

Shawano County Home & Community Education Nov.-Dec. 2019

Hello Everyone,

As I start this on Sunday, Oct. 13, we are experiencing snow showers. At least it's not enough to cover the ground, but it's very windy. Recently, I had been going over last year's "Satellite" newsletters, and I found this very interesting: "As I write this on Oct. 20, we already have had two days of snow showers." For me, the snow can stay away until right before Christmas this year!

Getting ready for winter heating with the outdoor furnace in mind, we are finishing up cutting the wood for winter heat with such conveniences as power saws and wood splitters. I'm so thankful that I have three sons who are working together and getting it done. On Monday as I got up, the ground was totally white, but thankfully, it's from frost and not snow, and at least, there is no rain in sight for a few days.

The WAHCE State Convention in Manitowoc, Wisconsin, was another great time of learning and socializing with others from around the state, and I want to thank HCE for the scholarship to attend.

Finishing up this article after our 35th annual Learn-In with Waupaca County, I want to share how it was another great time. We had 44 ladies in attendance, and one of the ladies came from Marinette to enjoy the day. Because our theme was "Hats off to HCE", we encouraged ladies to wear a hat, and we had several interesting hats, either homemade or hats from the past. The canned goods and other non-perishable items collected were taken to SAFPARC.

Our speakers were awesome. We enjoyed learning about vinegars and oils from the girls from The Stock Market in Shawano; so, remember ladies use those coupons they handed out. Hearing from John Gillespie about the origin of Rawhide Boys Ranch and about the help they received from the late Bart Starr and his family was inspiring. Our Chair Yoga with Liz was a great way of getting in some stretching and movements even though we were sitting.

We had a great lunch prepared by Sally and her staff at the Main Event in Cecil, and after some time for visiting, we gathered again for our final two speakers. Patty Beck, the Hat Lady, entertained us with some fantastic humor at a time when we needed to keep from napping after that wonderful lunch. She had some of us singing along her as she showcased her array of hats that she changed with the songs. It was like there was no bottom to the bag from which she was taking the hats. We ended the day with Mary Lou Kugel with a slide show from her family's recent trip to Peru. She had a few items she purchased as souvenirs and came with a Peruvian cake that she prepared at home to share with us. It was very tasty. As with the Rawhide presentation, there was also question and answer time for the Peru talk.

Our Fall Meeting on October 26 will have come and gone by the time you get this newsletter. So hopefully, the time worked out for most of you and you were able to attend. Onward into November, we're all looking forward to our lesson on Instant Pot cooking with our presenter, Linda Olson. Be sure to let the Extension office know if you're attending the Shawano lesson on November 6 or the Bonduel lesson on November 7. I, for one, am interested in learning how to properly use the one I already have had for about six months. This will our last lesson for the 2019 year. Right after the Fall Meeting, we will plan the lessons for next year, so hopefully, we'll get some good ideas on your sheets that you turn in at the meeting.

Merry Christmas, everyone, and a Happy New Year!

Helen Raddant, HCE President



Calendar of Events

| Nov. | 2019 |
|-----------|---------------------------------|
| 3 | Daylight Savings Ends |
| 5 | Election Day |
| 5&6 | Cooking with Instant Pot Lesson |
| 11 | Veterans Day |
| 28 | Thanksgiving Day |
| Dec. 2019 | |
| 25 | Merry Christmas |
| | |

November Lesson: Cooking with an Instant Pot with Linda Olson

Do you have an electric pressure cooker and are not sure how to use it or do you wonder if you should get one? This HANDS-ON class will cover appliance features, safety tips, food preparation, and tricks to make cooking with one a breeze. Participants will complete a recipe in an electric pressure cooker and will sample different recipes.

If you are currently using an electric pressure cooker, bring your favorite recipe to share. If you have questions about using your electric pressure cooker, bring those along too.

Instant Pot (electric pressure cooker) is a multicooker that does the job of a slow cooker, pressure cooker, rice cooker, steamer, yogurt maker, sauté / browning pan, and warming pot. It's a single appliance

that does the job of seven different kitchen appliances or tools.

Nov. 5: Shawano County Courthouse, Room A/B, 5:30-7:00 p.m.

