



# Satellite



## Home & Community Education

June 2016

Spring is finally here and it is so nice to see the beauty of the flowers, trees and bushes. The farmers are busy planting their fields and getting ready to take off first crop hay. Hopefully the weather cooperates and they can finish their field work. Like the farmers HCE has been very busy themselves. Here are just a few of the things HCE has been up to these past couple of months:

- HCE Central District meeting was held on April 19 at the Waupaca County Courthouse. Six of our members attended the meeting and spent the day learning about what is happening at the state level. Many ideas were shared at the meeting that we were able to bring back to our county.
- The annual brat sale at Charlies County Market was on April 28<sup>th</sup> and 30<sup>th</sup>. Both days were a great success! There were HCE volunteers as well as non-HCE members helping out this year. I would like to thank everyone that made this year's brat sale a success.
- The Spring Event was on May 2<sup>nd</sup>, at The Woodland in Gresham and was hosted by Center I. It was a beautiful evening! I would like to thank all the volunteers that made it a success. Attendance was slightly down this year. At the Fall Annual Meeting in October we will be discussing possible alternatives of when to have the Spring Event. Please come with your ideas on how to increase participation in the future.

Some upcoming dates all members should be aware of are:

- The last day of "On the Move and in the Groove" is May 28<sup>th</sup>. Please send your final totals to Sandy Wendorff by June 6<sup>th</sup>. Sandy will compile all the numbers for the state report.
- Please turn in your volunteer hours from this past year to me by June 6<sup>th</sup>. These numbers are needed to show our volunteer efforts. I will be compiling the numbers and forwarding them onto the state. (Look for article on page 2.)
- The Farmers Market bake sale will be August 13<sup>th</sup>, so please mark your items if your recipe has peanuts in it. Watch for further information in the next Satellite.
- The Shawano County Fair will be September 1<sup>st</sup> through the 5<sup>th</sup>. Mark your calendars because we will need volunteers to man the booth throughout the fair.
- The 2016 WAHCE conference will be held in Eau Claire on September 12<sup>th</sup>, 13<sup>th</sup> and 14<sup>th</sup>. If you are interested in signing up the deadline is August 13<sup>th</sup>. Currently we have six members and the FLE attending. Come the conference and join us for a fun time and to expand your knowledge.

As you can see the Shawano County HCE clubs have been and will be quite busy over the summer months. Hope to see many of you at these events this summer! Enjoy the warm weather and have a wonderful summer.

*Helen Raddant*  
*President Shawano County HCE*





## Calendar of Events

### June 2016

June 14 Flag Day

June 19-21 NVON Conference, Normal Ill

June 19-21 Farm Tech Days, Walworth County

### Up Coming Events

Sept. 24 Bike the Barn Quilts

Aug. 1 Executive Board Meeting

Aug. 13 Bake Sale at Farmer's Market

Oct 5 Fall Council Meeting

### Shawano Waupaca Fall Learn In

We are still looking for anyone who would like to be on the Committee to plan our next event. We are planning around mid October at the Navarino Nature Center. We also could use ideas for the speakers, if you have ideas for topics or someone who could present them your input would be appreciated. A date hasn't been set yet for the 1st planning meeting, but we are looking at the beginning of June. If your interested let me know so I can call you with the date. The meetings are usually held in the morning. My phone number is 715-526-2919 and leave me a message if I'm not at home. It would be great to have some new members added to the committee.

**Helen**

### Club Impact Contribution Report Volunteer Hours

Just a reminder that we need your volunteer hours report. The reporting timeframe is from June 1st, 2015 to May 31st, 2016. I need to send these in by June 10th 2016, so club presidents please get your info to me by June 6th at the latest to be included in the numbers.

Helen Raddant

W6697 Waukechon Rd.

Shawano, WI 54166

Thanks in advance for being on time.



### On the Move and in the Groove

After the 28th of May send your sheets to Sandy Wendorff, W7382 Anderson Ave., Shawano, WI 54166. Sandy needs to have the information sent in by June 10th, 2016. So please get the info to her by June 6, 2016. Thank you for your timely response.



