Dear HCE Members,

Our first executive board meeting was January 13th. By now everyone should have their 2014 Reach and Teach and a list of the year’s Leader Training schedule. As you plan your 2014 meetings and hostess would you send a year’s copy of leader training attendees to Melody; at the office, this helps her plan how many copies of training materials to prepare for each session.

Member dues have been raised to $12 (this is $1 per month) and should be sent to HCE Treasurer, Joan Bestler, by March 1st.

Spring Banquet—UNO/Oshkosh Center is hosting this year and has had its first meeting.

Scholarship Application forms for 2014 high school graduates are available to any child, grandchild, niece or nephew of a current HCE member. Rules and application form are on page 8 of Sunnyviews.

50 Year members—please let us know who you are so we can recognize you for this important milestone.

Cultural Arts—Rosemary Pionke has accepted this chairmanship position. She has asked Keepsake Club to work on the Winnebago County portion of the Central District banner. This group does an outstanding job of quilting and fabric art. Cultural Arts projects for this year’s show and contest, I am sure are already being worked on. Last year we had 3 winners at the state conference.

I know the 2015 state conference is a year + away, but please remember to collect folders if you happen to see them on sale. We will need at least 350.

Sincerely,

Susan Berg, President
Upcoming Leader Trainings

March 25, 2014—7:00 p.m.
Barn Quilts and Community Murals

Advisor’s Letter

Change continues to be the constant in our office...in December, 4-H/Youth Development Educator Rene Mehlberg resigned from her position to return to school, and earlier this month, Agriculture Agent Nick Schneider resigned to begin a position with Fox Valley Technical College. We thank them for their many years of service, wish them well in their new endeavors and while keeping this work going, we also step back to look at what the needs are in Winnebago County as we begin the hiring processes. Hopefully, both positions will be filled by summer...hopefully! We welcome Barb Barker, Waushara County 4-H/Youth Development Educator who will be with us on a 40% interim basis through at least May to support the 4-H program. Some of you may remember Barb (Barb Hetzel), as she worked here in the mid-80’s.

So, some days we are feeling a bit overwhelmed, trying to figure out what needs to be done first. And sometimes the items on the “to do” list seem a bit overpowering. As you guessed, some things get delayed in the process, so reminders and patience help! While focusing on the tasks, we can’t forget about the relationships and people in our lives. Outagamie County Family Living Educator Karen Dickrell shared with me this very important “to do” list:

My to do list for today:
* Count my blessings
* Practice kindness
* Be productive yet calm
* Let go of what I can’t control
* Just breathe
* Tell my family how much I love them
* Make a difference in someone’s life.

So, breathing slowly, I wish you well and thank you for all you do to make a difference in people’s lives!

Take care!

Chris
Meeting was called to order by President Sue Berg at 1:10 pm followed by the Pledge of Allegiance and Homemakers Creed. Twelve members were present including 4 officers.

Secretary minutes were read and Marge Westphal made a motion to accept as read and 2nd by Fran Hart. All accepted.

Treasurer’s report was given by Joan Bestler – Lorraine Barthels C.D., Stitches of Love, Savings Acct., Scholarship, General Checking and Expenses. It was put on file.

COMMITTEE:
Wisconsin Bookworms™ - Kathy was absent. It was reported that two clubs donated to Wisconsin Bookworms™.

Cultural Arts – Rosemary Pionke was absent.

Stitches of Love – Lynn Monzingo was absent. It was reported that they are now making afghans.

Scholarship – Joan Bestler reported that Vida Allen and Barb Kempen will choose this year’s recipient.

UNFINISHED BUSINESS:
Planning for the 2015 State HCE Meeting is under way. It is scheduled in Stevens Point September 13 – 16 at the Holiday Inn.

Leader Training report given by Chris. She also reported on the upcoming Joy Conference.

Joan Bestler reported on the membership dues are increased to $12.00, and are to be turned in by March 1st along with Pennies for Friendship. She also asked that we send the new membership list along with address or phone number changes.