Nov. 6: United Methodist Church, Bonduel 1:00-2:30 p.m.





Help our HCE grow. **Invite** a friend or neighbor or relative to your next club meeting, lessons, or event.

Putting Your Garden to Bed: The October Lesson

The Shawano County Wolf River Master Gardener Association presented "Putting your Garden to Bed Seminar on Monday, October 14. Helen Raddant, Jeanette Pitt, Audrey Wussow, and Janet Lane (HCE members) attended this evening at the Shawano County Library that included a potluck meal.

The speakers discussed the best practices for cleaning up the gardens after the vegetable harvest is done and the summer flowers have died back. Some plants can be cleaned out of the garden beds, but some dead perennial plants are great to leave in the garden for bird food and for ground cover from the freez-

ing snow. What to compost and what not to compost was covered, along with making the point with having your soil tested very few years for the health of the soil.



November (Lesson) Leader Training Meeting

Contact Person

Club

Members Attending: ____Shawano 5:30 p.m. Nov. 5# Members Attending: ____Bonduel 1:00 p.m., Nov. 6

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Bike the Barn Quilt Event

The 7th annual *Bike the Barn Quilt Ride* was held in Shawano on September 28. This event, sponsored by Shawano Pathways along with help from other community members and groups like Shawano Co. HCE, is a day of bikers enjoying scenic bike routes, varying from 16 to 70 miles, through the autumn, rural landscape of Shawano County along roads that feature colorful and unique Barn Quilts.

Helen Raddant, Sandy Smith, and Janet Lane, Shawano County HCE members, along with Lenore Behnke, a Shawano Pathways member, worked in the kitchen, serving the riders breakfast, which included homemade breads baked by many HCE members, and then helping with the lunch.



Member Contribution and Healthy Lifestyle Hours

Don't forget to **log your hours** on the enclosed calendars in your booklets. Doing so each month will make it easier to turn in

your hourly contributions for the year ,which starts June 1, 2019 and goes through May 31, 2020.



The Shawano ADRC is moving on Oct. 9!

The new address is W7327 Anderson

Ave., Shawano, WI

Navarino Nature Center

Check out *Safari Senior Luncheon* from 11:00 a.m. – 1:00 p.m. Thursday, November 14. Donation of \$3.50 for seniors/\$15 for under the age of 60.

Topic: "A day in the life of a Wisconsin DNR Warden." **RSVP** by contacting Heidi at 715-526-4686.

Please record your events with Photos!

Whenever your club has something "happening" or you're involved with an HCE community event, please **take some photos**, so we can include all the amazing things that are happening in HCE. Send

them to Becky Moore, HCE "Satellite" & Facebook page editor. Email her at smsbmoore@yahoo.com



Musings about the

WAHCE State Conference

Carol Sybeldon

The 79th WAHCE Annual Conference was another great experience for us attending from Shawano County. We were among the 285 participants from throughout Wisconsin. Enthusiasm, dedication, and determination was evident in the workshops, the keynote speakers' messages, the presentations, and the awards. It was felt in the conference's overall climate.

Thanks to Helen Raddant's initiative, Shawano County was the recipient of an award for our Community Education activity, highlighting our involvement with the presentation of Human Trafficking awareness in last Spring's March lesson.

One excellent session I attended was an introduction to Chair Yoga, which consisted of stretches and relaxation techniques to help improve mind and body. The Health & Wellness instructor shared a valuable quote, "Do not be afraid of growing old; some people are deprived of that opportunity."

Our lunch speaker on Tuesday was Danielle Hairston-Green from University of Wisconsin Extension who encouraged volunteerism among HCE members by saying, "If you have not served, you have not lived." The evening banquet included the Installation of Officers, Recognition of Retiring Officers, and delightful entertainment by "A Touch of Harmony" Quartet.

On Wednesday morning, many of us joined presenter Lynn Marcks in a HOOTENANNY. Lots of fun instruments, like a washboard, were utilized with great participation from the group. She sure knows how to get things going!

The final session I attended was a Membership Workshop conducted by State Membership Chair Charlene Southworth, and each District was represented. We brainstormed ideas for increasing our numbers and keeping members active in HCE.

