



Outagamie County Home & Community Education

News & Views

Spring 2022

President's Letter

Happy Spring Everyone!

I hope everyone is doing well and are comfortable getting out and about.

We are proud to say we have awarded two scholarships again this year.

Although our numbers are declining, we are still working hard to help others.

Working through Covid, we have been still able to accomplish a lot.

Small groups are still quilting and four of our ladies are still recycling greeting cards, and several ladies are working on the recycling of calendars.

We are really proud of all you do.

Our Splashes of Joy are available both virtually and in person. We have an average of three to four people attending. It would be nice if we could have more attending.

The History Committee is working hard on updating the history book. Next year we will be celebrating 100 years. If you have ideas to help promote our organization, please let us know.

Lois Dalke and I attended the Northeast District meeting. Lois won a scholarship to attend the State Meeting.

Registration for the State meeting can now be made. The date for the Fall Northeast District meeting is October 13, 2022 at Kellnersville Bar & Grill. More details to come.

Happy Spring, keep up all of your hard work.

Linda Biese

President

Outagamie County HCE



Extension Note

Dear HCE Members,

Well Spring lasted a day...Hopefully this finds you well and eager to get out and do some fun activities for yourself and your family.

We are busy with a variety of topics and workshops. Powerful Tools for Caregivers started last week with a full class. We are looking at a Planning Ahead workshop via Zoom starting in May as well. We continue to offer Caregiver Chat topics on a monthly basis, and you can check our website for other upcoming events.

Karen Dickrell

Human Development and Relationships Educator
UW-Madison Division of Extension Outagamie County

Charity Workshop

Our group meets two Wednesdays a month. We have anywhere from three to eight ladies.

Margret Hintz and Judy Shafel work on the calendar books.

Linda Biese, Lois Dalke and Kathy Schroeder work on quilts.

Dorothy Paltzer, Dolly Mleziva, Janet Springstroh and Linda Biese work on cards in their homes and then drop them off and Linda sends them to a program called "Bring Smiles to Seniors." Also, some are distributed locally.

We have sent 2,800 cards already this year.

Linda also makes homemade cards to be sent to "Cards for Kindness." So far 150 have been sent there.

Thank you for all your hard work.

Club Corner

Woodland Club

Lois Dalke and Linda Biese have been working on patriotic quilts which will be given away on Veterans Day.

This year our goal is ten quilts. Kaukauna Legion will be receiving them this year.

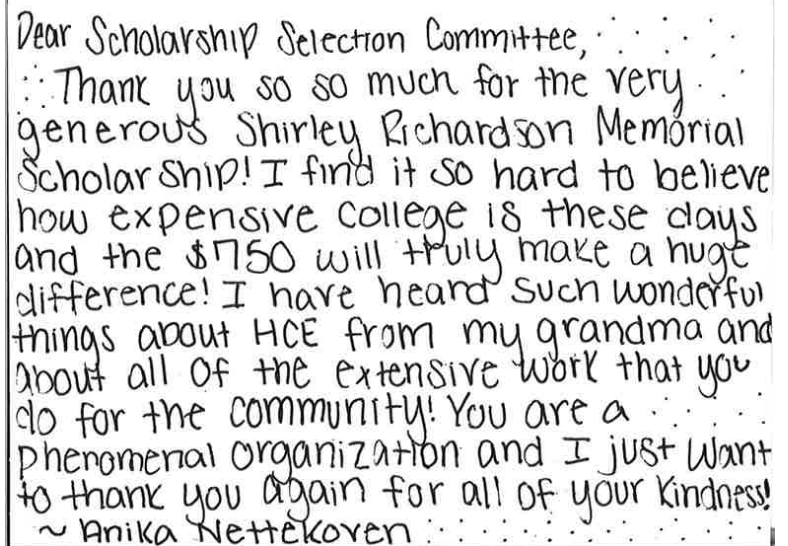
Linda has seven complete and Lois has several under construction.

We received a donation for last years recipient's and also a grant from Thrivent to help with costs.

Thank you to Faye Wichman for applying for the grant.

Thank You

Annika Nettekoven is the 2022 recipient of the Shirley Richardson Scholarship. She is the grand daughter of Mary Ann Nettekoven of Country Apples HCE Club.



