



HOMEMAKER HERALD

Spring 2018



Calendar of Events

April

- 1 April Fool's Day
- 1 Easter
- 3 HCE Executive Board Meeting,
10 a.m., Room 713, East Hall, UW-R
- 22 Earth Day



May

- 1 HCE Executive Board Meeting,
10 a.m., Room 713, East Hall, UW-R
- 1 May Day
- 13 Mothers' Day
- 28 Memorial Day



June

- 5 HCE Executive Board Meeting,
10 a.m., Room 713, East Hall, UW-R
- 14 Flag Day
- 17 Father's Day



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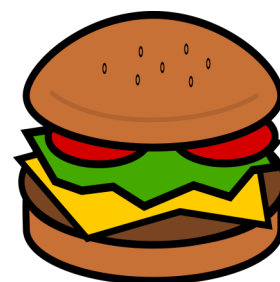
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Culver's Share Night!

A percentage of the proceeds of that night will come to the *Richland County HCE* for scholarships, programs, etc.

Come to help us serve or Come for dinner!

July 25th, 2018
4:00 p.m. - 8:00 p.m.





Hello HCE Members!

Although, it has been a cold winter, our members continue to serve their communities.

Four of your Executive Board members attended the HCE State Conference, in Wisconsin Dells for 3 days. We attended meetings, participated in several excursions around the Dells, and attended the informational classes. I attended the FoodWise class which taught us just how much food we waste. I brought the CD that can be used as a teaching tool for your club. Our FLA, Chelsea Wunnicke, has all the information if you would like to borrow it for your club. We had a fun time and we all took different classes, such as jewelry making, history of quilts, etc.

We are still collecting cotton fabric to make small quilts for the babies in Nicaragua. We sent 29 small quilts from Richland County to the state convention to be shipped.

We put together 50 bags with essential items such as shampoo, soap, tooth brushes, tooth paste, combs, etc. and donated them to a woman's shelter.

80 pairs of mittens were made or bought and donated to an elementary school for children who lose their mittens or don't have any.

Our members take time to go to nursing homes and make crafts with the residents who look so forward to it.

Our Pennies for Friendship bought water filters that were sent to Houston, TX during the flood and to Puerto Rico after the hurricane. Richland County raised \$79.10 just in pennies. Amazing!

I challenge all our members to talk to at least 1 friend or neighbor about the wonderful things our clubs do for the community. Our membership is dwindling due to age related illnesses. We need to grow so we can continue serving others and our community.

Sincerely,

Yvonne Chapman, Richland County HCE President



Hello Richland County HCE Members,

I hope that everyone did well this winter and that you are enjoying the change of the seasons as we get toward SPRING! At my house, Spring means my husband is tapping maple trees and the dogs get many more baths for their muddy paws. January through March is always a busy time for Family Living programs with coordinating *Get Real* (the financial reality day for area high school students), teaching the *Raising a Thinking Child* class for parents, and being at the Garden Expo with Food Preservation information. Thank you to all the volunteers who helped make these programs possible.

This year, I have also been working with the Richland County Children and Family Advocacy Council (RCCFAC) to strengthen their efforts at reducing drug and alcohol abuse. This group has been sponsoring Town Hall Meetings to get a better understanding of the problem in Richland County and how to prevent it.

The next one is at Richland Center High School on 4/9/18 at 6:30pm with information about opioid addiction and is open to anyone. My contribution is analyzing the responses of youth (7th-12th grade students) who self-report in the Youth Risk Behavior Survey (YRBS) about the conditions of their lives. These responses tell us that youth alcohol and drug use is too high in Richland County!

In response, we are working on action plans and grants to change this. As inspiration, often think of the Homemaker Creed "to promote the welfare of our boys and girls, *the Nation's greatest asset.*" I look forward to keeping up on this important work, along with all of you.

Richland County Family Living Agent

Chelsea Wunnicke





HCE Executive Board Meeting December 5, 2017

Present included: Cecile Haugh, F.L.A. Chelsea Wunnicke, Charlotte Page, Kathy Fanta, President Yvonne Chapman, and Eileen Eberle. The office staff, Aaron Wunnicke, and Selma Wunnicke joined us for lunch.

The Richland County HCE Executive Board met Tuesday December 5, 2017, at East Hall, UW Richland at 10:00 a.m. for the December Board meeting. The meeting was called to order by President, Yvonne Chapman.

The U.S. Flag Pledge and Homemaker's Creed were recited. Roll call taken. Pennies for Friendship were collected. The November minutes were read by Secretary Eileen Eberle. Motion to approve was made by Charlotte Page, 2nd, and carried. The treasurer's report was presented by Cecile Haugh, approved on a motion from Charlotte Page, and filed for audit.

The January 2017 meeting will be January 3, 2018 at UW Richland, East Hall at 10:00 a.m.