I am grateful to the Shawano County HCE Board for allowing me this opportunity to attend. Next year the Conference will be held in Hudson, WI on September 21- 23, 2020. Please consider attending it. You will be glad that you did.

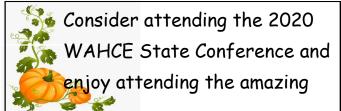
Janet Lane

Thank you for the opportunity to attend the 2019 WAHCE Conference in Manitowoc. It is always good to meet old friends and new acquaintances. During opening session our speaker Karen Dickrell, Human Development and Relationships Educator of Outagamie County, talked about "A Dash of Joy", the dash being on a tombstone between the birth and death date and what you do in between.

My first class was Chair Yoga by Kathy Niquett, where we did a full body workout in a chair along with meditation or quiet time. Another class was "Up Close and Personal with Alpacas", with a speaker from London Dairy Alpaca Ranch in Two Rivers who brought Penelope and Mona Lisa, two of his friendly animals that were recently showcased at the State Fair in Milwaukee, where we learned about these docile animals, marketing their hair, and even petting one.

An interesting class was "Turning a Local Grape into Wine", presented by winery and vineyard owner Steve Johnson from Parallel 44 Vineyard. We tasted several wines and learned a lot about sight, swirl, smell, sipping (tasting), and savoring wine, the 5 S's.

My last class on "Better Brain Health for All" provided information about health services for women and their families, presented by Wisconsin Women's Health Foundation. Topics included Dementia, Maintaining a Healthy Heart and Brain, Exercise, Connecting with Others, and Caregiving. This conference was very informational, and if you ever get the chance to go, please do. You meet many interesting and inspirational people.



HCE Lights Up My Life!

JoAnn Fehrman

Another great WAHCE State Conference is in the books! With all the great friends, wonderful learning sessions, and good food, it was a great success. My first session was "Nutrition", with Joni Shavlik, where we discussed eating slowly and eating more protein-dense, vegetables, fruit, and healthy fats diets as well as earning our carbohydrates.

The next session was "Small Spaces: Big Production", with Scott Reuss, which focused on different types of gardens, which soil is best to use, how much watering is needed, and which nutrients should be added.

Tuesday afternoon, we learned about the Nicaragua Partners Project, the Wisconsin Bookworms program, and the Associated Country Women of the World (ACWW) Triennial Conference.

One of my sessions was my treasurer's meeting, presented by MaryAnn Bays, where we reviewed all the reports that need to be completed for tax forms along with the due dates. An intriguing session was "Pioneer Women" with Hope Reines, who read and told stories from journals of women who traveled from Missouri to Oregon on wagon trains in the 1800s. These women dealt with some difficult conditions, like weather, rough terrains, sickness, and death. They were strong women. With so many deaths along the Oregon Trail, it is called the "longest graveyard".

Another session was "Stress and Resiliency" with Tenley Koehler and Mandi Dornfeld, where we focused on resiliency and dealing with stress by making a joy list, a value list, and a grateful list. They closed the session with meditation that left us feeling relaxed and peaceful for our trip home. Please consider attending the state conference next year in Hudson and celebrate 80 years of HCE.



Shawano County HCE members who attended the WAHCE state conference September 16-18 in Manitowoc. L to R: Janet Lane, Carol Sybeldon, Helen Raddant, JoAnn Fehrman, and Sandy Wendorff

Exploring with Books

Sandy Wendorff

It's always an exciting session with Lynn Marcks, State Coordinator for *Wisconsin Bookworms*. I always come away with new ideas to use with the children in our local groups. The panel of 12 HCE members who work on this program includes Lynn, teachers, librarians, and other interested women who review many children's books before choosing the 8 we'll read in the year.

This year, Lynn introduced some of the books by reading to us, then sharing ideas for different activities to do with the children. After receiving the list of 8 titles, the 40+ women in the session were encouraged to brainstorm additional activities for the books. She also shared activity sheets that will be given to the children along with their books, so they may work with a family member at home to support the reading and comprehension of these stories.

There is always a lot of laughter and action in these sessions with Lynn, who brings her love of reading and music to the session, supported by her experiences as a teacher. I always leave Lynn's session excited to start the next year of reading. I'm also very happy to be the co-coordinator, with Lynn, of *Wisconsin Bookworms* for the Central District.

