

Changing With Today

COLUMBIA COUNTY ASSOCIATION FOR HOME AND COMMUNITY EDUCATION



May 2025

PRESIDENT'S MESSAGE

Happy May HCE members!

If you were unable to attend our Rendezvous at Fall River on April 17th like myself, we really missed a great rendezvous!

We had a total of fifty-six attendees plus one horse. Our speakers were Brian Hawkins from Baraboo River Equine Assisted Therapies, Inc. and Melanie Lichtfeld with the Ojibwe Spirit Horses. Both were very informative, and I hope everyone enjoyed their presentations.

There were thirty-eight cultural arts entries which were judged by Patti James. Thank you Patti for your time and expertise. Many thanks to Cheryl Neef for the planning and setting up of our cultural arts exhibits with the help of Sandra Pohl. For those HCE members who worked so hard on your projects and allowed everyone to see your talents, thank you for your participation. Now is the time for all of us to start planning what we are going to show at next year's Rendezvous. Many thanks to all that helped plan our Rendezvous.

I can't believe May has arrived. Some of my fond memories are during the month of May. May 1st was a fun time for us children who went to Hilldrop school. We learned about what the may-

pole was about and the significance of giving a May basket to our teacher. Sometimes several May baskets were made up from community groups that included fresh spring flowers and special treats or baked goods to give neighbors who may be alone. It was a special day all around.

Lately I have been reading about the topic of loneliness, isolation, and the impact on the health of older adults. In our communities, at least 32% over the age of 55 have felt lonely. Even severe loneliness. Then I think of CCAHCE and how we as a group can make a difference. One of the most positive things to combat loneliness is to have social connections, find engaging activities, and get involved in volunteering, joining social groups, pursuing hobbies, or even embracing technologies.

Our HCE has seen some changes in membership age. Our families have changed. I loved our encyclopedia set. Even that has changed in how we all obtain information. Things are so different now than when I was a child. I have a feeling I am not alone in that thought.

When I look at how people combat loneliness, HCE really can provide the opportunity for anyone to find a way to lessen their loneliness. There are many
(cont'd p. 2)

SAVE THE DATE/ UPCOMING EVENTS

Mark your calendars:

May 8, "AI and Other Technology"

Aug. 15, WAHCE conference registration deadline

Sept. 4, "Sitting is the New Smoking" and "Exercise Options In Columbia County"

bus trip to Milwaukee
(date pending)

Sept. 15-17, WAHCE Conference, Green Bay

Oct. 2, "Indoor Gardening"

Nov. 5, Fall Council, "Armchair Traveling"

NO NEWSLETTER MAILED IN JUNE AND JULY

View forms, newsletters, and WAHCE information at:
<https://wahceinc.org/wahce-counties/>

Facebook group:
Columbia County Home & Community Education

(cont'd from p. 1)
opportunities to volunteer:
Cream Puffs! Bookworms! Community Projects! Club Meetings! Bring along a friend, neighbor, or relative to your next meeting. It just might make a positive difference in this person's life!

Your next opportunity to learn about an interesting topic will be at the leader training on **Thursday, May 8th at 1:30pm.** We are going to be updated on technology and AI from Lori Knutson who is a Technology Instructor. **NOTE: The meeting will be at the Administration Building, Rooms 113 & 114, 112 Edgewater Street, Portage. This building is on the other side of the canal from the ADRC building.**

The 2025 WAHCE State Conference registration deadline is August 15, 2025. The conference is in Green Bay on September 15-17, 2025. I hope to see everyone there! Don't wait until the last minute to register. Sign up today so you don't forget. This is a great opportunity to meet old and new friends, learn about something interesting, have a lot of fun, and lastly—no cooking or doing dishes!

Kim Sweney, HCE Co-President

May Leader Training

Thursday, May 8
1:30 p.m.

Columbia Co. Admin. Bldg.
Rms. 113/114

"AI Update," Lori Knutson, Technology Instructor

Sign up with Donna Kohnke:
(920) 210-5037

kohnkedonna@gmail.com

Cultural Arts & Textiles Contest and Show

Thanks to all of you who helped make the Cultural Arts & Textiles

Show such a success! Without your entries and the extra help, it would not have been as amazing and fun.

