

# WAHCE Conference Schedule



## Wednesday, Session #1

8:00 AM – 9:30 AM

### **101 – WAHCE Business Meeting**

All are welcome to attend. Voting delegates (County Presidents and the WAHCE Board members) are required to attend. Learn where WAHCE has been and where it's going. WAHCE President, Lylene Schulz, Presiding.

### **102 – Current Drug Trends in Wisconsin**

Learn about the prevalence of drug use, its effects, and what is being done about it. Presenters – Russ Craigin, Detective Sergeant in Dunn County Sheriff's Department and West Central Wisconsin Drug Force.

### **103 – Understanding Somali Culture and How to Teach Them**

In 2000, Wisconsin had to learn to appreciate and work with the Somali people living in their community and attending their schools. Presenter – Kim Frandson, started the English as a second language program for the Barron School District and has taught in the program for ten years.

### **104 – Nutrition and Fitness Made Simple**

Learn how good nutrition and fifteen minutes of proper exercise every day can change your life! At any age, any fitness level – in the gym or at home – no equipment necessary. Presenter – Jelaine Tiffany, Nutritionist.

### **105 – Budget Coaching**

This program trains volunteers in a relationship-based model on how to improve one's financial situation through goal setting. Learn about the model and an overview of the training. Presenter – Kristen Bruder, Dunn County FLE.

### **106 – Gardening in Small Spaces**

Gardening in small spaces can be both joyful and challenging. In this highly interactive workshop we discuss and learn new tips, tricks and traps! Presenter – Susan Harden, Master Gardener, St. Croix Valley Master Gardener's Association.

### **107 – Wisconsin Bookworms™**

“Must Love Kids and Reading Upside Down”. Wisconsin Bookworms™ wouldn't succeed without our volunteers. Learn more about volunteer recruitment, appreciation, retention, recognition, and avoid burnout (in yourself and others). Presenter – Lynne Blinkenberg, Wisconsin Bookworms™ Project Manager.

### **108 – Christmas Ball Ornament**

Make a Christmas ornament on a Styrofoam ball with folded material. All materials, patterns, and instructions will be provided by the presenters for \$5 per person attending, payable at the door. Presenters – Kathy Albrecht & Annette Eischen, Barron County Crafters and Officers.

## **Wednesday, Session #2**

**10:00 AM – 11:30 AM**

### **201 – POOL: “The Secret is Out – You Are a Leader”**

Have you raised a family? Helped your siblings? Taken care of Mom or Dad? Helped in church? Do you like to learn new things? Like team work? Genuinely care? Like to laugh? Presenters – Sue Nagelkerk, Sauk County FLE, and Karen Joos, Monroe County FLE.

### **202 – International – “Volunteering in Costa Rica”**

Learn about two volunteer programs in Costa Rica – Monitoring Sea Turtles, and Working On An Organic Cocoa Farm. Presenter – Sandy Kracht, ABE Teacher, Traveler and Volunteer.

### **203 – Current Drug Trends in Wisconsin**

See 102 – Current Drug Trends in Wisconsin

### **204 – Understanding Somali Culture and How to Teach Them**

Same as Session 103

### **205 – Nutrition and Fitness Made Simple**

Same as Session 104

### **206 – Social Media 101A**

What is social media and why should you care about Face Book, Twitter, My Space, YouTube, and others? What is the purpose of each? How are they used? What are the advantages and disadvantages? How can they be used safely? Presenter – Laurie Boettcher, Speaker, Trainer & Social Media Enthusiast.

### **207 – Gardening in Small Spaces**

Same as Session 106

### **208 – Christmas Ball Ornament**

Same as Session 108

## **Wednesday, Session #3**

**1:30 – 2:30 PM**

### **70<sup>th</sup> Anniversary**

Join together with special guests as we review the History, Humor and Hard Work of WAHCE.

Presenters – WAHCE 70<sup>th</sup> Anniversary Committee and Guests.



## **Wednesday, Session #4 -- 3:00 – 4:30 PM**

### **401 – POOL: “Why Relationships Matter to the Couple, Family and Community”**

Learn what science tells us about the importance of high quality relationships and learn research-based tips and techniques for making good choices in relationships. This interactive and fun workshop will give helpful information to take home and use in your own relationship, and to share with family and friends of any age who are in romantic relationships. Presenters - Gail Peavey Sedarski, Polk County FLE & Mary Wood, Buffalo and Pepin County FLE

### **402 – Family Life – “Impact of Economy on Families: Financial Conversations Across Generations”**

Current financial situations of job loss, unemployment, foreclosures, and bankruptcies are impacting family financial stability. Learn ways to have financial conversations across generations. Presenters – Kathy Metzenbauer, Juneau County FLE & Barbara Haynes, Price County FLE

### **403 – Membership – “Don’t Cut & Run, Stay & Have Fun”**

Each Membership Chair (and her flock) will share ideas with the rest of the attendees regarding the tools she uses to bring new members into the WAHCE fold.

### **404 – “A Cheesy Presentation”**

Come prepared to have fun! There will be games and prizes, plus an opportunity to try your favorite, or find a new favorite Wisconsin cheese. Presenter – Rita House, Regional Program Manager, Wisconsin Milk Marketing Board/Wisconsin Dairy Council.