The Reading Grandparent's Program is continuing at the Richland and Riverdale School districts. Any members who want to be readers, please call Eileen at 583-5544. This is along with Delta Kappa Gamma. Some funds are coming to this program in memory of people or to honor people. Great to work with other organizations in community activities and such a treat to read to these groups.

Members gave updates of their club activities. Mittens, blankets, baby caps, etc. Richland County HCE members are making gift bags for Passages for battered women. These include such items as combs, toothbrushes, toothpaste, soap, wash cloths, deodorant, lotion, etc. Items needed for overnight time away from home. Cloth bags were made by members. These are very nice and a great community service. Cecile and Yvonne delivered many of these to Passages so they were there for holiday gifts for Passages to give out. Many people are involved in helping with this project of making the bags, getting the supplies, putting together the sacks, and delivering these to Passages. Great cooperation for a much needed community service.

The membership enrollment cards will be distributed to the clubs for 2018. Cost to belong to HCE for a year is \$10.00, with \$1.00 remaining in the club treasury. Clubs to collect dues for 2018.

The calendar books for 2018 will be available at the January 2018 meeting of the Executive Board for the area clubs. Richland County hopes to put up a county display at the 2018 State Conference as we are doing some great activities in our communities. Please save pictures and bring a picture to show at the January meeting.

The board voted to contribute \$50.00 to Lydia's House in Richland Center to make someone's holidays better. Yvonne

asked for Prayers for her daughter who is having an illness concern. Chelsea Wunnicke, our F.L.A., gave a report on her activities. Some changes haven't been announced as yet for extension service area.

There will be the installation ceremony for the new officers for the next 2 years and this to be conducted by president Yvonne Chapman at the January meeting. To be sworn in will include: treasurer Cecile Haugh, secretary Eileen Eberle, club representatives Charlotte Page and Kathy Fanta for Yuba HCE and Ann Cunningham for County Line HCE.

Other board members include: Yvonne Chapman, President; Bonnie Clift, Cultural Arts Chairman; Ann Cunningham, Membership; Kathy Fanta and Charlotte Page, International; Eileen Eberle, Community Outreach; Buena Anderson, Five Points Gals representative; and Lynette Schwichenberg, Town and Country representative; Kathy Fanta, Photographer.

The Richland County H.C.E. will have a booth at the Garden Expo at the UW Richland Campus on March 24th to raise funds for scholarships. Save your plants and bulbs.

The Spring Banquet will be May 5, 2018 at Yuba. Cecile had a choice of speakers and will contact these to get these in place. Blankets are being made for Nicaragua. Mittens being made for area schools.

Yvonne gave the meaning of the house symbol of H.C.E. The roof symbolizes the past heritage with Extension Homemakers. The letter "H" for Home; the letter "C" for Community; the letter "E" for education makes it a suitable logo for the state, club, and county. The house without walls confirms a commitment to membership open to all, regardless of race, color, creed, religion, sex, age, handicap, or national origin. Homemakers is a great organization you can belong to with pride and respect of others.

Gifts of ceramic dishes from Texas were given by President Yvonne Chapman to all members of the board. Scrubbies given to all present by Eileen.

Following the Homemaker's Prayer, there was a motion to adjourn the meeting made by Cecile Haugh at 10:50 a.m. and President, Yvonne Chapman adjourned the meeting.

The group then put together many gift bags for Passages. The group put together baskets of goodies for Buena Anderson, Bonnie Clift, and Eleanor Poole of the executive board. Also two baskets for the staff at East Hall.

The group had a pot-luck dinner of many wonderful foods and enjoyed a holiday gathering with the invited guests of Extension, Aaron Wunnicke, and Selma Wunnicke. President Yvonne had a drawing for gifts for all.

Have a Happy and Blessed Holiday Season.



Sincerely submitted by
Secretary Eileen Eberle



HCE Executive Board Meeting January 9, 2018

Present included: Yvonne Chapman, Kathy Fanta, FLA Chelsea Wunnicke, Cecile Haugh, and Eileen Eberle.

The Richland County HCE Executive Board met Tuesday January 9, 2018 at East Hall, UW Richland at 10:00 a.m. for the January Board meeting. The meeting was called to order by President, Yvonne Chapman.

The U.S. Flag Pledge and Homemaker's Creed were recited. Roll call taken. Pennies for Friendship were collected. The December minutes were read by Secretary Eileen Eberle. Motion to approve was made by Cecile Haugh, 2nd, and carried. The treasurer's report was presented by Cecile Haugh, approved as given, and filed. Cecile also presented the audit sheet for 2017 and a projected budget for 2018. Both were excellent reports.

The February 2018 meeting will be February 6, 2018 at UW Richland, East Hall at 10:00 a.m.

The Reading Grandparent's Program is continuing at the Richland and Riverdale School districts. Any members who want to be readers, please call Eileen at 583-5544. This is along with Delta Kappa Gamma.

