable Bookworms™ - Drummond
- 9 ..... Creative Housing Strategies for Seniors
- 10 ..... White River HCE Meeting
- 17 ..... White River Bookworms™ - Smiling Faces
- 19 ..... Courthouse Closed
- 21 ..... Happy Easter!
- 22 ..... Executive Board Meeting, 10 am, Rustic Roost, Iron River
- 27 ..... Douglas County HCE Craft Day
- 28 ..... Scholarship Breakfast, Delta Town Hall ~ 9 am to Noon, WR HCE



## May

- 1 ..... Cable HCE Meeting
- 7 ..... Cable Meeting
- 8 ..... White River HCE Meeting
- 8 ..... White River Bookworms™ - Smiling Faces
- 12 ..... Happy Mother's Day!!
- 13 & 15 ..... Cable Bookworms™ - Drummond
- 16 ..... NW District Meeting—Cable Community Center
- 23 ..... Lesson Day/Cultural Arts Competition/Pot Luck—Cable Community Center
- 24 ..... Cable Blood Drive—12:30 to 6:30 p.m.—Cable Community Center
- 27 ..... Happy Memorial Day!

## June

- 5 ..... Cable HCE Meeting
- 12 ..... White River HCE Potluck Supper Meeting
- 16 ..... Fathers Day!!
- 24 ..... Executive Board Meeting, 10 am, Rustic Roost, Iron River



**American  
Red Cross**

**Please  
Give  
Blood.**

Cable Area HCE will be hosting the blood drive on **May 24, 2019** at the **Cable Community Center** from **12:30 until 6:30**. The Cable Area ladies will provide refreshments for the donors, as well as serving lunch for the Red Cross workers.

## November Babies

Bayfield County HCE groups celebrated two baby births during HCE week, the first week of November. This project helps out the new parents with many baby gifts.

The Cable group brought gifts for Ruth Penagor and Victoria, her beautiful baby. We get to hold the baby as the new mom opens the treasures we donated. It's one of the many projects HCE helps with.

The next beautiful baby girl Michaela and mom, Melody Hanson were fortunate to be in Washburn

between snow storms and met us at the Extension Office. They appreciated the gifts donated from the HCE groups and White River HCE. This program is very rewarding to new moms, and their families.

Of course, the HCE ladies who deliver the presents, enjoy this event as one of the many bright spots in the organization.

This is a state-wide program that many clubs and counties. participate in.



^ Faith Hedges with new Mom, Ruth Penagor, and Victoria.



^ Glory Bizub with new Mom, Melody Hanson, and Michaela.

## Transitions

As UW-Extension continues its transition into the University of Wisconsin-Madison, you will start to notice a few changes.

- UW-Cooperative Extension is now named the University of Wisconsin-Madison Division of Extension
- A new logo and colors
- New website address: <https://bayfield.extension.wisc.edu/>
- New email addresses. They will all be formatted as `firstname.lastname@wisc.edu`  
(Liz Lexau is now: [elizabeth.lexau@wisc.edu](mailto:elizabeth.lexau@wisc.edu))

The thing that will not change is our commitment to the people in our community.



White River HCE  
Scholarship Fundraising



# Breakfast

Delta Town Hall

Sunday, April 28, 2019

9:00 am - Noon

Adults~\$8    Youth (Ages 6-10)~\$5  
5 and Under~Free



Menu:



Pancakes    Sausage    Eggs  
Cheesy Potatoes    Beverages

*Enjoy a yummy breakfast while supporting our local area youth,  
as they go on to pursue their dreams in higher education.*

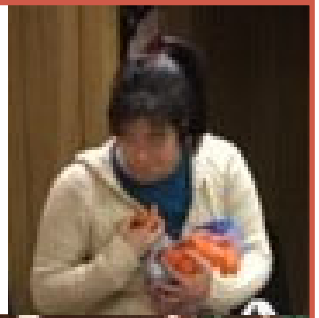


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## The Valentine Baskets

This is an annual community service White River HCE does. It's just a fun night of putting baskets together with cookies, fresh fruits, little fruit breads, and candies, even some Sugar-free goodies. We then deliver them to friends and neighbors throughout our area to cheer up the people during our long cold winter season. It works!!! We get thank you notes that tell us what a bright spot these treats were and greatly appreciated.



## THE SHELTER SHOP

By Mary Stenberg ~ White River Homemakers

There is a new resale shop in Ashland. The Shelter Shop opened in June 2018. All merchandise is donated. All staff are volunteers. All of the profits from the shop go to the Chequamegon Humane Association.

The shop is located at 218 4<sup>th</sup> Avenue, West – which is across the street from the Associated Bank. Hours are from 10:00 a.m. until 4:00 p.m., Monday, Tuesday, Wednesday and Friday. On Thursday the shop stays open until 7:00 p.m. and on Saturday, the shop is open from 10:00 a.m. until 2:00 p.m.