Mary Nortman made a motion to adjourn the meeting at 1:48pm with Vida seconding followed by the Homemakers Prayer.

Respectfully submitted by Secretary Sue Soule
ASSET BUILDERS PRESENTS
Second Annual Oshkosh Money Conference

Oshkosh West High School
O Room
Use Door 24 Entrance
375 North Eagle Street
Oshkosh, WI

Saturday
April 5, 2014
8:30 am – 1:30 pm
Registration & breakfast begin at 7:30 am
Welcome & door prizes at 8:30 am
Classroom workshops begin at 8:30 am

❖ 18 classroom workshops for adults on many different topics
❖ Age-appropriate workshops for students
❖ Free copy of your credit report plus one-on-one consultation with a Credit Expert
❖ Childcare for ages 2–5 (advance registration required)
❖ Unable to pay? Call to discuss other options. 608-663-6332
❖ Fabulous door prizes!

Conference Sponsors:

UW Credit Union, Money Smart Week, UW–Extension, US Bank, Wisconsin Public Service, Capital Credit Union,
Wisconsin Department of Financial Institutions,
United Way–Oshkosh, BMO Harris Bank, FNB Fox Valley,
Oshkosh Area School District, Provident Financial,
Veritas Financial Services

OSHKOSH MONEY CONFERENCE

Registration Fees:
Adults $2.00, Youth FREE, 6-18 yrs old (at the door: Adults $4, Youth $1)

For Additional Information Contact:
Richard Entenmann
Asset Builders
855-362-8783 toll-free

UW-Extension
920-232-1970

http://goo.gl/2sfqJP

Make the Most of Your $ in Hard Times!
2014 Winnebago County HCE
Spring Banquet

Where: Robbins Restaurant
1810 Omro Road
Oshkosh, WI

When: Thursday, May 8, 2014
5:00—6:00 PM Registration
Check in items by 6:00 PM
6:15PM Banquet

Cost: $17.00

Dinner: Family Style meals:
Honey Roasted Chicken with Dressing
Beef Tips, Homestyle Mashed Potatoes
Rivera Blend Vegetables, Dinner Rolls
Beverage, Lemon Cream Torte

Featuring: Cultural Arts Exhibit and Voting—
50 Year Member Recognition
Scholarship Presentation
Scholarship Fund Raiser

Program: “Living with Tiffany”
Deb Daubert, Oshkosh Public Museum

Registration Deadline:
May 1, 2014

This event is being hosted by the UNO/Oshkosh Center Clubs

Send Reservations with payment by May 1, 2014 to:
Joan Bestler
7588 Center Rd.
Neenah, WI  54956
Spark Your Inner Light on Dark Winter Days

As the winter days are short and sunlight is limited, it’s important to fight the sadness and pick up our mood. Looking for spring and keeping your spirits up during the gray days of winter is critical for our long-term health and well-being. Here are a few ideas to get yourself going…

1. **Start a New Project**—nothing like tackling a new hobby, improving your computer skills, writing a personal story or two to change your focus. Then when someone calls to complain about the weather (you won’t do this) you can change the subject and share how you’re moving ahead on your project.

2. **Stretch and Move Your Body**—yes, it may be icy outside but take 20 minutes and do your “Strong Women, Strong Bones” movements, your “Gardening with the Ache” stretching exercises or put in a yoga tape and focus on improving your balance, strength and endurance. This will improve your mood and recharge your positive brain hormones.

3. **Splurge on Fresh or Frozen Fruits and Vegetables**—they are lower calorie than any junk food and will boost your immune system, critical to keep the colds and flu of the season away.

4. **Shut Off the News and Talk Shows and Turn on the Music**—peppy music with a great beat will get your toes tapping, or sing along with some of your favorite tunes to exercise your vocal cords (and reduce your risk of choking). If you have the talent, get on the piano or play an instrument and get lost in the musical moment.

5. **Cry, Whine or Stomp your Feet for 10 Minutes**—and then let it go, wipe your eyes, splash some water on your face, make a warm mug of tea, coffee or apple cider and move on with the day as the pity party is over.