### **405 – Wisconsin Bookworms™ -- “Read, Sing, Color, Play”**

Preview and play with the 2010 – 2011 Wisconsin Bookworms™ books ... be sure to bring your imagination!

### **406 – International Travel and Its Effects on the Traveler**

Experiences in teaching and working in more than sixty foreign countries provide a new view on American culture, activities, and values. Presenter – Eunice Hop, who has worked in WAHCE’s Haiti and Nicaragua programs, as well as in the Americas, Europe & Africa.

### **407 – “Wisconsin Pioneer Times and Caddie Woodlawn and Laura Ingalls Wilder”**

Learn about the real lives of Caddie Woodlawn and Laura Ingalls Wilder. Follow them from their early years in Wisconsin until their deaths. Presenter – Mary Ellen Brue, the Great-Granddaughter of Caddie Woodlawn’s teacher, and a historical and genealogical researcher.

### **408 – Treasurer’s Workshop**

Brush up on bookkeeping and budgeting skills. Learn more about the tax-exempt status of WAHCE and the Form 990-N-e postcard. Get up-to-date information on raffle regulations, liability insurance and more. Ask questions and discuss financial problems and concerns with other HCE club, county and district treasurers. Presenter – Diane Koch, WAHCE Treasurer

## **Thursday, Session #5**

**8:15 AM – 9:45 AM**

### **501 – “Beans With An Attitude”**

Learn about the value of beans in your diet. Sample food items made from beans – main dish, chili, salad, dessert, hors d’oeuvres with the recipes. Cost is \$2.50 per person for recipe ingredients payable to presenter. Presenter – Nancy Doane, whose family owns Chippewa Valley Bean which raises and sells dark red kidney beans all over the world.

### **502 – “Less Stress and More Zest”**

Learn how to reframe expectations, react more positively to unexpected or unwanted situations and keep stress level low. Identify your distracters – eating, smoking, shopping, alcohol, etc. – and find out how to replace them with something healthier, such as exercise. Feel better and have more energy. Presenter – Sue Grohn, MS, CH: Certified Hypnotherapist.

### **503 – “Living On Less and Loving It”**

Learn ways to spend less, live green, and love life more. Opportunities to share money saving tips will be included. Presenter – Joan Sprain, St. Croix County FLE

### **504 – “Where Did I Leave My Coffee Cup?”**

Learn ways to stimulate your mind to stay at its peak for as long as possible. Come to this session to laugh, move, and get your brain engaged. Presenter – Gail Peavey, Polk County FLE

### **505 – President’s Meeting**

County presidents will share ideas on programs and on county leadership. Presenter - Lylene Schulz, WAHCE President

### **506 – “Pakistan Revisited 1962 – 2009”**

Dr. Parlin worked in a teacher training program in Pakistan in 2009. She will present her observations on current conditions and how the country has changed since she was a Peace Corps volunteer there in 1962-1965. Presenter – Dr. Nancy Parlin, retired Sociology Professor and former Vice Chancellor of the University of Wisconsin-River Falls.

### **507 – “Special Needs! Fears and Blessings: Journey for A Mom’s Heart”**

What does through your mind and heart when you become the parent of a Downs Syndrome child? If this is your experience or that of a friend or family member, come to learn about perspectives and support. Together we will explore 38 years of growing. Presenter – Kathleen Brown, Occupational Therapist & Chaplain in Hospice and Hospital Care.

### **508 – “Men’s Necktie Cell Phone Cover/Tiny Purse”**

Learn to make a cute cell phone cover or a tiny purse out of a man’s necktie embellished with buttons and other trim. Cost is \$5 per person for materials, payable to the teacher at class. Presenter – Geri Bates, an avid crafter and craft teacher.

**Thursday, Session #6**  
**10:15 – 11:45 AM**

**601 – POOL: “Creating Aging Friendly Communities”**

Many Wisconsin communities are being impacted now and in the future by population aging. In 20 years, the elderly population in the majority of Wisconsin counties and communities will exceed 20%. This presentation will focus on exploring population aging, including its community impacts, in response to the question, “How prepared is your community for the coming age wave?” Presenters – Clifton Barber, Visiting Associate Professor, Department of Human Ecology and Family Studies, his area of expertise is aging; and Judy Knudsen, Brown County FLE and Jane Jensen, Sheboygan County FLE

**602 – Family Life: “Family Life Program Ideas”**

Family Life Committee members will cover program ideas: safety, stress, education, recreation, faction, food and nutrition. Presenters” Mae Flaig, WAHCE Family Life Chair and Committee

**603 – “Behind Bars: What About The Kids”**

Programs for incarcerated people are growing in demand as counties struggle with staff shortages and limited options. Schools see the value in programs for the children of incarcerated parents. Presenter: Mary Geissler, Chippewa County FLE

**604 – “Living On Less and Loving It”**

Same as #503

**605 – “Just a Minute” Secretaries Workshop**

Counterpart workshop for WAHCE District, County and Club Secretaries. This session is for secretaries new to our organization with some review for current secretaries. Presenter: Donna Bergsten, WAHCE Secretary.

**606 – “Pakistan Revisted 1962 – 2009”**

Same as #506

**607 – “Special Needs! Fears & Blessings: Journey for a Mom’s Heart”**

Same as #507

**608 – “Men’s Necktie Cell Phone Cover/Tiny Purse”**

See #508 for description. Presenter – Elaine Villeneuve, Crafter & Conference Co-Chairperson