



HOMEMAKER HERALD

Summer 2018



Calendar of Events

July

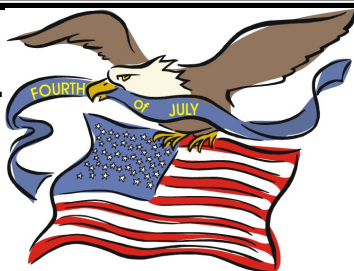
- 4 Independence Day
- 10 HCE Executive Board Meeting/Cultural Arts Show, 10 a.m., Schmitt Woodland Hills, meeting room

August

- 7 HCE Executive Board Meeting, 10 a.m., Room 713, East Hall, UW-R
- 7 Purple Heart Day
- 21 Senior Citizens Day

September

- 3 Labor Day
- 4 HCE Executive Board Meeting, 10 a.m., Room 713, East Hall, UW-R
- 9 Grandparents Day
- 11 Patriots Day
- 17—19 State WAHCE Conference, Pewaukee, WI
- 21 International Day of Peace
- 23 First Day of Autumn



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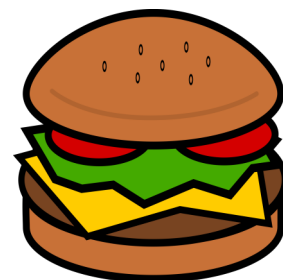


Culver's Share Night!

A percentage of the proceeds of that night will come to the *Richland County HCE* for scholarships, programs, etc.

Come to help us serve or Come for dinner!

July 25th, 2018
4:00 p.m. - 8:00 p.m.





Hello HCE Members!

We have had a busy Spring and Summer! The Richland County HCE members have once again outdone themselves in community service. Our members made newborn caps and blankets, taught crafts to the elderly in nursing homes, raised money for our high school scholarships, donated crafts and items for a silent auction, and served food at a cancer walk. In July, our members will deliver food to tables and Culvers donates money to our scholarship fund.

We are involved in the "Get Real" program to teach high school students how to budget and balance a checkbook. It is a popular program with the students and we enjoy sharing our knowledge and serving our future doctors, lawyers, farmers, etc.

We have a booth at the Master Gardener Show at the Richland County UW campus. Members donate bulbs, flowers, plants, gardening items to sell and the money is used for scholarship awards.

Your Executive Board sent 4 members to participate in the SW District Spring meeting. The programs offered were a class on "Monarch Butterflies" and "Essential Oils".

We are getting ready to enter items in Cultural Arts Show in July. The winners will go to the State Convention in September.

It is a shame our membership is going down in our clubs. As our membership gets older, we lose members. We all need to realize someday we might not have the wonderful women of HCE who selflessly give of their time and money to help others. Get involved and ask a friend, a relative, a neighbor to join HCE. Bring them to a meeting and let them experience the "HCE MAGIC".

Sincerely,

Yvonne Chapman, Richland County HCE President



Summer Greetings!

I hope everyone is enjoying this busy season of gardens, family, and community activities! Just try not to over-do-it in the heat, ok?

My summer programs include continued work with community groups dedicated to making Richland County healthier: Richland FIT and RCCFAC (Richland County Children and Family Advocacy Council).

One area of growing interest is "ACEs" or Adverse Childhood Experiences. We are learning that "the welfare of our boys and girls, our nation's greatest asset" rings true in many ways. Whatever we can do to protect and support youth increases their wellbeing for a lifetime. Sometimes this takes the shape of supporting the parents, too. I think about your gifts to new mothers, both here and abroad, as one way to show them that community cares.

I enjoyed visiting with many of you at the Spring Fling in May. Thank you, Yuba for being a wonderful host, as always. It was fun to hear about the International Student Exchange program from the 2 young ladies who joined us. I was fascinated and honored to learn the personal history of Ann Cunningham who emigrated to Sauk County Wisconsin from Germany shortly after World War II. We are lucky to have this courageous lady as one of our HCE Members in the County Liners club.

Thank you to everyone for all you are doing in our communities, both "then" and "now". I hope to see you soon.

Chelsea Winnicke





**HCE Executive Board Meeting
May 1, 2018**

Present included: President Yvonne Chapman, Bonnie Clift, Cecile Haugh, Charlotte Page, Kathy Fanta, Ann Cunningham, and Eileen Eberle.

The Richland County HCE Executive Board met Tuesday May 1, 2018, at East Hall, UW Richland at 10:00 a.m. with the meeting called to order by President, Yvonne Chapman.

The U.S. Flag Pledge and Homemaker's Creed were recited. Roll call taken. Pennies for Friendship were collected.

The April minutes were read by Eileen Eberle, followed by a motion to accept the minutes as read by Charlotte Page. The treasurer's report was presented by Cecile Haugh, approved as given, and filed.

We are having a fund raiser Wednesday, July 25th at Culver's and workers signed up to work. Profits to be used for scholarships.

A letter from the Southeast District Director of HCE was read by the President about comments of gifts in last year's goodie bags at state. An apology was accepted.

The Richland HCE Spring Fling will held Saturday, May 5th at the Yuba Community Center. We will have a speaker, a pot-luck lunch, membership recognition, a craft of burlap flowers, music, etc.

"Spring into Action in H.C.E." is our theme and centerpieces are to be made for the 2018 theme and one of these is to go to the state cultural arts show. People are to bring items for a silent auction. Some exhibits will be on display.

The Reading Grandparent's Program is continuing at the Richland and Riverdale School districts. Any members who want to be readers, please call Eileen at 608-583-5544. This is along with Delta Kappa Gamma.

Charlotte Page, Cecile Haugh, and Eileen Eberle attended the Southwest District meeting in Dodgeville, April 11th. We have a new district director in 2018, Shirley Steinhorst of Sauk County.

The next meeting of the executive board of HCE is Tuesday, June 5th.