Members gave updates of their club activities. Much is being done for our communities. The Yuba Club is giving mittens for area schools. County Liners made baby blankets for the Richland Hospital. Five Points Gals made many of the bags for Passages and baby hats for the Richland Hospital. Others are doing good deeds.

Richland County HCE members put together gift bags for Passages for battered women. Yvonne and Cecile delivered these to the shelter. Fifty bags were made.

The membership enrollment cards were distributed to the clubs for 2018. Cost to belong to HCE for a year is \$10.00 with \$1.00 remaining in the club treasury.

The Program Books for 2018 are being put together after the dates for 2018 were confirmed and other information set. The Family Living Agent for Richland County is busy with programs including P.O.O.L programs available at the office.

We are looking into a fund raiser at Culvers, Chelsea is to look into this. Chelsea is working on the Get Real Program for 2018, programs on Financial help, plus canning programs.

We will participate in the Garden Expo at the UW Richland, March 24th. Plants and bulbs are needed for this activity. Let any board member know if you have some available. This raises funds for scholarships. Eileen is donating a lawn ornament for a raffle, plus others are donating items.

Richland County hopes to put up a county display at the 2018 State Conference as we are doing some great activities in our communities. Please save pictures and news items of your activities and get these to Cecile Haugh.

Yvonne presented an article from the "Update Magazine" of the information in the Herald. The State President, Joan Staffon, complimented us on the great job of having the State Conference in 2017 in the Southwest District.

Shirley Steinhorst of Baraboo is our new district director for Wisconsin HCE.

Richland County wrote a letter to the state president suggesting the Pennies for Friendship money be used for water filters for Puerto Rico. Out of last years funds, 49 of these filters were sent there. They will probably use some of this years funds for more of these water filters as there is still a need there. Wisconsin HCE also sent water filters to Florida and Texas after their disasters.

Clubs are to get their financial sheets for 2017 to Cecile so she has them for the state reports.

The 2018 State HCE Conference is September 17-19th in Pewaukee.

The initiation of the officers was delayed to February due to the absence of several board members.

May 5th is the Spring Fling in Yuba. The program is being put together for a speaker and a craft class. Also there will be a fund raiser of items to bid on.

Following the Homemaker's Prayer, there was a motion to adjourn at 11:30 a.m. and President Yvonne Chapman adjourned the meeting.

Sincerely submitted by
Secretary Eileen Eberle



HCE Executive Board Meeting February 6, 2018

Present included: President Yvonne Chapman, Cecile Haugh, Chelsea Wunnicke FLA, Kathy Fanta, Charlotte Page, and Eileen Eberle.

The Richland County HCE Executive Board met Tuesday, February 6, 2018 at East Hall, UW Richland at 10:00 a.m. with the meeting called to order by President, Yvonne Chapman.

The U.S. Flag Pledge and Homemaker's Creed were recited. Roll call taken. Pennies for Friendship were collected.

The January 9th minutes were read by Eileen, motion to accept as read by Kathy Fanta, 2nd, and carried. The treasurer's report was presented by Cecile Haugh, approved as given, and filed.

The 2018 membership was updated and some still need to get their sheets turned into the office.

HCE will have a flower/bulb/seeds table at the Master



Gardener Show, March 24th at UW Richland. Any member having plants/bulbs/seeds to donate, please notify Cecile at 608-489-2587. We will be selling chances on some garden supplies. We will sell bird feeders, garden markers, bulbs, plants, etc.

The Southwest District Spring meeting will be Wednesday, April 11th at Dodgeville. The registration sheet will be in this Herald. Please sign up for this. There will be a program on Monarchs, Essential oils, and an introduction to soap making. Sounds like a great day.

The Richland HCE Spring Fling will be in Saturday, May 5th, at the Yuba Community Center. There will be a speaker, a craft to make, items to bid on for scholarships, and a Scholarship winner will be announced, etc. It will be potluck. Buena Anderson will be honored as a fifty year member.

The Reading Grandparent's Program is continuing at the Richland and Riverdale School districts. Any members who want to be readers, please call Eileen at 583-5544. This is along with Delta Kappa Gamma.

Our FLA, Chelsea Wunnicke, spoke on her planned activities in the county. She will be at the Garden Expo with information on canning, preserving, using our fruits and vegetables of our area. Many other things being planned. Having a program on "Raising A Thinking Child" at the Richland Schools.

Cecile read a letter of thanks from "Lydia House ", thanking us for a donation and how much it was appreciated.

The Cultural Arts Show was mentioned and we need a person to coordinate this. Cecile to get the judge. Theme for 2018 is "Spring into Action".

Fund raisers were discussed. Possibly at Culvers.

Richland County is interested in being a part of the Early Readers grant program. Eileen is to contact the state.

The "Get Real" Program with the area high school students is Wednesday, March 21st. Please sign up to work at this great program where youth learn of real life experiences in economy and financing. This is at the Richland Center High School.