The Shelter Shop offers gently used furniture, kitchen items, dishes, small appliances, collectibles, jewelry, games, puzzles, books, toys and many, many other items.

You just never know what you might find during a visit to the Shelter Shop. The inventory constantly changes. Items are priced to sell!

The Shelter Shop does not accept clothing, shoes, bedding, exercise equipment or large appliances. Donations are most welcome! If you find yourself cleaning out and trying to de-clutter, consider donating items you no longer need or use to the Shelter Shop.

I have volunteered at the shop since it opened. Much of my work involves sorting through items that have been donated. Items are cleaned if need be; simple repairs are sometimes made; items are then priced and displayed out on the shop's floor. I also wait on customers and work as the cashier. I meet a lot of people and have a lot of fun! Volunteers are also welcome.

Stop in the Shelter Shop the next time you are in Ashland. Do some shopping, donate some items, or talk to the staff at the shop about volunteer opportunities.



# Craft Corner

## Photo Frame Magnet

by Nova Kane

### Materials:

- 1 canning jar ring and lid
- 1 photo
- glue gun
- scissors
- glitter
- Elmer's glue
- magnet

### Procedure:

1. Use the lid to trace a circle on the photo.
2. Cut out the photo circle.
3. Glue the photo onto the inside of the lid.
4. Glue the lid inside the ring.
5. Add some glitter around the edge of the photo.
6. Glue the magnet to the back of the lid.
7. Put it on your refrigerator.



*White River HCE Christmas party, Good food. & Good friends.*

### Soup, Salad, and Sweets Dinner

The dinner was held March 14<sup>th</sup>, at the Delta Town Hall.

There was a variety of eight different soups and many different salads to choose from. The funds from the dinner go towards scholarships for the area students. They can obtain an application from their school. They then send in their application to the White River HCE Committee. The scholarship money can be used for either attending college or technical school.

The White River HCE group has been giving these scholarships out since the late 90's



### Attention all HCE Members!

Start or finish, just get 'er done!

I'm referring to all those special cultural arts projects that will be judged **May 23rd**.

Entry form enclosed.

Glory Bizub, White River HCE

# 2019 HCE Craft Day

Saturday, April 27, 2019 – Mission Covenant Church

Registration: 9:30 a.m. AM Class 10 – 12 Lunch 12 – 1 PM Class 1 – 3

Registration fee: \$5.00, includes salad luncheon

**Registration deadline: April 17, 2018**

## Morning Classes:

*M1 – Let's Go Painting ~ Class fee \$20*

*Teacher: Cecelia Zambori*

Will teach you how to paint "Bloom Where You are Planted". All supplies provided. [class size: 5-20]



*M2 – Write Your Life Stories ~ Class fee \$15*

*Teacher: Sally Bair*

Learn the basics of writing your life stories! A hands-one class to start you on a journey of leaving a legacy for your family. Bring a notebook and pen. Come ready to learn, share, and have fun.

[class size: minimum 4]



*M3 – Deco Mesh Wreath ~ Class fee \$10*

*Teacher: Marie Lindberg*

In this class I will be showing how to create a beautiful deco mesh wreath! Participants will need to get decorations, such as ribbon, flowers, Easter items or any theme they want! Please also bring hot glue guns with glue and scissors!

*M4 – Ceramic Faceted Vase ~ Class fee \$10.00*

*Teacher: Glory Bizub*

All supplies will be provided to paint *Ceramic Faceted Vase*. The vase will be painted with acrylic paints and sealed so it will be waterproof. Size of vase is 6 inches high and 4 inches wide.



*M5 – 3 Ingredient Solid Lotion & Lip Balm ~ Class fee \$5.00*

*Teacher: Jennifer Robb*

This class will be instructing you on how to make solid lotion bars and lip balm using raw ingredients bees wax, coconut oil and your choice of butters mango, shea or cocoa. You will be supplied with a mold and a container to keep your mold in. I have a variety of essential oils but if you already have a favorite bring it along. We will be melting our ingredients in a double boiler, with a medium glass bowl. Supplies needed small/medium glass bowl, potholder to handle hot glass.



## ALL DAY CLASS:

*All Day – Woven Wreath with lavender ~ Class fee \$20.00*

*Teacher: Pam McGraw*

Please bring scissors that can cut wire, needle nose pliers, poking tool (i.e., awl, flat bladed screwdriver, ice pick)

[class size: maximum 8]

## Afternoon Classes:

*A1 – Let's Go Painting ~ Class fee \$20*

*Teacher: Cecelia Zambori*

Will teach you how to "Lilacs in Glass Jar" in acrylics. All supplies provided. [class size: 5-20]



*A2- Write Your Life Stories ~ Class fee \$15*

*Teacher: Sally Bair*

Learn the basics of writing your life stories! A hands-one class to start you on a journey of leaving a legacy for your family. Bring a notebook and pen. Come ready to learn, share, and have fun.