This year we have a wide variety of items going on to the state show:

Jane VanDenBerg—cluster of crepe paper roses

LuAnn Olson—counted cross stitch kittens and three miniature felt bears

Kathleen Koclanes—gecko oil painting

Sandy Pohl—jewelry set, bracelet, photo of animals

Donna Kohnke—part diamond dot fireplace scene

Cheryl Neef—zoo wallhanging and small quilt

Kim Sweney—full diamond dot Northern Lights

Thank you again for all your creations and for sharing them with us. See you next year!

—Cheryl Neef, Kay MacLeish
Cultural Arts Chairs

Recycle Ink Cartridges

Save your ink cartridges to raise money for the Ventures in People—Haiti General Fund. Ink cartridges can be new, used, any brand, and in any condition (does not include toner or laser cartridges and large print cartridges).

Ink cartridges will be collected at the WAHCE Conference in September.

At the conference, two speakers will talk about their work in Haiti. The WAHCE International Chair, Diane Koch, will give them a big box filled with ink cartridges to show support for this cause.

Shoebox Donations

Donations for the Nicaragua and Community Centers will be collected again this year at the 2025 WAHCE Conference.

WI/Nicaragua Partners

There is a need for compression fabric for the burn project. The project started in 2012 making coverings for burn patients. They now make sleeves for breast cancer, stockings for lower limb amputations and other surgeries with grafts. In 2024 they served 408 people by custom making 1,018 garments for mostly burn patients. If anyone would like to donate to this project, you can send a check to: Wisconsin/Nicaragua Partners University of WI-Stevens Point Room 129 Nelson Hall 1209 Fremont St. Stevens Point, WI 54481

—Donna Kohnke

Youth Encouragement Fund

Donations are welcome for the youth encouragement awards/gifts that will be given out at the 2025 Columbia County Fair. Send your donation to: Carol Beck, CCAH E Treasurer 5700 Prairie Stone Dr. McFarland, WI 53558

Cream Puff Schedule

Thank you for signing up at Rendezvous for cream puff duty at the Columbia County Fair. I will be contacting everyone the first week of July with a reminder of the day and shift they signed up for.

—Bobbie Goodman
Fundraising Chair

2025 WAHCE Conference

Room reservations: The Tundra Lodge Resort-Waterpark and Conference Ctr., 865 Lombardi Ave., Green Bay. Make your reservations by calling the hotel directly at 1-877-886-3725 and mentioning the WAHCE Conference. All Rooms are suites and are at the rate of \$99.95/night.

Complete conference information is available on the WAHCE website: <https://wahceinc.org>

2025 CONFERENCE

CONFERENCE REGISTRATION

SEPTEMBER 15-17, 2025 | REGISTRATION DEADLINE: AUGUST 15, 2025

Name: _____

County: _____ District: _____

Address: _____

City: _____ State: _____ Zip: _____ Telephone: _____

Email: _____ Specific Dietary Need: _____

Officer/Chair (Check ONLY one): ☐ State ☐ District ☐ County Specify Office: _____

Place Address Label Here

I grant WAHCE Inc., the right to use, publish and copyright my image for educational programs and publications, websites and promotion of WAHCE Inc.

Please Sign Here: _____

EMERGENCY CONTACT:

Name: _____

Relationship: _____

Telephone: _____

Is this your 1st Time attending a WAHCE conference?

☐ Yes ☐ No

- ☐ **Check this box if you are willing to serve as a hostess for a workshop at the conference.**
The Conference Committee will confirm details once you are assigned to a workshop.

You must rank your preferences 1 through 3 for ALL tours.

MONDAY TOURS | September 15, 2025 | 12:30 – 4:30 PM (Descriptions on Page 11)

_____ **Tour 1** Mulva Cultural Center and Seroogy's Chocolates \$ 40.00

_____ **Tour 2** The National Shrine of Our Lady of Good Hope..... \$ 40.00

_____ **Tour 3** Green Bay Packers Hall of Fame and Stadium Tour..... \$ 40.00

MONDAY ACTIVITIES AT HOTEL | September 15, 2025 | 12:30 – 4:30 PM

The following activities are “drop-in”. No registration is required – they are on a first-come, first-served basis. You will pay any fees at the door.

