

April/May 2018

Sunnyviews



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President's Letter

Greetings Everyone,

Not only is spring officially here, I also have a flock of robins in my yard. It is nice to have longer days and the warmer sun back.

Just a reminder for scholarship applicants to get their application in by April 1. The form was in the Feb/Mar newsletter, and it's also available on the Winnebago County UW-Extension website (<https://winnebago.uwex.edu/family-living/hce/>).

Other upcoming events:

April 9 Leader Training at 1:00pm and Executive Board Meeting at 2:00pm.

April 17 Spring Central District Meeting in Green Lake. This is open to all HCE members, so contact me or Joan Bestler if interested.

May 7 Leader Training at 1:00pm.

May 10 Spring Banquet/Rally at the J.P. Coughlin Center. We are asking all clubs to donate a basket to raffle or other donations. Also in the Feb/Mar newsletter is the Cultural Arts form.

I hope to see everyone at our Spring Banquet!

Your President,

Sue Berg

Advisor's Letter

Dear HCE Members,

As I write this I am looking out my window at a rainy day. My original note to you was going to talk about spring as a time of newness, however this weather has me appreciating the winter and the gloom of rain. Ann Bradstreet summed my thoughts up beautifully, *"If we had no winter, the spring would not be so pleasant: if we did not sometimes taste of adversity, prosperity would not be so welcome."*

I believe this quote beautifully represents the changes, challenges, and hard work of our office as we have had a winter of change. Thanks to your encouragement and support, I believe our spring is right around the corner. I appreciate each of you and admire your continued support of UW-Extension in a time where I continue to answer many questions with, "I am not sure" or "we should have clarity soon". My door is always open, and I am always a phone call or email away to support you as you continue to provide so much for our community. I am very much looking forward to our spring together, very soon.

Take care of yourselves, and be well.

Manli Danjuel

HCE Dates to Remember

April 1 st	HCE Scholarship Applications Due
April 9 th	1:00p Leader Training: Super Foods, Healthy You 2:00p Executive Board Meeting
April 17 th	Spring Central District Meeting —Host: Green Lake County
May 3 rd	Stitches of Love Workshop
May 7 th	Leader Training: Taking Care of You
May 10 th	Spring Banquet —Host: UNO/Oshkosh Center
May 15 th	Submissions due for June/July HCE Newsletter



2018 WAHCE CENTRAL DISTRICT MEETING**“HCE is Like a Box of Chocolates”**

DATE: Tuesday, April 17, 2018
TIME: 9:15am—3:00pm
HOST: Green Lake County
PLACE: Grace English Lutheran Church (384 Oak St., Berlin, WI)
COST: \$15.00 per person

Since this is the only District meeting, county officers are encouraged to attend their designated breakout session. They are essential to getting information out to the membership. More than one person may attend any of the sessions, but counties are encouraged to have at least one person at each session.

(Paraphrased from Rose McGrath, Central District Director)

Breakout Sessions Available:

Presidents' Meeting (Please bring 2018 Communicator)
Treasurer
VP Program
Wisconsin Bookworms
Cultural Arts
International
Membership Marketing

If you would like to register, please contact Joan Bestler at (920) 836-3594.

*** ONE REGISTRATION LIST AND CHECK PER COUNTY ARE DUE TO GREEN LAKE COUNTY HCE BY APRIL 4, 2018***



BREAKOUT SESSIONS & SCHEDULE

WAHCE Central District Meeting

MORNING SCHEDULE

- 9:15 a.m. Registration and Refreshments
- 9:45 a.m. Welcome / Pledge of Allegiance
HCE Creed
Introductions/Announcements
Roll Call
General Business
Nominations for Open Offices
- 10:30 a.m. Break
- 10:45 a.m. Breakout Sessions

Debra Dowen, Green Lake County HCE, President
Debra Dowen
Debra Dowen
Betty Kastenschmidt, Central District Secretary
Rose McGrath, Central District Director