### "Books on the Bus"

"Books on the Bus" is a program being used by the Wittenberg-Birnamwood School District. It provides students with access to books on their bus ride to and from school. Students who are engaged and occupied with a book are less likely to need redirection from the bus driver. Students love to go through books with their friends and they like older kids to read to them. It helps them pass the time on their long trip.

The books are conveniently located in pockets that attach to the seat. The commercially made covers sell for \$75 each. The school district was hoping to have community volunteers help make them to lower the cost.



The Kitchen Maids HCE Club was asked if they would be willing to donate their time to sew some of the seat covers to help the school district save money. Twenty seat covers were recently sewn by members of the Kitchen Maids and turned over to the Wittenberg-Birnamwood School District.



### **Wisconsin Bookworms™**

The Wisconsin Bookworms™ reading program is wrapping up for another wonderful and exciting year! The ladies have been reading to the children at the Bonduel Bear's Den, Shawano & Keshena Head-Start



and for the second year Stockbridge-Munsee Head-Start. The children are always happy to see the readers come to school to read for them. The picture is of Sandy Wendorff reading to the Stockbridge-Munsee Tribe Head-Start.



### **HCE Executive Board Meeting**

**May 10th, 2016, 5:30 p.m.**

President Helen Raddant called the meeting to order at 5:30 PM and opened with Creed I. Members in attendance included Helen Raddant, Carol Sybeldon, Sandra Smith, Sandy Wendorff, JoAnn Fehrman, Ellie Borre, Janet Lane and Nancy Schultz (FLE).

Janet L made a motion to accept corrected agenda and Sandy Smith 2<sup>nd</sup>. Minutes from the March 7<sup>th</sup> meeting were read and accepted. JoAnn gave the treasurer's report and the report will be put on file for review. For correspondence Helen received information that the hotel phone number listed for the State Conference was not correct. The Shawano Evening Leader featured the Landstad Ladies HCE in an article on Sat. May 7<sup>th</sup>. WBSD (Wittenberg-Birnamwood School District) was featured for their "Books on the Bus" program with a picture of the Kitchen Maids Club who contributed to this worthy project.

Carol S gave the Center 1 Chair report: Kitchen Maids had their meeting on April 18<sup>th</sup>. They had the project lesson on soap making. Discussed International Night and Pat will bring the cheese, donated \$100 to the Tilleda food pantry, received a thank you from Hazel and they completed 20 book bags for the "Books on the Bus" project. April 27 they went to Oakhaven and will visit again





May 25 and their Salad Supper is coming up. For Center II, Sandra sent the report in and it will be in the Satellite. The Landstad Ladies from Center III just finished collecting orders for their Avon fundraiser. Carol S. mentioned for the Coordinators report that at the District Meeting a Membership Outreach presentation was given for new groups; getting them started based on a commonality and also have a display board of them at State Conference.

Sandy W gave the Bookworms report. She has received a Thank You card from the Shawano Head Start. She read to Stockbridge. Sometime in May the 750,000th book will be read somewhere in the State and was asking for pictures taken of the children while reading the book "The Very Hungry Caterpillar". April 5<sup>th</sup> they had the Spring Wisline. They counted the children for reading in the fall. Talked about doing a donation drive for people to donate \$25.00 to sponsor a child's 8 books for the year. For Nancy's time she discussed that the FLE will possibly cover 3 County regions, but no final decision yet. She is doing several classes on Raising A Thinking Child. This summer she needs volunteers for a grant—Plan-4-Health called F.R.E.S.H. Project (Food Resource Education Security and Healthy Food). This fall they will have another Poverty Simulation seminar.

