

2025 WAHCE Annual Business Meeting & Conference

“Going Wild with HCE”

Workshop Descriptions



Tuesday, September 16, 2025

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 Phoebe Shourds

102: Oneida Tribe Presentation

This presentation by the historian for the Oneida Nation Museum in the Brown/Outagamie counties of Wisconsin will include the History of the Oneida Tribe in eastern Wisconsin. He will have items from the Oneida museum to share.

Presenter: Nathaniel Gerhardt, Historian, Oneida Nation Museum

103: Use it Up, Wear it Out, Make it Do, or Do Without

Getting back to our roots by learning to “Use It Up, Wear It Out, Make It Do, Or Do Without!” will challenge our current frugal (or not-so-frugal) habits. While we won’t all go to the same extremes to save a buck, learning to work with what we have and not be wasteful can help us all be more frugal.

Presenter: Chris Kniep, Retired Extension Educator

104: Native Garden (Parks) (Repeated in Session #206)

Green Bay has a Pollinator Corridor Project with native gardens in parks, aiming to increase native pollinators, improve water quality, and support urban food production, with over 10,000 native plants installed in parks in 2024.

Presenter: Maria Otto, Brown County Parks Department



105: Women Gone Wild--Generations of Change (Repeated in Session #401)

In 2021, American women celebrated earning the right to vote. This lesson will review the evolution of women’s rights and achievements. Participants will review dates and information about Women’s Rights as well as significant women in history. Discussion questions will generate opportunities for sharing women’s personal experiences with change through the years. Participants will also consider how changing women’s rights affected typical American families and women’s roles and opportunities through the years. A resource list will be shared for those interested in further study and discussion.

Presenter: Deb Ivey and Jeanne Lisser, Iowa County HCE

106: Seed Libraries and Seed Saving: The Why’s and How’s

Learn the many reasons to save seeds from your garden to grow a second season, examples of techniques for saving different kinds of seeds, how seed libraries work, and where to find seed libraries in Wisconsin. Includes a hands-on seed harvesting demonstration. Limit 25.

Presenter: Eileen Rueden, Master Gardener

Session #2: 10:30 – 11:45 AM

201: Educational Program #1 – Ask a Question, Save a Life

You will be taught skills to enable you to help an individual in crisis thinking of ending life by suicide. Personal experiences will be shared along with time for sharing and questions.

Presenter: April Grosbeier, Prevent Suicide Door County



202: Make a Strawberry Pin – Native American Craft – Fee \$8, paid to instructor. Limit 20

Make a strawberry shaped pin out of beads.

Presenter: Nathaniel Gerhardt, Historian, Oneida Nation Museum

203: Horticulture for Happiness and Health

Learn about the key benefits of having plants in your life for health and well-being.

Presenter: Allen Pyle, University of Wisconsin Green Bay STEM Innovation Center

204: Craft – Diamond Art Coasters Limit 40 (8 coasters plus stand) \$20 fee, paid to instructor.

Four styles: Snowflake, Candy Cane, Christmas Gnome or Festive Red and Black Christmas Snowflake.

Presenter: Darlene Schumacher, Wood County HCE

205: Feet First – Fall Prevention

You will learn about local fall statistics, strategies to reduce your risk of falling, steps to take if you do fall, and the community resources available to support you. About 25% of people over the age of 65 fall every year. On average, 33 falls a day are reported by Brown County ERs, hospitals, and local EMS (excluding Urgent Care & Clinic settings.) Falls can lead to loss of independence, disability and even death – they can be prevented!

Presenter: Brown County ADRC

206: Native Gardens (Parks) (Repeat of Session #104)

Green Bay has a Pollinator Corridor Project with native gardens in parks, aiming to increase native pollinators, improve water quality, and support urban food production, with over 10,000 native plants installed in parks in 2024.



Presenter: Maria Otto, Brown County Parks Department

Session #3: 3:30 – 4:45 PM

301: Scams and Fraud Protection

Various types of scams seem to have penetrated most of our common activities or preyed upon our most vulnerable fears. There is, however, a common theme that runs through all of them and by making ourselves aware of this theme, we can apply it over and over again no matter what the solicitation. Any fraud or scam requires one simple element; that we, the subject of the fraud; abandon our usual logic and transition to making decisions based on fear, joy, or other basic human emotions. It is in these moments that we most often make decisions we usually end up regretting. This not only applies to scams, but to any important decision in our lives.

Presenter: Kewaunee County Sheriff Matt Joski

302: iPhone Tips and Tricks

Stacie Scheibe has been teaching technology classes in Brown and neighboring counties for many years. She is a memory loss technology specialist with Options for Independent Living. Stacie will give information on iPhones in this session. The session will include information on how to turn on your phone, settings and using apps, security, taking and saving pictures, and more.