SESSION

Presidents' Meeting
(Please Bring 2018 Communicator)
Treasurer
VP Programs
Wisconsin Bookworms
Cultural Arts
International
Membership/Marketing

LEADER

Rose McGrath
Judy Bender
Marilyn Hermann
Lynn Marcks
Cathy Kampen
Betty Anne Tubbin
Carol Sybeldon & JoAnn Fehrman

AFTERNOON SCHEDULE

- 12:15 p.m. Lunch Catered by Moose Inn
- 1:15 p.m. Mmmm! Chocolate Truffles
- 2:15 p.m. Workshop Reports
Invitation to 2019 Meeting
Lincoln County
Closing Announcements
HCE Prayer/Adjourn

Kathy McCarthy
District VP and Committee Chairman
Lorene Hass, President
Lincoln County HCE
Debra Dowen



2018 Winnebago County HCE Spring Banquet Invitation

J.P. Coughlin Center
625 E. County Rd. Y, Oshkosh, WI 54901

Thursday, May 10, 2018

Schedule: 5:00—6:00 pm Registration (Cultural Arts Items Due by 5:30)
5:30 pm Cultural Arts Voting Begins
6:00 pm Entertainment: The Golden Tones
6:30 pm Banquet

Dinner: Cranberry-Stuffed Chicken Breast, Ham Steak, Salad, Cheesy Potatoes, Hot Vegetable, Rolls, Dessert Bars, Coffee, & Milk

Program: Cultural Arts Exhibit & Voting
Scholarship Presentation
Scholarship Fundraiser: Basket Raffle & Donations

Each club is asked to bring a basket or donation for our scholarship fund.
For more info, call Sue Berg at (920) 589-6966 or Bernice Labus at (920) 651-0575.

Cost: \$16.00 (Includes Dinner & Entertainment)

Registration Deadline: May 1, 2018

Send Reservations & Payment to:
Winnebago County HCE Treasurer
C/O Joan Bestler
7588 Center Rd., Neenah, WI 54956

This event is being hosted by the UNO/Oshkosh Center Clubs



Wisconsin Association for Home and Community Education
50 Year Member Application

Name _____
 (Print or type exactly as you want it to appear on certificate.)

Address _____

City _____ State _____ Zip _____

County _____ Club _____

Year First Joined _____ Years of Membership _____

Highlights of Membership _____

Signature _____ Date _____

Sent in by _____

Address _____

(Certificates will be presented at the Spring Banquet)

Due Date: **Tuesday, May 01, 2018**

Return this form to: **Mandi Dornfeld**
Winnebago County
Family Living Educator
625 E County Road Y, Suite 600
Oshkosh WI 54901-8131

2018 NVON Conference Invitation

The Country Springs Hotel
2810 Golf Road
Pewaukee, WI 53072

Circle the dates July 16—18, 2018. We invite you to join us in Pewaukee (near Milwaukee) for the 2018 National Volunteer Outreach Network Conference.

We are planning wonderful tours and enlightening workshops to enhance the joy of being with our fellow NVON members from Wisconsin. There will be two tours on Monday, July 16, followed by Wisconsin Night. Wear your “red” proudly to the Wisconsin Night event, which we are hosting. Let’s let the rest of NVON know about the great things Wisconsin has done and has to offer.

Some ways that NVON is different from our WAHCE Conference include several crafts on Monday (if you don’t want to go on a tour), tours on Tuesday and Wednesday (while delegates are attending the Annual Meeting), and workshops in the afternoon.

Let’s have a great turnout for this fun conference! Information will be coming from NVON.

