

2024 WAHCE Annual Business Meeting & Conference

Experience the Magic of HCE

Workshop Descriptions

**** Tuesday, September 17, 2024****





Session #1: 8:30 - 9:45 AM





101: Annual Business Meeting “Starts at 8:00 AM”

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

Presiding: WAHCE President Eileen Gottbeheat

- **102 Card Making** \$15 fee paid to presenter (repeated on Wednesday)
Dabble in the art of card making. Participants will make four different cards. All materials included including rubber stamps, designs and envelopes. This workshop is being repeated. Repeat has different cards.
Presenter: Pam Fiedler, Sheboygan County HCE Member and Card Maker
- 
- **103 Preserving Your Plate: A Beginners Guide to Home Canning**
Discover the art and science of home food preservation in our immersive workshop, "Preserving Your Plate: A Beginner's Guide to Home Canning." In this beginner-friendly session, participants will learn about essential canning techniques, from selecting produce to safely processing jars. Whether you're a beginner or looking to refresh your memory, this session will empower you to confidently transform seasonal harvests into delicious, shelf-stable delights.
Presenter: Katie Jagely, Winnebago County Extension
 - **104 “Honey”, Is it Worth the Sting**
 Nancy will speak on beekeeping: parts of a beehive; the three kinds of honey bees and the fascinating Waggle Dance, as well as why bees are crucial to our existence. One third of our global food supply is pollinated by bees. 250,000 species of flowering plants depend on bees for pollination. Nancy will shine a light on how we all can help contribute to the welfare and survival of honeybees by planting bee friendly flowers and limiting the use of chemicals. Our fuzzy little friends are also famous for something else: Honey. The health benefits of honey as well as recipes will be shared.
Presenter: Nancy Lanyi, Beekeeper
 - **105 ADRC Centers: Know Us Before You Need Us**
Beth will be presenting on what ADRCs are, who they serve, and how to access them. She will also talk about the specific type of resources offered and the importance of contacting the ADRC as soon as you think you might benefit from information or assistance.
Presenter: Beth Roberts, Winnebago County Aging and Disability Resource Center

Session #2: 10:30 – 11:45 AM

- **201 Wisconsin Bookworms Workshop**
 Books and activities for the 2024-2025 Wisconsin Bookworms program will be discussed. There will be time for questions, as well as county sharing.
Presenter: Marianne Geiger, WAHCE Wisconsin Bookworms Chair
- 
- **202 Preserving Your Plate: A Beginners Guide to Home Canning -- repeat**
Discover the art and science of home food preservation in our immersive workshop, "Preserving Your Plate: A Beginner's Guide to Home Canning." In this beginner-friendly session, participants will learn about essential canning techniques, from selecting produce to safely processing jars. Whether you're a beginner or looking to refresh your memory, this session will empower you to confidently transform seasonal harvests into delicious, shelf-stable delights.
Presenter: Katie Jagely, Winnebago County Extension

- **203 Native Tribes of Wisconsin**

Wisconsin's Native Nations: In this interactive workshop, we'll learn about Wisconsin's Tribal Nations, their cultural teachings and strategies for working with underserved and underrepresented communities. *Presenter: Dr. Annie Jones, UW Madison Division of Extension.*

- **204 "Honey", Is it Worth the Sting -- Repeat**

Learn more about beekeeping including parts of a bee hive; the three kinds of honey bees; and the fascinating *Waggle Dance*, as well as why bees are crucial to our existence. One third of our global food supply is pollinated by bees. 250,000 species of flowering plants depend on bees for pollination. Nancy will shine light on how we all can help contribute to the welfare and survival of the honeybees by planting bee friendly flowers and limiting the use of chemicals. Our fuzzy little friends are also famous for something else: **Honey**. The health benefits of honey as well as honey recipes will be shared.



Presenter: Nancy Lanyi, Calumet County HCE Member and Beekeeper

- **205 Diamond Dotz Suncatcher -- \$10 fee paid to presenter.**

Diamond Dotz is a fun and relaxing craft which is very easy to do at any age. There should be enough time to complete your suncatcher, but if you do not complete it, it will be very easy to pack up and take with you to finish at your leisure. Everything you need to create a lovely Diamond Dotz suncatcher *will* be provided.

