



# HOMEMAKER HERALD

## Fall 2018



### Calendar of Events

#### October

- 2 HCE Executive Board Meeting,  
10 a.m., Room 713, East Hall, UW-R
- 8 Columbus Day
- 31 Halloween

#### November

- 1 All Saints Day
- 2 All Souls Day
- 4 Daylight Savings Ends—Fall back 1 hr.
- 6 HCE Executive Board Meeting,  
10 a.m., Room 713, East Hall, UW-R
- 11 Veterans Day
- 22 Thanksgiving Day

#### December

- 4 HCE Executive Board Meeting,  
10 a.m., Room 713, East Hall, UW-R
- 7 Pearl Harbor Remembrance Day
- 25 Christmas Day

#### January

- 1 New Years Day
- 8 HCE Executive Board Meeting,  
10 a.m., Room 713, East Hall, UW-R
- 21 Martin Luther King Jr Day



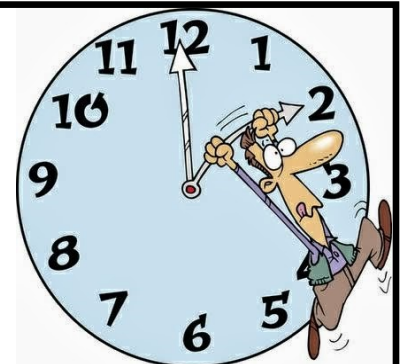
### Inside this issue

Presidents letter	2
Family Living Agent Letter	2
Executive Board Meeting Minutes	3 - 5
Yuba Club Trip Photos— Highground & Clark Co. Jail	6
WAHCE State Conference Reports	7 - 8
WAHCE State Conference Pictures	9
SW District Meeting & Pictures	9
Richland County HCE Cultural Arts	10
Ready for Adventure by Anna Cunningham	11



## Daylight Savings Ends November 4, 2018!

Don't forget to turn your clocks  
back 1 hour!





Hello HCE Members!

It is that time of year again for me to tell you what wonderful things our club members have been up too this year. Through the year our members have lovingly crocheted newborn baby caps for area hospitals, sewed and donated 100 pairs of mittens to area elementary schools, put together fruit and snack baskets for shut-ins and area people who are ill. Some members read books to elementary children and then donate the books to the class, others go to nursing homes and teach craft classes. The joy on their faces as you give them a food basket or teach them a craft will warm your heart.

We will be assembling bags filled with essentials needed by women and children in a women's shelter again this year. I am asking all members to save all soaps, shampoos, conditioner, and lotions from hotels in your travels as we can use these for the women's bags. We are in need of regular sized items too such as shampoo, combs, deodorant, toothbrushes for adults and kids, toothpaste, lotion, tampax and any other item a woman might need. If you see a sale on any of these items it would be deeply appreciated if would buy one more of that sale item to donate to this cause.

Our clubs support cancer walks, furnish salads and desserts at funeral dinners and serve the food to help out grieving families. We sew baby blankets to send overseas to Nicaragua. We collect pennies for friendship to buy water filters to help cleanse water in weather ravaged US states and countries.

Your Richland county Executive committee attended the HCE state convention last Sept in Pewaukee WI . Several of our members entered items in our Cultural Arts Show and some of the winning items were sent to state to be judged. I am happy to say we did extremely well we received 2 medallions (the highest honor HCE gives out), 10 first place and 2 second place ribbons. Congratulations to all our winners!

Those members of the Executive committee who attended the state conference have written articles on their adventures in this Herald. They are a must read.

These are just a few of the things our members are involved in and for being one of the smaller county HCE groups, we are one of the busiest giving back to our community to make a difference

You are truly an amazing group of woman whose main goal is to serve their community in every way. Thank you for all you do. **YOU DO MAKE A DIFFERENCE**



Your Richland County HCE President  
Yvonne Chapman

Fall Greetings!

I hope everyone is having an enjoyable start to Fall, now that it has dried out a bit. I have been occupied with many community presentations and educational events.

Attending the Southwest HCE District Meeting was very informative to me, especially the presentation from Sauk Prairie CARE program on drug abuse recovery. This fit well with the work I have been doing with the Richland County Children and Family Advocacy Council on substance abuse prevention.