To make reservations:

- Reservations can be reached 24/7 at (262) 547-0201.
- Just mention the dates or group: NVON (National Volunteer Outreach Network), July 16 -18, 2018. We have reserved several rooms for Sunday night (July 15), plus Monday through Wednesday nights.
- Room rate is \$99 (1—2 occupants); \$10 each additional occupant. Double check the bed size if you plan to have more than two in the room. The Country Springs Hotel is undergoing extensive renovations. Sometime in the spring, the name will change to The Ingleside. A lot of the rooms currently have two double beds, but that may change to queens with the renovation. There are a few Executive Suites too. You should specify the type of room you want.
- When making your reservation, they are requesting a credit card and processing a payment for the first night’s stay.

See you in Pewaukee! (There's a pool, a sauna, and a whirlpool, so bring your swim suit! Waterpark tickets are extra).

If you have any questions, contact:

Donna Zarovy, *Conference Chair*
262-857-7502

Yvonne Belonga, *Co-Chair*
920-897-3134



2018 WAHCE Conference Invitation

The Country Springs Hotel
2810 Golf Road
Pewaukee, WI 53072

Circle the dates September 17—19, 2018. The Southeast District invites you to join us in Pewaukee (near Milwaukee) to see how “HCE Springs Into Action”.

We are planning wonderful tours and enlightening workshops to enhance the joy of being with our fellow HCE members from Wisconsin. The Southeast District is working hard to make it happen.

To make reservations:

- Reservations can be reached 24/7 at (262) 547-0201.
- Room rate is \$99 (1—2 occupants); \$10 each additional occupant. Double check the bed size if you plan to have more than two in the room. The Country Springs Hotel is undergoing extensive renovations. Sometime in the spring, the name will change to The Ingleside. A lot of the rooms currently have two double beds, but that may change to queens with the renovation. There are a few Executive Suites too. You should specify the type of room you want.
- When making your reservation, they are requesting a credit card and processing a payment for the first night’s stay.
- Just mention the dates: September 17—19, 2018, or the group: WAHCE (Wisconsin Association for Home & Community Education). There are rooms reserved for Sunday night (September 16) if you plan to come in then, plus Monday and Tuesday nights.

See you in Pewaukee (there’s a pool, a sauna, and a whirlpool—so bring your swimsuit! Waterpark tickets are extra!)

Information will be in the May UPDATE and on the WAHCE website after May 1st.

If you have any questions, contact:

Donna Zarovy, *Conference Chair*
262-857-7502

Chris Werner, *Conference Co-Chair*
262-857-3458



Springs Into Action
2018 WAHCE
Conference

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WAHCE Memorial Leadership Scholarship form***



Memorial Leadership Scholarship - 2018

Wisconsin Association for Home and Community Education, Inc.

A \$200.00 Scholarship to attend a Leadership Opportunity

A memorial from the Betty Hilbert estate and monies from the WAHCE Legacy Fund are being used to fund this scholarship.

Purpose: To encourage members of WAHCE to seek leadership training, so they may become capable, willing and enthusiastic leaders in the organization and their communities.

Eligibility: This scholarship is available to WAHCE members only, for registration to leadership training. Members of the WAHCE State Board are not eligible.

Requirements: Complete the personal data and questions on this application form and attach a copy of the leadership registration form. This application should be no longer than two pages. After attending, recipients are to report to WAHCE on their experience.

Payment for Scholarship: Payment of scholarship will be made after proof of attendance at workshop or WAHCE State Conference registration has been submitted to the Scholarship Chair.

Deadline: Application must be postmarked by June 30, 2018, and mailed to the Scholarship Chair: **ROSE MCGRATH N8890 BIG ISLAND ROAD BERLIN, WI 54923**

Name _____ E-Mail Address _____

Address _____ Telephone _____

City, State, Zip Code _____

Number of Years as a WAHCE Member _____

Your District _____ Your County _____

Club/Individual _____

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HCE Member Contribution Report***



