



EXTENSION LINE

Newsletter for the members of the Kenosha County Association for Home and Community Education
March 2022

How to find us:

- ❖ On Facebook: [Home and Community Education in Kenosha County](#) Find county info, little snippets from our members, local happenings, and any changes to our calendar.
- ❖ On the state website: <https://wahceinc.org/> . Find information and forms for all WI counties.
- ❖ On the county website: <https://wahceinc.org/kenosha-county-hce/>

Upcoming HCE Dates and Events

What is Happening? Where Is it Happening?

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Saturday, April 30, 11-3 KCC 'Families Branching Out Event,' p. 5

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Thursday, May 12, 7 pm, KCC, "Creative Cooking for One or Two in 2022," hosted by Good Neighbors club

Thursday, May 12, 7 pm, KCC, Cultural Arts Show, p. 6

Wed, June 8, 6pm, KCC, "Fun Summer Craft" with Sherri Dabbs

June 15-25, [Extension Line articles due with memo line "EL."](#)

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From President Donna Zarovy,

Spring with its warm weather, March showers and April flowers, will soon be upon us. With that comes a gradual rejuvenation of Kenosha HCE. We are finally (cautiously) getting a long-needed break from COVID-19. Let's hope things keep looking up.

There are so many great things happening in the next couple of months and I can't wait to participate. The month kicks off with the Spring Event Bed Turning (p. 9) and ends with "Families Branching Out" April 30 (p. 5). We will need lots of help to get this off the ground so I hope you will contact Donna Duester at 262-332-0023 to volunteer. You may text or call her at that number. We are planning to give away a child's basket and an adult basket. Donations for each would be great. We have a few things. Please think about donating something "family" oriented and give to me or another member of the Board. Thanks!

April 17-23 is National Volunteer Week. I salute all of you for donating your time, knowledge and money to Kenosha HCE. Our scholarship and Bookworms programs would not exist without you. I want to especially thank those of you on the Executive Board, the Committees, and the Club Presidents. Your devotion to HCE is phenomenal!

HELP – We still need a candidate for President-Elect. That person would serve in 2023 as President-Elect and then as President in 2024 and 25. The Board has decided to make the President's position two years again. It takes a year to figure everything out. If the term is two years, you can put the knowledge you gained to work. Once again, thank you to everyone. Even though the position of President is challenging you all make it very rewarding.

Recap of February 10 “Improving your Health through Self-Advocacy”, Chris Lemke,

Crosstown Neighbors



Our February Educational Program, 'Improving your Health through Self-Advocacy' was presented by Mary Metten, KC Health and Wellness Educator; both in-person and virtually to accommodate member availability. Developed by the UW-Madison School of Human Ecology, the program basically said that it's okay to

advocate for ourselves, and to ask questions at medical appointments.

Group answers to 'Why we want to be healthy?' included to be productive, to live healthy and independent lives, and to be able to be a caregiver for others. At any medical appointment, sometimes things go well and sometimes things do not. Some common concerns included not having enough time in the visit, not understanding the information/options presented, and feeling disrespected.

We watched a short video, “Question is the Answer” by the Agency for Healthcare Research and Quality (www.ahrq.gov/questions) that discussed these problems for both patients and healthcare workers, and provided some good solutions. An “Action Plan” and “Future Appointment Checklist” document was distributed.

The program ended by discussing what solutions would benefit our next medical visit.

This included:

- making a list of questions to bring to a medical visit,
- repeating back any new medication/treatment directions,
- asking questions on benefits of medication,
- requesting an after-visit summary can be helpful for future reference,
- bringing along a family member or friend to be a patient advocate (or power of attorney for health care) and another set of ears and eyes to help with a successful medical visit.

Summarily, questions can improve our overall health, most providers are receptive to questions, and question-asking can strengthen the relationship with medical providers.

Recap of March 8 “Safety Questions and Answers,” Sue Kaminski, ***Good Neighbors***

KHCE members hosted a safety presentation by Deputy Sheriff Ray Rowe. Deputy Rowe gave insight into what older adults should be aware of and to gain understanding of the most common scams, hacks and credit card/ bank frauds lurking online, by phone and through the mail. Members were quite engaged and asked many pertinent questions concerning these scams, hacks, and fraudulent dealings and the steps to be taken to avert these scammers/hackers. Deputy Rowe stated that monitoring your bank and credit card statements is a must. Some of the members shared how they thwart the phone scammers by drilling them with all kinds of questions.