Similarly, I recently attended the Southwest Wisconsin Behavioral Health Partnership Fall Summit, held in Platteville. The goal of the event was to inform and connect leaders from 5 Southwest Wisconsin Counties (Richland, Iowa, Grant, Lafayette, and Green) on the topic of behavioral health, which includes mental health, suicide prevention, and substance abuse prevention and recovery.

One thing that resonated with HCE's work was something we heard from internationally renowned Asset Based Community Development founder, John McKnight. He talked about the importance of including residents who may be "on the margins." He explained that having social & association connections is important for positive mental health. To improve mental health in a community, he said, leaders need to be good at **inviting** and **connecting** people to associations and groups **based on their strengths**.

I hope that we can do this in HCE and other groups that I am a part of. Including new people reduces loneliness and improves our organizations by accessing the skills & gifts of our new members. Best wishes for a connected and happy holiday season!

Richland County Family Living Agent

*Chelsea Winnicke*







**HCE Executive Board Meeting  
& Cultural Arts Show  
July 10, 2018**

Present included: President Yvonne Chapman, Cecile Haugh, Buena Anderson, Kathy Fanta, Ann Cunningham, Lynn Harwick, Charlotte Page, Charlene Standish, Sue Frank, Diane Dalberg, Mary Engel, Sheila Bradford, Jean Lisney, Elaine Olson, Joyce Rognholt, Kathy Granger, and Eileen Eberle.

The Richland County HCE held its 2018 Cultural Arts Show, Tuesday, July 10, 2018, at Schmitt Woodland Hills with the entries due and in place by 10:00 a.m. We had 43 entries. Kathy Granger was the judge and gave many fine comments on the items. She said the quality of the items was wonderful and we should do very well at state.

Diane Dalberg is the Richland HCE Cultural Arts Chairman and was in charge of the Cultural Arts Show. Twelve items were selected to go to state in September. These include: Yvonne Chapman, an apron; Sue Frank, a watercolor and a mixed media art; Diane Dalberg, 2 kinds of quilts, cards, photography, and a craft; Sheryl Sebranek, a rock sculpture; Cecile Haugh, a ceramic painting; Kathy Fanta, photography; and Eileen Eberle, a poem.

The bonus category was selected at the Spring Fling in Yuba and Eileen Eberle's "Spring into Action" goes to state as the bonus. The entries were exceptional. Entries have to be registered to the state by August 1<sup>st</sup> and entries taken to the show at the state conference in September.

The group had a pot luck dinner at 12:00 noon and we were joined by member Buena Anderson and her daughter, Lynn. Buena was honored as a 50 year member of H.C.E. and presented with a certificate and a gift. Her club members attended and were there to honor Buena, also.

The Richland County HCE Executive Board met Tuesday, July 10, 2018, at Schmitt Woodland Hills 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 June minutes were read by Secretary Eileen Eberle. Motion to approve as read by Charlotte Page, 2<sup>nd</sup>, and carried. The treasurer's report was presented by Cecile Haugh, approved as given, and filed.

The August meeting will be August 7<sup>th</sup> at 10:00 A.M. at Richland East Hall.

Cecile Haugh, Kathy Fanta, President Yvonne Chapman, possibly more, and Eileen Eberle will attend the state Conference in Pewaukee in September. Items from the county was discussed to be auctioned at state for funds for scholarships.

Richland County H.C.E. honored members for years of service to our group. Those receiving honors this year included: Helen Jindrick, Delores Coonrod, Bonnie Clift, and Buena Anderson. Each was presented with a certificate and a gift of a burlap flower. (These have magnets and can be worn or used as refrigerator magnets.)

Richland County will have a display of our activities at the state conference.

The county H.C.E. will have a fund raiser at Culvers on July 25<sup>th</sup> from 4:00 p.m. to 8:00 p.m.

The program for the fall district HCE meeting is on October 11<sup>th</sup>, being held in Plain at the Kraemer Library, and will be hosted by Sauk County.

Several ideas were discussed for fund raising this year. Members gave updates of their club activities. Special thanks to the Extension Office for making the certificates, the ribbons, and the entry forms, plus all the other things you do to help our organization. It is much appreciated.

Motion to adjourn was made by Cecile Haugh and President, Yvonne Chapman adjourned the meeting at 11:35 a.m.