6 Steps to a Stronger Memory

1. **Learn Something Stimulating.**
2. **Sleep**—at least 6 hours a night.
3. **Eat Right**—more than half your place should be filled with green leafy vegetables. Get plenty of fish, nuts and olive oil.
4. **Challenge yourself**—bad with names? Memorize 3 a day.
5. **Walk with a friend**—it gives you a cardiovascular workout, stress-relieving social interaction and mentally stimulating conversation.
6. **Meditate**—routinely practice calm.
Winnebago County Board Scholarship Program

The Winnebago County Board Scholarship Program is offered to all high school seniors who reside in Winnebago County and plan to attend a post secondary educational institution.

The Scholarship Program was developed to promote an awareness and understanding of county government. Up to nine $1,000 scholarships will be awarded in 2014. Scholarship recipients will be selected based on meeting eligibility requirements and the quality of his/her essay as outlined on the critique sheet.

Scholarship applicants must complete and submit an application form and write a 500-800 word essay addressing the question: “If you were to run for any Winnebago County office, which position would you run for and why?”

Scholarship recipients will receive the first installment of $500 at a County Board Award Presentation in the summer of 2014. The second installment of $500 will be awarded upon submission of a 2.5 GPA report to the County Clerk’s office at the conclusion of their first semester of higher education.

Entries must be postmarked no later than Monday, March 31, 2014 and sent to Winnebago County Clerk, P. O. Box 2808, Oshkosh, WI 54903-2808.

Incomplete applications will not be considered. More information can be found at Winnebago County UW-Extension Website at www.winnebago.uwex or on Winnebago County Website at: http://www.co.winnebago.wi.us/county-board/winnebago-county-board-scholarship-program.

Please call our office (920) 232-1973, if you have any questions.
2014
Winnebago County Association of Home and Community Education Scholarship Rules

1. The Winnebago County Association of Home and Community Education (WCAHCE) Higher Education Scholarship is available to graduating high school seniors, who desire to pursue higher education in any field of endeavor, or to a WCAHCE member who plans to further his or her education. All applicants must be a resident of the state of Wisconsin. To qualify, the high school recipient must also be a child, grandchild, niece or nephew of a current Association of Home and Community Education member.

2. Applicants must begin their full-time studies in the summer/fall of 2014. The Winnebago County Association of Home and Community Education Scholarship of $500.00 will be awarded at the beginning of the recipient's second year of full-time study.


These items are due by April 1, 2014 to:

SCHOLARSHIP COMMITTEE
C/O Joan Bestler
7588 Center Rd.
Neenah, WI 54956

Late and/or incomplete applications will not be considered.*

4. The selection of the recipient and two alternates will be made by the Scholarship Committee by April 15, 2014.

5. The Treasurer of the Winnebago County Association of Home and Community Education will award the scholarship when she is notified that the recipient has successfully completed one year of full-time study and is registered to begin their second year of full-time study. If the scholarship winner does not continue his/her second year of full-time study within one year of completion of his/her first full-time year of study, the scholarship will be given to an alternate. Alternates must have met the same requirements.

6. Applications are available at the Winnebago County Cooperative Extension Office, 625 E. County Road Y, Suite 600, Oshkosh, WI 54901-8131.

7. A certificate of recognition and scholarship details will be awarded to the recipient in late April or May.
Page left blank—backside of scholarship application form
2014
WINNEBAGO COUNTY ASSOCIATION OF HOME AND COMMUNITY EDUCATION
SCHOLARSHIP APPLICATION FORM FOR HIGH SCHOOL SENIORS

Please Type or Print. Return by April 1, 2014

Return To: SCHOLARSHIP COMMITTEE
c/o Joan Bestler
7588 Center Rd.
Neenah, WI  54956

Name:__________________________________________________________

Address:________________________________________________________

City:__________________________________  Zip Code:_____________________

Birth date:___________________________  Phone:___________________________

High School:_________________________  Date of Graduation:___________

Parent or Guardian’s Name:________________________________________
Address: ________________________________________________________________

Name of WCAHCE Parent, Grandparent, or Aunt: __________________________________

Address: ________________________________________________________________

School or Institute You Plan To Attend: _______________________________________

Proposed Area of Study: ___________________________________________________

Submit the following information on a separate sheet(s):

- Criteria Statement: special talents, leadership roles, community service (activities and hours served) and goals, High School activities and organizations, your out-of-school activities and organizations (e.g. Church, 4-H, Scouts, etc.).

