

Monday, July 16, 2018 - Heritage Skills & Educational Seminars

All Heritage Skill classes 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 - 10:30 - 11:30 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 - 10:30 - 11:30 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

10:30 - 11:30 am

by Sandy Kahler & Jean Morton

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

Friendship Necklace - 2:00 - 3:15 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 Kahler & 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 quilt design 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.