Sincerely submitted by  
Secretary Eileen Eberle



**HCE Executive Board Meeting  
August 7, 2018**

Present included: Yvonne Chapman, Amy Morel, Cecile Haugh, Kathy Fanta, Charlotte Page, FLA Chelsea Wunnicke, Diane Dalberg, and Eileen Eberle.

The Richland County HCE Executive Board met Tuesday, August 7, 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 July minutes were read by Secretary Eileen Eberle. Motion to approve as read was made by Charlotte Page, 2<sup>nd</sup>, and carried. The treasurer's report was presented by Cecile Haugh, approved as given, and filed.

The Cultural Arts Show was held in July and 12 items will be going to the state HCE Conference. Cecile, Kathy, Yvonne, and Eileen will take these items to Pewaukee to the State HCE Conference in September. A write up on this was in this Herald.

Cecile Haugh, Yvonne Chapman, Kathy Fanta, and Eileen Eberle will attend the State Conference for HCE in Pewaukee, September 17-19. Richland County is putting up a display of our activities here and Chelsea got the permission for this



and Cecile is in charge of this display. We will donate items for the state raffle for Cultural Arts and an item for bidding on for state scholarships. There will be a meeting in September due to the state conference and fall fling activities need to be completed.

100 copies of each sheet was made for instructions of scrubbies, infinity scarves, and crocheted necklaces to be placed on our table for handouts at the state conference.

The Fall Southwest District meeting will be in Plain at the Kraemer Building on October 11<sup>th</sup> and Sauk County is in charge of the meeting. More information will be in the Herald.

The Reading Grandparent's Program (Guest Readers ) is continuing at the Richland and Riverdale School districts. Any members who want to be readers, please call Eileen at 583-5544. This is along with Delta Kappa Gamma. Scheduling of readers will start the later part of September. Diane Dalberg is joining the group of readers from HCE. Come join us!

Richland County HCE had a fundraiser at Culvers on July 25<sup>th</sup>. Thanks to all that participated. These funds will go into the scholarship funds.

An amount of yarn was donated to Richland HCE and the County Liners are going to use this in a project with assisted living residents and other activities. They will make newborn hats for babies and scarves. These will go to the hospitals and Passages. Thanks for this material.

The Yuba Homemakers are making blankets for Nicaragua from cotton fabric. We will take over 15 of these to the state conference to be taken to Nicaragua. Our activities are far reaching and doing good in many areas.

Our F.L.A. Chelsea Wunnicke is very busy with community activities, including holding canning and preserving lessons, healthy foods activities with area youth, testing canning pressure cookers, programs on the radio, and much more.

Richland HCE is looking into starting a younger youth cultural arts show to stimulate interest in others of various activities for them to show at the county level for cultural arts activities. This will give these youth a chance to have their projects judged and show with area awards. Diane Dalberg and Eileen Eberle are to work on this and bring some ideas to the September meeting to get this started in 2019.

"One person can make a difference and everyone should try "  
- *President John F. Kennedy*. A great motto to live in our lives.

A motion was made by Cecile Haugh at 10:45 a.m. to adjourn the meeting, 2<sup>nd</sup>, and carried. President Yvonne Chapman adjourned the August meeting.

Sincerely submitted by  
Secretary Eileen Eberle

## HCE Executive Board Meeting September 11, 2018

Present were: Yvonne Chapman, Chelsea Wunnicke, Diane Dalberg, Cecile Haugh, Charlotte Page, and Kathy Fanta.

Eileen Eberle could not make it to the meeting so we had not heard a secretary's report. Kathy Fanta had taken meeting notes.

Cecile Haugh had given the treasurer's report. Motion made, Charlotte Page seconded to accept as given.

2018 State WAHCE Conference this year is in Pewaukee, WI, on September 17 - 19, 2018. Attending will be Eileen Eberle, Cecile Haugh, Yvonne Chapman, and Kathy Fanta. We will meet at Cecile's house at 6:45 a.m. and continue to Reedsburg, WI, to pick up Eileen Eberle up for this trip. Cecile has the Richland County trifold display to bring. Yvonne is donating a quilt for the conference raffle. Cecile is getting honey for the conference silent auction. Bring quiltlets for Nicaragua. Charlotte Page (5) and Yvonne Chapman (15) donated a total of 20 quiltlets. Yvonne got the tax exempt form for the conference. Kathy Fanta was the driver for this years HCE State Convention.