The president asked what clubs having been doing in

their respective communities for assisting the area. Blankets for babies, infinity scarves at Greenway Terrace, mittens, burlap flowers at Greenway Terrace, serving at funerals, other fund raisers, etc. Yvonne needed these for her report to the clubs.

The Cultural Arts Show will be July 10th at Schmitt Woodland Hills. Entries are listed in the Herald.

A volunteer report was to be filled out for the state by the board. Several ideas were submitted for fund raising in Richland HCE.

The 2018 scholarship committee is working on the 2018 report. Kathy Fanta and Charlotte Page were the selection committee.

The Homemaker Prayer was recited by all present. Motion to adjourn was made by Yvonne Chapman at 11:25 a.m. and the meeting adjourned.

Sincerely submitted by
Secretary Eileen Eberle



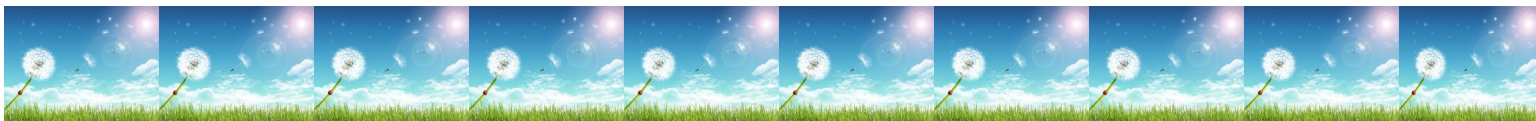
**HCE Executive Board Meeting
June 19, 2018**

The Richland County HCE Executive Board met Tuesday, June 19, 2018, at East Hall, UW Richland at 10:00 a.m. with the meeting called to order by President, Yvonne Chapman.

The U.S. Flag Pledge and Homemaker's Creed were recited. Roll call taken. Pennies for Friendship were collected.

The May minutes were read by Secretary Eileen Eberle. Being as no changes, a motion made by Charlotte Page to accept the minutes as read, 2nd, and carried. The treasurer's report was presented by treasurer Cecile Haugh. There was a great fund raiser at the Spring Fling in Yuba, May 5th. We doubled our profit on the silent auction. Motion made to accept the treasurer's report and file for audit was made by Yvonne Chapman.

The county cultural arts show is to be held July 10th at 10:00 a.m. at Schmitt Woodland Hills with the entries to be in place by 10:00 a.m. We have Diane Dahlberg as the Cultural Arts Chairman this year and assisted by the executive board. There will be 13 entries from Richland County at the State Conference in September. Kathy Granger will be the judge of the Richland H.C.E. Cultural Arts Show.



The meeting will be a pot-luck dinner on July 10th. We will honor three members of H.C.E. of Richland County: Buena Anderson, Helen Jindrick, and Delores Coonrod. Eileen Eberle was asked to make the gifts for these honorees.

Richland County H.C.E. will work at Culvers, July 25th for a fundraiser from 4:00 p.m. to 8:00 p.m.

President Yvonne Chapman donated a quilt for the State Conference Fund Raiser for the State Cultural Arts Show expenses. We will also donate an item for the silent auction and this is yet to be determined.

Members going to State Conference September 17-19 need to sign up for the programs. This conference is in Pewaukee, WI.

It was decided to put up a Richland County display at this years State HCE Conference in Pewaukee. Some of the members will be attending this conference. We will have a sampling of project work in our county and instruction sheets for hand-outs.

Eileen gave a report on the Grandparent's Reading Program. We read to approximately 135 students every other week in 2 school districts and presented books for their classroom libraries at a cost of about \$3.00 per student for the school year. This is with Lambda Chapter of Delta Kappa Gamma.

The Yuba H.C.E. Club had a very successful fund raiser for "Hope Walk" and raised funds for a cancer cure. The County Liners made infinity scarves with the residents of Greenway Terrace. Clubs are busy making their communities better places to live.

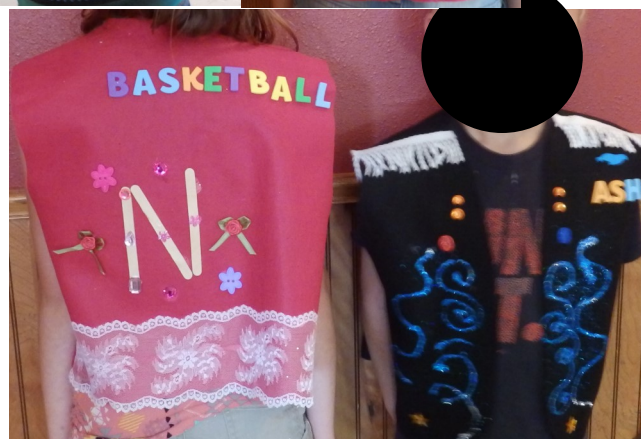
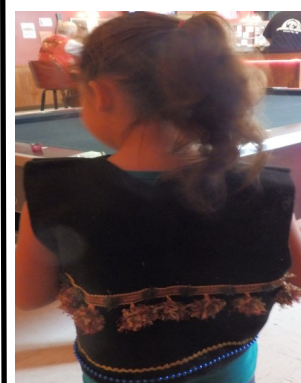
Motion to adjourn was made by President, Yvonne Chapman at 11:00 a.m. and we adjourned the meeting.

Present included: President, Yvonne Chapman; Treasurer, Cecile Haugh; Cultural Arts Chairman, Diane Dahlberg; Kathy Fanta and Charlotte Page, Representatives of the Yuba Club; and Eileen Eberle, Secretary.

Sincerely submitted by
Secretary Eileen Eberle

HomeMaker Happenings!

The Yuba HCE helped with vests at the Cesky Den celebration in Yuba, WI.



