

2011 WAHCE State Conference Workshops

 **Tuesday, September 13**

7:30 - 9:30 am

101 WAHCE State Business meeting

Reserved seating for voting delegates
County Presidents & WAHCE Board
Members Presiding: Lylene Scholz,
WAHCE President

Session # 1: 8:00 am – 9:30 am (9/13)

102 “Just for Fun: Music In Our Lives”

Marilyn Herman, FLE

Take a trip down memory lane with music. How does music affect you or our world, lifestyles, dress and mood? Music triggers emotions in us and touches our spirit like nothing else. Wear comfortable shoes so if the music tempts you, we can MOVE!

103 “Strong Women” Karen Traastad, FLE

Explore the benefits of simple strength training for mid-life and older women. Try basic exercises with hand and leg weights seated or standing by chairs.

104 “Quilting Tips” Sue Theiler

Tips on quilting techniques, new and old.

105 “Seed Savers” Mike Bankes

Discover the history of the development of Seed Savers. Where do the seeds come from and where do the seeds go. You, too, can be a part of it.

106 “Women's Health” Connie Eisch, FLE

'You don't have anything if you don't have your health.' So true, but when it comes to health matters - what do we believe? Information seems to change daily and different sources tell you different things! Come and learn the latest on the vitamin D debate, the 1, 2, 3 on Omega-3's, all the jazz on caffeine and the latest on the other hot nutrition topics in the news.

107 “The Importance of Bluff Lands for Wildlife” Armund Bartz, DNR

Enjoy the view atop Granddads Bluff. The panoramic view of the Coulee Region and the Mississippi River is breath taking. This is a human prospective. But what is the view of the wildlife that lives on the bluff?

Session # 2: 10:00 am – 11:30 am (9/13)

201 POOL - “Dealing with Food and Nutrition Myths and Misinformation” Barb Ingham, Susan Nitzke, Jenny Wehmeier, FLE

How can you tell which of those viral e-mail warnings we all get are really important? What websites have the most reliable information on controversial nutrition topics. Is Wikipedia a good place to look for food and nutrition facts? Are there smart way to use Google.

This interactive session will explore popular websites and help you decide if they are worthy to be added to your bookmarks.

202 “Page Turners” Lynn Blinkenburg

Explore the 2011-12 Wisconsin Bookworms™ books. Share reading tips, songs and activities to help extend the learning (and fun) of reading

203 “Antarctica Adventure” Kathy Metzenbauer, FLE

Discover a continent rich in history and pristine beauty at the end of the earth with unforgettable scenes of glaciers and wildlife.

204 “Hmong Program” Moua Lee

A Hmong population relocated in the La Crosse Coulee Region from their native county. What brought them here and what ere their struggles in developing a new life. What is their day like today?

205 “International Gardens”

Marilyn Rebarchek

An international connection with La Crosse's sister cities through gardening. Discover the history and building of the gardens in La Crosse's Riverside Park along the Mississippi River.

206 “Teenage Suicides” Family Life

What makes a teen to choose death over life? What are the warning signs and what action should be taken? What can be done to save the lives of teens?

207 “Civil War Quilts Trunk Show”

Olive Juice Quilt Shop

What are stories behind the quilts of the Civil War time period? Were they just for warmth or were their messages stitched in their blocks? Cost \$20, attendees will receive a bundle of 3 fat eights.

208 “Cooking for Two”

Julie Simek-Heggebo, FLE

Meals can have variety and be exciting just for two. Look at ways to have healthy meals, have useful leftovers and avoid waste.

Session # 3: 1:30 pm – 3:00 pm (9/13)

301 “The 3 R's of Association Success”

Fred Kusch

Explore the how too's of recognition, retention and recruitment,. What steps must we take to grow our membership's and the Associations future?

Session # 4: 3:30 pm – 5 pm (9/13)

401 POOL – The Heart Truth for Women

Connie Eisch, FLE, Jackie Carattini, FLE

Get the “Heart Truth” about heart disease. Get the facts, know your risk and be motivated to take action. You could save your life.

402 “Because You Asked” Lynn Blinkenburg

Tips, tricks, ideas and best practices in fund raising for Wisconsin Bookworms project.

403 “Secretaries Workshop” Carol Hutjens

Duties and Problems of secretaries. Helpful hints to make it all easier.

404 “Treasures Workshop” Diane Koch

Get the answers to the “how toos” of collecting dues, paying bills and keeping the records up to date.

405 “Ewe” can Wool” Jean Morton

Make and take a piece of the north woods in your wool mat. Learn about penny rugs and wool stitchery. Materials provided. \$5.00

406 “Bead Bracelet” Darlene Schmacker

Make and take Swarovski Crystal bead bracelet. Bring a scissor. Kit includes materials. Cost \$10.