New Business: Southwest District Meeting is October 11, 2018, in Plain, WI. Cecile is collecting the money for each member planning on attending this meeting to send in by Oct. 1, 2018.

Chelsea Wunnicke had talked about the 4imprint Logo Company. They give away \$500 a day of products. Put your groups name in and it could be drawn to win.

Cecile Haugh mentioned Schwan's has a Script program to make money. She will check on this.

Diane Dalberg asked if should give a list of what HCE clubs are doing? Diane's club is going to Lonesome Stone Mill, Lone Rock, WI. Cecile Haugh mentioned the Yuba HCE group was going to the Viet Nam Memorial called High Ground for a 2 hour tour and the Jailhouse Museum both located in Neillsville, WI.

Yvonne Chapman mentioned she had given the Yuba HCE group a lesson on "14 Ways Consumers Can Reduce Food Waste". Diane Dalberg inquired about this lesson for her group. Chelsea Wunnicke had given Diane the CD and run off the pages for this lesson. The two lessons from the 2017 HCE State Convention that were brought back to Richland County was a Consumer Food Waste Program and Saving for College. Chelsea mentioned canning classes start in October.

Cecile Haugh mentioned she is trying to get someone on human trafficking for the Yuba HCE Spring Fling Banquet.

Yvonne Chapman had said HCE gives money to causes chosen





and they send money in. Pennies for Friendship went for water filters. Diane Dalberg is interested in the water filter to show her HCE group.

Diane also asked about the quiltlets for Nicaragua. Yvonne explained 1 1/2 yards x 1 1/2 yards of cotton material sewn together to make a quiltlet for Nicaragua ladies to use for their babies. Kathy Fanta mentioned she was told they also use the quiltlets in their hospital to cheer patients up because it sounded like their hospital beds are limited on blankets. Diane mentioned how her group had made dresses for Africa. Her group decided to send dresses to Haiti. Cecile Haugh mentioned Michelle Nolan-Karras and Squeak Behrendt had gone on the HCE Nicaragua trip with many other HCE members. Yvonne had called the HCE president and questioned if the water filters were sent to Houston? Yvonne was told that filters were already sent to Houston.

Meeting was adjourned at 10:56 a.m. Cecile motioned and it was seconded.

Sincerely submitted by  
Kathy Fanta



### **HCE Executive Board Meeting October 2, 2018**

Present included: Yvonne Chapman, Charlotte Page, Cecile Haugh, FLA Chelsea Wunnicke, and Eileen Eberle.

The Richland County HCE Executive Board met Tuesday October 2, 2018 at East Hall, UW Richland at 10:00 a.m. for the October meeting. The meeting was 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 September minutes were read by Eileen Eberle and will be published in the Herald. The minutes were written by Kathy Fanta due to Eileen Eberle missing the September meeting. The treasurer's report was presented by Cecile Haugh, the treasurer, approved as given, and filed.

The November Executive Board meeting will be November 6th at 10:00 a.m. at East Hall, UW Richland. 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 583-5544. This is along with Delta Kappa Gamma.

Cecile Haugh, Kathy Fanta, Yvonne Chapman, and Eileen Eberle attended the state Conference in Pewaukee in September. They gave a report to the board and a write-up for the Herald. Richland County had a table of our activities, took a gift for the silent auction of maple syrup and honey, participated in many activities. Our president attended all of the state officer

training sessions. We took 20 quiltlets for Nicaragua that were made by the Yuba HCE.

The Cultural Arts Show at the state was held and Richland County received 10 blues, 2 reds, and 2 state medallions. Medallions were won by Diane Dalberg on photography and Cecile Haugh received a medallion with her porcelain vase. Congratulations to these members.

F.L.A. Chelsea Wunnicke gave a report on her current activities including radio appearances, upcoming conferences, the water programs', and her canning training.

The Fall District meeting is October 11<sup>th</sup> in Plain at the Kramer Library Building. Six members are attending from Richland County. We filled out paper work and applied for funds for our reading program.