2019 WAHCE State Conference



Jeanette's Watercolor Painting

Congratulations, Jeanette Pitt, (member of WISC HCE club) of Shawano County HCE for winning a Blue Ribbon at WAHCE Conference for her water color painting, named "Demise of Wisconsin Dairy Barns". This painting grew out of concern for the loss of these important buildings, a staple in rural, farming communities.

This "three-in-one" painting started when she was painting old barn wood (the bottom of the three paintings) and she decided this was an important message to share with the wider community



WAHCE State Conference. It wasn't just about wining a prize, since she did have a painting that had won "Reserved Champion" that she could have taken, but she felt this message was too important to ig-

at the 2019

nore. Thus, she took her "Demise of the Wisconsin Dairy Barns" to this year's state conference.

She finds that the paintings evolve naturally for her, but it's the naming of the painting once they're done that she finds more challenging. Congratulations, Jeanette, on your Blue Ribbon and thanks for sharing such an important message in beautiful colors.

Marlene's 1930s Quilted Wallhanging

Marlene Bowan (member of Learn-A-Lot HCE club) looks at leftover fabrics, vintage buttons, and pieces of old lace and "sees" a lovely mini-quilt to decorate her wall.

The background fabric in this wallhanging, for which she won a Blue Ribbon at the WAHCE



State Conference, is from an actual feed sack from the 1950s, and the intricate lace gracing the alternating corners of this piece is from her husband's Aunt Ella's lace collar that gussied up some of her dresses in the 1920s. Adding to this 11"

x 14" piece are adorable butterflies made from reproduction 1930s fabric and antique buttons.

Marlene finished the piece with machine quilting along the plaid lines of the background material. The judges commented that this was a "fun, creative combination of pieces with delightful butterflies."





2019 WAHCE State Conference



In March of 2018, our Shawano County HCE monthly lesson focused on bringing the "Fight Against Human Trafficking" to our greater community. Through months of preparation, HCE partnered with other agencies, such as Shawano County Extension, Thrivent Financial, Catholic Order of Foresters, Shawano County Literary Council, and Shawano Country Chamber of Commerce to host more than 140 HCE members and community members. The speaker, Dawn Spang from Eye Heart World, educated the group about the complicated, ruthless process of grooming the vulnerable into this horrendous "business". Many community leaders, attending our lesson, left more informed about this issue and more able to address it in their areas of expertise.

Thus, Helen applied for the WAHCE <u>Educa-</u> <u>tional Program Award</u> for this lesson. She gathered information about the March event (e.g. from our Facebook page and the promotional materials), and after the application for this honor that comes with a monetary prize was sent in, our HCE won the award at the 2019 WAHCE State Conference.

This award recognizes those counties that

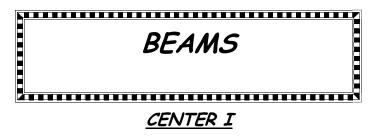
best present information from the focus topics that are shared by the WAHCE, and it was from the 2018 WAHCE list that Shawano County HCE found the idea to present at our March educational evening.

The application asks our HCE to speak of points such as how we promoted the event, how we partnered with community agencies, and how our HCE members grew in planning, communication, and leadership skills. Along with networking with community partners, we used a variety of methods to promote this event, such as social media, community bulletins, radio talk show, TV news, local newspapers, and church bulletins, always highlighting the mission of HCE along with the importance of this troubling issue, and many of our HCE members worked diligently to bring this educational event to Shawano.

Thank you, Helen, for applying for the *Certificate of Achievement in Recognition of Outstanding Achievement in Educational Program Award*. Also, congratulations to all the HCE members who worked to bring this extensive and important program to our community.



Janet Lane was recognized at the state conference for her 10 years of participation in the *Wisconsin Bookworms* program.