**The Fall SW District meeting will be
Thursday, October 11th, 2018.
It will be held at the
Kraemer Library in Plain, WI.**

WAHCE State Conference

2018 WAHCE Conference Registration Information



September 16 - 18, 2018

Country Springs (The Ingleside Hotel) Hotel
2810 Golf Road, Pewaukee, WI 53072

“HCE Springs Into Action”

Make check payable to: WAHCE, Inc.
Mail with registration form to Conference Registrar Darlene Schumacher
2531 Golf Course Road, Wisconsin Rapids, WI 54494
Phone: 715-424-2851 Email: darleneschumacher41@gmail.com

- Registration, tour and meal fees are transferable, but not refundable.
- WAHCE reserves the right to alter or cancel a class as necessary. There is a \$50 late fee after August 15.
- UW-Extension Family Living Educators are not required to pay a registration fee.

Registration Deadline: August 15, 2018

Registration Hours:

Sunday, September 16	2:00 pm – 6:00 pm
Monday, September 17	8:30 am – 5:00 pm
Tuesday, September 18	7:00 am – 8:30 am

Tours: Four tours are scheduled. Please indicate your first (1), second (2), third (3), and fourth (4) choice. Include the tour fee with your registration. If you need special bus accommodations, please indicate that information on your registration form so we can make arrangements to provide a handicap accessible bus. If you do not go on a tour, you may drive to Paint & Sip with Chris or stay at the hotel and play games.

Cultural Arts: Items may be brought in Sunday (9/16) from 6:30 – 8:00 pm or Monday (9/17) from 8:00 am – 11:00am. Judging will begin at 1:00pm on Monday.

Business Meeting: President Joan Staffon will preside at the WAHCE, Inc., Annual Business Meeting which is open to all conference attendees. Voting delegates (County Presidents and WAHCE Board members) are required to attend. All voting delegates will sit in assigned seating. This meeting begins at 8:00 am.

Workshops: Indicate your first (1), second (2), third (3), fourth (4), and fifth (5) choice in each time period. Second, third, fourth and fifth choices are needed in case your first choice is filled. Omitting the second, third, fourth and fifth choice will not insure placement in your first choice.

Education Program Workshops: Learning About Childhood Trauma – Adverse Childhood Experiences (ACE) (Tuesday at 3:00 pm) and Keep Your Credit Report in Check (Wednesday at 10:30 am) are the Educational Programs. Every county should have their Vice President of Program and/or Vice President of Family and Community Life (or a substitute) attending these sessions. All are welcome.

Meals: The cost of the meal package is \$110.00 (including gratuity). The meal package includes a light continental breakfast, Monday night dinner, Tuesday lunch and dinner, and Wednesday lunch. Please indicate any special meal requirements on the registration form.

Room Reservations: Reservations must be made directly with the Country Springs Hotel (The Ingleside Hotel). Reservations can be made by calling (262) 547-0201. State the dates September 16 – 19 or WAHCE.

Room rates are \$99.00 per room (1-2 persons). Each additional person is \$10. There are a few suites available. They will charge your credit card for one night when you make your reservation. The room block will be released on August 11th. Check in time is 4 pm – check out time is 11:00 am.

Wisconsin Sales Tax Exemption: Unless you are being reimbursed by your county HCE organization, you will be charged sales tax. Please ask your County President for the letter required by the hotel.

Conference Chair: Donna Zarovy
E-mail: zarovy@frontier.com

Co-Chair: Chris Werner
E-mail: jwernerfamily@msn.com



2018 WAHCE Conference Registration

September 17-19, 2018

The Country Springs (Ingliside) Hotel, 2810 Golf Road, Pewaukee, WI 53170



Name _____ Attach Mailing Label here → _____

County _____ District _____

Address _____ City _____ State _____ Zip _____

Telephone (including area code) _____ E-mail address _____

Officer or Committee Chair (circle one) _____ State _____ District _____ County _____ Specific Office held _____

First Time Attendee? _____ Yes _____ No _____ Special Dietary Needs _____

I grant the WAHCE, the right to use, publish, and copyright my image for educational programs and publications, web sites and promotion of the WAHCE programs. PLEASE SIGN: _____

Make check payable to WAHCE, Inc. and mail with registration form to Conference Registrar:
Darlene Schumacher, 2531 Golf Course Road, Wisconsin Rapids, WI 54494. Phone 715-424-2851
E-mail: darleneschumacher41@gmail.com. **Registration Deadline: August 15, 2018**

Workshops & Tours **Please number in order of preference 1, 2, 3, 4, 5**

September 17th, Monday Tours

- ___ #1 Ten Chimneys, (Lynn Fontanne House) \$ 41.00
- ___ #2 Milwaukee County Zoo \$ 30.00
- ___ #3 Historic Greendale (Test Kitchen and Tours) \$ 46.00
- ___ #4 Wisconsin Quilt Museum and Cedar Creek \$ 23.00
- ___ **Need handicap access on bus**
- ___ #5 Paint and Sip with Chris (fee of \$24 paid at door – NO BUS)

September 18th, Tuesday

Workshops Session #1: 8:30 – 9:45 AM

- ___ 101 WAHCE Annual Business Meeting (Note: 8:00 Start)
- ___ 102 American Sign Language Today
- ___ 103 Art on Sea Glass (material fee paid to instructor)
- ___ 104 Lifelong Gardening
- ___ 105 Look! My Feet Are Straight!
- ___ 106 Sleep Issues: What You Need to Know

Workshop Session #2: 10:15 – 11:30 AM

- ___ 201 American Sign Language Today
- ___ 202 Caring Connections – Having Better Visits
With Loved Ones in Nursing Facilities
- ___ 203 Fun with Fermentation
- ___ 204 International Workshop Roundtable
- ___ 205 Perennials with Purpose
- ___ 206 WTMJ Weather Storm Chasing
- ___ 207 Wisconsin Bookworms: Explore the 2018-19 Books

{ After lunch, there will be a Conference Planning Roundtable }

Workshop Session #3: 3:00 – 4:15 PM

- ___ 301 Early Readers Literacy Takes Young Minds Anywhere
- ___ 302 Fun With Fermentation
- ___ 303 Hogs for Heroes: Road Therapy for Injured Veterans
- ___ 304 Education Program: Learning About Childhood Trauma –
Adverse Childhood Experiences (ACEs)
- ___ 305 Old Fashion Christmas: A Heartwarming Look at the Past
- ___ 306 Rock County Barn Quilts
- ___ 307 Treasurer's Workshop