Presenter: Nancy Wagner, Crafter

- **206 Farmers Angel Network**

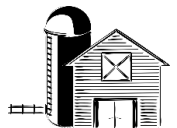
The Farmer Angel Network builds strong rural communities that support agriculture by providing education, resources, and fellowship with a focus on mental wellness and suicide prevention in and around Sauk County Wisconsin. This workshop will spotlight rural mental health challenges and how communities can come together to sustain farm families during times of distress.

Presenter: Dorothy Harms, Farmers Angel Network

Session #3: 3:30 - 4:45 PM

- **301 Inga Witcher – Lessons From A Small Farm**

Learn how Inga Witscher, dairy farmer, cheese maker and host of the PBS series *Around the Farm Table*, has made a living on a small farm. Inga will discuss the benefits of small scale agriculture, her journey as a dairy farmer, and her recent addition to the farm, cut flowers.



Presenter: Inga Witcher, dairy farmer, cheese maker and host of PBS series Around the Farm Table,

- **302 Barn Quilts**

Rock County, Wisconsin began its Barn Quilt project in 2010 with encouragement from Walworth and Green counties. The technique used in drawing, painting, and assembling a barn quilt will be shared along with a slide show of quilts within these three counties. If attendees have a question about how to draw a specific design, bring it and they may discuss it with the presenter following the presentation.

Presenter: Jeanette Beard, Barn Quilt painter and designer and Walworth County HCE member

- **303 Funeral Planning**

You will learn about advanced funeral planning, traditional funerals and burials, cremation options and veteran's benefits.

Presenter: Lisa Brennan, Westgar Funeral Home

- **304 Encouragement for the Discouraged: International Workshop**



Pastor Matthew Saur will speak to us about the program he and a large group of Volunteers run in Manitowoc. This program includes Community Dinners, the homeless shelter, and collecting and using unsold food from grocery stores, bakeries etc. that would otherwise be thrown away. He will talk about the history of hunger and homelessness in the United States as well as the world. What are some of the contributing factors to hunger and homelessness today. Are there some things we can do to help? Can we make a difference?

Presenter: Pastor Matthew Saur, Manitowoc

- **305 Getting Started With Facebook for HCE**



Is your county or club considering using Facebook for communication or promotion but aren't sure how to get started? This workshop will give you the basics; how to set up an account, the differences between a profile, group, or page, public and private settings, creating posts and events and using scheduling for both, and sharing photos. For Facebook admins, there will be a few tips on how to manage your page or group.

Presenter: Christine Larsen, Washington County HCE Member

- **306 Reach Out and Ask Someone**



WAHCE Membership Chair Sheryl Smith will lead a discussion about reaching out to friends, neighbors, relatives, and people you casually meet to tell them about HCE and try to encourage them to join.

Presenter: Sheryl Smith, WAHCE Membership Chair

**** Wednesday, September 18, 2024 ****

Session #4: 8:30 - 9:45 AM

- **401 Treasurer's Workshop**



WAHCE Treasurer Louise Dahlke will discuss the in's and out's of being an HCE Treasurer. Information about the different reports to be submitted by the counties to the District and WAHCE Treasurer.

Presenter: Louise Dahlke, WAHCE Treasurer

- **402 An Old Fashion Hootenanny**

Join Lynn for this interactive folk music sing-along/play-along. Learn about famous folk music composers and performers and the origin of their songs. Lynn will play guitar and bring some additional instruments for Hootenanny fun. If you joined Lynn previously for a Hootenanny -- come again! More songs---more instruments---and more fun!

Presenter: Lynn Marcks, WAHCE Member



- **403 Cultural Arts Workshop**



WAHCE Cultural Arts Chair Darlene will lead a discussion about the Cultural Arts program, the entries for the current year, the direction for the future and planning Cultural Arts for 2025.