- Essay of 150-200 words on “My Future Education Plans”.

- Academic record.

- List two references (names, addresses, and phone numbers) who will be submitting letters of recommendations that support information in your criteria statement. Applicants who are high school seniors must have one of the two references be from your High School Principal or Guidance Counselor. None may be a family member.
Page left blank—backside of scholarship application form
### 2014 – Wisconsin Association for Home & Community Education
#### Cultural Arts Show & Contest

1. **Paintings/Drawings**
   - Framed or Wrapped
     - A. Oil
     - B. Acrylic
     - C. Water Color
     - D. Other

2. **Photography (note Rule #10)**
   - A. Color – Landscape
   - B. Color – Waterscape
   - C. Color – Plants
   - D. Color – Animals
   - E. Color – People
   - F. Other

3. **Sewing**
   - A. Children’s Wear
   - B. Adult Wear
   - C. Original Design
   - D. Wearable Art
   - E. Kitchen Items
   - F. Purses
   - G. 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. **Crafts (note Rule #12)**
   - A. Cards-paper only-6
   - B. Cards-mixed media-6
   - C. Scrapbookng
   - D. Other

8. **Heritage Skills**
   - A. Harbinger
   - B. Tatting
   - C. Woodworking
   - D. Basketry
   - E. Spinning/Weaving
   - F. Felting
   - G. Swedish Weaving
   - H. Rug Making
   - I. Other

9. **Quilting**
   - (Larger than 63” x 87”)
     - Tied
     - A. Pieced
     - B. Appliquéd/Embroidery
     - Hand Quilted
     - C. Pieced
     - D. Appliquéd/Embroidery
     - E. Any other #9 size

10. **Quilting**
    - (Larger than 63” x 87”)
      - Machine Quilted By You
        - A. Pieced
        - B. Appliquéd/Embroidery
      - Machine Quilted Professionally
        - C. Pieced
        - D. Appliquéd/Embroidery
        - E. Any other #10 size

11. **Quilting -- Lap/Baby Quilt**
    - (Smaller than 63” x 87”)
      - Tied
        - A. Pieced
        - B. Appliquéd/Embroidery
      - Machine Quilted By You
        - C. Pieced
        - D. Appliquéd/Embroidery
      - Machine Quilted Professionally
        - E. Pieced
        - F. Appliquéd/Embroidery
        - G. Any other #11 size

12. **Wall Hanging**
    - 1 item only no longer than 50 inches
      - A. Hand Quilted, fabric
      - B. Machine Quilted, fabric
      - C. Other ie. - collage of assembled materials or mixed media
      - NO FRAMES

13. **Table Topper/Runner**
    - A. Hand Quilted
    - B. Machine Quilted
    - C. Other

14. **Jewelry**
    - A. Bracelet
    - B. Necklace
    - C. Other

15. **Miscellaneous #1**
    - A. Ceramics, Clay, Pottery
    - B. Handcrafted Toy, Doll
    - C. Glass
    - D. Other

16. **Miscellaneous #2**
    - A. Painting on china, glass
    - B. Painting on Fabric
    - C. Painting on other than A or B

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**Poem, Essay, Short Story/Play** must accompany this form. Include 3 copies, stapled individually if multiple pages. Do not count “a,” “an,” and “the” for either essays or short stories. (Refer to Rule #7 on Guidelines.)

