



The Country Springs Hotel (Soon to be The Ingleside Hotel)

2810 Golf Road, Pewaukee WI 53072

Reservations: 262-547-0201

ROOM RATE: \$99.00 (1-2 occupants)

\$10 for each additional occupant.

Choose your own description for the Country Springs Hotel. You might see us as an exceptional **hotel in Waukesha**, Wisconsin, with beautifully appointed **accommodations** and a gracious staff skilled in the art of Midwestern hospitality. For others, they're home to **The Springs Water Park**, a splash-a-minute adventure land beloved by families and kids of all ages. Party planners and corporate travelers consider the Country Springs Hotel to be one of the premier event destinations in Waukesha County, with sophisticated venues for meetings, weddings and social gatherings.

Double check the bed size if you plan to have more than two in the room. There are executive suites available, too. When making your reservation, they are requesting a credit card and processing a payment for the first night's stay.

You are invited to experience the vibrant destination for yourself and discover why the Country Springs Hotel is the perfect place to **Stay, Play, Meet and Celebrate**.

Flying into Milwaukee

General Mitchel Airport is located on the southeast side of Milwaukee. Most major airlines fly into GMA.

After you obtain your luggage, you can either rent a car or Google taxi companies that serve General Mitchell Airport. Uber rides are also available.



TOURS - Monday, July 16, 2018

Old World Wisconsin Tour

Eagle, WI

9:00 - 4:00 pm.

Cost: \$40 - Limited to 40 people

Bus leaves at 9:00 am

Enjoy a comprehensive overview of the historic site from a skilled guide and learn about the museum's houses, outbuildings, heirloom gardens, heritage breed animals, immigrant life and more. Tour includes brief stops where you can experience the German Settlement area and the 1880's Crossroads Village. There will be an 80 minute guided tram tour and then ample time to explore the village. Trams run around the grounds



all day long. Lunch is available.

(Lunch is on your own.)



Wisconsin Quilt Museum

Downtown Cedarburg

11:30 - 5:00 pm.

Cost: \$25

Bus leaves at 11:30 am

The Wisconsin Museum of Quilts & Fiber Arts, located just east of historic downtown Cedarburg, Wisconsin, is dedicated to educating the public about

the artistic, cultural, historic and social importance of quilts and fiber arts. The museum seeks to increase the awareness of historic structure preservation. Also tour the repurposed 1850s farmstead. After the tour, explore the many shops of downtown Cedarburg. There are several places for lunch.



TOUR - Tuesday, July 17, 2018 - 9:00 am. - 2:45 pm.
Harley-Davidson Museum® & Lakefront Brewery - Cost \$30.00



Bus leaves hotel at 9:00 am. Tour of Museum and lunch on your own, then go to Lakefront Brewery at 1:00pm. Return to hotel by 2:45 pm.

A walk through the Harley-Davidson Museum® is a walk through the history of America. With an unrivaled collection of Harley-Davidson® motorcycles and memorabilia, a 20-acre, park-like campus and a calendar full of activities, the H-D Museum™ is one of Milwaukee's top tourist destinations for visitors from around the globe. A visit to the H-D Museum™ is an experience that will stay with you for a lifetime. Eat your lunch in the Motor® Bar & Restaurant before heading for the Lakefront Brewery.



Enjoy a private tour of the Lakefront Brewery which includes four 6 oz. samples of beer, a souvenir pint glass to take home, as well as a beer coupon for a Lakefront pint elsewhere. The tours last approximately 45 minutes.

***The cost of the Harley Museum Tour and the Milwaukee Art Museum has been reduced to reflect a credit for purchasing your lunch.*

TOUR - Wednesday, July 18, 2018 - 9:15 am. - 1:45 pm.
Milwaukee Art Museum - Cost: \$25.00

Bus leaves hotel at 9:15 am and returns to hotel at 1:45 pm.



The "wings" open at 10:00 and "flap" at noon. Participate in a tour led by one of the Museum's expert docents which includes highlights of the collection. The tour is approximately one hour. There will then be time to explore the museum on your own. The Museum's signature wings, the Burke Brise Soleil, form a moveable sunscreen with a 217-foot wingspan. There are two cafes for lunch.