Insurance each year is \$85.00 and the county paid this for the executive board activities. We need to fill out new photo sheets to publish pictures of members. No recipes should be printed in the Herald as some aren't from original recipes. A new book of bylaws was given to the president and secretary. The organizational sheet needs to be completed and to the district by November 1<sup>st</sup>. We filled in some of this and Jennie is completing this and forwarding to the district.

Several ideas were discussed for fund raising this year. Members gave updates of their club activities. The County Liners took 10 baby blankets to the Richland Hospital. Clubs are teaching skills of parents to others, making blankets and caps for babies at the hospital, having craft days at Senior Centers, and helping much in our communities.

Eileen brought a holiday wreath that she made at state conference and it was decided the board would make these at the November meeting. Eileen was to get the materials and write out the directions.

The executive board will be making bags for Passages in December. If you have any materials for these gift bags, please get these to the office or to a board member.

Richland County is going to sponsor a Cultural Arts Show for youth and the entries and rules are being developed and will be published soon.

The President handed out materials to the board on Marketplace and the Fall District meeting.

Following the Homemaker's Prayer, President, Yvonne Chapman adjourned the meeting.



Sincerely submitted by  
Secretary Eileen Eberle









# HCE State Conference 2018

## HCE Annual 2018 Conference

I attended the 2018 HCE conference in Pewaukee WI and what an adventure I had. I went to the conference with members of the Richland County Executive board. My roommates made the trip fun and memorable. The meals we were served were delicious, the rooms were beautiful and the staff was so helpful.

I took a class on how to make a wire bracelet. It was fun and frustrating as my eyes and hands tried to place tiny beads on a wire in a pattern. It was challenging but I finally created a beautiful piece of jewelry.

The most memorable thing I will take away from this conference was the class I took on Human Trafficking of our children. I would like to share with some of the facts and information I learned in this class. Did you know Milwaukee is known as the "pimp school"? Fathers train sons to become pimps in this lucrative disgusting business. It is a \$150 billion dollar industry and \$20.9 million worldwide.

What is human trafficking? First of all it is not prostitution. It is the exploitation of young runaways, children who have runaway because of sexual abuse at home, some before the age of 10 years old. It's unsupervised and unloved children, 82% of these kids come from unsupervised low income homes.

Where is this this happening you ask? Restaurants, in group homes, shopping malls, Craig's list, Facebook chat rooms, hotels, modeling ads, and dating sights are just a few. There was a site on the internet called backpage.com that was charged with 92 counts of sex trafficking on their web site. It is happening in Wisconsin. It happened in Marathon county, WI at a Subway in 2017. Here is a shocker did you know at a Packers Vikings game \$8000.00 was made by sex traffickers that weekend.

A study was done in 8 cities regarding sex trafficking and the revenue was \$39 -290 million dollars a city! Pimps can make up to \$33,000.00 a week and their girls or boys have to make \$1000 a night before they are allowed to come back home.

If you see a child you feel is being pressured to go home or is danger, you can call 211 and report it. You might just save a child's life.

Now on a lighter note the funniest thing that happened to me was, I sat on a wet wash rag and so my bright idea was to get the hair dryer and dry them. So picture this here: 8:30 a.m. in our hotel room, all alone, bent over with a hair dryer pointed at my rear thinking, "Gee, I hope no one walks in on me because what will they think!"

Yvonne Chapman  
HCE Richland County President

## HCE State Convention 2018

The first day of the convention gives you the opportunity to choose visiting one of several local interesting educational businesses, museums, or entertainment spots.

Being in charge of day trips for our club, I thought the tour of the Taste Of Home Kitchen might be a good tour to check out. The tour also included a riding tour of Greendale. Greendale was one of FDR's work [programs]. The homes in this village were built of cement blocks and offered many individuals jobs during the depression.

Having always been interested in sign language, my first session was all about the origin and history of sign language. Somehow I thought it would be easier to learn; however, I did learn a few signs. Our presenter was so enthusiastic about her occupation as I am sure it is a very gratifying one.

A topic we are not as aware of nor as informed of as we should be is sex trafficking. Many times we feel it is not present in our community. WRONG! It is everywhere! I plan on getting a speaker to give a well informed presentation on the topic for our Spring Banquet. Please plan to attend and bring a friend.