New Business: The Farmer's Market bake sale will be Aug. 13<sup>th</sup> and Helen will contact people the end of July for donations and help. No date has been set for the Fall Learn-In. The dates available for the Charlie's Brat stand were only after the Shawano Fair and we discussed not having the stand next year. For Old Business we discussed the Spring

Event, 61 people signed up. All were impressed with the food and service and our Speaker—Roseanne Marquardt from Marquardt Tree Farm who talked about maple syrup. Thanks to Kitchen Maids, Country Wives and Red Springs who sponsored the event and for Helen for providing the cupcakes. Talked about a donation to the speaker. For the Brat Stand Sandy S. 1<sup>st</sup> and Helen 2<sup>nd</sup> the donation to VITA. Next meeting will be August 1<sup>st</sup>. We finished with the Prayer Creed and the meeting was adjourned at 7:25.

Respectfully submitted. Janet Lane



## **Bike the Barn Quilts "Generosity in Motion!"**

Bike the Barn Quilts is coming up fast on September 24th. This year there has been more events added to the bike ride. You can now participate in the Bike/Walk/Run called "Generosity in Motion". Along with our 16, 22, 37 and 70 mile bike rides you can also run or walk a 5 or 10K. The proceeds from bike/walk/run will go to SAM25, Boys and Girls Club of Shawano, and Big Brothers, Big Sisters. For more information go to [www.shawanopathways.org](http://www.shawanopathways.org).



## **Volunteers for Bike the Barn Quilts**

Bike the Barn Quilt will on September 24th, 2016. We are looking for volunteers to work the food station at staging area, the food station at Witt's Locker on Hwy 22, eight volunteers for the registration desk and we would like for all HCE members to make and donate "breads" for the event. We will need



to have your breads dropped off at the UWEX office at the courthouse by Sept. 23rd by 2 PM. We would also like a club to take on the Witt's Locker food station site.

Food Station at staging area - 6:15 to 11:15 am  
Leader:

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Food Station at staging area - 11am to 4 pm  
Leader:

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Witt's Locker Food Station—9 to 11 am—3 people  
Club

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REGISTRATION TABLE—8 people needed

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**We would once again like for all HCE members to make and donate “BREADS” for the event, if possible.**



### **Strong Bones Program**

Try Strong Bones for **FREE!!!** Starting now till June 10th you can join any class that we have depending on availability. You do not have to be an HCE member for this trial period, so come to a class and bring a friend! Believe me once you start you will want to keep going!

Our current Spring session will be finished the week of June 6th. With the Summer session starting right up the following week of the 13th. If you would like more information go to our web site at: <http://shawano.uwex.edu/family-living/strong-bones-program/> or by calling our office at 715-526-6136.

### **HCE Scholarship**

Jacob DeBauch was this years recipient of the Shawano County HCE \$350 Scholarship. Jacob is currently enrolled at Carroll University as a Junior. His plans include receiving a degree in Exercise Science and then obtaining a Masters in Exercise Physiology Strength and Conditioning. After school Jacob would like to work as a Strength and Conditioning Coach or potentially a personal trainer. Jacob's parent are Jeffrey and Janilee DeBauch of Cecil and Jeanette Pitt of Bonduel is Jacob's grandmother.



### **DID YOU KNOW?**

Glass takes one million years to decompose, which means it never wears out and can be recycled an infinite amount of times.

Gold is the only metal that does not rust, even if it's buried in the ground for thousands of years.

Your tongue is the only muscle in your body that is attached at only one end.

Zero is the only number that cannot be represented by Roman numerals.

The roar that we hear when we place a seashell next to our ear is not the ocean, but rather the sound of blood surging through the veins in the ear.

Nine out of every 10 living things live in the ocean.

In ancient Greece, tossing an apple to a girl was a traditional proposal of marriage. Catching it meant she accepted.

A comet's tail always point away from the sun.

Caffeine increases the power of aspirin and other painkillers, that is why it is found in some medicines.



# **Beams**

## **CENTER I**

**Kitchen Maids** – Made a donation to TULP food pantry. Several members got together in March and sewed “book holders” for Books on the Bus Program at Wittenberg School. The holders will slide over some of the bus seat backs and hold books for children to read during transit. The ladies have been playing BIN-GO the last Wednesday of the month at Oak Haven with residents.