September 19th, Wednesday

Workshop Session #4: 8:30 – 9:30

- ___ 401 Memory Wire Bracelet (\$10 fee paid to instructor)
- ___ 402 Hug In A Mug
- ___ 403 Let's Have a Hootenanny!
- ___ 404 Membership Workshop
- ___ 405 She Came from Kansas
- ___ 406 Serving Wisconsin's Aging Population
- ___ 407 The Power Of Protein

Workshop Session #5: 10:30 – 11:30

- ___ 501 Holiday Deco-Mesh Wreath (material fee paid to instructor)
- ___ 502 Human Trafficking in Wisconsin
- ___ 503 Education Program: Keep Your Credit Report in Check
- ___ 504 My Life with the Green & Gold, 20 Years of Sports Reporting
- ___ 505 Preparing Your Home
- ___ 506 Raising Backyard Poultry
- ___ 507 Taking Care of You, Mind, Body and Spirit

Full Registration Fees:

Each County Bring Tax ID Number Sheet for Hotel

WAHCE Member or spouse	\$50.00	\$ _____
Non-member	\$55.00	\$ _____
UW-Extension	No cost	\$ <u>FREE</u>
Late Fee (after August 15)	\$50.00	\$ _____
Total Meal Package (4 meals)	\$110.00	\$ _____

One Day Fees:

Tuesday Registration	\$30.00	\$ _____
Wednesday Registration	\$20.00	\$ _____
Monday Evening Meal	\$30.00	\$ _____
Tuesday Lunch	\$25.00	\$ _____
Tuesday Banquet	\$30.00	\$ _____
Wednesday Lunch	\$25.00	\$ _____

Tour Fee

Total Enclosed: \$ _____



2018 WAHCE Conference Tours



Tour #1: Ten Chimneys.....\$41.00

Ten Chimneys, the estate created by theatre legends Alfred Lunt and Lynn Fontanne, is a world-class house museum and national resource for theatre, arts, and arts education. The Full Estate Tour includes the three-story Main House, the rustic Studio, the enchanting Cottage, restored gardens, and the exteriors of the Pool house, Greenhouse and Creamery. Also included is a short informational DVD and a shuttle ride to and from the Estate. *The Full Estate Tour requires guests to*

stand, climb stairs, and walk on lovely but uneven terrain. Comfortable footwear is a must.

Tour #2: Milwaukee County Zoo.....\$30.00

Learn about the predator/prey exhibits as we stroll with our own Zoo tour guides through the zoo on a global adventure visiting animals from different continents. Venture into the Apes of Africa and Primates of the World Building. Visit Big Cat Country, the Continents of Asia, Africa and South America where the Zebras, African Elephants and the Giraffes await you. There is also a working family farm. Complete your zoo tour with a complementary root beer float. *This tour also requires walking, but it can be done leisurely. There are plenty of benches to sit on.*



Tour #3: Historic Greendale and Test Kitchen Tour\$46.00



In Historic Greendale, share Greendale's unique history. You'll see the "original" homes that were built during the 1930's Roosevelt Administration's New Deal. Gaze up at the stucco chimneys to discover the folk art of Al Emmons and family. Proceeds generated from the Chimney Tour will support the Love Thy Neighbor Foundation, a resource designed to empower senior citizens to stay in their own homes.

We will also experience an Original Taste of Home Test Kitchen. Sample the winning cookie and learn the history of the original Taste of Home Test Kitchen. Receive a *Best of Country* Cookies cookbook and discount coupon good at The Cook's Nook.

The Taste of Home Outlet offers a shopping experience like no other. Chock full of overstock items from the Taste of Home catalog, shoppers can get great bargains on casual clothing, kitchen gadgets, cookbooks, home decor and seasonal items.

Tour #4: Wisconsin Museum of Quilts & Fiber Arts and Cedar Creek Settlement.....\$23.00



The Wisconsin Museum of Quilts & Fiber Arts, is dedicated to educating the public about the artistic, cultural, historic and social importance of quilts and fiber arts including the preservation of the historic structures on their 2.2 acre farm.

Experience the Quilt Nihon which is a traveling international exhibit featuring highlights from the 2015 international quilt competition. This biennial exhibition is the largest international quilting contest in Japan and one of the most prestigious in the world. WMQFA is one of only three venues in the United States to feature these gorgeous works of art. After the WMQFA tour, visit Cedar Creek Settlement which is housed in a mid-19th century stone woolen mill, making it a visually delightful place—indoors and out—in which to shop, eat and explore.

Tour #5: Paint & Sip.....\$24.00

Carpool to the Creative Art & Wine Studio in Brookfield where you will do an acrylic painting of a pumpkin on wood. Everyone does the same painting. Beverages and snacks are available to purchase. Paintings dry in a short time so you can easily take them home.



Please note on your Registration Form if you need handicap accessibility for the bus.



2018 WAHCE Conference Workshops

Tuesday, September 18, 2018



8:00 AM – 101 Annual Business Meeting

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

Presiding: President Joan Staffon

Session #1: 8:30 – 9:45 AM

102 American Sign Language Today

A history of where sign language began and how it has grown into a language. Also, signs all hearing people should know and some Deaf Etiquette.

Presenter: Kara Thomas



103 Art on Sea Glass (Workshop fee of \$10 paid to instructor)

In this class you will be able to create several pieces of art on beach glass. Sandy will show you how to finish your pieces with wire wrapping, create your own unique ornament or jewelry pieces.

Presenter: Sandy Pohl

104 Lifelong Gardening

Learn about tools and techniques that enable individuals to garden with any ability.