Impact of HCE -- 2018 HCE Club Member Contribution Report



To recognize the achievements and contributions of HCE members, each member is asked to complete the following sheet. Information will be compiled into an "Impact of HCE" Report. The dates for the report for 2018 are June 1st 2017 to May 31st 2018. Please give your reports to your Club President or your County so they can be compiled. **Counties will put everything together on the County Form and send to Veronica Sustar, WAHCE Vice President for Family and Community Life by June 10th 2018. Thank You!**

Contact information (will not be shared, for record keeping only)

Club Member's Name: _____

County: _____

Club: _____

In the past year please indicate the number of times you attended and the amount of time you gave for the following:

Event	# Attended	Time Spent
County HCE Executive Board Meetings	_____	_____
County HCE Spring Event(s)	_____	_____
County HCE Fall Event(s)	_____	_____
County HCE Educational Sessions	_____	_____
HCE Club Meetings	_____	_____



Wisconsin Association for Home
and Community Education, Inc.

HCE Healthy Lifestyle

February 18 to May 12, 2018

HCE Family and Community Life will focus on all members being active, and eating healthy and local food as a state-wide activity. The 5 question survey will cover 13 weeks. This survey **replaces** the "On the Move and In the Groove" form which has been used for several years.

Compile the results for your county using the same form, being sure to include the name, address, phone number, email address (if available) and name of county. Individual surveys may also be sent if there is no county coordinator.



Wisconsin Association for Home
and Community Education, Inc.

HCE Healthy Lifestyle Survey

(formerly On the Move and In the Groove)

Get moving and eat healthy with HCE members across Wisconsin. Please reply to this 5 question survey about maintaining your healthy lifestyle from February 18 and May 12, 2018.

Name (optional) _____
County _____, Wisconsin

1. Which activities do you usually participate in weekly? Check all that apply.

- _____ walking _____ hiking _____ running _____ dancing _____ bowling
- _____ biking _____ spinning _____ rowing _____ swimming _____ skiing
- _____ Strong Bones class _____ yoga _____ TaiChi _____ exercise DVD
- _____ tennis _____ others (please list) _____

2. How many times a week are you usually active for ½ hour or more?
_____ 5 or more _____ 3 or 4 _____ 1 or 2 _____ zero

3. Do you exercise alone or with a group? Explain _____

4. How many ½ cup servings of fruits & vegetables to you usually eat daily?
_____ 8 or more _____ 5-7 _____ 1-4 _____ zero

5. How much of your diet is raised, grown or made within 100 miles of you?
_____ Most _____ About half _____ Some _____ Very little _____ Unsure

Questions? Email Veronica at va914@yahoo or phone **608-847-1140**. Tallied County surveys or individual surveys need to be mailed by June 15, 2018

Send results to: VP Family and Community Life, Veronica Sustar, N2894 Overgaard Road Mauston, WI 53948

In 2017 **thirty** counties participated in "On the Move and In the Groove" with the most points reported by **Kewaunee, Brown and Waukesha** counties. Congratulations to all who participated!

Please mail all 2018 survey results by June 15, 2018. Counties with the greatest percentage of members participating will be recognized at the state conference in September. These results are also used in a report given by the Wisconsin WAHCE president at the NVON Conference in July.

Questions may be emailed to Veronica Sustar at **va914@yahoo**, phone **608-847-1140**. Tallied County surveys or individual surveys need to be mailed by June 15, 2018.

Thank you to all of you for your participation. Looking forward to 2018!!

Send survey results to: VP Family and Community Life
Veronica Sustar, N2894 Overgaard Road
Mauston, WI 53948

HCE District Meetings
 HCE State Meetings

TOTAL

Please list any fundraising activities you were involved with on behalf of HCE.
 (Example: bake sale at the bank for HCE))

Fundraising Activity

Time Spent

1. _____
2. _____
3. _____

TOTAL

Please list any community outreach activities that are directly related to HCE.
 (Example: Bingo at the nursing home for HCE))

Community Outreach

Time Spent

1. _____
2. _____
3. _____

TOTAL

Please list the value of any individual donations (monetary or otherwise) you made for HCE.
 Note: Club donations will be obtained from Club Treasurer.