## **CENTER II**

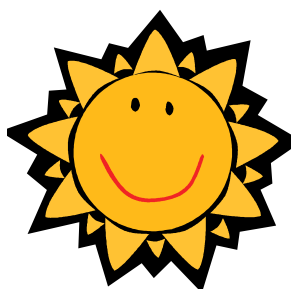
**Bizi Belles** - Have two ladies signed up to work the brat stand in April. They will be donating a theme basket and two decorated cakes for the spring event silent auction. A donation was made to SAFPARC. Their annual picnic will be in July at St. Martin Lutheran Park.

**Flour Queens** - Eileen presented the lesson on homemade soaps. She made bars of lemon and lavender soap for everyone. Liquid hand soaps and scented fragrance used for dresser drawers as well. They decided to meet a night over the summer for supper.

**Learn – A – Lot** –Discussed upcoming events such as International night and the Spring Event. Will make name tags for Spring Event.

## **CENTER III**

**WISC** - Making may baskets for nursing home at next meeting. Discussed making items for the silent auction as well.



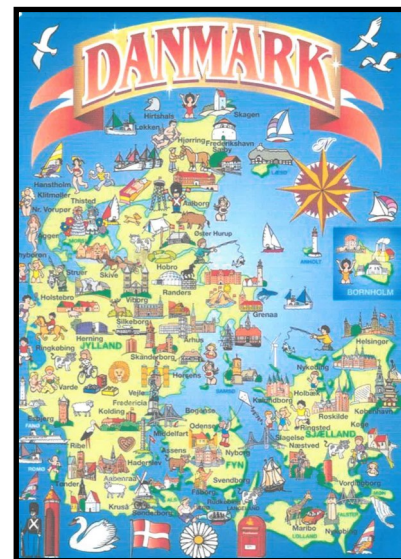




# International Night 2016



Karen Damgaard was our guest speaker at the 2016 International Night. We heard interesting facts, tasted wonderful foods with origins from Denmark and seen beautiful items that were on display! Thank you Karen.



## Danish Peppernut Christmas Cookies (Pebernødder)

2 C Lard, Softened (*In the booklet it states butter-use lard*)

2 C White Sugar

6 Eggs

1 C Karo Syrup

1 C Molasses

1 Tbl Black Pepper

2 Tsp Ground Cardamon

2 Tsp Anise Oil

2 Tsp Baking Soda

2 C Finely chopped Walnuts

10 C Flour

Mix all of the above. Add flour to make a soft dough (about 10 Cups). Roll into strings about size of hot dog. Freeze. Slice very thin. Bake at 350° until brown about 10 minutes. Flavor and taste are best if made a couple of months or so before Christmas. Keeps well in tins longer than that.

Joyce Souba, Learn-A-Lot, Joyce's cousin lives in Denmark



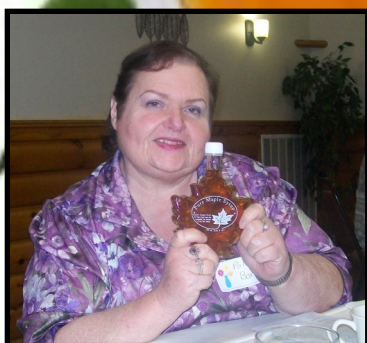




*How Sweet It Is! Get A Taste of HCE*  
*HCE Spring Event May 2nd 2016*



**Roseanne Marquardt—Tigerton**  
**Guest Speaker from the**  
**Marquardt Tree Farm**







# Give your household budget a tune-up

By Peggy Olive, Financial Capability State Specialist, UW-Extension

If you feel like your paycheck is not keeping up with your everyday expenses, you may be right. According to the U.S. Census Bureau, the median household income is down for many families across Wisconsin.

From 2009 to 2014, all but two counties in Wisconsin—Adams and Florence—had stagnant or falling median household incomes. Household expenses continue to creep up each year, with inflation rates around 1.5 percent.

“Most of us put our household spending on autopilot. We may buy the same groceries, eat at the same restaurants, and put gas in the car without giving it a lot of thought,” says Peggy Olive, financial capability specialist with the University of Wisconsin-Extension. “If you find it’s harder to make ends meet or you’re not able to set aside a little money for your financial goals, it could be time to give your budget a tune-up.”