<u>Kitchen Maids</u>: Received a thank you note from TULP Food Pantry for our monetary donation. Reports were shared on the Farmer's Market, Brat Stand, and group trip to Navarino for presentation on Black Bears. Carol, Hazel, JoAnn, and Marion reported on the Fall Learn-In, and all were impressed with John Gillespie's talk about Rawhide. We will play Bingo at Oakhaven on Nov. 15 at 10:00. Due to increase in town hall rent, we will not be holding our annual Craft/Bake Sale. Other fundraising ideas were discussed. 2020 Officers: Micki Thelen (Pres), Carol Sybeldon (Vice Pres), Pat Arnold (Sec), and JoAnn Fehrman (Treas). We will do a Christmas giving program through WTCH radio, and serve dinner at SAM25 on Jan. 12, 2020.

<u>CENTER II</u>

Bizi Belles: Thank you's were received from SAM25 and the Durkey family. Judy, Ruth, and Sandy worked at the August Brat Stand. Sandy helped set up the fair booth at the Shawano County Fair and worked in the kitchen for the Bike the Barn Quilt event. In November, we will make a monetary donation for a charity in lieu of exchanging Christmas gifts, and in February, the club will hold a monetary collection for SAFPARC. All were reminded to keep track of volunteer hours. The next meeting will be held on November 9 at Angie's Café at noon. Learn-A-Lot: Dorothy Owens was honored at the Spring Event for 25 years in HCE and celebrated her 97th birthday at our September meeting. We had a busy summer: In June, we enjoyed a Thai Lunch (Bangkok Gardens in Green Bay), toured Titletown Brewery, and ended the day at Beerntsen Candies. Some members helped with the Rhubarb fest, and

two members helped plan the Learn-In. In July, we had a potluck summer salad meal, and in August, we had cookies for Farmer's Market along with delivering 700 homemade cards to Kings Veterans Home. Some members helped at the August Brat Stand. During the October meeting, we voted to keep the same committees, and the Thank you from Kings Veterans Home was read. Committee reports for International, Scrapbook, Safety, Sunshine, and Cultural Arts were shared. Along with Linda teaching the November lesson, four other members from our club will be attending. Our next meeting will be November 14.

<u>CENTER III</u>

Landstad Ladies: Janet helped with the Bike the Barn Quilt event in September and five members (Janet, Pam, Rozanne, Peggy, & Becky) attended the Learn-In in October. Discussion was held about helping with the Backpack program in Bonduel Schools. The club is holding a Stanley/Watkins fundraiser at their April 2020 meeting and will share more information with everyone as it nears. All are welcome to participate in it. The club officers will remain the same in 2020. Janet and Pam plan to read story books to the Bear Cub Childcare and Learning Center in Bonduel in October. Plans for the club's Christmas Party were discussed. All were reminded to keep track of volunteer hours.

<u>Merri Maids</u>: Six people (three club member, two community women, and a member from another HCE club) attended our September fundraiser, with a Stanley/Watkins demonstrator. Most of the products have been delivered to those who purchased them.

WISC: At the last meeting, it was decided that Jeanette and Sharon will attend the October 26 Annual Fall Meeting and our club will help provide the morning hospitality. We started to plan our Christmas party, which will be held the 2nd Thursday in December. The next club meeting is November 14.

HCE Executive Board Minutes

October 22, 2019 Room A, Shawano County Courthouse

Members Present:

Helen Raddant, Ellie Borre, Sandy Wendorff, Sandy Smith, Carol Sybeldon, JoAnn Fehrman, Becky Moore

Secretary Minutes and Treasurer's Report:

* President Helen Raddant called the meeting to order, and the secretary minutes from August 12, 2019, meeting were read. Treasurer JoAnn reported on the income, expenses, and profits made at the August Brat Stand, the WAHCE Educational Award, and Learn-In. Money will be donated to VITA (Volunteers Income Tax Assistance) for their help at the Brat Stand.

Old Business:

* October 10th Learn-In: 43 people attended. Thank you notes will be sent to the speakers.

Committee Reports:

* **Center Chairs** reported on the clubs' activities in their centers. (see "Beams" article in the *Satellite* for these club summaries)

* Sandy Wendorff, **Wisconsin Bookworms Coordinator** for Shawano County HCE, organized some of the readers for this school year, passed out some of the story books, and budget for this program was discussed.

New Business:

* The placement of our booth at the fair was discussed. May look into a new placement for next year's fair. * Will bring up at October 26 Fall meeting whether to change the days of the week for next year's Brat Stand.