Presenter: Marilyn Cech

105 Look! My Feet are Straight!

What people and events - both expected and surprise - are put in our lives? Do we see the blessing and instruction each one brings? Do we only see the challenges and effort that these very people and moments can present? Together, we will discuss how to open our eyes to all the positive thoughts and lessons these moments offer.

Presenter: Priscilla Kopczynski

106 Sleep Issues: What You Need to Know

Sleep issues are very common and can affect our daily lives and our health. Learn about the types of sleep disturbances, including sleep apnea, insomnia and restless leg syndrome, and what can be done to diagnose and treat these concerns.

Presenter: Dr. Fawad Kahn



Session #2: 10:15 – 11:45 AM

201 American Sign Language Today (Repeat)

A history of where sign language began and how it has grown into a language. Also, signs all hearing people should know and some Deaf Etiquette.

Presenter: Kara Thomas

202 Caring Connections – Having Better Visits with Loved ones in Nursing Facilities.

A must-attend session for anyone who visits family or loved ones in nursing homes or assisted living. Attendees will leave the session with practical tips and ideas with the goal of improving both the resident's and the family member/loved one's well-being through better, more connected visits.

Presenter: Jane Basarich & Rosemary Becker

203 Fun With Fermentation

Do you think of food preservation as only canning, freezing, or dehydrating? Fermentation is a food preservation method that has a long history, and is becoming popular again. Foods such as sauerkraut, kombucha, and yogurts are increasingly found at farmers' markets and retail stores. Learn about the health benefits and how to make some of these fermented products safely at home. Samples of kefir, sauerkraut, cheese, and kombucha will be offered.

Presenters: Mary Ann Schilling & Katie Gellings





204 International Workshop Roundtable

ACWW, CWC, NVON, W/NP, VP: Have you ever wondered what all of those letters mean, how WAHCE is connected to them, and why they are a big part of our yearly budget? Are they all part of International or do they fit somewhere else? Come and get a clearer understanding of the organizations we are associated with and how they may touch you and your county. Also we will have a presentation on the "Water Around the World" project and how your donations have connected you to people in many parts of the world.

Presenters: Lylene Scholz and Past WAHCE Presidents

205 Perennials with Purpose

Herbaceous perennials possess attributes that can serve a purpose beyond aesthetics in the landscape. Learn about these perennials and how they can provide beauty and other benefits to your property.

Presenter: Jeanne Hilinski-Christensen



206 Summer Storms

A look into severe weather, focusing on storms, hail, wind, heavy rain and tornadoes.

Presenter: Jesse Ritka

207 Wisconsin Bookworms: Explore the 2018-19 Books

Lynn and Kristin will introduce the new line-up of 2018-2019 Wisconsin Bookworm early reading books. Explore the diversity of the stories and experience the accompanying activity ideas.

Presenters: Kristen Legler and Lynn Marcks



After Lunch: Participate in a roundtable discussion about how to plan the WAHCE Annual Conference. Lots of tips and focus on time tables.

Session #3: 3:00 – 4:15 PM

301 Early Readers Literacy Takes Young Minds Anywhere

The WAHCE Early Readers Literacy Committee recognizes all HCE county early childhood literacy programs. The purpose of this committee is to procure and allocate funds for these programs. We will explain the timelines and forms the counties need to apply for WAHCE Early Reader procured grants. Join us in learning strategies and skills on grant writing. Each attendee will receive valuable information and a free book for attending this workshop.

Presenters: Lynn Marcks and Betty Anne Tubbin

302 Fun With Fermentation (Repeat)

Do you think of food preservation as only canning, freezing, or dehydrating? Fermentation is a food preservation method that has a long history, and is becoming popular again. Foods such as sauerkraut, kombucha, and yogurts are increasingly found at farmers' markets and retail stores. Learn about the health benefits and how to make some of these fermented products safely at home. Samples of kefir, sauerkraut, cheese, and kombucha will be offered.

Presenters: Mary Ann Schilling & Katie Gellings



303 Hogs for Heroes: Road Therapy for Injured Veterans



For the injured WI Veteran rider whose altered life and soul have been missing the freedom, passion and support that motorcycling once provided them...we're here to offer them a different form of healing therapy: that of The Road. Learn how one Wisconsin family of four civilians is making life-impacting changes in the lives of our Injured by gifting them a Harley-Davidson motorcycle. Audra Thompson will share how their vision became a reality, how they stay true to their "100%" commitment and, most importantly, how the gift of freedom impacts the lives of the Veteran, their families and their community.

Presenter: Audra Thompson

304 Education Program: Adverse Childhood Experiences: Impact on Communities (ACEs)

The brain is wired to thrive in the environment that it is constructed. When a brain is wired to adapt and respond to repeated stressors or traumatic experiences it shapes the way that a person responds and adapts to the world. These behaviors, while critical for survival in highly stressful environments can be maladaptive in every day interactions. When we understand that individuals who have been exposed to trauma and stress are responding in the way that feels safe for them, we are able to take a more compassionate approach to their experiences with us.

Presenter: Mandi Dornfield





305 Old Fashion Christmas: A Heartwarming Look at the Past

Capture the holiday spirit as Rochelle highlights a time when Christmas shopping meant paging thru the Sears & Roebuck catalog and heading downtown to the local five-and-dime. Her program features nearly 100 vintage photos complemented by a large collection of Christmas antiques on display.

Presenter: Rochelle Pennington

306 Rock County Barn Quilts

The Rock County Barn Quilt Project began out of need. Community members responded, learned the process, and produced beautiful custom made barn quilts that now total over 200 on all sorts of buildings throughout Rock County.

Presenter: Jeanette Beard

307 Treasurer's Workshop



New and continuing County treasurers are invited to meet the incoming state treasurer, Mary Ann Bays and learn about some of their duties along with reporting requirements. Bring your questions and comments. There will be discussion time.