## Know how much is coming in

The first step in making a spending plan is knowing how much money is coming into your household, Olive says. Look at your net income—the money left in your paycheck after taxes, insurance or other deductions are taken out. “Use any regular sources of income as your benchmark for how much you have to work with each month,” says Olive.

You can also add up occasional sources of income, including tips, gifts, commissions, or side jobs. Occasional windfalls, like a tax return or gift, are a great way to boost savings or pay down a debt more quickly. But Olive advises against counting on these irregular sources of income as a way to balance your monthly spending.

## Track your spending

The second step is to track your spending for one month. There are many different ways to track spending, from writing down expenses in a notebook to saving receipts to using popular websites and apps such as [Mint.com](https://www.mint.com).

One month provides an opportunity to look at regularly occurring expenses, such as the rent or mortgage, car payment, student loans, utilities and credit cards. Regular, or fixed, expenses are usually easier to plan for and track, but they are also the biggest chunk of a household’s spending.

“Harder to keep track of is the daily spending when you stop at the grocery store to pick up a few things or give the kids some cash for a school event,” says Olive. “Every household has these types of



flexible expenses that occur every month, but some months are higher than others. A balanced spending plan allows for some flexibility so that when the price of gas goes up or there is a birthday present to buy, you can find other places in your spending to cut back for that month.”

Every household needs a way to keep track of irregular expenses too. These non-monthly expenses might include auto insurance that is due quarterly, an annual car registration, or an unexpected trip to the doctor. Some households set aside a little money towards irregular expenses and financial goals each month, while other households cut back on spending the month a big payment comes due.

“Just the act of tracking spending can be very eye opening. You might start to notice spending leaks and habits that you haven’t given much thought to lately,” add Olive. “The bottom line for me is always – are you happy with where you’re spending your money and is it working for you?”

**Compare spending to income**

After tracking your spending for one month and planning for irregular expenses, the final step is to compare your total spending to your income. If your household is spending less than you bring in each month, that is a great opportunity to revisit your savings and financial goals.

Having money directly deposited into a savings account is an excellent way to set aside an emergency fund or retirement savings without being tempted to spend it first, Olive [your name] notes.

It is not unusual for household spending to be greater than income a few months out of the year. But if you find your monthly spending outpaces your income every month, it can lead to problems keeping up with payments or getting buried in debt.

“A solution might be as simple as a few cuts to spending, especially little habits, like buying snacks from a vending machine, that you might be able to cut out and not miss. A bigger shortfall in income could mean a bigger lifestyle change, whether it involves cutting down on daily spending or looking for ways to increase monthly income,” says Olive.

**UW-Extension has resources**

Setting priorities for spending is an essential step in balancing your budget--especially when you have less money available to spend. The UW-Extension has a website with tips and worksheets for managing family finances at <http://fyi.uwex.edu/toughtimes/>.

For more information about financial management programs and services, contact the Shawano County UW-Extension office at 715 526-6136.





## 2016 WAHCE Conference Registration

September 12 - 14, 2016

The Plaza Hotel & Suites, 1202 W Clairemont Avenue, Eau Claire, WI 54701



Name \_\_\_\_\_ 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 \_\_\_\_\_

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: [darlenschumacher41@gmail.com](mailto:darlenschumacher41@gmail.com) Registration Deadline: August 13, 2016 ***Late fee applies 8/14/16 & on***

### Workshops & Tours \*\*Please number in order of preference 1, 2, 3, 4, 5\*\*

\_\_\_\_\_ Willing to Serve as a Workshop Hostess (Intro Speaker)