[class size: minimum 4]



*A3 – Deco Mesh Wreath ~ Class fee \$10*

*Teacher: Marie Lindberg*

In this class I will be showing how to create a beautiful deco mesh wreath!

Participants will need to get decorations, such as ribbon, flowers, Easter items or any theme they want! Please also bring hot glue guns with glue and scissors!

*A4 - Christmas Ornament or Card ~ Class fee: free*

*Teacher: Anna Fridsma*

If you would like to get ahead of the Christmas rush items that can be made ahead of time and when you have a moment. This also doesn't have to be Christmas ornaments, it can be birthday, anniversary, or for anything..... Participants should bring scissors, glue, ruler, pencil, eraser, and craft paper if you want.



*A5 – 3 Ingredient Solid Lotion & Lip Balm ~ Class fee \$5.00*

*Teacher: Jennifer Robb*

This class will be instructing you on how to make solid lotion bars and lip balm using raw ingredients bees wax, coconut oil and your choice of butters mango, shea or cocoa. You will be supplied with a mold and a container to keep your mold in. I have a variety of essential oils but if you already have a favorite bring it along. We will be melting our ingredients in a double boiler, with a medium glass bowl. Supplies needed small/medium glass bowl, potholder to handle hot glass.



# 2019 HCE Craft Day

Saturday, April 27, 2019 – Mission Covenant Church  
Registration: 9:30 a.m. Classes from 10:00 am ~ 3:00 pm  
Registration fee: \$5.00, includes salad luncheon

**Registration deadline: April 17, 2019**



Name: \_\_\_\_\_

Address: \_\_\_\_\_

City, state, zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Email address: \_\_\_\_\_

choice		<b><i>Morning Classes</i></b>	choice		<b><i>Afternoon Classes</i></b>
	M1	“Bloom Where you are Planted”		A1	“Lilacs in a Glass Jar”
	M2	Write Your Life Stories		A2	Write Your Life Stories
	M3	Deco Mesh Wreath		A3	Deco Mesh Wreath
	M4	Ceramic Faceted Vase		A4	Christmas Ornament or Card
	M5	3 Ingredient Solid Lotion & Lip Balm		A5	3 Ingredient Solid Lotion & Lip Balm
	All Day	Woven Wreath			

Please check this box if you want to be notified ***via email*** of which classes you are enrolled in. This notification will not be until after the deadline.

***Please mark first and second choices for morning and afternoon classes.***

Make check payable to: **Douglas County HCE**

Mail check and registration form to: **Donna Bergsten, PO Box 315, Poplar, WI 54864**

***Only mail your \$5.00 registration fee to above address, class fees will be collected in each class.***

Dear HCE Members:

Remember that we also hold our Cultural Arts contest at our Craft Day. Please do not forget to enter your wonderful items!

Come to Craft Day and have a wonderful day of friendship, fun and learning!

***Town and Country HCE Members***





Home and Community Education

# Spring District Meeting

## May 16, 2019

### Cable Community Center

13660 Co Hwy M~ Cable, WI, 54821



“Shake the Hand That Feeds You!”

Registration & Refreshments: 9:30am

Meeting: 10:00am

Registration Fee: \$12.00



Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

County: \_\_\_\_\_ Check Number: \_\_\_\_\_

Please return this completed form with your \$12 registration fee before May 8, 2019.

**Checks should be written out to Bayfield County HCE**

and Sent to:

Extension Bayfield County ~ Attn: TL/HCE ~ PO Box 218 ~ Washburn, WI 54891



## Shake The Hand That Feeds You!

**HCE Northwest Spring District Meeting  
May 16, 2019  
Cable Community Center  
13660 Co Hwy M ~ Cable, WI 54821**

### **Agenda**

- 9:30 -10:00      Registration ~ \$12.00  
                            Coffee and treats available
- 10:00  11:30      District meeting  
                            HCE creed
- 11:45-12:30      Lunch, Catered from “Brick House” in  
                            Cable  
                            Speakers: Katie Hancock, Mary Stenberg  
  Community Supported Agricultural, and  
  Cable Community Farm  
                            Display ideas for club table decors from Bayfield co.  
                            Craft, cards by Karen Scheibe  
                            HCE Prayer  
                            Door prizes, the plants on the tables  
                            Adjourn

### **Directions:**

Cable is on Highway 63, approximately 1/2 hour North of Hayward. Please be aware of road construction, & allow extra time for your trip.

As you enter Cable—from the South—take the first right onto Co Hwy M/Pine Street

Destination will be on the Left.

Signage will be posted on a marquee.