17. **Poem**

18. **Essay**
    - Original, 1 topic, 250-500 words

19. **Short Story/Play**
    - Original that has beginning, middle and end
    - 3,000 words or less

20. **Bonus Category – Build an Owl**
    - Read details on next page.
2014 Cultural Arts Bonus Category

20. Bonus Category – Build an Owl

For the past two years our "Bonus" contest has been greeted with a lot of excitement and participation. We decided to do it again with another theme. This year we are going to try to have you build an Owl.

_The bonus category is just for fun!!_

Note: There is a size restriction.—No larger than 10” x 8” x 8” (vertical or horizontal)

**Here are the rules to enter:**
The display you use for your creation is of your choice. You can use any media to construct your entry.

As with any Cultural Arts entries, your entry should be judged in some way at the County level. Please bring only one entry from each county.

The entry will be turned in with your other Cultural Arts entries and will be put on display somewhere in the conference center.

This will not be a judged category – instead – the **OWLS** will be voted on by those attending the conference. Each person will receive a “vote slip” in her packet when she registers for the 2014 WAHCE State Conference. Then it will be up to all attending to choose the best looking entry.

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**WAHCE Membership Challenge Award**

Deadline Date: August 1

Awards will be presented at the WAHCE Conference

**PURPOSE:**
To encourage counties to develop an outreach program/project that will benefit their communities, increase county HCE membership and increase awareness and understanding of HCE’s role in their county. To recognize a county’s efforts in membership recruitment, promotion of HCE and encourage teamwork and leadership in each county.
GUIDELINES:
Awards will be given to counties whose outreach program/project results in an increase in membership. Actual number of members gained over the previous year’s membership numbers for each county will be counted for each county that participates. Counties may use Club Community Service, P.O.O.L. Educational Program, and Services of Love programs/projects as the basis of their outreach, provided there is a recruitment element in the planning. However, additional credit will be given for counties that develop new outreach programs/projects.

Program/project must be open to the public. A simple evaluation of the event is encouraged. Extra points will be given for programs/projects that receive media coverage (TV, Radio, newspapers, etc.). Proof of media coverage will need to be provided; newspaper clippings, recordings or web links for TV/Radio show, etc.

PROCEDURE:
Complete the application information; write a short paragraph summarizing your program/project, this will not count toward your page count. Applications and reports should be submitted by county membership chair or designee. Answer ALL of the questions, and include supporting materials.

* Report should be on 8 ½” x 11” paper, 5 pages maximum, 1 side only. Media and newspaper articles will count as pages (1 page per media item submitted). Other award application copies count as supporting materials and not towards page counts.
* Enclose the report in a report cover (not a notebook).
* Copies of the application and report should be sent to the State Membership Chair for scoring, and a copy of the Application should be sent to your District Membership Chair for her reporting purposes. Counties may submit more than one outreach report but will be eligible to receive an award for only one of their submissions.
* Mail the report (s) via first class mail to the WAHCE Membership Chair. One submission per county.
* Report must be postmarked by the deadline date of August 1.
* Reports will be judged using scoring Membership Challenge Award sheet by the Membership Committee.
Safe and Healthy: Crock Pot Cooking
Dr. Barbara Ingham
Foods Safety Specialist
UW-Extension

In my home a slow cooker, or crock pot, is often called into service to help me get a meal on the table. But I am often asked if these appliances are safe to use when cooking.

A slow cooker can make life a little more convenient because, by planning ahead, you can have a meal already prepared for your family after a busy day at work.

Are slow cookers safe? Yes, if used properly, this countertop appliance cooks foods to a safe internal temperature. A slow cooker cooks foods slowly at a low temperature—generally between 170° and 280° F. The low heat helps less expensive, leaner cuts of meat become tender and shrink less. The direct heat from the pot, lengthy cooking time, and steam created within the tightly-covered container combine to destroy bacteria and make the slow cooker a safe process for cooking foods.

Safe beginnings. Begin with a clean appliance, clean utensils and a clean work area. Wash hands before and during food preparation. Keep perishable foods refrigerated until preparation time. If you cut up meat and vegetables in advance, store them separately in the refrigerator. A slow cooker may take several hours to reach a safe, bacteria-killing temperature. Constant refrigeration assures that bacteria, which multiply rapidly at room temperature, won’t get a “head start” during the first few hours of cooking.