Dear Scholarship Selection Committee,
Thank you so so much for the very . . .
generous Shirley Richardson Memorial
Scholarship! I find it so hard to believe
how expensive college is these days
and the \$750 will truly make a huge
difference! I have heard such wonderful
things about HCE from my grandma and
about all of the extensive work that you
do for the community! You are a
phenomenal organization and I just want
to thank you again for all of your kindness!
~ Annika Nettekoven

Upcoming Events

Gardening As We Age

May 9 | 10:00 am | Extension Office 3365 W Brewster St, Appleton

Register by May 4 (If we don't have enough people sign up we will need to cancel) 920-832-5121

Lucy Valitchka, Master Gardener, will share topics with us on how to garden as we age. Lucy is an experienced Master Gardener who has volunteered many hours in reaching out to folks interested in gardening.

2022 WAHCE Annual Business Meeting & Conference

Workshop Descriptions

**** Tuesday, September 20, 2022 ****

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



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

Reserved seating for voting delegates: County President and WAHCE Board Members.
Presiding: WAHCE President Eileen Gottbeheat

- **102 Murder in Wisconsin: The Clara Olson Case**

It was the crime of the century. A true saga of romance, sex, murder, and evasion, set among the hills of Southwestern Wisconsin. A shocking story of tragic betrayal and a mesmerizing account of a true crime.

Presenter: *Larry Scheckel, Retired Educator*

- **103 Hmong People and their Journey to America**

Tony will focus on the Hmong history, culture, and their journey from Laos during the Vietnam War to the United States.

Presenter: *Tony Yang, Associate Professor UW-La Crosse, Co-Director Hmong Education Project.*

- **104 Real Well being**

We have heard a lot about self-care in the last few years and so much of it does not fit with who we are, how we were raised, or what we truly need. Learn some tips and tricks to really learn about your own wellbeing and how to get what you need no matter if you are a caregiver, someone who never slows down, or even if you believe everyone else comes first.

Presenter: *Heather Quackenboss, UW Extension, La Crosse County*

- **105 Holiday Candle Holder** (\$5.00 fee for materials paid to instructor) **(Limit 25)**

Learn how to make a Holiday candle holder from a wine glass and a figurine.

Presenter: *Vicki Montgomery*

- **106 Sustainable Living**

Marilyn will talk about her journey living off grid in a straw bale home she built in in 2008. She'll also give tips and suggestions for living a more sustainable life.

Presenter: *Marilyn Pedretti*

Session #2: 10:15 – 11:30 AM

- **201 Healthy Matters with April**

Do you want to feel inspired and uplifted? Then you should attend this session! A few topics will include positive thinking, mindfulness, and gratitude. Learn how to stop negative thinking and how to reframe it.

Presenter: *April Anderson, Health and Well Being Educator, UW Extension Monroe County*

- **202 Your Leadership Legacy**

Leadership isn't based on a title or position. If you're reading this, you're a leader. Join Sarah for some laughter, resources and stories on how to be intentional with your leadership legacy.

Presenter: *Sarah Fecht, Best Self Leadership*



2022 WAHCE Conference Registration
"Rollin on the River with WAHCE" -- September 19-21, 2022
Stoney Creek Conference Center, Onalaska, WI



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: _____
Emergency Contact: Name _____ Phone #: _____
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, 2022**

Workshops & Tours: Please number each section in order of preference 1, 2, 3, 4, 5, 6

September 19th, Monday Tours Noon to 4:30 PM

- ___ #1 Mississippi River Scenic Cruise \$40.00
- ___ #2 Pearl Street Brewery \$30.00
- ___ #3 UW-La Crosse Planetarium & Grandad's Bluff \$25.00
- ___ #4 Historic Trolley Ride \$35.00
- ___ #5 On-Site-- Water Color Painting \$15.00
- ___ **Need handicap access on bus**

September 20st, Tuesday

Workshops Session #1: 8:30 – 9:45 AM

- ___ 101 WAHCE Annual Business Meeting (**Note: 8:00 Start**)
- ___ 102 Murder in Wisconsin: The Clara Olson Case
- ___ 103 Hmong People and their Journey to America
- ___ 104 Real Well being
- ___ 105 Holiday Candle Holder (\$5 fee paid to presenter)
- ___ 106 Sustainable Living