If you have any questions, please call Glory Bizub at 715-746-2311 or Karen Scheibe at 715-739-6632

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Remember to write your check out to:  
**Bayfield County HCE**

And to Send your Registration Form & \$12 check to:  
**Extension Bayfield County  
Attn: TL/HCE  
PO Box 218  
Washburn, WI 54891**



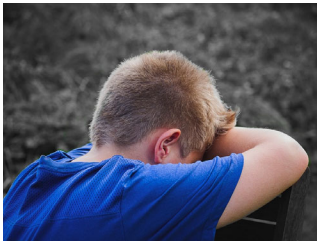
# Bayfield County Home & Community Education, Inc.



## Achievement /Lesson/Cultural Arts Day May 23, 2019

### Cable Community Center—Cable

9:30—10:00am..... Registration; Set-up; Check-in Cultural Arts (CA) Entries  
 10:00—1:00am..... Cultural Arts Judging  
 11:00—12:30 ..... “ACEs—Adverse Childhood Experiences”  
 12:30—1:00pm..... Lunch  
 1:00—1:30 pm..... Awards  
 1:30 pm ..... Adjourn



**Lesson: Understanding ACEs (Adverse Childhood Experiences)** Learn about the impact of childhood adversity on long-term health.

**Luncheon is Pot Luck.  
Bring a main dish to pass.**

**REGISTRATION DEADLINE: May 18th  
Call the UW-Extension Office at  
715-373-6104 ext 0**

## FORMS

There are a few forms included in with this Newsbrief. One form is light blue and the other is a light purple. What are these forms for and what do you do with them?

- ◆ The light blue form is the 2019 Cultural Arts Form. Fill it out and **bring it with your entry** on May 23rd to the Achievement Day/Lesson/Cultural Arts Day held at the Cable Community Center.
- ◆ The light purple insert has two different forms on it. One side is the Healthy Lifestyle Survey. The other side has the Impact of HCE Member Contribution Report. Record your hours at HCE events, fundraisers for HCE, community outreach/volunteering and the value of donations to HCE each month of the year, JUNE through MAY. Then total each month and the entire year within the four categories. Please bring this completed form with you to the May 23rd HCE Day.
- ◆ If you have any questions, please contact Glory Bizub—715-746-2311 or at [hobbyshop8@yahoo.com](mailto:hobbyshop8@yahoo.com)

# HCE Newsbrief

University of Wisconsin-Extension  
Bayfield County Office  
Courthouse, P.O. Box 218  
Washburn, WI 54891

Check us out on the web! <https://bayfield.extension.wisc.edu/>

# HCE Newsbrief

An HCE Communication for Bayfield County Members

Editor: Liz Lexau  
Bayfield County Extension Educator

Design & Layout: Theresa LaChappelle  
Extension Bayfield Co. Office Manager



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**Extension**

UNIVERSITY OF WISCONSIN-MADISON  
BAYFIELD COUNTY

715-373-6104  
711 for Wisconsin Relay (TDD)

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4-H Youth Development Educator

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4-H Program Assistant &

Kellie Pederson  
Community Development Educator

**Support Staff:**

Theresa LaChappelle  
Office Manager

Support Staff

**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

*Machine Quilted by You:*

- C. Pieced
- D. Appliquéd
- E. Embroidered

*Machine Quilted Professionally:*

- F. Pieced
- G. Appliquéd
- 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. Appliquéd
- E. Embroidered

*Machine Quilted Professionally*

- F. Pieced
- G. Appliquéd
- 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**

**Wisconsin Association for Home & Community Education, Inc.  
Cultural & Textile Arts Show  
2019 Guidelines for County Chairs**



**ALL items, including Bonus Category, must be pre-registered. Registration is due August 1, 2019.** 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. A County may enter a total of 12 entries plus one Bonus Category 19. 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 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.

**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 (9/16/19) from 7-9pm or Monday (9/17/19) 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 18, 2019. Hours on Tuesday for viewing will be announced or posted. Pickup times will be posted.

Send registration and written entries to: **Linda Sutherland**  
**1594 5<sup>th</sup> Avenue**  
**Star Prairie, WI 54026**

**715 248-7279 or 715-338-9214**  
[tagalongacres@yahoo.com](mailto:tagalongacres@yahoo.com)

Contact Linda 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.

**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

**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: \_\_\_\_\_



Wisconsin Association for Home  
and Community Education, Inc.

## HCE Healthy Lifestyle Survey

(formerly On the Move and in the Groove)

Get moving and eat 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

1. 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"/> exercise DVD                         | <input type="checkbox"/> tennis   |                                  |                                   |                                  |
| <input type="checkbox"/> 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 Veronica at [va914@yahoo.com](mailto:va914@yahoo.com) or phone 608-847-1140. Tallied County surveys or individual surveys need to be mailed by June 14, 2019.

Send results to: VP Family and Community Life

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