Thaw ingredients. Always defrost meat or poultry before putting it into a slow cooker or roaster; this is especially important with larger cuts of meats which may take several hours to reach the cooking temperature. Defrost frozen vegetables and make sure that any broth that you will be adding to the appliance is completely thawed. If using a commercially frozen slow cooker meal, prepare according to manufacturer’s instructions.

Use the right amount of food. Follow the manufacturer’s instructions; most manufacturers recommend that you fill the cooker no less than half full and no more than two-thirds full. Don’t be fooled by marketing images (such as the image above!) that show the cooker over-flowing with food. Filling a cooker too full can be unsafe. Vegetables cook slower than meat and poultry in a slow cooker so if using them, put vegetables in first, at the bottom and around sides. Then add meat and cover the food with liquid such as broth, water or barbecue sauce.
Keep the lid in place, removing only to stir the food or check for doneness. It’s very important not to fill the appliance so full that the lid fails to fit tightly. Most slow cookers can accommodate a 2 to 4 pound roast or chicken and the lid will still seal tightly. Check the manufacturer’s instructions for details. Sealing the moist air inside the cooker helps to destroy any harmful bacteria, allows food to cook more quickly and evenly, and helps to tenderize tough cuts of meat.

Settings. Most cookers have two or more settings. Foods take different times to cook depending upon the setting used. Certainly, foods will cook faster on high than on low. However, for all-day cooking or for less-tender cuts, you may want to use the low setting. If possible, turn the cooker on the highest setting for the first hour of cooking time, and then to low or the setting called for in your recipe. However, it’s safe to cook foods on low the entire time — if you’re leaving for work, for example, and preparation time is limited. While food is cooking and once it’s done, food will stay safe as long as the cooker is operating and the lid remains on.

Handling leftovers. Store leftovers in shallow containers, no more than 3 inches deep, and refrigerate within two hours after cooking is finished. Do not reheat leftovers in a slow cooker or roaster. However, cooked food can be brought to steaming or boiling on the stove top and then put into a preheated cooker to keep hot for serving. Using a slow cooker is an excellent way to keep food hot on a buffet line.

The USDA has developed a fact sheet on Slow Cookers and Food Safety (English) (en Español). There are several excellent online sites with slow cooker recipes: Recipe Source (use the search function), Cooking Light 105 Slow Cooker Favorites, All Recipes

Stay food safe! Barb

New Year’s Resolution (or two)

Resource: Barb Ingham

If you are still looking for a New Year’s resolution (or two), here are 12 ideas, one to try every month of the year, that can help keep you and your family food safe.

1. I will buy and use a food thermometer.
2. I will use an appliance thermometer in the refrigerator and will check to make sure that the temperature is 40°F or below.
3. I will not leave pizza sitting out on the table or my “doggie” bag in the car overnight.

(continue on page 18)
4. I will not use my garage as a refrigerator, my washing machine to clean vegetables, or my dishwasher to cook fish.
5. I will wash my hands and all food preparation surfaces with soap and water before and after touching raw meat, poultry or fish.
6. I will label and date leftovers, including “take-out” food, so that food does not sit in the refrigerator so long that it’s forgotten.
7. I will not lick the spoon or the bowl of homemade cookie dough or cake batter made with raw eggs (and I won’t let my children do this either.)
8. When grilling outdoors, I will use a clean plate for the cooked hamburgers, hot dogs or other meat or fish.
9. I will separate cooked foods from uncooked foods when preparing a meal.
10. I will always put an ice pack in my child’s lunch box and my own lunch bag if I have a perishable lunch, such as meat, poultry, fish, milk, or eggs.
11. I will thaw meat in the refrigerator, not on the counter.
12. I will put meat and poultry packages in plastic bags at the meat counter before putting them in my grocery cart.