Workshop Session #2: 10:15 – 11:30 AM

- ___ 201 Health Matters with April
- ___ 202 Your Leadership Legacy
- ___ 203 Wisconsin Bookworms
- ___ 204 Casting for Membership
- ___ 205 Embroidery Technics (\$10 fee paid to presenter)

1:15 PM Tart's Delight (everyone may attend)

Workshop Session #3: 3:30 – 4:45 PM

- ___ 301 The Power of Pet Therapy
- ___ 302 **Educational Program #1-Getting Started with Advance Care Planning**
- ___ 303 Protecting Yourself in the Digital World
- ___ 304 Family and Children's Center Services
- ___ 305 Wine Making 101 (\$5 fee for tasting paid to presenter)

September 21st, Wednesday

Workshop Session #4: 8:30 – 9:45 AM

- ___ 401 Pride and Prejudice
- ___ 402 International Workshop --Where do we (WAHCE) Fit into all Those Alphabet Letters?
- ___ 403 Treasurer's Workshop
- ___ 404 The Art of Making Soap and Lotion
- ___ 405 Dementia and Brain Health
- ___ 406 Growing as Your Garden Grows
- ___ 407 Quilt Corner "Wool Basics" (\$15 fee paid to presenter)

Workshop Session #5: 10:30 – 11:45 AM

- ___ **501 Educational Program #2 – Prairie Wildflowers for Attracting Butterflies, Birds, and Pollinators**
- ___ 502 1850's Norwegian Immigrant
- ___ 503 Cultural Arts Discussion – Issues/Improvements/Ideas
- ___ 504 Support Your Immune Function with Good Nutrition
- ___ 505 Conference Planning

Full Registration/ Meal Package Fees:

WAHCE Member or spouse	\$170.00	\$ _____
Non-member	\$180.00	\$ _____
Extension or County HCE President	No cost	\$ FREE
Late Fee (sent after August 15)	\$50.00	\$ _____

Or One Day Fees:

Monday banquet & program	\$40.00	\$ _____
Tuesday registration and meals	\$95.00	\$ _____
Wednesday registration and meals	\$55.00	\$ _____
Tuesday & Wednesday registration & meals	\$130.00	\$ _____

Tour Fee

Total Enclosed: \$ _____

**ALL REGISTRATION FEES ARE NON-REFUNDABLE,
BUT TRANSFERRABLE INCLUDING TOURS.**



- **203 Wisconsin Bookworms**

Books and activities for the 2022-2023 Wisconsin Bookworms program will be discussed. There will be time for questions, as well as county sharing.

Presenter: Marianne Geiger, WAHCE Wisconsin Bookworms Chair

- **204 Casting for Membership**

Charlene will be reviewing membership methods. and will discussing an updated flyer to promote membership.

Presenter: Charlene Southworth, WAHCE Membership Chair

- **205 Embroidery Technics (\$10 fee paid to instructor) (Limit 15)**

Create a small floral design using hand embroidery stitches. Three basic embroidery stitches will be taught: lazy daisy, whipped back stitch, and French knot. Your kit will include all necessary supplies, as well as a small stitching guide with diagrams of basic embroidery stitches.

Presenters: Six members if the *Coulee Chapter of the Embroiderers Guild of America*

Tuesday, Lunch 12:00 PM

1:15 pm Tart's Delight (for everyone's attendance)

This presentation will explore the darker side of La Crosse history, highlighting actual events from the 19th/early 20th century. It will be presented by Madam Frankie LaSalle (portrayed by Kelly Krieg Sigman), and will feature historic images, a bit of history on the "world's oldest profession", and the story of the most sensational murder trial in the city's history to date.

Session #3: 3:15 - 4:30 PM

- **301 The Power of Pet Therapy**

Meet rescue dogs Amber and Levi. With their handler, Barb Larsen-Anderson, they have greeted over 2600 people since 2017. These dogs are sure to touch your heart as Barb explains the certification process and how they can affect lives.

Presenter: Barb Larsen-Anderson, retired from UW-La Crosse, Volunteer at Coulee Region Humane Society.