***The cost of the Harley Museum Tour and the Milwaukee Art Museum has been reduced to reflect a credit for purchasing your lunch.*

Monday, July 16, 2018 thru Wednesday, July 18, 2018 - Heritage Skills

All craft workshops (unless noted otherwise) have a material fee of \$5.00 paid to the instructor when you enter the classroom.

Monday, July 16, 2018 Heritage Skills



Chicken Scratch - 9:00 - 10:00 am.

by Veronica Sustar & Shirley Schweiger

Chicken scratch is a fun and simple type of embroidery done on gingham fabric. Also known as depression lace, it was popularized again in the 1980's. Learn some basic stitches with lots of room for creativity. It's not just for aprons anymore.

Hexie Needle Keeper - 9:00 - 10:00 am.

by Eileen Gottbeheat

Enjoy this workshop where you will make a Hexie needle keeper for your sewing needles.

Sun Catcher - 9:00 - 10:00 am.

by Jean Morton & Darlene Schumacher

Sun catchers reflect the light of the sun. Make your own using glass beads and bobbles to make sunlight dance.

Art on Sea Glass - 10:00 - 11:00 am.

by Sandy Pohl

Learn to make Stamped Tumbled glass pieces for Jewelry or Small Ornaments. You will be able to make several pieces using the instructor's stamps and stamp pads. And then your instructor will teach you how to do a simple wire wrap to create jewelry and/or a simple hook for hanging your ornament.



Educational Seminar

Monday, July 16, 2018

Aprons, Tie One On - 9:00 - 10:00 am.

By Wilma Rehbein

Early aprons being very functional to the later years, quite a work of art and other uses.

Sashiko - 10:00 - 11:00 am.

by Kathy Metzenbauer

A hand-sewing technique that originated in ancient Japan, Sashiko means 'little stabs' which is the running stitch with a Sashiko needle and heavier thread that make geometric patterns on fabric. This creative technique is very therapeutic and can be used in a variety of ways from clothing to quilting.



Wool Heart Scissors Keeper

10:00 - 11:00 am.

by Sandy Kohler & Jean Morton

Keep your scissors wrapped up in their own little case so they stay safe and sharp.

Friendship Necklace - 2:00 - 3:00 pm.

by Sandy Pohl

Learn how to create your unique one of a kind with your new friends and everyone's bead choices.



Small Dried Flower Wreath - 2:00 - 3:00 pm.

by Jean Morton & Sandy Kahler

Make your own small wreath out of dried flowers.

Sun Bonnet Sue Needle Keeper

2:00 - 3:00 pm.

by Jean Brew

You will make a Sun Bonnet Sue needle keeper that you will trim with your own creativity.

Educational Seminar

Monday, July 16, 2018

From Tobacco to Grapes - 2:00 - 3:00 am.

by Tim Rehbein

Tobacco was a core financial foundation on many farms in Wisconsin. Learn how the transition from tobacco to grapes worked and today's results.

2018 SEMINARS - 2:00 - 3:00 pm

Tuesday, July 17, 2018

The Current Opiate Epidemic in Wisconsin

by Julie Kobach
APSW, Aurora Health Care

Over the last decade, the rate of opioid overdoses has almost doubled in the state of Wisconsin. This presentation discusses how it all began, where are we now, and what is currently being done to reverse the alarming trend.

Life Long Gardening

by Marilyn Cech
UW-Extension Master Gardener
Learn tools and techniques that enable individuals to garden with any ability.



Popping Up Popcorn

by Mary Ann Schilling
UW-Extension Family Living Educator

When it comes to choosing a tasty snack, popcorn can be at the top of your list! Learn about the history of popcorn, the nutritional benefits, and the many flavorings you can add that make it more than just a snack food. Whether you're eating it while watching a movie, having a party with friends, or giving it as a gift, flavored popcorn is a versatile snack. Instructions for preparation and samples will be given in class.