(Example: crocheted baby blanket for HCE)

Donations

Estimated Dollar Value

1. _____
2. _____
3. _____

TOTAL

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HCE Member Contribution Report***

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WAHCE Memorial Leadership Scholarship form***



HCE Member Activities:

A special thanks to Bernice Labus for taking photographs at these events and sharing them for the newsletter!

Leader Training: Sharing Your Talents with Our Community (Sew/Craft Demonstration)

Members met on Monday, March 12th at the J.P. Coughlin Center for the Leader Training, followed by the Executive Board Meeting.

Mandi gave an introductory lesson about sharing your talents with the community, followed by a sew/craft demonstration by Vicky Rowe, Keepsake Homemakers Club President. It was amazing! The Keepsake Homemakers shared what their club does for our community. They make quilts and donate them to Veterans, HCE, and Neenah High School to name a few. Bibs, receiving blankets, and “You Matter” bags are crafted by the club and donated. The work they do is beautiful, and they are so talented. Each year Keepsake makes mittens to sell at the Neenah High craft fair. The money earned goes to fund some of their projects. They also receive donations and pay for materials themselves. The Keepsake Homemakers Club is a wonderful example of how we can share our talents and skills with the community.

*Pictured below left:
Vicky Rowe*

*Pictured below right:
HCE members participating in the training.*



This Leader Training was followed by the Executive Board Meeting.



*Pictured above left:
Carol Kaufmann & Vicky Rowe*

*Pictured above right:
HCE members attending the Executive
Board Meeting & Leader Training*

Our condolences on the passing of

*Marian Rieckmann
&
Audrey Grundman.*

Marian Rieckmann was a member of Gillingham Club.

Audrey Grundman was a former member of Beaver Valley and Spring Valley clubs.

With Heartfelt
Sympathy





Cleaning, Cleaning... Good for Your Heart

Originally published February 2018 by

<https://cleanandhappyneest.org/wpdcleaning-cleaning-good-for-your-heart/>

February was American Heart Month... a time to focus on keeping our hearts in shape so that we can live healthier lives.

Did you know you can get some good cardio in just by cleaning your house (how's that for multitasking)? Here's the skinny on how to burn some calories while you make your home sparkle (keep in mind that these calorie counts will vary based on how intensely you're working and how much you weigh).

- Washing and folding laundry can net up to 148 calories per hour.
- Scrubbing the bathtub will not only build up your arm muscles, but it will burn up to 90 calories.
- An hour of vacuuming gets your floors clean AND sheds up to 200 calories.
- Mopping, with all that upper body back-and-forth motion, lets you burn up to 150 calories an hour.
- Cleaning windows has a big payoff: one hour will burn over 230 calories.
- An hour of dusting will not only make your air fresher, but it will use 160 calories.

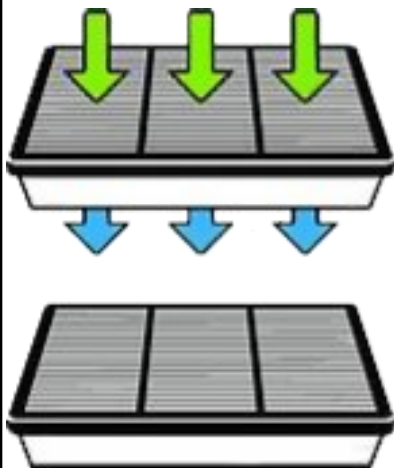
A clean house makes you healthier in other ways too. Dust mites, mold, and pet hair can aggravate allergies and respiratory health, while clearing clutter can lead to a calmer, more productive and more focused mind, according to the meditation app *Headspace*.

So, give your heart a little love by spending a few hours cleaning this week (and yes, you have our permission to skip that spin class – just this once)!

Filters and Filters and Filters, Oh My!