- A. Relax in Tundra Waterpark
- B. Play cards with WAHCE Friends
- C. Airbrush demo with Jimmy – bring your own cotton t-shirt to get personalization.....\$3.00 supply fee
- D. Decorate three cupcakes.....\$3.00 supply fee
- E. Bellevue Senior Living representative with on-site information
- F. How to Create an HCE Facebook page with Christine Larson

Continued On Next Page →

2025 CONFERENCE

Rank your preferences 1 through 6 for all workshop sessions. If not and sessions are filled, you will not be assigned to a session in that time slot. (Descriptions on Pages 12-14)

TUESDAY WORKSHOPS

Session 1 | Tuesday Sept 16 | 8:30 AM

- _____ 101 WAHCE Business Meeting (8 AM)
- _____ 102 Oneida Tribe Historian
- _____ 103 Use it Up, Wear it Out, Make it Do
- _____ 104 Native Gardening
- _____ 105 Women Gone Wild
- _____ 106 Seed Libraries and Seed Saving

Session 2 | Tuesday Sept 16 | 10:30 AM

- _____ 201 Ed Prog. #1: Ask A Question
- _____ 202 Craft: Make A Strawberry Pin (\$8 fee)
- _____ 203 Horticulture for Happiness and Health
- _____ 204 Craft: Diamond Art Coasters (\$20 fee)
- _____ 205 Feet First: Fall Prevention
- _____ 206 Native Gardening (repeat)

Session 3 | Tuesday Sept 16 | 3:30 PM

- _____ 301 Scams and Fraud Prevention
- _____ 302 iPhone Tips and Tricks
- _____ 303 Android Phone Tips and Tricks
- _____ 304 International Workshop
- _____ 305 Food Safety Refresher
- _____ 306 Financial Planning for Caregivers

WEDNESDAY WORKSHOPS

Session 4 | Wednesday Sept 17 | 8:30 am

- _____ 401 Women Gone Wild (repeat)
- _____ 402 Ed. Prog. #2: Meaningful Memories
- _____ 403 Cultural Arts Workshop
- _____ 404 Let's Have a Hootenanny
- _____ 405 Wisconsin Lighthouses
- _____ 406 Banking Scams

Session 5 | Wednesday Sept 17 | 10:30 AM

- _____ 501 Wisconsin Lighthouses (repeat)
- _____ 502 What is Probate and How to Avoid It
- _____ 503 Treasurer Workshop
- _____ 504 Wisconsin Bookworms Workshop
- _____ 505 Membership Workshop
- _____ 506 Yoga and Its Benefits

**Note: Monday "drop-in" fees and the
Tuesday and Wednesday craft class fees
will be paid directly to instructor
at start of session.**

CONFERENCE REGISTRATION FEES | Postmarked by August 15, 2025

| | | |
|--|-------|----------|
| Conference & Meals WAHCE Member or spouse..... | \$175 | \$ _____ |
| Conference & Meals Non-Member..... | \$185 | \$ _____ |
| Tuesday One-Day Registration & lunch and dinner | \$100 | \$ _____ |
| NE District HCE President (Registration/Meals only) | \$0 | |
| Late Fee (Must be included if postmarked after August 15)..... | \$50 | \$ _____ |

MONDAY TOUR FEES (Conference Registration Required)

| | | |
|---|------|----------|
| Tour 1 - Mulva Cultural Center and Seroogy's Chocolates | \$40 | \$ _____ |
| Tour 2 - The National Shrine of Our Lady of Good Hope..... | \$40 | \$ _____ |
| Tour 3 - Green Bay Packers Hall of Fame and Stadium Tour..... | \$40 | \$ _____ |

Total Due with Registration Form -- Including Monday Tour Fees:\$ _____

Make checks payable to WAHCE, Inc., and mail with completed registration form to:

Jane Grabarski, Registrar at 996 Evergreen Ave., Grand Marsh, WI 53936

REGISTRATION FEES ARE TRANSFERABLE BUT NOT REFUNDABLE.

Office Use Only:

Postmark _____ Rec'd _____ Ck# _____ By: _____ Reg # _____