407 “International Workshop” Kathy Roberg

The women of Haiti, building from the rubble after the earthquake. Moving on with a little caring help.

408 “Membership Workshop” Christine Larson, Chairman.

Soooo!!! You've been asked to be the membership chair--- “what now”? Walk through the Membership Toolkit – suggestions, forms, templates to help promote HCE. Encourage new members, retain current and share ideas

409 “Yo-Yo's” Olive Juice Quilt Shop

Is this a child's toy or is it a quilting wonder? Learn how to make “Yo-Yo's” and discover some of the many ways they can be used. Cost \$30 kit includes materials to make a “Yo-yo” project.





Wednesday, September 14

Session # 5: 8:00 am – 9:30 am (9/14)

501 “Welcome to Great Grains”

Veronica Sustar

Multi-grain means more than wheat, rye and oats. Learn about quinoa and other “new” grains and their uses. Recipes and tastings included. *Cost \$5.*

502 “Bluebird Restoration” Leif Marking

Discover the rebirth of Bluebirds in the La Crosse area. You too could make a difference in the survival of this song bird.

503 “Pruning and damage control of shrubs and trees” Trees Today Nursery

Pruning trees or shrubs without losing beauty and function. What are the tricks to keep away deer, rabbits and insects?

504 “Emergency Preparedness” Scenic Bluffs American Red Cross

Are you prepared for the unexpected??? Where do you meet? Is there shelter? What do you eat for one day, two days more days? The American Red Cross has a plan.

505 “Estate Planning” Mary Meehan-Strub, FLE

Estate planning---where does one start??? What questions should you ask? Do you need legal guidance? What is the advantage of planning ahead? Get answers to the many questions.

506 “Personality” Kim Corbin

What does a purse say about your personality? Discover how style, shape, color and organization give hints about what's important to a person. Whether your purse makes a statement or not, it can be fun and easy accessory to use to express yourself.

507 “Biking – not just for kids” Judy Williams

Today's technology in bicycles, accessories, apparel and off highway trails has made biking fun and safer for all ages.

508 “Wool Applique” Olive Juice Quilt Shop

Add a new texture to your quilting projects using wool. Using wool as a medium, combine a variety of stitches and techniques to create a new dimension in your quilting adventure. *Cost \$30 kit to create a project.*

509 “Container Gardening” Juneau County Master Gardeners

It could be flowers, it could be foliage, it could be herbs or dwarf trees. It could be grown out doors or maybe indoors. How big of a pot, what to put in for soil. What to do if it gets root bound? Any other questions? Ask a Master Gardener.

Session # 6: 10 am – 11:30 am (9/14)

601 POOL – “Partnering with Community Neighbors to make a Difference” Karen Joos, FLE, Susan Nagelkerk, FLE

Joining forces with another group can give an HCE idea added “Punch”. Learn how to analyze/clarify a community issue, decide who needs to at the table, and how to access/engage the talents of the people around you. Partnering for a good cause is a win-win!

602 “Bead Bracelet” Darlene Schmacker

Make and take Swarovski Crystal bead bracelet. Bring a scissor. Kit includes materials. *Cost \$10.*

603 “Archeology” Jean Dowiasch

Dig beneath the earth and discover who lived on the earth and what they did in the La Crosse area.

604 “The Energy of Creativity”

Sr. Laurice Heybl

We live in a creative universe. We all have unique creative talents to impart to the world. We need to be connected to our creativity to be connected to the universe. Connect with your creative energy. Open your mind with imaginative activities using your hands, moving your feet, listening to music and telling your stories. This is a lively experience with participant involvement and enjoyment.

605 “Scams” Chad Marcon

Who is pulling your leg? Is it for real? How do we find the truth about these “great” deals? What to look for when the “too good to be true” comes along.

606 “Presidents Workshop” Lylene Scholz

Gather around with State President Lylene. Let’s talk about the challenges and the successes within your counties and communities. Now that the conference is drawing to an end, what are the things we can take back to our counties and clubs to make a difference in the future of the Association?

607 “Program Bonanza” Family Life Team

This is a team teaching workshop providing information and handout that can be useful to any family. Topics being presented are education, memories and uses and dangers of plastics.

608 “How to Support Your Loved Ones with Autism Spectrum Disorder”

Jackie Carattini, FLE

If it takes a village to raise a child, some extended families of autistic-spectrum children don’t see themselves as a part of that village. Have you heard comments such as “My grandson was diagnosed with autism, so what can I do to help?” Research shows that a special needs child puts extra stress on a family this program will give ideas to help promote improved communication, understanding and interaction for extended family and community members.

609 “Grandmothers Flower Garden”

Olive Juice Quilt Shop

Here is your chance to discover how to's of English paper piecing. This hands on workshop will take you to “Grandmothers Flower Garden” in quilting. *Cost \$30 kit to create a project.*