Though I was raised on a farm and had the experiences of preserving food by canning and fermentation, I recently learned of several additional fermented products that have become popular---such as kimchee and kombucha, so I felt obligated to learn about these new popular products.

And then, just for fun, I had a session on jewelry making and it was Fun! It could also become addictive.

As always, the state convention was very inspiring. I'm sure all of you would enjoy it---if only for a day. Come and experience it for yourselves!

Cecile Haugh  
HCE Richland County Treasurer



## HCE State Conference Report for 2018

Cecile Haugh, Kathy Fanta, Yvonne Chapman, and I attended the HCE State Conference in Pewaukee, WI on September 17-19<sup>th</sup>. There were over 300 HCE members from throughout Wisconsin registered for this meeting.

On Monday, after we registered, got into our rooms, set up the exhibit of the Richland County table, and entered the Cultural Arts for Richland County, I attended a Paint and Sip class and painted a picture on wooden board. This was wonderful.

We then all gathered and had a general session. There was a banquet, announcements, and a speaker about "Keeping an Open Mind".

On Tuesday, I worked in the Cultural Arts room and visited with members who were enjoying the great exhibits. I attended a program on "Fun with Fermentation" and learned about many ways to preserve and serve various foods.



After a gathering and lunch, I went to a session on Early Readers and learned of areas where funds are available for reading programs. We will fill out the forms and try to get some of these funds to help our reading program. We currently support our program along with the Lambda Chapter of Delta Kappa Gamma. Two counties inquired of our program so they can start it in their counties.

Tuesday evening was the banquet and the installation of the new state officers. A speaker talked on the ships that had sank in the Great Lakes and some great stories going along with these tales.

We all returned to our room until the cultural arts could be gotten and the silent auction items picked up by the bidders at 11:00 p.m. We took time to complete some of the forms for funds, Kathy taught Eileen how to crochet the magic circle, we shared ideas on making new born hats for the hospital, the making of gloves, hats, and scarves for schools and Passages, etc.

There were sessions with programs on a disc and these will be available to clubs from the Extension Office. We set up a table of activities from Richland County, displaying our volunteer activities and things we do here. We had copies of some of the projects and these were well received. Yvonne made trail mix and this was available to all. Our table looked lovely.

Wednesday morning, I attended a workshop on "Hug in a Mug" and got recipes of many foods that can be made in a mug and microwaved or done in the oven. Hopefully some can be put in the Herald.

Also, I was in a session where we all made wreaths. Mine was a Christmas one and is beautiful. I hope to get the directions and put these in the Herald.

We went to lunch, and we got a door prize here, and Cecile won a quilt. Then we loaded our luggage and purchases from the silent auction, and headed for home. A great experience and lots of fun with fellow members of H.C.E. Richland.

The rooms were great and the food super. These conferences give us the opportunity to learn new things, meet and greet old friends, and revitalize ourselves. Try to attend some of these activities and get these opportunities for yourselves. We have great people throughout the state in Wisconsin HCE. I loved it.

Eileen Eberle  
HCE Richland County Recording Secretary

HCE State Convention 2018

The 2018 WAHCE State Conference was held in Pewaukee, WI at the Country Springs Hotel on Sept. 17 –19, 2018. On arrival, Yvonne Chapman, Cecile Haugh, Eileen Eberle, and I set up the Richland County HCE display, delivered the cultural art items, and the fun begins.

The Wisconsin Quilt Museum, Cedarburg, WI and the Cedar Creek tour was my tour pick this year. The quilt museum during my visit was showing "The Best of Contemporary and Traditional Japanese quilting".

The quilts I had seen were amazing with many stitched patterns of long arm quilting machines, hand quilting, hand applique, trapunto, embroidery, and many themes to each crafter's masterpiece. Cedar Creek, Cedarburg, WI was filled with many enjoyable shops, including antiques, clothing, jewelry, candy, wine, garden figurines, and much more.

Tuesday workshops began. *Art on Sea Glass* was my first class that involved rubber stamping ink designs on glass pieces and creating a piece of jewelry.

*Fun with Fermentation* was my second class. The instructor talked about safe home canning procedures. Finishing up the day, my third class was *Rock County Barn Quilts*. I learned about the creation and history of these barn quilts.