Ventures in People – Helping Haitians to Help Themselves

by Barb Seefeldt & Ann Neumann
Co-Chairs - Education Committee
Ventures in People

Bringing to life, with stories and pictures, the work of Ventures in People, a non-profit organization helping Haitians to help themselves in Mirebalais, Haiti.

Button Necklace

by Sandy Kohler & Jean Morton
Make a necklace out of colorful buttons. Materials supplied, but if you have some favorite ones, please bring them along to make your necklace.

No Fee. Class limit - 25.

2018 SEMINARS - 3:30 - 4:30 pm

Tuesday, July 17, 2018

Fermentation Feast

by Mary Ann Schilling
UW-Extension Family Living Educator

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. Learn about the health benefits of foods such as sauerkraut, kombucha, and yogurts and how to make some of these fermented products safely at home. Samples of kefir and kombucha will be offered. This class aligns well with the 2016-2018 NVON Project in Common: *Eat Healthy, Eat Local.*

Look! My Feet are Straight

by Priscilla Kopczynski
Kenosha County HCE Member,
Mom and Elementary School Teacher

What people and events - both expected and surprise - are put in our lives? Do we see the blessings and instruction each one brings? Do we only see the challenges and effort that these very people and moments can present? Storyteller Priscilla Kopczynski shares anecdotes from her years in front of a classroom and as a mother of six children to show the contentment we can find in every day, ordinary life.

Finding Your Passion While Still Balancing Your Responsibilities

by Jessie Garcia
Author, Journalism Instructor, Sportscaster

"Finding Your Passion While Still Balancing Your Responsibilities" will help attendees identify if any area has been lacking in their life and give them strategies for putting things back into balance. Jessie will share her own personal story too.

American Sign Language Today

by Kara Thomas, Sign Interpreter
History of American Sign Language from past to present. Learning useful information about deafness, deaf culture and myths surrounding deaf/hard of hearing people. Learning useful emergency signs to help in everyday life.

2018 SEMINARS - 2:00 - 3:00 pm
Wednesday, July 18, 2018

Be Food Wise To Reduce Food Waste

by Sarah Weier
Interim UW-Extension
Family Living Educator

Did you know that we waste about 40% of the food we buy? Can that be true? Learn about food waste – where it comes from, who is responsible, why it’s a problem and what can be done to reduce it in your home and communities.



Rock County Barn Quilts

by Jeanette Beard
Rock County HCE Member

The original Rock County Barn Quilt Group was formed out of a need to help Walworth County fill orders from Rock County. Rock County

HCE members, the Evansville Chamber of Commerce, UW-Extension and interested community members came together to plan and learn about painting barn quilts. From 2009 until 2017 over 200 barn quilts have been completed and hung in Rock County, Wisconsin. Attendees will learn this history, how to’s and see some of the beautiful quilts with their stories from around this south central Wisconsin County.

Taking Care of You, Mind, Body & Spirit

by Jen Whitty
UW-Extension Family Living
Educator

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.

Birthday Blooms and Blessings

by Marilyn Herman
Central District HCE Program Chair

The giving of flowers as gifts to celebrate birthdays is believed to have started during the Roman Empire. During the Victorian era, a language of flowers was developed. In 1845 the first list of flowers dedicated to each day of the year was published. Find out what your birthday flower means and the blessings you offer to those around you.

2018 SEMINARS - 3:30 - 4:30 pm
Wednesday, July 18, 2018

Let’s Eat Grandma!

by Rita Bloom
NVON Secretary

A light hearted look at our English language and some of the mistakes we make trying to use it correctly. NOT a boring grammar lesson! A variety of activities and participation by attendees. A bit of learning and a lot of laughs!

First Ladies Quilts

by Jean Morton & Sandy Kahler
WAHCE Members

See the quilt and hear about the White House and the ladies that occupied it. The quilt tells the story.

Fraud, Trends and Behavior

by Jeanie Tucker
AARP Senior Program Specialist

AARP launched the Fraud Watch Network, to arm Americans with the tools they need to spot and avoid fraud and scams. In this workshop, you’ll learn about Fraud Trends and Behavior, The Con Artist’s Play Book, the most effective prevention strategies to avoid becoming a victim. Also, resources about fraud ID and prevention and where to turn if you or someone you know has been a victim. How can you outsmart scammers before they strike? This workshop will teach you how to beat con artists at their own game.