Presenters: Judy Bender and Mary Ann Bays

Wednesday, September 19, 2018

Session #4: 8:30 – 9:30 AM

401 Memory Wire Bracelet (Workshop fee of \$10 paid to instructor)

Bracelet is made with flat metal spacers, seed beads, glass beads, larger faceted beads and rubber tubing. Promises to be a fun project.

Presenter: Darlene Schumacher

402 Hug In A Mug



Grab a few ingredients and your favorite mug, then pop it in the microwave for a quick and delicious treat. These single serving sweet treats are great for gifting to seniors, shut-ins, college students, busy moms, or workplace break rooms. Learn the secrets of a successful mix and gift to others to brighten their day.

Presenter: Marilyn Herman

403 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 her banjo, guitar, and piano and bring some additional instruments for Hootenanny fun!

Presenter: Lynn Macks

404 Membership Workshop

Carla Pfund, Membership Chair, will use charts to show the different components of HCE. Anyone who has compiled a booklet on membership is encouraged to share it with the group. (Notify Carla in advance if you have one.) Participants will divide into groups to share membership outreach ideas. A folder for each county will be included.

Presenter: Carla Pfund



405 She Came from Kansas

Jean and Eileen will interpret the quilt blocks depicting the life of a woman from Kansas.

Presenters: Eileen Gottbeheat and Jean Morton

406 Serving Wisconsin's Aging Population

What do Elder Law attorneys do for clients? How is the job changing? Who are the people taking care of the elderly? What trends are affecting adult children caring for elderly parents? You may be surprised to hear the kinds of stories (and secrets) told to elder law attorneys, and even more surprised to hear what they sometimes do to respond. Rachel will share her experiences and facilitate a lively discussion. She is also happy to do a multi-media presentation and/or lead thoughtful exercises with the group to encourage meaningful dialogue on a timely and important topic.

Presenter: Rachel Monaco-Wilcox



407 The Power of Protein

Coupled with physical activity, the high-quality protein in lean beef can help you maintain a healthy weight, sustain weight loss and keep a favorable body composition over time. Learn about the benefits of lean beef and how to prepare a quick delicious power packed meal.

Presenter: Sarah Agena



Session #5: 10:30 – 11:30AM

501 Holiday Deco-Mesh Wreath (Workshop fee of \$10 paid to instructor)

Deco-mesh wreaths are a very popular door décor and they are so versatile and nice. These wreaths can be used inside or out and perfect for all seasons and holidays. Join us for a step-by-step workshop on how to make your own deco-mesh wreath for the Christmas season. We will be assembling a basic wreath in class that is easy and affordable.

Presenter: Sherri Arnold

502 Human Trafficking in Wisconsin

Cases of human trafficking have been identified in all 72 counties in Wisconsin. Yet most people doubt this, thinking “that can’t be happening here!” If we are in a state of denial, who is helping survivors? Who is working on policies? Who is educating young people about risks? In this talk, Rachel will address the myths and misconceptions around sex trafficking in Wisconsin, illuminate the situation in Wisconsin, and explain what led her to start the LOTUS (Legal Options for Trafficked and Underserved Survivors) legal clinic in 2013.

Presenter: Rachel Monaco-Wilcox

503 Education Program: Keep Your Credit Report in Check

Have you checked your FREE credit report in the last year? Learn the importance of checking your credit report and how to avoid unwanted surprises later on with an easy reminder strategy.

Presenters: Carol Bralich and Amanda Kostman



504 My Life with the Green and Gold: 20 Years of Sports Reporting

What’s it like to interview famous Packers players and coaches? Go behind the scenes with Wisconsin’s first female sports anchor.

Presenter: Jessie Garcia

505 Preparing Your Home

Helping our Seniors and their family members who are contemplating selling their homes ready for the real estate market and the steps to accomplish their goal.

Presenter: Kathy Domagalski



506 Raising Backyard Poultry

This workshop will focus primarily on raising chickens, but will also address other types of poultry such as ducks, geese and turkeys. This workshop is designed to be a beginner workshop and will focus on topics such as why raise poultry, choosing a breed that is right for you, what you need to know before starting.

Presenter: Rose Skora

507 Taking Care of You, Mind, Body and Spirit

In this program, we will discuss the various dimensions of health (physical, mental, social, and spiritual), and how they are interrelated. We will be doing activities that reinforce the importance of being mindful and intentional in our daily lives for maximum health.

Presenter: Jen Whitty

Just a couple of notes about the 2018 WAHCE Conference:

1. Tour #5 is called Paint and Sip with Chris. Participants will carpool to the studio on Monday. We thought that would be easier than taking your painting on the bus.
2. If you do not want to go on a tour, we will also be having some games available for you in the hotel.
3. Breakfast is a continental breakfast, therefore, there is a limited amount of items and limited quantity. If you want a bigger breakfast, there are two restaurants in the hotel and a lot more on the other side of I-94.
4. On Tuesday after lunch we are having a round table discussion / workshop in the dining room to discuss planning the WAHCE Conference. As all districts will need to do it, please think about having someone from your district attend. If you do not want to participate, you will have free time to go look at the art show, Market Place, or the Silent Auction. Workshops will resume at 3:00 pm.
5. On Wednesday morning there is a one hour break between workshops to allow you extra time to check out of the hotel.