Presenter: Stacie Scheibe, Options of Independent Living

303: Android Tips and Tricks

The instructor from Options for Independent Living will give information on Androids in this session. The sessions will include information on how to turn on your phone, settings and using apps, security, taking and saving pictures, and more.

Presenter: Options for Independent Living



304: International Workshop

See and hear how your Pennies for Friendship donations and the WAHCE Conference Silent Auction proceeds are being utilized by Ventures in People, Wisconsin / Nicaragua Partners, and ACWW's Rural Women in Action projects to improve the lives of women, children, and families in Haiti, Nicaragua and other countries. Learn additional ways that you can assist these organizations in their efforts to improve the lives of people in other areas of the world.

Presenter: Diane Koch, WAHCE International Chair

305: Food Safety Refresher

Several things have changed in food safety, such as temperatures, allergens, and hand washing procedures, to name a few. How long would you leave potato salad out at a BBQ? What is the easiest way that food becomes contaminated? How safe is it to cook in a microwave? Join us to find the answers to these questions and more! We will also talk about food waste and how to help reduce the current 44% waste in America.



Presenter: Jeanine Limberger, WAHCE Member

306: Financial Planning for Caregivers – Cost of Care

Join us as we explore the financial challenges that today's caregivers face. Gain valuable information, tips, and resources to help navigate the key components of caring for someone you love.

Presenter: Brown County ADRC

Wednesday, September 17, 2025

Session #4: 8:30 – 9:45 AM

401: Women Gone Wild (Repeat of Session #105)

In 2021, American women celebrated earning the right to vote. This lesson will review the evolution of women's rights and achievements. Participants will review dates and information about Women's Rights as well as significant women in history. Discussion questions will generate opportunities for sharing women's personal experiences with change through the years. Participants will also consider how changing women's rights affected typical American families and women's roles and opportunities through the years. A resource list will be shared for those interested in further study and discussion.

Presenter: Deb Ivey and Jeanne Lisser, Iowa County HCE

402: Educational Program #2 – Meaningful Memories for Healthy Brains

Brain experts have developed many tips for improving memory. This workshop will provide tips for keeping your mind strong.

Presenter: Renee Koenig, MS, Professor of Practice, Human Development and Relationships Educator, UW-Madison Extension.



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 the Cultural Arts program for 2026.

Presenter: Darlene Schumacher, WAHCE Cultural Arts Chair

404: Let's Have a 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've joined Lynn previously for a Hootenanny – come again! More songs – more instruments – and more fun!

Presenter: Lynn Marcks, Waupaca County HCE member

405: Wisconsin Lighthouses (Repeated in Session # 501)



Barb and Ken, authors and photographers of the book “Wisconsin Lighthouses – A Photographic and Historical Guide”, offer a slide/lecture presentation that highlights many of Wisconsin’s historical beacons. Their program features many stunning images in a combination of lecture, storytelling and music. The presentation covers one third of the lights in the state, including Cana Island Lighthouse, Wisconsin Point Light, Sand Island Light, Rockwell Lighthouse, Rawley Point, Milwaukee North Point and many more.

Presenters: Ken & Barb Wardius, Authors

406: Banking Scams

Stan will discuss the latest in banking scams and how to avoid becoming a victim.

Presenter: Stan Kroll, Associated Bank

501: Wisconsin Lighthouses - (Repeat of Session #406)

Barb and Ken, authors and photographers of the book “Wisconsin Lighthouses – A Photographic and Historical Guide”, offer a slide/lecture presentation that highlights many of Wisconsin’s historical beacons. Their program features many stunning images in a combination of lecture, storytelling and music. The presentation covers one third of the lights in the state, including Cana Island Lighthouse, Wisconsin Point Light, Sand Island Light, Rockwell Lighthouse, Rawley Point, Milwaukee North Point and many more.



Presenters: Ken & Barb Wardius, Authors

502: What is Probate and How to Avoid It

Derek will go over the cost, time and expenses associated with the process of probate and how to avoid going through the probate process by putting together an estate plan.

Presenter: Attorney Derek Daron, Hildebrand Law Firm

503: Treasurer Workshop



WAHCE Treasurer Louise Dahlke will discuss the ins and outs of being an HCE Treasurer along with information about the different reports needed for submission by each county to their District and to WAHCE.

Presenter: Louise Dahlke, WAHCE Treasurer

504: Wisconsin Bookworms Workshop

WAHCE Wisconsin Bookworms Chair Jean Brew will share the books and activity sheets for the upcoming 2025-2026 school year. There will be time for questions as well as county sharing.



Presenter: Jean Brew, WAHCE Wisconsin Bookworms Chair

505: Membership Workshop



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

506: Yoga and It's Benefits

The benefits of yoga and breathing will be shared along with some easy yoga and chair yoga exercises, and the importance of breathing while exercising. Kat has been teaching for more than 30 years.

Presenter: Kathleen Kelly, Yoga Instructor