HCE scholarship information is available at the Extension Office. A motion was made and 2nd to keep the same committee and judges from the past year of Kathy Fanta and Charlotte Page.

The next meeting of the executive board of HCE is Tuesday, March 6th.

Club activities include making crocheted scarves at Greenway Terrace, making blankets for Nicaragua, and blankets for the Richland Hospital. President Yvonne wrote the report on Richland County HCE Activities for the state "Update" magazine.

We are to keep track of our volunteer hours and report these to your club presidents.

The 2018 Cultural Arts show has been moved to Schmitt Woodland Hills on July 10th. This includes a potluck dinner.

Cecile had a report of Community Service that can be done for current activities in our county to be completed for a state award.

Initiation of newly installed officers was conducted by President Yvonne Chapman. Sworn in as officers were Cecile Haugh as treasurer; Kathy Fanta and Charlotte Page as International Chairmen. Continuing officers include: Yvonne Chapman, President; Eileen Eberle, Secretary; Ann Cunningham, Membership; Bonnie Clift, Cultural Arts; plus the Club representatives listed in the program books. Pictures were taken and Chelsea will put these in the area paper.

Cecile, Eileen, and Chelsea brought treats for the holidays for Valentines and President's Day. These were enjoyed by all.

Please have prayers for our president Yvonne, who has some health concerns at this time.

Motion to adjourn was made by President, Yvonne Chapman to adjourn the meeting at 11:20 a.m. and the meeting was adjourned.

Sincerely submitted by
Secretary Eileen Eberle



HCE Executive Board Meeting March 13, 2018

Present included: Yvonne Chapman, Cecile Haugh, Kathy Fanta, F.L.A. Chelsea Wunnicke, Charlotte Page, Anita Gobin, and Eileen Eberle.

The Richland County HCE Executive Board met Tuesday, March 13, 2018 at East Hall, UW Richland at 10:00 a.m. with the meeting called to order by President, Yvonne Chapman.

The U.S. Flag Pledge and Homemaker's Creed were recited. Roll call taken. Pennies for Friendship were collected. The February minutes were to given to those present, read by secretary, and a motion to accept as read by Cecile Haugh, 2nd, and carried. The treasurer's report was presented by Cecile Haugh, approved as given, and filed. The club financial sheets are to the treasurer.

HCE will have a flower/bulb/seeds table at the Master Gardener Expo, March 24th at UW Richland. Any member having plants/bulbs/seeds to donate, please notify Cecile at 489-2587. We will have chances on winning several items. You have to be present to win. We also are selling bird feeders, lawn rocks, garden markers, etc. Special items from Cecile, Yvonne, Kathy, Charlotte, Cecile, Eileen, and others and this for a fund raiser for scholarships.



The Southwest District Spring meeting will be April 11th in Dodgeville. Information on the program, etc. is on the registration sheet in this Herald. Please sign up for this.

The Richland HCE Spring Fling will be Saturday, May 5th at the Yuba Community Center. We will have a Program on Mongolia, a pot luck lunch, scholarships announced, a craft activity, etc. **"Spring into Action"** is the theme of the extra entry in Cultural Arts entries to State Conference this year. Try to make one for a centerpiece at Spring Fling. Please bring an entry for centerpieces. This is a potluck luncheon.

The Reading Grandparent's Program is continuing at the Richland and Riverdale School districts. Any members who want to be readers, please call Eileen at 583-5544. This is along with Delta Kappa Gamma.

The "Get Real" Program with the area high school students is Wednesday, March 21st. Please sign up to work at this great program where youth learn of real life experiences in economy and financing. This is at the Richland Center High School.

The next meeting of the executive board of HCE is Tuesday, April 3rd.

The Cultural Arts Show will be July 10th at Schmitt Woodland Hills meeting room. Entries listed in the Herald. Diane Dahlberg is the chairman.

Yvonne wrote a letter to the Southeast director of H.C.E. after their remarks concerning the goodie bags we put together for state convention last year.

Buena Anderson will be recognized for 50 years of service to H.C.E. in July.

Chelsea, our family living agent, is doing programs on *Raising A Thinking Child*, "Child Sex Trafficking" and canning programs. Also, a possibility of working with a HOPE program from an employee of Mayo Clinic that will benefit youth in Africa with a recipe book, which will be for sale for \$15.00.

The scholarship judging committee for 2018 members are Charlotte Page and Kathy Fanta. Charlotte and Kathy are also working with the 4-H agent to start some activities at the Richland Middle School with the 4-H group.

"On the Move and In the Groove" Program is initiated in Richland County. Keep track of your active times. Rules are in the Herald. We do these things. Help us show others of our activities.

Quiltlets are being made for children in Nicaragua. Baby blankets for the area hospital.

Motion to adjourn was made by Yvonne to adjourn the meeting at 11:15 a.m. and the meeting was adjourned.