Wisconsin 4-H Youth Development Celebrates 100 Years of Growing Wisconsin Leaders

4-H Youth Development will spend 2014 celebrating 100 years of positive youth development programming. Since 1914, Wisconsin 4-H has helped youth grow the leadership, critical thinking and communications skills necessary to be successful in a constantly changing world.

Just seven youth attended the first 4-H club meeting in Walworth County on October 30, 1914. Today more than 35,000 youth are enrolled as community club members, and nearly 50,000 young people are involved in 4-H through in-school and after-school clubs, day camps, mentoring programs and other opportunities.

All Wisconsin 4-H programs are supported by the hard work of more than 20,000 youth and adult volunteers. Wisconsin 4-H programs continue to emphasize lifelong learning and a strong connection with the University of Wisconsin, and programs are available for all interests including science, technology, engineering and math (STEM), agriculture and animal science, arts and communications, leadership, healthy living, international exchange and more.

Wisconsin 4-H Youth Development will celebrate the Centennial with a few statewide events throughout the year. Visit: http://blogs.ces.uwex.edu/4hcentennial/ to learn more about the last 100 years of Wisconsin 4-H and find 4-H Centennial events in your area.
“Seams Unlikely” ~ Book Signing With Nancy Zieman, April 10th
Winneconne Public Library

As many of you know, Nancy Zieman was an active 4-H member in Winnebago County and her mother, Barbara Eckstein, is one of our very own Winnebago County HCE members.

Nancy Zieman is the TV host of Sewing with Nancy, half-hour TV show that she co-produces on Wisconsin Public Television. On the air since September, 1982, it is the longest running sewing program on North American television. Initially, the programs were videotaped in Nancy’s living room with a camera crew of one person. In the early years, Nancy Zieman ran a one-woman show, developing the scripts, making the samples, and taping the programs. Nancy has been the host and executive producer since its inauguration. Since the mid 1980s, Wisconsin Public Television in Madison, Wisconsin, has been Nancy’s partner in television production with Laurie Gorman serving as the director for the past 19 years.

Raised on a dairy farm in Wisconsin, Zieman graduated from the University of Wisconsin-Stout with double majors in Home Economics and Journalism. In Chicago, she worked for a national sewing chain store. She worked as a freelance sewing instructor in Minnesota.

In 1979, she founded Nancy’s Notions, a direct mail company specializing in sewing notions, supplies and accessories. Nancy's Notions was purchased by the Tacony Corporation of St Louis, Missouri, in 2003.

Zieman has written several sewing books including The Art of Landscape Quilting, Serge with Confidence, Machine Embroidery with Confidence, Sew with Confidence, Landscape Quilts with Natalie Sewell, Let’s Sew, 10-20-30 Minutes to Sew, The Best of Sewing with Nancy, Sew Clever Bags, and 501 Sewing Hints. She has also designed patterns for the McCall’s Pattern Company.

In 1988, she received the Entrepreneurial Woman of the Year award from the Wisconsin Women Entrepreneurs Association. In 1991, she received the National 4-H Alumni Award.

Zieman has Bell's Palsy and is open about her condition, having written about it, been interviewed by journalists, and hosting a segment on the television show with medical professionals. She jokingly refers to herself as the "Poster Child for Bell's Palsy." Zieman lives in Beaver Dam, Wisconsin, where her original "Nancy Notions" shop still operates.

Nancy will be making a guest appearance at the Winneconne Public Library, on Thursday, April 10, 2014 at 6:30 PM. Copies of Nancy’s Autobiography “Seems Unlikely” will be available for purchase.
Leader Training In Motion!
Lamplighters HCE Club submitted the following photo, showing the group participating in the Leader Training “Music in Our Lives, Just for the Fun of it”.

If this does not warm your heart and put a smile on your face. I think the winter has been too long!

An EEO/Affirmative Action employer, University of Wisconsin - Extension provides equal opportunities in employment and programming, including Title IX and ADA requirements. Please make requests for reasonable accommodations to ensure equal access to educational programs as early as possible preceding the scheduled program, service or activity.