### September 14<sup>th</sup>, Wednesday

#### September 12th, Monday Tours 12:00 – 5:00PM

- \_\_\_\_\_ #1 Chippewa Falls Irvine Park/Lienenkugel Brewery \$ 25.00
- \_\_\_\_\_ #2 Menomonie Tainter Theater/Rassbach Museum \$ 25.00
- \_\_\_\_\_ #3 Cadott Cabin Ridge Rides/Yellowstone Cheese \$ 28.00
- \_\_\_\_\_ #4 Augusta Amish Country/Wood Shed \$ 25.00
- \_\_\_\_\_ **Need handicap access on bus**
- \_\_\_\_\_ #5 Self-guided Downtown Eau Claire/Sculpture Tour \$ 00.00

#### Workshop Session #5: 8:30 – 9:45

- \_\_\_\_\_ 501 Educational Program #2 Keeping Your Brain Fit
- \_\_\_\_\_ 502 Crystal Bracelet (**craft – fee paid in class**)
- \_\_\_\_\_ 503 King & Queen of Flowers: Tree & Herbaceous Peonies
- \_\_\_\_\_ 504 Cooking with Wine
- \_\_\_\_\_ 505 Women Empowerment (repeat)
- \_\_\_\_\_ 506 Zentangles, Doodles & Coloring Books
- \_\_\_\_\_ 507 Medical Missionary Trips

### September 13th, Tuesday

#### Workshops Session #1: 8:30 – 9:45

- \_\_\_\_\_ 101 WAHCE Annual Business Meeting (**Note: 8:00 Start**)
- \_\_\_\_\_ 102 Women Empowerment
- \_\_\_\_\_ 103 Random Assortment of Musical Instruments
- \_\_\_\_\_ 104 Serving Up Local Foods
- \_\_\_\_\_ ~~105 Disability Awareness Project – CLASS CANCELLED~~
- \_\_\_\_\_ 106 Hiking the Ice Age Trail
- \_\_\_\_\_ 107 How to Age with Grace and Vigor

#### Workshop Session #6: 10:15 – 11:30

- \_\_\_\_\_ 601 Monarch Butterfly
- \_\_\_\_\_ 602 Crystal Bracelet (repeat) (**craft – fee paid in class**)
- \_\_\_\_\_ 603 Laugh..... Because It's Healthy
- \_\_\_\_\_ 604 Helping Youth Get to College: Small Savings=Big Dreams
- \_\_\_\_\_ 605 Choosing the Right Apple for the Right Use
- \_\_\_\_\_ 606 Trunk Show of Quilts
- \_\_\_\_\_ 607 Yes You Can Raise & Grow Violets

#### Workshop Session #2: 10:15 – 11:30

- \_\_\_\_\_ 201 International – Help For Our Neighbors
- \_\_\_\_\_ 202 The Grapevine Project
- \_\_\_\_\_ 203 Treasurers
- \_\_\_\_\_ 204 101 Uses of Mason Jars
- \_\_\_\_\_ 205 History of Hankies & 17 types
- \_\_\_\_\_ 206 Educational Program #1 Super Foods and A Healthy You
- \_\_\_\_\_ 207 Wisconsin Bookworms™ #1 Bringing the Books to Life

#### Workshop Session #3: 1:00 – 2:45 PM

- ☒ **301 GENERAL SESSION: "All American Girls Baseball League"**  
& ACWW Triennial to England Report

#### Workshop Session #4: 3:15 – 4:30

- \_\_\_\_\_ 401 Wisconsin Bookworms™ #2 Into the Grant Fund-Raising
- \_\_\_\_\_ 402 Love Isn't Meant to Hurt
- \_\_\_\_\_ 403 Needle Felting (**craft – fee paid in class**)
- \_\_\_\_\_ 404 Food Sensitivities & Food Allergies
- \_\_\_\_\_ 405 Preplanning for Death of a Loved One
- \_\_\_\_\_ 406 How Learning Center Programs Empower
- \_\_\_\_\_ 407 Membership

#### Full Registration Fees:

**\*Each County Bring Tax ID Number Sheet for Hotel\***

WAHCE Member or spouse	\$50.00	\$ _____
Non-member	\$55.00	\$ _____
UW-Extension	No cost	\$ <u>FREE</u>
<b>Late Fee (after August 13)</b>	<b>\$50.00</b>	\$ _____
Total Meal Package (6 meals)	\$90.00	\$ _____