Sincerely submitted by
Secretary Eileen Eberle

HCE Executive Board Meeting April 10, 2018 (Draft)

Present included: President Yvonne Chapman, Cecile Haugh, Charlotte Page, Kathy Fanta, and Eileen Eberle.

The Richland County HCE Executive Board met Tuesday, April 10, 2018 at East Hall, UW Richland at 10:00 a.m. with the meeting called to order by President, Yvonne Chapman.

The U.S. Flag Pledge and Homemaker's Creed were recited. Roll call taken. Pennies for Friendship were collected. The March minutes were read by Eileen, motion to accept as read by Charlotte Page, 2nd, and carried. The treasurer's report was presented by Cecile Haugh, approved as given, and filed.

The 2018 membership was updated and these were gone over with our treasurer. Some cards still need to be turned in.

HCE had a booth at the at the Master Gardener Expo in March at UW Richland. Members donated plants, bulbs, "scrubbies", and seeds to sell for fund raising. We sold chances on a bird house, a garden basket, tool kit, and a garden picture frame. We made \$243.00 for scholarships.

The Southwest District Spring meeting will be Wednesday, April 11, 2018 at Dodgeville. Information on the program, etc. was on the registration sheet in this Herald. There are 4 going from the board. Cecile, Kathy, Charlotte, and Eileen. There will be a program on "Essential Oils", Monarch Butterflies, and Soap making.

The Richland HCE Spring Fling will be Saturday, May 5th at the Yuba Community Center. We will have a speaker, a music group, a craft of making burlap flowers, and a silent auction. Lunch is potluck and there will be membership recognition. If there is a scholarship, it will be announced. If no scholarship winner, a motion was made by Kathy Fanta to give a \$300.00 scholarship in 2019.

"Spring into Action" is the 2018 state theme and please make a centerpiece for the tables and the top centerpiece will go to state. Please sign up for this. Cecile is planning the program.

The Reading Grandparent's Program is continuing at the Richland and Riverdale School districts. Any members who want to be readers, please call Eileen at 583-5544. This is along with Delta Kappa Gamma Lambda Chapter.

The "Get Real" Program with the area high school students was Wednesday, March 21st. This is a program where youth learn of real life experiences in economy and financing. This was at the Richland Center High School. We had several working with this program and we feel this is a great opportunity for youth and it should be offered to more students in Wisconsin. To ask Chelsea about this.

This meeting of the executive board of HCE was cancelled on April 3rd due to a snow storm and rescheduled for April 10th.

The next meeting of the Executive Board is May 1, 2018.

The Cultural Arts Show will be July 10th at Schmitt Woodland Hills. Entries are listed in the Herald.

The Scholarship judging committee members for 2018 are Kathy Fanta and Charlotte Page.

We are to get our number of volunteer hours to Yvonne by June 2, 2018. There is a food growing program available and more information coming at the Spring Fling. We will be having a fund raiser at Culvers on July 25th.

Yvonne brought a guest, her new little dog, "Jelly Bean" and she was enjoyed by all.

Motion to adjourn was made by Cecile Haugh and President, Yvonne Chapman adjourned the meeting at 11:25 a.m.

Sincerely submitted by
Secretary Eileen Eberle

Richland County UW-Extension Engages Intern from Southwest Tech

Richland County UW-Extension, Family Living Program, is pleased to announce the current internship of Anita Gobin, a student in the Human Services program at Southwest Tech in Fennimore, Wisconsin. According to Gobin, "As part of the program, I am required to work with someone in the Human Services field to gain practical experience. I did my internship in the fall of 2017 at Passages and am currently working with Chelsea Wunnicke at the UW-Extension, where I have gained valuable experience. "

"For example, I helped with the Homeless Point-in-Time count on January 24th and put together supply bags to hand out to individuals who are homeless. I also had the opportunity to go to a Doudna PTO meeting where Chelsea talked about the *Raising a Thinking Child* program (a six-week parenting class that started on Monday, February 12, 2018, at Lincoln Elementary School)." Gobin is promoting this program at the Lincoln and Ithaca 4K screening days to help educate new parents. For parents who are interested, there will be another six-week *Raising a Thinking Child* session at the Ithaca School starting on April 12th.

In addition to those events, Gobin went to the 30th Anniversary Kinship event at Schmitt Woodland Hills on January 28th. While there, she heard the history of *Kinship of Richland County*, as well stories from mentors. Another community program that she is helping prepare is *Get Real*, which will be held at the Richland Center High School for area High School students on March 21st. *Get Real* teaches teens about managing their finances as young adults. Additionally, she is connecting with the Richland County Children and Family Advocacy Council by attending their meetings and has signed up for the Naloxone training on March 12th.

According to Gobin, "Both internships have been very rewarding and have helped me learn more about the organizations and services as well as the many caring people who are involved in the Richland Center community. I look forward to the many opportunities that I will have before I graduate in May to see how UW-Extension educates and teaches members of the community to live healthy and happy lives."