- **302 Educational Program #1: Getting Started with Advance Care Planning**

Advance care planning is not just about old age. At any age, a medical crisis could leave you too ill to make your own health care decisions. Even if you are not sick now, planning for your health care in the future is an important step toward making sure you get the medical care you would want, if you are unable to speak for yourself and doctors and family members are making the decisions for you. Wisconsin laws have created two forms of advance directives for health care—the living will and the power of attorney for health care. Join us for a discussion on why it's important to have them, where to find the forms, and how to file

Presenter: Jackie Carrittini, Associate Professor, Human Development and Relationship Extension Educator

- **303 Protecting Yourself in the Digital World**

With so many people online, the magnitude of scams is increasing. Cyber security is something everyone should prioritize, it is important to be aware of current threats and how to deal with them. Practicing cyber safety can go a long way toward protecting your identity and sensitive personal information. During this presentation, we will learn about staying safe online, common fraud schemes, how to deal with scams, and what to do if they happen.

Presenter: Katie Herman, BS Information Science & Technology

- **304 Family and Children's Center Services**

The La Crosse Family and Children's service is a non-profit entity serving many communities with the following programs: Alcohol and Drug Treatment, Family Supportive Services, Foster Care, Housing and Residential Programs, Juvenile Services, Mental Health Issues, Respite Services, and Domestic and Child Abuse Services. Jamie will be talking about Child Abuse and Prevention.

Presenter: *Jamie Korn, Development Director Family & Children's Center*

- **305 Wine Making 101** (with tasting, fee \$5 paid to presenter) **Limit 20**

Todd and Jennifer own Lost Island Winery/Skeleton Crew Brewery in Onalaska, Todd started out brewing wines and beer in his home and expanded to owning his own business, and making both wines and craft beers. In this session, he will explain the basics of home wine making. There will also be tasting of some of the wines he has brewed

Presenter: *Todd and Jennifer Wiedenhaft, Owners Lost Island Winery/Skeleton Crew Brewery*

**** Wednesday, September 22, 2021 ****

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

- **401 Pride and Prejudice**

Often, we take pride in our history, and we are now learning how we have not learned a complete history. Join in learning some history that you may have never learned, and how we can move forward in a way that lets everyone know they belong.

Presenter: *Heather Quackenboss, UW Extension, La Crosse County*

- **402 International Workshop – Where do we (WAHCE) fit in all those Alphabetical Letters?**

Lylene will talk about our WAHCE memberships in ACWW, CWC, NVON, and in USA-ACWW. She will explain our relationship with and responsibility to each of them. She will also review and include W/NP and VIP and bring you up to date on current issues in those organizations.

Presenter: *Lylene Shultz, WAHCE International Chair*

- **403 Treasurer's Workshop**

Mary Ann will be explaining important updates and other information for treasurers.

Presenter: *Mary Ann Bays, WAHCE Treasurer*

- **404 The Art of Making Soap and Lotion**

Cindy will discuss the process of making soap and lotions, she makes her's with goat's milk which she has an abundance of since she has a goat farm. She has been making soap for 20 years and loves to play with different colors and scents.

Presenter: *Cindy Hoehne, Co-owner, Rainbow Ridge Bread and Breakfast*

- **405 Dementia and Brain Health**

Learn a little about dementia risks, causes, and warning signs, and communication and quality visit tips if you know someone living with dementia. There will also be emphasis on brain health education, tips, and resources.

Presenter: *Kelsey Flock, Dementia Care Specialist, Aging and Disability resource Center*

- **406 Growing as Your Garden Grows**

Whether your garden consists of a few house plants or a half-acre in ground space, this workshop is for you. In this workshop we will discuss tips and tricks for a healthy garden, staying connected to your plants all year round, and troubleshooting problems as they arise. Though the topics will be very broad it is my hope that everyone will walk away with at least one new thing that they can bring home and apply.

Presenter: *Kaitlyn Davis, Agriculture Educator UW Extension, La Crosse County*

- **407 Quilt Corner “Wool Basics” (Limit 20)**

In this class you will learn how to fuse wool pieces together, cut out precision pieces and create beautiful stitches around your applique pieces. Attendees will receive a wool kit with supplies needed to complete the project including threads, needle and wool. (\$15.00 fee paid to the instructor.)