#### One Day Fees:

Monday Evening Meal	\$27.00	\$ _____
Tuesday Registration	\$30.00	\$ _____
Tuesday Breakfast	\$12.00	\$ _____
Tuesday Lunch	\$16.00	\$ _____
Tuesday Banquet	\$21.00	\$ _____
Wednesday Registration	\$20.00	\$ _____
Wednesday Breakfast	\$12.00	\$ _____
Wednesday Lunch	\$15.00	\$ _____

**Tour Fee** \$ \_\_\_\_\_

**Total Enclosed:** \$ \_\_\_\_\_



## 2016 WAHCE Conference Registration Information



September 12, 13, and 14, 2016  
The Plaza Hotel & Suites  
1202 W Clairemont Ave, Eau Claire, WI 54701  
***"76 Trombones Leading HCE"***

Make Check payable to: WAHCE, Inc.  
Mail check with registration form to: Conference Registrar Darlene Schumacher  
2531 Golf Course Road, Wisconsin Rapids, WI 54494  
Phone: 715-424-2851 Email: [darleneschumacher41@gmail.com](mailto:darleneschumacher41@gmail.com)

Registration, Tour and Meal Fees are transferable, but not refundable.  
WAHCE reserves the right to alter or cancel a class as necessary.  
UW-Extension Family Living Educators are not required to pay a registration fee.

### Registration Deadline: August 13, 2016

**Registration Hours:** Sunday, September 11 ..... 2:00 PM – 6:00 PM  
Monday, September 12..... 8:30 AM – 5:00 PM  
Tuesday, September 13 ..... 7:00 AM – 8:30 AM & 5:00 PM – 6:00 PM  
Wednesday, September 14..... 7:00 AM – 8:30 AM

**Tours:** Five tours are scheduled. Please indicate your first (1), second (2), third (3), fourth (4) and fifth (5) choice. Include the tour fee with your registration. If you need special bus accommodations please indicate that information on your registration form.

**Cultural Arts:** Items may be brought in Sunday (9/11) from 6:30 – 8:00 PM or Monday (9/12) from 8:00 AM – 11:00 AM. Judging will begin promptly at 1:00 PM.

**Business Meeting – Workshop #101:** President Joan Staffon will preside at the WAHCE, Inc. Annual Business Meeting beginning at **8:00 AM** which is open to all conference attendees. Voting delegates (County Presidents and WAHCE Board members) are required to attend. All voting delegates will sit in assigned seating.

**Workshops: Important:** Indicate your first (1), second (2), third (3), fourth (4), and fifth (5) choice in each time period. Omitting the second, third, fourth and fifth choice for each workshop will not insure placement in your first choice.

**Education Program Workshops:** Sessions #206 "Super Foods & A Healthy You" & #501 "Keeping Your Brain Fit As You Age" are the Educational Program workshops. Every county should have their Vice President of Program and Vice President of Family and Community Life (or a substitute) attending these sessions. All are welcome.

**Meals:** The cost of the meal package is \$90 (including gratuity). The meal package includes Monday night dinner, Tuesday breakfast, lunch and dinner, and Wednesday breakfast and lunch. Please indicate any special meal requirements on the registration form. Individual meals can be purchased separately – see form.

**Room Reservations:** Reservations must be made directly with The Plaza Hotel & Suites at 1-800-482-7829. Mention the Group room block is: 8708 for the special room rate of \$99. A credit card will be requested to guarantee the room(s). Check in time is 3:00 PM – check out time is 12:00 noon. The room block will be held until August 14<sup>th</sup>. **Wisconsin Sales Tax Exemption:** You must bring a letter on your County HCE letterhead stating you are a member in good standing in WAHCE and it must include the tax-exempt number for the hotel.

**Conference Chair:** Jean Morton (608) 462-2257

**Co-Chair:** Jane Grabarski (608) 547-2419  
e-mail: [jane47@maqs.net](mailto:jane47@maqs.net)