HCE Spring Fling

Saturday, May 5, 2018
Yuba Community Center
Yuba, WI

- * Crafts
- * Speakers
- * Silent Auction
- * Member service awards

Be sure to bring your centerpiece to enter for the Cultural Arts Show!
(guidelines to be found in this Herald)

Bring a salad or dessert
(Meat will be provided)

Join us for a wonderful
time!

Stock Your Kitchen Right

Follow the Food Guide Pyramid to stock your kitchen. Having the right stuff on hand is very important for making fast healthy snacks. If your snacks are based on whole grains, fruits, and vegetables with a little dairy and lean protein, you will be on your way to better health. Of course, you will want to watch your intake of salt and saturated fat to keep your heart healthy.

Here are some items, you may want to keep on hand:

Grains:

Low fat, whole grain crackers
Rice cakes
Whole wheat pita bread (100%)
Whole wheat bread (100%)
Baked tortilla chips

Vegetables:

Raw vegetables and Salads
Potatoes and sweet potatoes
Vegetable juice (100%)
Vegetable soups

Heart Healthy Proteins:

Nuts and nut butter
Bean dip, soup, or salad
Baked tofu
Canned tuna or salmon

Heart Healthy Dairy:

Nonfat light yogurt
Fortified soymilk and skim milk
Smoothies made with soymilk or skim milk

Fruits:

Fresh juice or Dried fruit
Fruit juice (100%)



Get Real!
volunteers
from HCE!



HCE Officer Installation 2018

Richland County Association for Home and Community Education (HCE) Elects New Executive Board

The Association for Home and Community Education (HCE) provides an opportunity to build leadership skills, become involved in community improvement activities, and learn about the latest research on family living education from the University of Wisconsin and USDA.

Recent Richland County projects include “Reading Grandparents” visiting area schools, collecting supplies for Passages, support for international drinking-water filters, and sewing needed items for local and international charities such as baby-blankets and mittens.

HCE welcomes new members! Contact Membership Chair Anna Cunningham at 583-2458 or President Yvonne Chapman at 528-4334 to get involved. More information can also be obtained at the Richland County UW-Extension office at 647-6148.

Every two years, Richland County HCE elects its Executive Board to lead their operations on behalf of the 4 county clubs.

Left to Right:

Chelsea Wunnicke, Richland County UW-Extension Family Living Agent; Cecile Haugh, HCE Treasurer; Yvonne Chapman, HCE President; Charlotte Page & Kathy Fanta, HCE International Co-chairs and Yuba Club Representatives; Eileen Eberle, HCE Secretary & Community Outreach Chair.





EDUCATION: February Lesson

GARDENS & GROWING

By: Phyllis Both—The Sauk County Gardener

Presented at the State HCE Conference

“All throughout the long winter I dream of my garden. On the first day of spring, I dig my fingers deep into soft earth. I can feel its energy and my spirit soar.” - Helen Hayes

What is phenology? By observing the relationships between events, seasons, weather conditions and climate change, you can pretty much tell when to plant certain crops, when the orioles arrive and when the hummingbirds arrive. It's a fun science.

Here are some phenology tips and tricks for the upcoming season:

- Prune roses, plant peas and apply crabgrass preventative when the forsythia blooms.
- Plant new perennials when lilacs are in bud.
- Plant beans, cucumbers and squash when lily-of-the-valley plants bloom.
- Check pine trees for sawfly larvae when spirea is in full bloom.
- Set out eggplants, melons, peppers and sweet potatoes when iris bloom.
- Look for eastern tent caterpillars when magnolias are in early bloom.
- When Canada thistle is in bloom, apple maggots are abundant and susceptible fruit should be protected.
- Plant hardy crops when peach and plum trees are in full bloom.
- If apple trees bloom in April the crop will be plentiful, if they bloom in May the crop will be poor. (I'm not sure about this one but we'll see).
- When the sun goes to bed, “Will rain tomorrow” is said.
- It is safe to plant tender crops when you see new growth on grapes, ash and burr oak.
- Plant peas when daffodils bloom.
- Corn should be planted when oak leaves are the size of squirrel ears.
- When dandelions bloom, plant beets, lettuce, spinach, and carrots.

Degree days (also known as heat units) are also an indicator of when to expect certain insects or the rate of development. The warmer the weather, the faster insects develop.

Selecting Plants and Cultivars

Although you can grow most annual vegetables and flowers in containers, there are some exceptions. Sweet corn needs numerous plants to ensure adequate pollination, and this requires too much space for practical container growing. Most of the vining crops are also impractical because of size constraints, including summer and winter squash, pumpkins, and most melons. Pole beans and some small-fruited cucumber and melon cultivars can be raised in containers and trained to grow up a trellis or fence.