Presenter: *Crystal Treu, Co-owner Quilt Corner*

10:15 AM-11:30 AM

- **501 Education Program #2: Prairie Wildflowers for Attracting Butterflies, Birds, and Pollinators**

The interest in creating gardens to attract a variety of winged garden visitors has been growing steadily over the past forty years. Scientific studies show that native plants are vastly superior to non-native plants in supporting a diversity of butterflies, birds, and pollinators. The importance of pollinators to human well-being is of increasing concern, as we see population decreases in these critical components of our ecosystems and food production systems. Approximately one-third of all the food we consume depends upon the work of pollinators to produce fruits, nuts, and seeds. Without pollinators, the food web would grind to a disastrous halt. Neil will highlight the best prairie wildflowers for attracting these marvelous creatures to our gardens to help maintain the ecological health and balance of natural world.

Presenter: *Neil Diboll, President of Prairie Nursery*

- **502 1850’s Norwegian Immigrant**

This is the story of a Norwegian immigrant in Wisconsin in the 1850’s. Larry will tell about the life, costs, work, wilderness hunting, and logging.

Presenter: *Larry Knutson*

- **503 Cultural Arts Discussion: Issues/Improvements/Ideas**

All district and county Cultural Arts Chairs are invited to this workshop to discuss the current program and come up with ideas for possible changes.

Presenter: *Phoebe Shourds, WAHCE Cultural Arts Chair*

- **504 Support Your Immune Function with Good Nutrition**

Maintaining a strong immune system is important for good health. While it is true that nutrition plays a large role in immune function, diet recommendations for the prevention of acute illnesses doesn’t look a whole lot different than general guidelines for healthy eating. Attend this presentation to learn about how to eat to keep your immune system in tip-top shape.

Presenter: *Jamie Pronschinske, RDN, CD, registered dietician at Mayo Health System*

- **505 Conference Planning**

This will be a roundtable discussion for counties planning the WAHCE conference or any other large event. All are invited to attend, and participants will receive a conference planning guide.

Presenter: *Donna Zarovy, Former WAHCE President and chair for 2012 & 2018 conferences and other former Conference Chairs*

Due to the coronavirus, some of these workshops may change. Any changes will be posted as soon as possible on the website. No changes will be made after August 15th. You will be notified if you signed up for a class that changes.



2022 WAHCE CONFERENCE TOURS

MONDAY, SEPTEMBER 19, 2022



YOUR TOURS ARE TRANSFERABLE BUT NOT REFUNDABLE. Tours #1-3 have a minimum of 40 guests. Tour #4 has a maximum of 20 guests per trolley. Two have been arranged. If we do not meet the minimum, the tour will be cancelled and you will be given your next choice.

Bus Tour #1: Mississippi River Scenic Cruise \$40.00



LA CROSSE IS A RIVER TOWN. Enjoy a 90-minute cruise on a modern-day replica of the grand tour river boats that plied the Mississippi River in the 1900s. The La Crosse Queen is one of the few authentic paddle wheelers still operable today. You will also have time to stroll through Riverside Park and the International Friendship Garden.

Bus Tour #2: Pearl Street Brewery..... \$30.00



LA CROSSE IS A BEER TOWN. It's been that way since La Crosse was just a settlement.

Take a tour of the Pearl Street Brewery which includes a complimentary souvenir pint glass, free fill, and a coupon for a free beer out on the town. Then relax in the Tasting Room and enjoy some handmade craft beer on Wisconsin's West Coast. Pearl Street Brewery is family owned and operated.

Bus Tour #3: UW – La Crosse Planetarium \$25.00



LA CROSSE IS A COLLEGE TOWN. You will visit the Planetarium on the University of Wisconsin – La Crosse campus. Let them take you to the stars enhanced by a surround sound audio system which gives each participant the feel of being there in space. From there you will travel to the Granddadd Bluff Overlook with views of the Mississippi River Valley.