*Will be mailing out January lesson in 2020 to clubs * Discussed if non-HCE people can be invited to club lessons and how this may/may not impact the budget. For now, non-HCE people can be invited to the county lessons, and we assess how it works out. Another approach to increase our membership.

* Discussed how clubs will share their monthly minutes with Becky, *Satellite* editor, so she can include the summaries of their activities in the "Beams" article. For now, club secretaries can either mail the pink copy to Becky or email her a scanned photo of the white copy or a typed copy of the minutes. The handwriting on the scanned photos of the pink copies are too light to read. This will be discussed at the October 26 Fall meeting. Becky's information for address and email address can be found in our HCE booklets.

* For sending in the number of members attending monthly meetings, a club representative, such as the secretary or president, needs to let Kara know how many in the club will be attending, or an individual member can call Kara at the courthouse to let her know.

* It was decided that Becky, *Satellite* editor, will be emailing out reminders for any news, photos, articles that members would like to add to upcoming issues to those members who have email addresses whenever it's time to build the next *Satellite* issue.
* Next executive board meeting is February 11, 2020 at 5:30 p.m. in Room A/B of courthouse. All HCE members are welcome to attend. *Submitted by Becky Moore, Secretary*

An EEO/AA employer, University of Wisconsin-Extension provides equal opportunities in employment and programming, including Title VI, IX and ADA requirements. Persons with disabilities who require alternative means for communication of program information (Braille, large print, audiotape, etc.) should contact Kara Skarlupka— Healthy Families & Communities Coordinator for Shawano County. Requests for reasonable accommodations for disabilities or limitations should be made prior to the date of the program or activity for which it is needed. Please do so as early as possible prior to the program or activity so that proper arrangements can be made. Requests are kept confidential. 711 (Wisconsin Rely)

2019 HCE Learn-In: Hats Off to Fall

Becky Moore

Several members from Shawano County HCE and Waupaca County HCE planned a fun and informative day for the 2019 Learn-In, "Hats Off to Fall", that was held at the Main Event in Cecil on Thursday, October 10. Approximately, 44 women gathered, many wearing hats, for day filled with learning, laughter, friendship, and good food.

During the half hour of registration, HCE members were invited to mingle and munch on yummy homemade sweet breads provided by the Shawano County executive board members. Then at 9:00, Helen Raddant started the day by introducing Abigael Wallrich and Chelsea Gilling from The Stock Market in Shawano. The two sisters, whose maiden name is Stock, shared interesting facts about the science of and health benefits of olive oil, a healthy cooking and eating oil that has been around for almost 5000 years as well as intriguing information about what makes a "good" Balsamic and what incredible flavor choices this tasty vinegar comes in. Chelsea, a wonderful chef, shared ideas for cooking with the oils and Balsamics, while Abigael, who is certified in oils and Balsamics, shared the scientific facts about these ancient cooking condiments that are guite popular in today's healthy eating programs.

Then we were entertained by the engaging and informative John Gillespie, who shared his and his wife's stories about how Rawhide Boys Ranch came about almost 55 years ago along with how Bart and Cherry Starr got involved and firmly committed to the mission of this school and boys' home. He shared some great stories of the boys from his new book *My 351 Sons*. He signed and personalized any books that the HCE members bought that day. A very inspiring story of giving, love, and commitment to the potential in every child.

After having our brains stretched by the science of oils and Balsamics and our hearts softened by John Gillespie's storytelling, it was time to flex our muscles as Liz Teetzen from Total Fitness led us in Chair Yoga. It was wonderful to see all 40+ women bend and stretch while inhaling and exhaling in a methodical manner, increasing the health of our bodies after sitting still for so long while engaging our minds earlier.

Lunch was a yummy meal of Caesar salad, lasagna, garlic bread, and apple dessert. The cooks at Main Event created a delicious meal that set the tone for together time to relax, chat, laugh, and process the new information we had learned during the morning sessions.



Some of the Shawano County HCE (Landstad Ladies) members who attended the Learn-In. L to R: Peggy Moore, Becky Moore, Janet Lane, Pam Heling, and Rozanne Zernicke.

