



# 2017 WAHCE Conference Workshops

**Tuesday, September 12, 2017**



## **8:00 AM – Annual Business Meeting**

Reserved seating for voting delegates: County Presidents and WAHCE Board Members.

Presiding: *President Joan Staffon*

## **8:30 AM – Session 1 – 8:30 – 9:45 AM**

### ~~Farming Fine Chocolate~~ **CLOSED -- CLASS FULL**



~~Local Chocolatier Lisa Nelson uses fruits, herbs and honey from her farm in her award-winning chocolates. Learn about her farm and views on chocolate making.~~

~~Presenter: *Lisa Nelson*~~

### **Getting Youth Outside: Forming A Common Language**

Ever wish you could capture the microscopic details of a winged insect or the underside of a leaf or how the thermal gradient changes in a cave or on the water's edge? Using Digital Observation Technology Skills Kits, learners can answer these questions while they fuel more curiosity for the natural world. These timeless exercises are effective at engaging young minds to observe nature.

Presenter: *Justin Hougham, Max Meyers, & Marc Nutter*

### **The History of Sunbonnet Sue**

Love her or hate her – Sunbonnet Sue has lasted over 100 years. Learn how this popular quilt pattern got its start. Jean will share quilts from her 40 year collection.

Presenter: *Jean Brew*



### **Polar Bear Adventures (Repeated in Session 5)**

Every October and November polar bears congregate in the Churchill area to await the return of the sea ice and access to their preferred prey – the ringed seal. Last Fall Sandy was able to witness the annual migration of Churchill's polar bears. Come share this adventure and learn about the "pack with a purpose" website.

Presenter: *Sandy Kracht*

### **Pruning Shrubs and Small Trees for Winter**

Pruning plants to get them ready for winter (and next spring). Bring your questions and pictures of problem plants.

Presenter: *Paul Bergum*

## **Session #2: 10:15 – 11:30 AM**

### **Be Food Wise - Reduce Food Waste (Educational Program)**

Did you know that we waste about 40% of the food we buy? Learn about food waste – where it comes from, who is responsible, why it's a problem, and what can be done to reduce it.

Presenter: *Ruth N. Schriefer*

### **Container Gardening**

Container Gardening for all seasons. Not limited to flowers, vegetables can thrive as well.

Presenter: *Kathy Delaney*

### **Cyber Security and Privacy Protection**

The Wisconsin Bureau of Consumer Protection will explain the basics of identity theft, including what personally identifiable info is. Discussion of the risks of social media sites how sharing too much info can lead to identity theft. Learn to create strong passwords receive fun, informative brochures to take home.

Presenter: *Laura Fay*



and  
and



# 2017 WAHCE Conference Workshops

## Fermentation Fest & Creative Place-making

Fermentation is a traditional process that is gaining new practitioners and enthusiasts. It extends shelf life, creates strong flavors, dense nutrients and in some case alters states of consciousness. Fermentation Fest celebrates and teaches this ancient and universal method of food preparation and serves as a healthy “social probiotic” in our community.

Presenter: *Donna Neuwirth & Jay Salinas*

## Make A Wool Seasonal Table Mat

Pick a season – make a table mat for that season. All supplies will be provided. Easy project – simple hand stitching. Cost is \$5 per kit. (Pay instructor).

Presenter: *Jean Morton*



## Venture in People: Helping Haitians to Help Themselves

Ventures in People is a not-for-profit organization which has been helping people in and around Mirebelais, Haiti, for over 30 years. Barbara will tell their story and make people aware of the conditions and needs of our friends in the poorest country in the Western Hemisphere.

Presenter: *Barbara Seefeldt*

## Wisconsin Bookworms™ Books for 2017-2018

Come to this workshop and experience the 2017-2018 Wisconsin Bookworms™ book selections and activities for children. We will explore how something as simple as reading to a child can be life-changing!

Presenter: *Kristin Leglar*

## Session #3: 1:15 – 2:15 PM

### Learning Center Trek to Nicaragua

Come along to Nicaragua as HCE members on the 2017 Wisconsin/Nicaragua Learning Trek give you a first-hand report on their daily interaction with the women at the Learning Centers. See how your contributions to Wisconsin/Nicaragua Partners improve the lives of many.

Presenter: *Marcelline Protheroe & Lylene Scholz and HCE Members*



## Session #4: 2:45 – 4:00 PM

### Being a Healthy Host

Learn tasty holiday treats that your family and friends will never know are healthy. Sarah will share tips on how to be a healthy host for different Wisconsin holiday seasons.

Presenter: *Sarah Siegel*

### First Ladies' Quilts

Hear about 12 of America's favorite First Ladies. See the quilt dedicated to them.

Presenter: *Sandy Kahler & Jean Morton*

### History of Sheep Milk and Cheese

Learn about Wisconsin Sheep Cooperation of Northern Wisconsin. Hear about the history of sheep milk and its great nutritional profile. WSDC sheep enjoy green pastures and loving farm families. WSDC has sheep milk and other sheep milk products.