Presenter: Darlene Schumacher, WAHCE Cultural Arts Chair

- **404 The Importance of Stories to Genealogy**

Genealogy has been a pursuit of many over the years. Looking for family members has become easier since computers have become a resource for much information, primarily statistical. However, some of the best genealogy is acquired through family stories. This program will lead to thoughts about the stories that have been passed down, some correct and some not. The goal is to enjoy, find out how your family came to be what it is today.

Presenter: Mary Jane Herber, Brown County Public Library

- **405 Gardening with Climate Change in Mind: Trends, Challenges and Adaptations**

The first part of this presentation is a review of the interconnected causes of climate change, results we are observing now and projected climatic trends for the upcoming few decades. The second part is suggestions for strategies and techniques to make personal landscapes more resilient to predicted weather trends and shrink your carbon footprint as a gardener.

Presenter: Lisa Johnson, UW Madison Division of Extension Horticulture Educator

- **406 Education Program #1: Milk, Mail, and Medications**

Learn about preparing to care – the what, why and how of supporting a loved one through a health crisis. Learn tools as a caregiver or future caregiver – tools that can help families plan, prepare and persist through a caregiving journey..

Presenter: Katie Daul, Oconto, Human Development and Relationships Educator



Session #5: 10:30 – 11:45 AM

- **501 The Magic of Family Connections**

Strong ties with family, friends and the community provide people with happiness, security, support and a sense of purpose. Connection to others is important for our mental and physical wellbeing and can be a protective factor against anxiety and depression. Family relationships may become even more important to well-being as individuals age. Learn what the research says about the importance of family connections, tips on staying connected to family throughout lifespan, and the art of agreeing to disagree when families don't see eye to eye.

Presenter: Patricia Carroll, Dodge County Extension Educator

- **502 Steps to Safety – Prevent Fire and Falls at Home**

Steps to Safety provides the framework and tools for fire and EMS professionals and their health and social service partners to impact their community to reduce incidence and injury from home fire and falls.

Presenter: Alexandria Quintana, Appleton Fire Department

- **503 Education Program #2: Social Isolation and Loneliness**

The US Surgeon General has declared social isolation and loneliness a health crisis.

Let's learn more about this epidemic. You will leave this session with tools for meaningful connection.

Presenter: Alicia Utke-Becker, Dodge County Extension Educator



- **504 Cardmaking –\$15 fee paid to presenter -- Repeat**

Dabble in the art of card making. Participants will make four different cards. All materials included including rubber stamps, designs, and envelopes.

Presenter: Pam Fiedler, Sheboygan County HCE Member

- **505 Hmong in America**

Hmong in America What and who are the Hmong people? Did you know there are over 3,000 Hmong residing in Appleton, WI?! In addition, Hmong is the largest Asian American ethnic group in Wisconsin, totaling over 50,000 people! Come join me and learn a little about Hmong culture; our history, what brought us to America, where many have settled down, how our culture has adjusted to American culture, and most importantly our values. During this workshop, you will get to learn about my culture and have a chance at viewing our traditional clothing up close.

Presenter: Yee Santiago



- **506 Butterfly Garden Design**



This presentation addresses essential components needed to design a vibrant butterfly garden that attracts and supports both adult butterflies and their caterpillar stage. You will also learn how to site your garden and select herbaceous and woody plant species. We will also review a small number of plants that are particularly attractive to butterflies.

Presenter, Lisa Johnson, Dane County Extension Horticulture Educator



Monday, September 17, 1:00 – 4:00 PM “Craft Classes”



- **Cardmaking** – Pam Fiedler

Dabble in the art of card making. Participants will make four different cards. All materials included including rubber stamps, designs and envelopes. \$15 fee paid to Pam at workshop.

- **Funky Snowman** – Lynn Marcks

Join Lynn in creating the Funky Snowman pillow--- an easy, fun, you can't go wrong sewing project. Bring a 16 X 16 sofa pillow in a dark plain color and a scissors. \$25 fee paid to Lynn at the workshop.

- **Paper Crafts** – Althea and Amanda Smith

Make several different paper crafts: an apple with a roll of toilet paper, paper bag star, and a scrapbook to hold memories of conference. Bring scissors if you have them. \$18 fee paid to Althea at workshop.