



2009 WAHCE STATE CONFERENCE



Back: Teri Madden, Karen Spittlemeister, June Meikle
Front: Marilyn Kleist, Annette Heck, Winnie Dahlen, Joan Peterson

REPORT BY JUNE MEIKLE

Seven members of Door County traveled via bus to Superior WI on September 14-16 for the EXPERIENCE HCE'S NORTHERN LIGHTS annual state conference held at Barker's Island Inn. The Harbor-Ettes had four members attending. They were Annette Heck, Winnie Dahlen, Teri Madden and Joan Peterson. The other three were Karen Spittlemeister from the Sevastopol Club and Marilyn Kleist and June Meikle from the Apple Polishers.

I went on a tour to the historical Davidson Windmill, a grain mill used for milling grains for animal and human consumption from 1904-1926. The Superior HCE ladies served us an assortment of sweets (cakes, cookies and muffins) and beverages that were delicious. Also included in the tour was stopping at Stained Glass Family Business. One of the employees demonstrated how they make the stained glass ornaments. They also had home-made jewelry for sale. Our third stop was to a Winery where they made wine from meal. We got back in time to change for the dinner and the general session opening in the Grand Ballroom.

Besides the tours and the workshops we attended, included at the conference was the HCE Marketplace, a Silent Auction (with 113 items to bid on) and the HCE Cultural Arts (with 339 entries, 39 of which were quilts). The silent auction netted \$2,076.00 which is earmarked for the Hot Springs, Arkansas Triennial. We also collected \$296.66 for Pennies for Friendship.

On Tuesday I attended the WAHCE Business Meeting, the POOL Workshop "Small Steps to Health & Wealth", Wisconsin Bookworms "Beyond the Book" and another

POOL Workshop, "Resiliency: Strength Under Stress". We learned that UW Extension is to receive a "Friend and Advocacy Award", a Chancellors Award, for the 10 years sustained Bookworms Program. This year, the 500,000th book will be given to a Pre-School child in WI. Our Organization will be 70 years old next year. *(A big year! Planning a big celebration.)* We have two big events coming up: ACWW TRIENNIAL, and NVON (Volunteer Outreach). As HCE members, we are automatically included as members in each of these organizations and as such entitled to attend these auspicious conventions. The Triennial is April 21-28, 2010. I volunteered to help Lois Dalke organize the Vender's Booths for the NVON Convention which will be at the Hotel Sierra in Green Bay, July 19-21, 2011.

Wednesday morning was the all inclusive session in the Grand Ballroom on "Let's Take Off Obesity & Diabetes - Focus on Healthy Weight Management", followed by "Did Food Rationing Make Us Fat?"

Our state Advisor, Shelley Tidemann, told us to Keep Learning, Keep Working and to Keep Caring for our Organization. There are over 5,000 HCE members in Wisconsin. She told us we are never too old to learn. "Never too old to add something up there!" *(as she pointed to her head).*

At our POOL meetings, both Winnie and I received instructions on ways to present County Project lessons. The Health & Wealth session compared the goals to good health to the goals to good wealth, stressing that people who share goals are more apt to obtain goals. The Stress Session elaborated on the 8 Traits of Resilient Families which are: Commitment,



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Time Together, Respect, Spirituality, Connectedness, Adaptability and Communication Cohesion.

Cultural Arts: Linda Anderson, Teri Madden and Jerry Schimmelfennig received 1st place awards. Second place awards were given to Mary Ellen Smith, Linda Anderson and Becca Anderson. Gina Cross received a 3rd place award. The People's Choice Award was given to a Nativity Scene Counted Cross Stitch Wall Hanging.

Our new State President-Elect is Lylene Scholz from Manitowoc. Her theme is "Growing Stronger, Reaching Wider". The next HCE State Convention will be held in Eau Claire, Sept. 15-17, 2010.

REPORT BY KAREN SPITTLEMEISTER

On Tuesday morning I attended the Annual Meeting. It was announced that the County insurance will go up to \$88. This is our share of the liability insurance and insures anyone outside of our organization attending any of our functions. Lylene Schulz was elected State President-elect.

At the President's workshop, we were given some information on Leadership as Team Work; Meetings: Tips and Tricks...Treats for Success (which consisted of a checklist for conducting meeting, ways to welcome new members, unique ideas for roll call, and fun ideas for group activities; information on Leadership - organized leader skills; and finally information from the Extension on "Embracing Change". We also received information from the NVON concerning their project for this year which is "NVON, Let's Take Off". Each state is to develop a project to deal with obesity to raise awareness, educate on how to deal with it, and to recognize ways to help combat the effects of obesity. We were also given information concerning raffles - who needs a license, what type of license, etc. Our County has a license to cover both "in-house raffles" and our larger raffles that you need not be present to win.

I also attended the membership meeting and there we discussed different ways the Counties are using to get new members. It was also decided that the contest the membership chairman held last year will continue for this year. A special event should be held in our County and any new member signing at that meeting will get their dues refunded up to \$10. The member has to sign at that event though.

I also attended two sessions of POOL. POOL stands for Programs, Outreach, Opportunity and Leadership. This took the place of the Leadership Institute. We

were given information to bring back to the County through a program that can be adapted to our County and dealt with health care. There are presentations we can use and materials available for "Choosing the Right Health Care Provider", "Decisions about Healthcare", Being Prepared with Questions to Ask Your Healthcare Provider", "Reliable Information on the Internet", and How to Plan for Future Healthcare Needs". I brought back a packet of information that we will be going through with Pam and a committee to decide what we can implement and when.

The Conference was fun and informative and I thank you for giving me the opportunity to represent you there.

I attended several workshops. The first being Membership and there we had a powerpoint presentation by Jim Bishop, DNR Public Affairs Manager. The presentation dealt with how to get things into the media and where to go with your information. Mr. Bishop suggested working directly with the editor of the specific area you are trying to place an article in. He also suggested that you make your public service announcement very short, terse and concise. Too many words tend to make a person not read beyond the first one or two sentences. Put HCE's name first and then the 5 "w's"...who, what, when, where and lastly why. You put the HCE name first so that people who will not read the entire message already know who you are and who is putting out the message.

Another workshop I attended was POOL # 4 which dealt with overeating, weight loss and controlling your appetite. We learned that it takes an average woman 3,500 calories to gain or lose 1 pound of body fat. They suggested that the optimum is to eat three meals a day 4-6 hours apart, to practice weight maintenance by equalizing calories taken in with calories expended by exercise and to lose weight you must consume less calories than you expend.

I also attend POOL #3 where strength and resiliency were discussed. Resiliency is not only surviving but also thriving during that survival. Some of the actions of resiliency are strength, memory, and organization. People should continue activities, eat well, rest, take care of themselves both physically and mentally, stay involved with old friends and new friends and converse with people.

I attended other workshops, but I will let the other attendees from Door County report on those workshops.