Listen, Your Weeds are Talking to You, Are you Listening

by Jane Chapman
Illinois Master Gardener

“A Plant Out of Place” – could that plant you call a weed be beneficial to you, the environment or your yard or garden? This session will make you think twice about that so-called weed that constantly grows where you don’t want it!

Swedish Weaving Table Mat

by Darlene Schumacher
Class fee: \$5.00

Using Swedish weaving technique, yarn, fabric and needles, embroider a Monk’s table mat.



2018 NVON Conference Registration
NVON - Learning, Leading, Serving
Enhance Leadership Skills
 July 16 - 19, 2018
 The Country Springs Hotel (Soon to be Ingleside) -Pewaukee, Wisconsin

Name (one form per person) _____

Address _____

City _____ State _____ Zip _____ Telephone (include area code) _____

E-mail address _____

Member _____ Guest _____ First Time Attendee _____ E-mail Registration Confirmation _____ Y _____ N

Include a self-addressed stamped envelope if you would like a written registration confirmation.

I grant the WAHCE/NVON, the right to use, publish and copyright my image for educational program and publications, web sites and promotion of WAHCE and/or NVON programs.

Signature _____

Choose a seminar/craft class you would like to attend by placing a 1, 2, or 3 in the space before the selection. Omitting the 2nd or 3rd choice does not guarantee placement in 1st choice. Tours and seminars will be filled as registrations are received.

Fees for craft classes are not included in the registration. You will pay the instructor when you attend the class.

TOURS - Tours are open to anyone.

(Lunch is NOT included in tour cost.)

Monday, July 16

____ 9:00 am – 4:00 pm - Old World Wisconsin - Fee \$40

____ 11:30 am – 5:00 pm - Wisconsin Museum of Quilts and Fiber Arts
& Cedarburg Shops - Fee \$25

Tuesday, July 17

____ 9:00 am – 2:45 pm** - Tour of Harley Davidson Museum and
Lakefront Brewery - Fee \$30

Wednesday, July 18

____ 9:15 am – 1:45 pm** - Milwaukee Art Museum - Fee: \$25

** Tuesday and Wednesday tours have been reduced \$10 as a credit for lunches included in the meal package.

HERITAGE SKILL CLASSES

9:00 - 10:00 am ŽA cbXhni`n%`

- ____ Chicken Scratch
- ____ Hexie Needle Keeper
- ____ Sun Catcher
- ____ Workshop - Aprons, Tie One On

10:30 - 11:30 am ŽA cbXhni`n%`

- ____ Art on Seaglass
- ____ Sashiko - Japanese Needle Art
- ____ Wool Heart Scissor Keeper

2:00 - 3:15 pm ŽA cbXhni`n%`

- ____ Friendship Necklace
- ____ Dried Flower Wreath
- ____ Sun Bonnet Sue Needle Keeper
- ____ Workshop - From Tobacco to Grapes

EDUCATIONAL SEMINARS

Tuesday, July 17, 2:00 - 3:00 pm

- ____ Lifelong Gardening
- ____ Popcorn
- ____ The Opiate Epidemic in Wisconsin
- ____ Ventures in People
- ____ Heritage Skill - Button Necklace

Tuesday, July 17, 3:30 - 4:30 pm

- ____ American Sign Language Today
- ____ Fermentation Feast
- ____ Finding Your Passion While Still Balancing
Your Responsibilities
- ____ Look! My Feet are Straight!-

Wednesday, July 18, 2:00 - 3:00 pm

- ____ Be Food Wise - Reduce Food Waste
- ____ Birthday Blooms and Blessings
- ____ Rock County Barn Quilts
- ____ Taking Care of You, Mind, Body and Spirit

Wednesday, July 18, 3:30 - 4:30 pm

- ____ First Ladies Quilts
- ____ Fraud Trends and Behavior
- ____ Let's Eat Grandma!
- ____ Listen, Your Weeds are Talking to You
- ____ Heritage Skill- Swedish Weaving Table Mat