ACE's—Adverse Childhood Experiences

May 21, 2018

By Chelsea Wunnicke

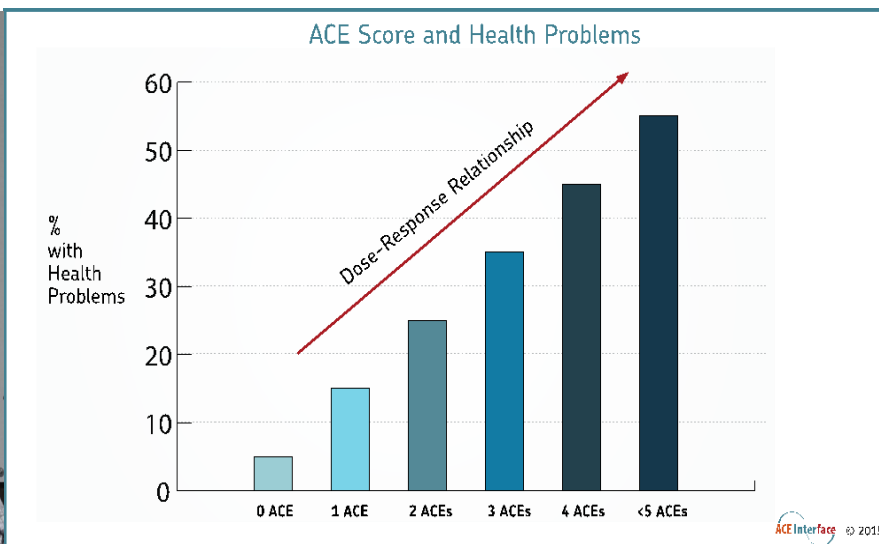
Interest in the topic of ACEs (Adverse Childhood Experiences) continues to grow in Richland County, as more community members have learned about their connection to health. Richland County UW-Extension and UW-Richland Continuing Education recently hosted a full day “Wisconsin ACE Interface” training at UW-Richland with Peter Daniels as the speaker. Daniels is a trained facilitator through Saint A and currently works at the Family and Children’s Center in Viroqua. He has a history of working with youth as an educator in many different communities. Daniels explained how childhood experiences can impact brain development and affect a person’s risk for health and social problems. The event drew a large crowd, consisting of staff from area schools, Health & Human Service Professionals, Domestic Abuse Prevention Advocates, youth mentors, and interested community members. Participants learned the history of the ACE study and its findings; the effect that abuse, trauma, neglect, and family dysfunction have on brain development; and how to build self-healing communities. They engaged in discussion and activities to connect the information to their work and lives.

The original ACE study team in the 1990s (Dr. Robert Anda & Dr. Vincent Felitti) surveyed 17,000 participants. They found that people with adversity in early life, or higher “ACE scores,” have higher risk for physical, mental and behavioral problems later in life. Attributable problems include diseases, mental health issues, social problems, and early death. There is also a higher risk for domestic violence, mental illness, substance abuse, child abuse and neglect.

Further study in these areas are continuing to reveal how specific types of trauma at developmental milestones affect the brain. For example, neglect in infancy can do predictable harm to the corpus callosum, an area of the brain that helps the Left and Right hemispheres communicate. “Less cross-brain communication can lead to an inability to integrate rational ideas when in a highly emotional state. You may know someone who doesn’t seem able to respond when you ask him or her to calm down so you can talk through a problem. This may not be a choice; it may be a biological adaptation to childhood experience,” said Daniels.

The goal of the Wisconsin ACE Interface is to raise awareness about ACEs and give communities tools to respond. Communities have the ability to shift the dynamics that can lead to high ACE scores. As part of the training, Richland County participants generated a list of “What’s Next” and many are interested in further training on Trauma Informed Care and community strategies to reduce the experience of toxic stress in families.

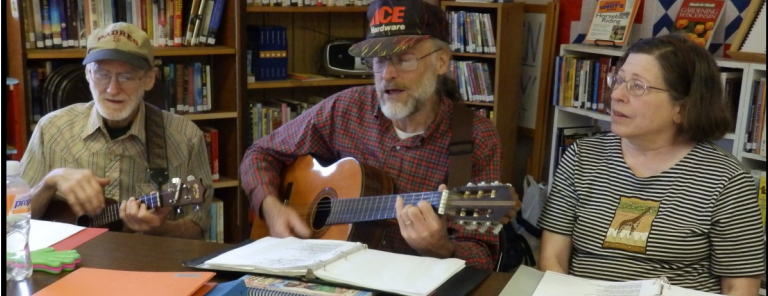
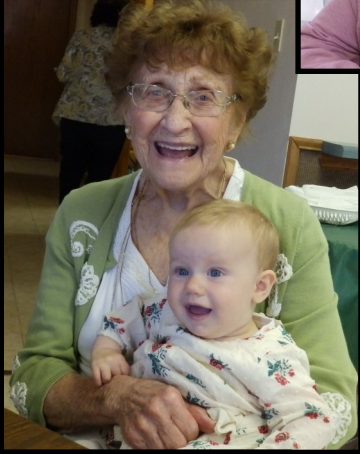
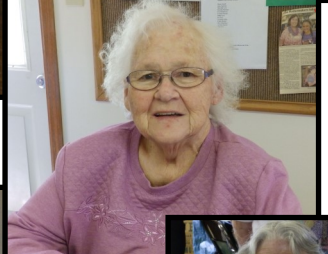
Peter Daniels has offered to continue working with Richland County to mobilize around reducing ACEs and fostering a community where everyone can thrive. Community members who are interested in this work can contact UW-Extension Family Living Agent, Chelsea Wunnicke at 608-647-6148 or go to richland.uwex.edu for more information.



People who report higher ACE scores are more likely to have health and social problems – in fact, as the ACE Score goes up, the percentage of people with health and social problems also goes up.



2018 Spring Fling!





Wisconsin Association for Home & Community Education, Inc.

Cultural Arts Show & Contest – 2018 Categories



1. Painting/Drawing

Framed or Wrapped. If bringing an easel for your painting or drawing, securely tape a label with name, district and county.

- A. Oil
- B. Acrylic
- C. Water Color
- D. Alcohol Ink
- E. Other

2. Photography

Photograph must be 8" x 10", unmatted only, in 8½" x 11" plastic sleeve with a tag board or cardboard behind the photo. Framed photographs will be disqualified.

