

Cut/Keep this panel to help you remember

## Super Tuesday Schedule October 1, 2019

- 8:00-8:45 a.m. Check in and enjoy breakfast treats provided by Adams County HCE
- 8:45-9:40 a.m. Opening & Morning Keynote Speaker
- 9:50-11:00 a.m. Session One
- 11:10-12:20 p.m. Session Two
- 12:20-1:10 p.m. Lunch
- 1:10-1:20 p.m. Balance and Stretch Break
- 1:30-2:40 p.m. Session Three
- 2:50-3:15 p.m. Door Prizes, Evaluation, Closing

Super Tuesday is sponsored by  
Adams County & Marquette County  
Home & Community Education Associations



Record the classes you chose to help you remember:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

Pine Lake Camp  
W8301 County M, Westfield, WI  
Between Adams and Westfield on County M.

### REGISTRATION DEADLINE Monday, September 9, 2019

Send registration form and \$14.00 for each person to:

Marquette County Extension  
480 Underwood Ave., PO Box 338  
Montello, WI 53949

If your registration is received after September 9th, a confirmation card may not be mailed to you. Registration fees are transferable, but not refundable.

Sessions may be cancelled if registration is low.



### Morning Keynote by Nancy Turyk

“Energy - Become Empowered to Make a Difference”

Don't be left out in the dark. Learn how to save money while having a positive impact on the world.

Nancy Turyk is the University of Wisconsin-Madison, Division of Extension Community Development Educator in Wood County and Emerita Water Resource Scientist from University of Wisconsin-Stevens Point.

In her job, Nancy works with other County staff to help the County and communities become solar-ready and reduce energy use for cost savings. Primarily as a volunteer, Nancy helps communities around the state learn about local climate change impacts.

Since 2013, Nancy has been a member of a national working group on freshwater resources and climate change and was on the Wisconsin Climate Change Initiative's (WICCI) advisory committee.

Image by OpenClipart-Vectors from Pixabay



Extension

UNIVERSITY OF WISCONSIN-MADISON  
MARQUETTE COUNTY

#### University of Wisconsin-Madison, Division of Extension

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

La Extensión Universidad de Wisconsin-Madison, un empleador con igualdad de oportunidades y acción afirmativa (EEO/AA), proporciona igualdad de oportunidades en empleo y programas, incluyendo los requisitos del Título VI, Título IX, y de la Ley Federal para Personas con Discapacidades en los Estados Unidos (ADA).

Please advise us when you send in your registration if you are handicapped and/or desire special accommodations. Requests will be kept confidential.

# SUPER TUESDAY

## Day of Friendship & Learning



Image by Oberholster Venita from Pixabay

October 1, 2019  
8:00 a.m. - 3:15 p.m.

Pine Lake Camp  
W8301 Co Rd M  
Westfield, WI



## REGISTRATION FORM

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ Zip \_\_\_\_\_

(\_\_\_\_\_) \_\_\_\_\_

Phone \_\_\_\_\_

Email address \_\_\_\_\_

**Classes are filled on a first come basis. Some classes are limited; please register early.**

**SELECT 4 CHOICES and number them in order of your preference (1, 2, 3 and 4)**

**SELECT YOUR CLASS CHOICES: (write 1, 2, 3 and 4 on the lines next to your choices)**

- \_\_\_\_\_ The Power of Protein
- \_\_\_\_\_ Soil Health
- \_\_\_\_\_ Saving & Organizing Photos
- \_\_\_\_\_ A Healthy Heart
- \_\_\_\_\_ Stained Glass Mosaic
- \_\_\_\_\_ Food Art
- \_\_\_\_\_ Fall Flower Arranging

### FEES:

**\$14.00 Registration and Lunch**

+ \_\_\_\_\_ Class Fees (see descriptions)

= \_\_\_\_\_ Total Enclosed

Make check or money order (no cash) payable to "Marquette County HCE".

**Send to: Marquette County HCE  
c/o Extension Marquette County  
PO Box 338  
Montello, WI 53949**

No phone registrations accepted.  
Payment must accompany registration.  
Fees are transferable, but not refundable.

### The Power of Protein

3 sessions

Learn about the benefits of lean beef and how to prepare a quick delicious power packed meal. Coupled with physical activity, this high-quality protein can help maintain a healthy weight, sustain weight loss and keep a favorable body composition over time.

Instructor: Sarah Agena, Wisconsin Beef Council, Madison

Fee: None Maximum: None

### Soil Health - It's More than Just Dirt

2 sessions

Explore the link between managing our gardens and lawns for soil health, sustainable food production, and water quality and quantity.

Instructor: Jamie Patton, Senior Outreach Specialist, UW-Madison, Clintonville

Fee: None Maximum: None

### Saving & Organizing Photographs from Your Smartphone or Tablet

2 sessions

Learn how to save and organize everyday photos from your smartphone or tablet. For people who are taking photos and thinking "I love these pictures—now what?!"

Instructor: Aaron Raschke, Director, Westfield Public Library

Fee: None Maximum: 12

### A Healthy Heart

2 sessions

Learn more about your heart including what heart disease is, the different types of heart disease and healthy choices to reduce risk factors.

Instructor: Mary Ann Schilling, Family Living Educator, Extension Waushara County

Fee: None Maximum: 20

### Stained Glass Mosaic

2 sessions

Create a beautiful mosaic of a bird or flower using stained glass.

Instructor: Sue Sewell, Retired teacher and principal, Sun Prairie

Fee: \$5.00 Maximum: 15

### Food Garnish

2 sessions

Learn to make simple food garnishes that make your party or supper table look fancy. You must bring your own small knife (paring size) and a small cutting board.

Instructor: Kathleen Davis, Executive Chef and former banquet sous chef, Madison

Fee: \$2.00 Maximum: 20

### Let's Make a Succulent Garden!

3 sessions

Create a fun and unique succulent garden to take home.

Instructor: Carole LaVigne, Owner, Edgewater Home and Garden, Portage

Fee: \$7.00 Maximum: 10



**Come to Pine Lake Camp!  
W8301 County M, Westfield  
Between Adams and Westfield on County M  
13.5 miles from Adams and  
8 miles from Westfield**