Originally published January 2018 by

<https://cleanandhappyneest.org/wpd/filters-and-filters-and-filters-oh-my/>



Ok, the holidays are over, and it's a new year. Time to focus on your house. We get it: changing the filters throughout your house isn't the most exciting thing to do, and it probably isn't something you think about very often (if ever!). But if you let filters go too long without being cleaned or replaced your appliances won't work as well, and they might even stop working altogether. Filters keep air circulating. Once they get clogged up, air can't move through systems as efficiently, and appliances can become strained or inoperable. So, what filters need to be cleaned or replaced?

Here's a quick list:

Refrigerator. It's easy and convenient to get filtered water and ice through your refrigerator door, but that water and ice won't taste so good if you don't replace the filter in the machine every six months or so. Filters can also become clogged, which leads to slower output and smaller ice cubes. Many refrigerators have automated reminder systems that post a message when it's time to replace the filter. If yours doesn't, replace the filter now and then put a reminder for six months out so that you'll keep on schedule.



Heater and air conditioner filters. Cleaning these filters means that you'll have less dust in your system, which makes the air quality in your house better. It also makes your appliances more energy-efficient. So that's more money in your pocket and less dust in your air. Changing your furnace filter will also extend the life of your machine. Hint: don't reuse disposable filters. Throw them out and get new ones.



Dryer. You know you have to clean out the lint trap in your dryer after

every load, but you also need to clean out your dryer vent and duct regularly as well. This means removing the lint trap and vacuuming the inside of the lint trap housing using the hose attachment on your vacuum. Also, take a pass through the housing using the brush attachment on your vacuum to remove any large pieces of lint. Finally, pull the dryer away from the wall, after you unplug it, and remove the duct joint at the back. Then vacuum the duct and insert a brush to clean out any lint there as well.



Humidifier/dehumidifier. Humidifiers and dehumidifiers have filters that need to be replaced in order for them to work properly. Whole home humidifiers usually come with disposable filters that should be replaced every year, and small humidifiers have filters that either need to be replaced or washed when they are clogged and dirty – check the manual that came with the machine to see what kind of filter you have. Dehumidifiers should be attended to once or twice a month – not just cleaning the reservoir where the water collects and mold and mildew can grow, but also checking the air filter in the machine to determine if it needs to be replaced. Check the manual to see how to replace the filter.



Wisconsin Association for Home & Community Education, Inc. Cultural Arts Show & Contest – 2018 Categories



1. Painting/Drawing
Framed or Wrapped. If bringing an easel for your painting or drawing, securely tape a label with name, district and county.

- A. Oil
- B. Acrylic
- C. Water Color
- D. Alcohol Ink
- E. Other

2. Photography

Photograph must be 8" x 10", unmatted only, in 8½" x 11" plastic sleeve with a tag board or cardboard behind the photo. Framed photographs be disqualified.

- A. Color–Landscape
- B. Color– Waterscape
- C. Color – Plants
- D. Color – Animals/
Creatures
- E. Color – People
- F. Color – Skyscape
- G. Black and White

6. Hand Stitching

- A. Plastic Canvas
- B. Embroidery
- C. Counted Cross
Stitch
- D. Other

7. Craft

Six (6) Cards without envelopes **MUST** be mounted as a group on a flat sturdy display board no larger than 14" x 22".