Choosing the right cultivar for container gardening is important. Even though vining crops may be impractical for growing in containers, the new bush-type squash, cucumbers, and melons are ideal for small-space and container growing. These cultivars grow as a compact bush, rather than a sprawling vine.

While all tomatoes may be grown in containers, determinate cultivars work best since they grow to a predetermined height. Indeterminate tomato cultivars often grow too tall for container gardening.

The accompanying table lists vegetables, crops and herbs you can grow in containers, the size of containers needed, and the plants' light requirements. For more information on vegetable gardening, check the following UW-Extension publications.

- ◆ *Disease-Resistant Vegetables for the Home Garden (A3110)*
- ◆ *Growing Vegetables at Home—Questions and Answers (A2801)*
- ◆ *Harvesting Vegetables from the Home Garden (A2727)*
- ◆ *Home-Grown Tomatoes for Wisconsin (A1691)*
- ◆ *Managing Insects in the Home Vegetable Garden (A2088)*
- ◆ *Mulches for Home Gardens and Planting (A3383)*
- ◆ *Specialized Gardening Techniques (A3384)*
- ◆ *Vegetable Cultivars and Planting Guide for Wisconsin Gardens (A1653)*
- ◆ *The Vegetable Garden (A1989)*



EDUCATION: February Lesson (con't)

Container Size and Light Requirements for Individual Crops

(Vegetables: Most vegetables grow best in full sun; a few can tolerate light shade, but yields will decrease.)

| Crop | Hanging Basket | Tub or 2 to 5 Gal. Container | Large Container (8"- 12" pot) | Small Container (4"- 6" pot) | Full Sun | Partial Shade | Full Shade |
|------------------|----------------|------------------------------------|-------------------------------------|------------------------------------|----------|------------------|------------|
| Bean | | • | • | | • | | |
| Beet | | | • | | • | | |
| Broccoli | | • | | | • | | |
| Brussels Sprouts | | • | | | • | | |
| Cabbage | | • | | | • | | |
| Carrot | | | • | | • | | |
| Cauliflower | | • | | | • | | |
| Cucumber | • | • | | | • | | |
| Eggplant | | • | • | | • | | |
| Lettuce (leaf) | | | • | • | • | • | |
| Onion | | | • | | • | | |
| Onion (sets) | | | • | • | • | | |
| Pea | • | | • | • | • | | |
| Pepper | | • | • | | • | | |
| Radish | | | • | • | • | • | |
| Spinach | | | • | • | • | • | |
| Squash | | • | | | • | | |
| Tomato | | • | | | • | | |
| Tomato (cherry) | • | • | • | | • | | |

Herbs

| Crop | Hanging Basket | Tub or 2 to 5 Gal. Container | Large Container (8"- 12" pot) | Small Container (4"-6" pot) | Full Sun | Partial Shade | Full Shade |
|---------------|----------------|------------------------------------|-------------------------------------|-----------------------------------|----------|------------------|------------|
| Basil | | | • | | • | • | |
| Chives | | | | • | • | • | |
| Lavender | | | • | | • | • | |
| Mint | | • | • | | • | • | • |
| Parsley | • | | | • | | • | |
| Rosemary | | • | • | | • | | |
| Sage | | | • | • | • | • | |
| Summer Savory | | | • | | • | | |
| Thyme | • | | | • | • | • | |



EDUCATION: February Lesson (con't)

Flowers: Most flowers grow best in areas receiving at least 6 hours of full sun a day.

| Crop | Hanging Basket | Tub or 2 to 5 Gal. Container | Large Container (8"-12" pot) | Small Container (4"- 6" pot) | Full Sun | Partial Shade | Full Shade |
|--------------------|----------------|------------------------------------|------------------------------------|------------------------------------|----------|------------------|------------|
| Ageratum | | | • | • | • | • | |
| Alyssum | • | | | • | • | • | |
| Begonia (tuberous) | • | | | • | | • | • |
| Begonia (wax) | • | | | • | • | • | • |
| Browallia | • | | | • | • | • | |
| Caladium | | | • | • | | • | • |
| Calendula | | | • | | • | • | |
| Celosia | | • | • | | • | | |
| Coleus | • | | | • | • | • | • |
| Dahlberg Daisy | • | | • | • | • | | |
| Fuchsia | • | | • | | | | • |
| Gazania | | | • | • | • | | |
| Geranium | • | • | • | | • | • | |
| Impatiens | • | | • | | | • | • |
| Lobelia | | | | • | • | • | |
| Marigold | | | • | • | • | • | |
| Morning Glory | • | | • | | • | • | |
| Nasturtium | • | | • | | • | • | |
| Nemesia | • | | • | • | • | • | |
| Nicotiana | | | • | | • | • | |
| Pansy | • | | | • | • | • | • |
| Petunia | • | | • | • | • | • | |
| Portulaca | • | | | • | • | • | |
| Salvia | | | • | | • | • | |
| Thunbergia | • | | | | • | | |
| Vinca | • | | | • | • | • | • |
| Zinnia | | • | • | | • | • | |