Bus Tour #4: Historic Trolley Ride..... \$35.00



LA CROSSE IS AN HISTORIC TOWN. Established in 1856, La Crosse's history was shaped by the pioneers, rivers and bluffs. This air-conditioned trolley bus tour is guided by a knowledgeable volunteer from the La Crosse Historic Society who will share with you the interesting history of La Crosse. You will also have time to wander through the International Friendship Garden and Riverside Park or shop Historic Pearl Street.

***ALL BUS TOURS WILL BOARD AT THE HOTEL AT 12:30 PM AND RETURN ABOUT 4 PM ***

On-Site Workshop # 5: Watercolor Painting Class with artist Jean Mengelt \$15.00

Jean will teach you how to paint with watercolors and then use the paintings to create unique greeting cards. Each participant will get the supplies they need and will be able to make three cards.

Join us and begin planning **AHEAD** for the end of this life

What is Planning AHEAD?

Planning AHEAD is a virtual 7-session course (one hour each) that guides participants through the topics on the right.

This course features a free workbook to help people with the tasks and decisions associated with end-of-life.

Who is the program for?

This program is for people who:

- Are interested in planning for the end of life to make things easier for family members
- Have lost a loved one
- Are in the process of losing a loved one and are dealing with the transition

When is the program?

Dates: Mondays and Thursdays: May 9, 12, 16, 19, 23, 26, and June 2

Time: 11:00am-12:00pm

Location: In-person at Wisconsin Rapids City Hall or virtually via Zoom

Contact us for more information

Register online at: <https://bit.ly/PlanningAHEAD2022>
or by calling Joan Kranig at the Lowell Center at 715-421-1051.

THIS TRAINING IS FREE!

planning **AHEAD** PROGRAM TOPICS



Getting Started



Handling Financial Changes



Advance Medical and Legal Directives



Estate Planning



Choices in End-of-Life Care



Final Wishes



Understanding Grief



Extension
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An EEO/AA employer, University of Wisconsin–Madison Division of Extension provides equal opportunities in employment and programming, including Title VI, Title IX, the Americans with Disabilities Act (ADA) and Section 504 of the Rehabilitation Act requirements.

Have You Fallen In Your Home?



**We can help keep
you in your home**

Rebuilding Together Fox Valley can install:

- **Grab Bars**
 - **Bathtub Transfer Benches**
 - **Anti-Slip Adhesives In Bathtubs**
 - **Toilet Seat Risers**
 - **Night Lights**
-
- **Must reside in the cities of Oshkosh, Neenah, Menasha, or Appleton**
 - **Must own and live in the home (we cannot serve apartments, duplexes, or mobile homes)**



**This initiative is free to homeowners thanks to
generous funding provided by the Oshkosh Area
Community Foundation and the Community
Foundation for the Fox Valley Region**



Get Help Now

(920) 730-2156

contact@rtfv.org

rtfv.org



Outagamie County
Home and Community Education
Spring 2022 Newsletter
3365 W Brewster St
Appleton, WI 54914



Extension

UNIVERSITY OF WISCONSIN-MADISON
OUTAGAMIE COUNTY

Phone Number
Fax Number

920-832-5121
920-832-4783

711 Wisconsin
Relay

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County Administration

Thomas Nelson	County Executive
Jeff Nooyen	County Board Chair
Dan Gabrielson	County Board Vice Chair

Extension Education Committee

Debbie VanderHeiden	Chair
Dan Rettler	Vice Chair
Dan Melchert	Secretary
Rich Lautenschlager	Member
Sarah Weinberg	Member

Extension Staff

Amy Beck	Office Assistant
Joan Behle	Office Assistant
Kaitlin Bricco	Horticulture Assistant
Karen Dickrell	Human Development & Relationships Educator
Christi Gabriliska	FoodWise Nutrition Coordinator*
Sarah Grotjan	Dairy and Livestock Educator
Vicki Handschke	Office Assistant
Kevin Jarek	Crops, Soils, and Horticulture Agent
Mia Ljung	Community Development Educator
Ina Montgomery	Program Assistant
Hannah Phillips	FoodWise Healthy Communities Coordinator*
Alicia Schroeder-Haag	4-H Program Educator
Chris Viau	Area Extension Director*
MaryBeth Wohlrabe	Positive Youth Development Educator
Becky Zoglman	Communication Specialist

**Serves Calumet, Outagamie, Waupaca and Winnebago Counties*

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