Wednesday's workshops started with *The Power of Protein*. The instructor taught how important protein is for our diets. Beef is a powerful protein and has essential nutrients for our bodies.

The last class I had taken was *Human Trafficking in Wisconsin*. Education and awareness of trafficking is so important in our society. Lotus Legal Clinic helps the victimized in Wisconsin find legal counsel for anyone victimized by sexual abuse and human trafficking. LOTUS stands for Legal Options for Trafficked and Underserved Survivors.

Kathy Fanta  
HCE Richland County







## SW Wisconsin District Meeting

Yvonne Chapman, Anna Cunningham, Charlotte Page, Cecile Haugh and our FLE, Chelsea Wunnicke attended the Sauk County District Meeting on October 11, 2018 at the Kramer Library in Plain, WI.

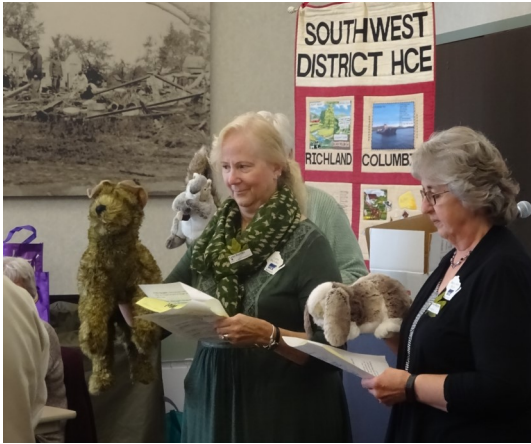
Speakers included Joan Mach, RN Director, and Deb Johnson, LPN Patient Coordinator of the St. Vincent de Paul opioid and alcohol recovery program. Their presentation was very effective especially since they included their own experiences with opioid and alcohol abuse in their own families. Bob Neuheisel explained the OccuPaws program and his work training guide dogs for the blind and Laura McReynolds, owner of New Life Lavender and Cherry Farm, spoke about their new operation and the uses and benefits of lavender.

All the speakers were very informative and we felt excited about passing the information on to our local clubs.



Above Left: Chelsea Wunnicke, Yvonne Chapman, Charlotte Page, & Cecile Haugh

Above Right: Laura McReynolds, owner of New Life Lavender & Cherry Farm, located outside of Baraboo, was one of the guest speakers.



Left: State Bookworms Chair, Lynn Marks leads volunteer Marry Ann Bays in a puppet show about reading to entertain us.



# HCE Cultural Arts!







# Ready for Adventure

By Anna Cunningham, Lone Rock, WI

(Reprinted from Reminisce Magazine, February/March 2013)

In 1953, when I was 17 years old, one of my three uncles in the United States wrote to my family in Erding, Bavaria, asking if any of us eight children would like to immigrate. I said right away that I was ready for the adventure.

With my new visa and Uncle Hans' tickets to America in hand, I took the train with my father to Munich, where I boarded the Orient Express to Paris. I met a lady from Vienna who was going to Chicago on the same ship, and we took a sightseeing bus trip in Paris.

The next morning, we took a train to Le Havre, where the ship *Liberty* was waiting for us. The voyage was calm except for one stormy night. I recall the ship's large ballroom, movie theater, and chapel. Every table in the dining room had a bottle of red wine and a bottle of white for supper each night.

We were all on deck to see the Statue of Liberty, which I'd heard so much about. There was a lot of help for the travelers as we debarked, collected our suitcases in a large hall and got on the train to Chicago. From there I took the train to Milwaukee and then Madison, Wisconsin. I was put in touch with the head nun at St. Mary's Hospital. She spoke German, which was very comforting. She put me up in a hospital room for the night to wait for the morning train to Spring Green and phoned Uncle Hans on his farm near Plain.

After a week on my uncle's farm with 13 cousins, he found me a job as a mother's helper in Plain for the best family one could ever find. The three children helped me learn English, and the parents spoke German, which was also a big help.

Three years later, I married a dairy farmer. We raised four wonderful children together. I thank my lucky stars every day that I've been able to spend 60 years in the greatest country in the world.



Above: Anna Cunningham went to the train station in Munich with her father, Franz Schmid.



Right: Anna with Uncles Hans and Max at a seminary in Wisconsin.



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](mailto: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**

*Fall*

*2018*

*Edition*