Then it was time for laughter—time to tickle our funny bones, which Patty Beck, the Hat Lady, did with flourish! Patty, the 2018 Ms. Senior Pageant winner, shared the story of how she developed her talent for this pageant, which has since turned into a gig that she takes to nursing homes and events such as our Learn-In. With well-timed humor, she had us chortling with delight as she donned stylish hats while belting out corresponding songs, changing hats and songs every minute or so. Her song repertoire went from Big Band to TV

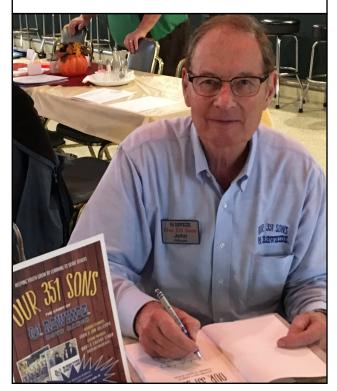


Chelsea (Stock) Gilling and Abigael (Stock) Wallrich from the Stock Market in Shawano. (Their dad came up with the clever name for their business.)

theme songs (e.g. Gilligan's Island) to rock from the 50s and 60s. It was the perfect antidote to wake us up from our food slumber after lunch.

Our final speaker of the day was Mary Lou Kugel from Shawano, who shared beautiful photographs in sharp, vibrant colors along with stories of her family's trip to Peru. They started at a lower altitude in Lima, enjoying the street markets, traveling to higher altitude villages until their bodies were acclimated and ready to deal with the heights of the ancient Machu Pichu. There were photos of in-

John Gillespie of Rawhide signing his book Our 351 Sons



triguing food, like the delicacy of Guinea pig, to photos of weaving cloth in brilliant colors that make up the traditional costumes of the native peoples. It was a fun day of learning and fellowship among the women who attended. Hopefully, next year all will return and bring a friend or another HCE members along. See you in 2020!



Patty Beck, the Hat Lady, crones "In Your Easter Bonnet" during her wonderfully humorous singing act.



Did You Know the "Why" about our Logo?

The **roof** of the home symbolizes our past **heritage** with Extension Homemakers. The letters **H** (*Home*) **C** (*Community*) **E** (*Education*) make it a suitable logo by the state, county, and club. The **house without walls** confirms a commitment to membership open to all regardless of race, color, creed, religion, sex, age, handicap or national origin.

Our Heritage

During World War 1, 15 emergency home demonstration agents began work in 17 counties to teach the use of wheat, sugar, and meat substitutes. Nellie Kedzie Jones, the third State Leader of Home Economics Extension, worked tirelessly for 15 years to have home agents established in counties and Home Demonstration Clubs organized throughout the state. Records show that in 1932, she organized 690 clubs in 43 counties. It was under her guidance that the project leader system originated.

The first meeting to consider the formation of a state Home Demonstration Council was called by State Leader, Blanche L. Lee in 1939 during Farm Home Week on the UW-Madison campus. A state Home Demonstration Advisory Committee met June 3, 1939 to elect officers. The first official meeting of presidents of County Home Demonstration Councils was held January 30, 1940, and 22 counties were represented.

The purpose of the council was to provide representation of *rural* women on state committees concerned with issues which affect *home and families i*n rural communities, to develop an awareness of *national and international interests and needs*, to develop *leadership* abilities of rural women, and to facilitate *statewide acquaintances* of rural women.

In 1969, the Wisconsin Home Demonstration Council changed its name to the Wisconsin Extension Homemakers Council. In 1993, the organization followed the lead of the national association and became the Wisconsin Association for Family and Community Education. The following year the state association voted to withdraw from the national association and chose the name, Wisconsin Association for Home & Community Education, Inc.

In the past 60 years there have been many other changes in the organization. Membership today includes both *rural* and *urban* members and is open to men as well as women. Although changes in technology, life-style, and the role of women and men has brought about changes in programming, our valuable partnership with Extension continues and the goals set in 1940 are as important today as they were then. We continue to care about families and communities, encourage members to assume leadership responsibilities, and strive for international understanding and friendship. (*Narrative found on WAHCE homepage https://wahceinc.org/ our-heritage/*)

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Home and Community Education, where we keep you updated on events, interviews, photographs, coming attractions, and more.