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EDUCATION: February Lesson (con't)

Choosing the Best Plants

For Sun:

- African daisy (steospermum)
- Alyssum
- Argythanthemum (chrysanthemum)
- Brugmansia (angel's trumpet)
- Calendula
- Dahlias
- Geranium
- Heliotrope
- Petunia
- Salvia
- Scaveola
- Verbena
- Zinnia

For Shade:

- Flowering map (abutilon)
- Impatiens
- Begonia
- Hosta
- Caladium
- Persian shield (Strobilanthes dyeranus)
- Coleus

Plants that tolerate hot, dry sites:

- Aeonium
- Echeveria
- Gomphrena
- Geranium (ivy-leaf and scented-leaf)
- Kalanchoe
- Lantana
- Portulaca (moss rose)
- Sedum
- Texas sage (Salvia greggii)
- Zinnia angustifolia

Plants that look good alone:

- Agave
- Bougainvillea
- Fuchsia
- Sweet bay (Laurus nobilis)
- Boxwood (Buxus sempervirens)
- Yucca
- Cordyline
- Phormium (New Zealand flax)
- Tibouchina (Princess flower)
- Bamboo
- Chamaecyparis (False cypress)
- Arborvitae (Thuja occidentalis)
- Monterey cypress (Cupressus macrocarpa)
- Dwarf Alberta Spruce (Picea glauca)

Ornamental grass:

- Feather reed grass (Calamagrostis acutiflora)
- Big bluestem (Andropogon gerardii)
- Fountain grass (Pennisetum setaceum Rubrum)
- Tufted fescue (Festuca amethystine)

Spillers are cascading, such as helichrysum, ipomea or callibrachoa

THRILLERS

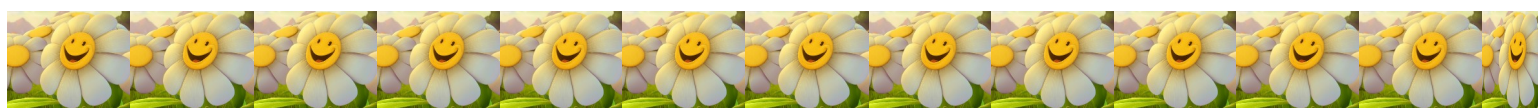
- Agave
- Angelonia
- Bamboo
- Banana
- Canna
- Corydalis
- Dahlia (upright varieties)
- Dracena
- Elephant ear (taro)
- Fuchsia (upright varieties)
- Grasses
- Hibiscus
- Millet
- Papyrus
- Phormium (New Zealand flax)

FILLERS

- Argythanthemum (Marguerite daisy)
- Begonia
- Caladium
- Coleus
- Diascia (twinspur)
- Euphorbia (especially Diamond Frost)
- Impatiens
- Nasturtium (mounding types)
- Nemesis
- Osteospermum (African daisy osteospermum)
- Pelargonium (geranium)
- Petunia
- Salvia (small-flowered types)
- Verbena

SPILLERS

- Callibrachoa
- Dichondra
- Helichrysum (licorice plant)
- Ipomoea (sweet potato vine)
- Lobelia
- Torenia (wishbone flower)



Wisconsin Association for Home & Community Education, Inc.

Cultural Arts Show & Contest – 2018 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", unmatted only, in 8½" x 11" plastic sleeve with a tag board or cardboard behind the photo. 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 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 square inches

- A. Tied
- B. Hand quilted
- 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 square inches

- A. Tied
- B. Hand-quilted
- 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. 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. 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 – "Spring Into Action!"

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 "Spring Into Action" entry

Have Fun!!!

STATE REGISTRATIONS DUE BY AUGUST 1, 2018

Wisconsin Association for Home & Community Education, Inc.
Cultural & Textile Arts Show
2018 Guidelines for County Chairs



ALL items, including Bonus Category, must be pre-registered. Registration is due August 1, 2018. 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 (9/16/18) from 6:30-8 pm or Monday (9/17/18) 9-11:30 am. Judging will begin at 12:30 p.m. Members may view the show for one hour after the Monday evening activity and during the day Tuesday. Hours on Tuesday for viewing will be announced or posted. Pickup times will be posted.

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

Contact Linda with any cultural arts questions.

715 248-7279 or 715-338-9214
tagalongacres@yahoo.com

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_____

Address_____

City/Zip_____

E-mail:_____

Phone #_____

Title or Description_____

Are you bringing an easel? o Yes or o No

People's Choice's# (official use only) _____

Claim Check

Category/Class (example 2D)_____

County:_____ District_____

Name_____

Address_____

City/Zip_____

E-mail:_____

Phone #_____

Title or description:_____

Are you bringing an easel? o Yes or o No

People's Choice's# (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.

Author's Signature:_____

Date:_____



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HOMEMAKER HERALD