- A. Cards–paper only-6
- B. Cards–mixed media-6
- C. Scrapbooking
- D. Craft made from recycled materials
- E. Handcrafted doll/toy
- F. Glass craft
- G. Other

8. Heritage Skill

- A. Hardanger
- B. Tatting
- C. Woodworking

10. Lap/Baby Quilt
Smaller than 60" x 80" or 4,800 sq inches

- A. Tied
- B. Hand-quilted

Machine Quilted By You

- C. Pieced
 - D. Appliquéd
 - E. Embroidered
- Machine Quilted Professionally**

- F. Pieced
- G. Appliquéd
- H. Embroidered
- I. Any other lap quilt

11. Quilted Wall

Hanging (with hanging sleeve, NO frame) – One (1) item only no longer than 50 inches

- A. Hand Quilted, fabric
- B. Machine Quilted, fabric
- C. Other i.e., - collage of assembled materials or mixed

Poem, Non-Fiction, Fiction

Three copies, typed on plain paper with 12 point font, must accompany the registration forms. Entries must not be framed or in book form. Staple a cover sheet with the category/title which is to be centered on the entry. Name and county should appear on the back side. Do not count "a", "an", and "the" for either essays or short stories.

16. Poem

17. Non-Fiction

Original, 1 topic; 250-500 words

18. Fiction

Original with beginning, middle and end
3,000 words or less

H. Other

3. Sewing

- A. Children's Wear
- B. Adult Wear
- C. Original Design
- D. Wearable Art
- E. Useful Sewn Item
- F. Purse or Tote
- G. Pillow
- H. Sewn item made from recycled materials
- I. Wearable Accessory (apron, scarf, hat, etc.)
- J. Other

4. Knitting

- A. Wearable Item
- B. Afghan
- C. Other

5. Crocheting

- A. Wearable Item
- B. Doily/Dresser Scarf
- C. Afghan
- D. Other

- D. Basketry
- E. Spinning/Weaving
- F. Felting
- G. Swedish Weaving
- H. Rug Making
- I. Original published book
- J. Other

9. Bed Quilt

- Larger than 60" x 80" or 4,800 sq inches
- A. Tied
 - B. Hand quilted
- Machine Quilted by You:
- C. Pieced
 - D. Appliqued
 - E. Embroidered

Machine Quilted Professionally:

- F. Pieced
- G. Appliqued
- H. Embroidered
- I. Any other Bed Quilt

media

12. Table Topper/Runner

- A. Hand Quilted
- B. Machine Quilted
- C. Other

13. Jewelry

- A. Bracelet
- B. Necklace
- C. Set
- D. Other

14. Constructed Original Item

- A. Clay/Pottery
- B. Wood
- C. Other

15. Painted Object

- A. China
- B. Glass
- C. Fabric
- D. Wood
- E. Other

19. Bonus Category – "Spring Into Action"

The Fun Category

Limit of one entry per county. Create a display of your choice.

You may use any media to construct your entry

Size restriction - base no larger than 10"x10" with maximum height of 20"

Judging - those attending will vote for their favorite "Spring Into Action" entry

Have Fun!!!

STATE REGISTRATIONS

DUE BY: AUGUST 1, 2018



Winnebago County UW-Extension Office

J. P. Coughlin Center
 625 E. County Road Y, Suite 600
 Oshkosh, WI 54901-8131
 (920) 232-1973 or 727-8643
 FAX (920) 232-1967
711 for Wisconsin Relay (TDD)



HOURS: 8:00 AM - 4:30 PM, Monday through Friday

Website: <http://winnebago.uwex.edu>



An EEO/AA employer, University of Wisconsin-Extension provides equal opportunities in employment and programming, including Title VI, Title IX and the Americans with Disabilities Act (ADA) requirements. 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.

Area 10 Extension Director

Catherine Neiswender

Support Staff

Amy Hendrickson
 Ashley Rolph
 Carol Hollmaier

Family Living

Mandi Dornfeld
Family Living Educator

Community Development

OPEN
Interim Community & Economic Educator

Nutrition Education

Kristine Soper
FoodWise Educator

Chad Cook
Natural Resources Educator

Evan Groth
FoodWise Educator

Agriculture and Natural Resources

Darrell McCauley
Agriculture Agent

4-H/Youth Development

Jody Bezio
Interim 4-H/Youth Development Educator

Kim Miller
Horticulture Educator

Sarah Thompson
Youth & Science Educator