Presenter: *Larry Meisegeir*





# 2017 WAHCE Conference Workshops

## Reading Takes Young Minds Anywhere (Early Reader's Committee)

WAHCE literacy programs encourage learners to make connections through pictures, text and activities. Learn new strategies and skills to maintain or develop an early reading program like Wisconsin Bookworms™. Attendees will receive valuable info and a free book.

Presenter: *Lynn Marcks & Betty Anne Tubbin*



## Spirits of Sauk County

Come to hear documented tales of spirits that helped to put the Boo in Baraboo.

Presenter: *Shelley Mordoni*

## Trauma – Informed Care

Participants will be able to define trauma, understand the prevalence and the impact of trauma, and explore things they can do to become trauma informed in their services.

Presenter: *Joann Stephens*

## Treasurer's Workshop



Cracker barrel question and answer session regarding duties and responsibilities of being a county treasurer. Come with your problems and success stories. Receive 2018 calendar and forms.

Presenter: *Judy Bender & Ruth Rossmann*

## Wednesday, September 13, 2017

### Session #5: 8:30 – 9:45 AM

## Helping Youth Get to College: Small Savings = Big Dreams for Young Children (Educational Program)

As parents, grandparents or community members, you can help a young person achieve their educational dreams. Learn about savings options and why even a small amount can make a difference.

Presenter: *Nancy Vance & Jeanne Walsh*



## Food Preservation Inspiration (Repeated in Session 6)

New equipment, new recipes and ideas are making food preservation more popular than ever. Updates on methods and tips for success will inspire you to head for the kitchen!

Presenter: *Becky Gutzman*

## Garlic 101: How to Grow Great Garlic and the Benefits of Adding Garlic to Your Life

Learn how to organically grow great garlic, the benefits of adding garlic to your diet and some recipes to help you do this.

Presenter: *Jennifer Blau*

## Make A Beaded Bracelet

Easy bracelet made with seed beads. Simple pattern that can be made in one hour. Come and have some fun. Bring a pad or piece of felt if you have it. Cost: \$10 fee paid to instructor.

Presenter: *Darlene Schumacher*



## Memoir Writing Using the Palm of the Hand Method

Everyone has stories to share and many people have a desire to write about their life. Wanting to write and actually doing so are two different things. This workshop can help to make that desire a reality. You will be introduced to a method developed by Michael Czarnecki called "Palm of the Hand" writing and after the stories of Japanese writer Yasunari Kawabata.

Presenter: *Meg Allen*



# 2017 WAHCE Conference Workshops



## **Polar Bear Adventures** (*Repeat from Session 1*)

In October and November polar bears congregate in the Churchill area to await the return of the sea ice and access to their preferred prey – the ringed seal. Last fall Sandy was able to witness the annual migration of the polar bears. Come share this adventure with her as well as learn about the “pack with a purpose website”.

Presenter: *Sandy Kracht*

## **Using A Moral Compass: Pointing Children in the Right Direction to Stop Bullying**

Bullying is a violent behavior that is found in our schools, families, and communities. It is widespread, leaving damaging scars on all affected by this unhealthy and often fatal display of power. How do we point children in the right direction to stop bullying? Learn some tools we can use to help our children and grandchildren keep safe and deal with life's challenges in healthy ways.

Presenter: *Lynn Marcks*

## **Session #6: 10:15 – 11:30AM**



## **Creating Scarf Clips**

Make two beaded accessory clips -- a butterfly and a dragonfly. Come have fun making your own accessory clips. Kits include all supplies needed to make both projects. Cost \$10 fee paid to instructor.

Presenter: *Sandy Pohl*

## **~~Downsizing CLOSED -- CLASS FULL~~**

~~This presentation addresses the need and a workable process to realize that as we age we need less space and many fewer things in our lives.~~

~~Presenter: *Luis E. Lopez*~~

## **Food Preservation Inspiration** (*Repeat from Session 5*)

New equipment, new recipes and ideas are making food preservation more popular than ever. Updates on methods and tips for success will inspire you to head for the kitchen!

Presenter: *Becky Gutzman*

## **The Growing and Care of Orchids**

Growing and repotting orchids for the home is not difficult, just different. This presentation will describe the difference. We will cover the basics of watering, fertilizing, and repotting of orchids.

Presenter: *Keith Nelson & Susan Reed*

## **Membership Workshop - Retired and Inspired**

Membership Outreach programs aim to help WAHCE grow and flourish. Local clubs and counties are the base of this endeavor.

Presenter: *Carla Pfund*

## **Recycle and Upcycling**

Understand the difference between recycling versus upcycling and learn the benefits of it. Learn challenging fun facts about recycling and why upcycling has become so popular recently. Leave with some creative ideas on ways to upcycle old into new items.

Presenter: *Nancy Schultz*



## **Stories of Cranes and Conservation – The International Crane Foundation**

Join a naturalist from the International Crane Foundation to learn about the differences between Whooping and Sandhill Cranes and how the innovative projects at the foundation safeguard all 15 species of cranes and the amazing places that enrich our lands and our lives.

Presenter: *Andy Bingle*