- A. Color–Landscape
- B. Color– Waterscape
- C. Color – Plants
- D. Color – Animals/ Creatures
- E. Color – People
- F. Color – Skyscape
- G. Black and White
- H. Other

3. Sewing

- A. Children's Wear
- B. Adult Wear
- C. Original Design
- D. Wearable Art
- E. Useful Sewn Item
- F. Purse or Tote
- G. Pillow
- H. Sewn item made from recycled materials
- I. Wearable Accessory (apron, scarf, hat, etc.)
- J. 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. Craft

Six (6) Cards without envelopes MUST be mounted as a group on a flat sturdy display board no larger than 14" x 22".

- A. Cards–paper only-6
- B. Cards–mixed media-6
- C. Scrapbooking
- D. Craft made from recycled materials
- E. Handcrafted doll/ toy
- F. Glass craft
- G. Other

8. Heritage Skill

- A. Hardanger
- B. Tatting
- C. Woodworking
- D. Basketry
- E. Spinning/Weaving
- F. Felting
- G. Swedish Weaving
- H. Rug Making
- I. Original published book
- J. Other

9. Bed Quilt

Larger than 60" x 80" or 4,800 square inches

- A. Tied
- B. Hand quilted
- C. Pieced
- D. Appliqued
- E. Embroidered
- Machine Quilted Professionally:*
- F. Pieced
- G. Appliqued
- H. Embroidered
- I. Any other Bed Quilt

10. Lap/Baby Quilt

Smaller than 60" x 80" or 4,800 square inches

- A. Tied
- B. Hand-quilted
- C. Pieced
- D. Appliqued
- E. Embroidered
- Machine Quilted Professionally*
- F. Pieced
- G. Appliqued
- H. Embroidered
- I. Any other lap quilt

11. Quilted Wall Hanging

(with hanging sleeve, NO frame) -- One (1) item only no longer than 50 inches

- A. Hand Quilted, fabric
- B. Machine Quilted, fabric
- C. Other i.e., - collage of assembled materials or mixed media

12. Table Topper/ Runner

- A. Hand Quilted
- B. Machine Quilted
- C. Other

13. Jewelry

- A. Bracelet
- B. Necklace
- C. Set
- D. Other

14. Constructed Original Item

- A. Clay/Pottery
- B. Wood
- C. Other

15. Painted Object

- A. China
- B. Glass
- C. Fabric
- D. Wood
- E. Other

Poem, Non-Fiction, Fiction

Three copies, typed on plain paper with 12 point font, must accompany the registration forms. Entries must not be framed or in book form. Staple a cover sheet with the category/title which is to be centered on the entry. Name and county should appear on the back side. Do not count "a", "an", and "the" for either essays or short stories.

16. Poem

17. Non-Fiction

Original, 1 topic; 250-500 words

18. Fiction

Original with beginning, middle and end 3,000 words or less

19. Bonus Category – "Spring Into Action!"

The Fun Category

Limit of one entry per county. Create a display of your choice.

You may use any media to construct your entry.

Size restriction - base no larger than 10"x10" with maximum height of 20"

Judging - those attending will vote for their favorite "Spring Into Action" entry

Have Fun!!!

STATE REGISTRATIONS DUE BY AUGUST 1, 2018

Wisconsin Association for Home & Community Education, Inc.
Cultural & Textile Arts Show
2018 Guidelines for County Chairs



ALL items, including Bonus Category, must be pre-registered. Registration is due August 1, 2018. Any items NOT pre-registered will NOT be judged or displayed. Only one entry on each registration form. Send all forms together immediately after county show. A County may enter a total of 12 entries plus one Bonus Category 19. A county cannot have duplicate entries in any lettered sub-category. The County Cultural Arts Chair must include a self-addressed postcard or email address to verify receipt of registration forms. If you do not receive verification within three weeks, please call or email the WAHCE Cultural Arts Chair.

IMPORTANT: All entrants **MUST** sign the Registration form. Please read and sign below; entries will NOT be accepted if unsigned. Entrants will not hold WAHCE responsible for any loss or damage to any item submitted for use in the WAHCE Cultural Arts Show. Entrants give permission for their photo, photos of their entry, and/or print copies of their written entry to be used by WAHCE as seen fit.

All work must be done by entrant and completed after last year's show. It must receive a first place at this year's county show or fair. All items must be clean or laundered or will be disqualified by the judge. Kits and patterns may be used as long as entrant does all the work.

Color Coding of Registration Forms by Districts:

Central – White
Southeast – Green

Northeast – Yellow
Southwest – Orange

Northwest – Light Blue
West – Pink

Entry Day: Deliver items Sunday (9/16/18) from 6:30-8 pm or Monday (9/17/18) 9-11:30 am. Judging will begin at 12:30 p.m. Members may view the show for one hour after the Monday evening activity and during the day Tuesday. Hours on Tuesday for viewing will be announced or posted. Pickup times will be posted.

Send registration and written entries to: **Linda Sutherland**
1594 5th Avenue
Star Prairie, WI 54026

Contact Linda with any cultural arts questions.

715 248-7279 or 715-338-9214
tagalongacres@yahoo.com

Cut on the dotted line and send in the **SIGNED** completed Registration Form and Claim Check with both parts filled out. You will receive your Claim Check when you bring in the items.

Registration Form

Category/Class (example 2D)_____

County:_____ District_____

Name_____

Address_____

City/Zip_____

E-mail:_____

Phone #_____

Title or Description_____

Are you bringing an easel? o Yes or o No

People's Choice's# (official use only) _____

Claim Check

Category/Class (example 2D)_____

County:_____ District_____

Name_____

Address_____

City/Zip_____

E-mail:_____

Phone #_____

Title or description:_____

Are you bringing an easel? o Yes or o No

People's Choice's# (official use only) _____

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Author's Signature:_____

Date:_____



Richland County UW-Extension Office
1000 Highway 14 West
Richland Center, WI 53581
Phone: 608-647-6148
Fax: 608-647-9116
Email: chelsea.wunnicke@ces.uwex.edu
<http://richland.uwex.edu/>

University of Wisconsin-Extension provides
equal opportunities in employment and
programming, including Title IX requirements.

HOMEMAKER HERALD

Summer
2018
Edition