Going on vacation and keeping your property and home safe was also addressed. Deputy Rowe said to be friendly with and get to know your neighbors. You can let one or two of them know if you are going to be out of town. He also shared that the Sheriff's Department offers a program called Vacation Checks. They will monitor your home and property, if they are informed, every day, or evening while you are gone. Another suggestion was installing a Ring system in your home. This system can be accessed on your phone even when you are gone.

The entire program was very interesting and informative. Thank you, Deputy Rowe.



HCE 101: Associated Country Women of the World Report, Chris Werner

ACWW's projects are small-scale, community-based, led by local women, contributing to a sustainable progressive future for women worldwide.

Project 1049: Sanitary Facilities for Improved Menstrual Hygiene, Uganda. ACWW local partner Cut built six washrooms in three schools in the Jinja and Mayuge Districts.



Project 1029 - Bangladesh. 100 marginalized and impoverished families were trained in cost-effective and environmentally-friendly organic techniques to grow their produce using high-quality seeds, organic manure and herbal pesticides. 75% are now able to produce enough vegetables to feed their families and generate income from surplus.

Project 1032 - Mongolia. Two groups of 20 low-income women were enrolled in small business management and basic financial literacy workshops. One group focused on boot making, the other, felt product making. Both were given initial capital investment to purchase machines and raw materials and help in finding a market for their products. Their income more than doubled.

Our donations to Pennies for Friendship help fund these and many other projects. For more information, or to become an individual member, go to www.acww.org.uk.



Extension Line, Priscilla Kopczynski

The next articles for our summer Extension Line are due **June 15-25**. Please submit any thoughts with memo line "EL" in your email. I also will work with USPS if you prefer to mail articles. Are you interested in editing our newsletter for 2023?



The position will be open for any volunteers, no experience necessary.

Historian, April Kvittek

I hope this finds you and your loved ones healthy, safe and warm. Thank you to all the members that continue to save and send me newspaper articles and pictures for our HCE scrapbook. Our scrapbook serves as a record of the amazing women, and men, in our organization, documenting the activities, volunteering and amazing good deeds done to help our community. It has been an honor and privilege to keep these books. As always, I gladly accept all articles and pictures that include our members. Blessings to all.



Marketing, Country Cousins

Country Cousins Club designed the tri-fold window display in the entrance to the Community Library in Salem.

This display about the coming attractions and interesting facts about HCE will be at the library all through the month of March. Come check it out.



Program Planning, Jerin Moore, Bristol Club

Working with the trio of Ruth Larsen, Dorothy Merten, and Lynn Novy, I'm confident our 2023 programs will be fun while continuing to enrich, educate, enlighten and energize. We will also add some new twists to the old, but the results will continue to be a rich and blended balance with tried and true. Our intent is to offer as many day and evening programs as possible, and to utilize meeting space at the Kenosha County Center; for ease of access now that the covid restrictions have been lifted from government buildings.

Our programs for 2023 will be unveiled at our 'Fallback to the 50's', Fall Focus; where we will celebrate our 70th Anniversary, and salute our growth into our 71st year of KCAHCE milestone moments!

International Committee, Jerin Moore **Wisconsin-Nicaragua Partners**

Our thanks to Sue Willems, Bristol Club for kicking off our ***Wisconsin-Nicaragua Partners*** drive with the first donations of 2022.

DONATIONS for ***Wisconsin-Nicaragua Partners of the Americas*** are always welcome at meetings, or given to Donna Duester, Gail Gillmore or Jeri Moore.

REMEMBER you need not buy new, but think serviceable, on-hand items you no longer may need and someone else may love! This year we will focus on the following categories:

- SEWING NOTIONS:** needles, thread, embroidery, buttons/snaps, zippers, trims etc.
- CRAFTS:** beads, sequins, yarn/knitting needles, scissors, ribbons, embellishments etc.
- UTENSILS:** spoons, spatulas, measuring cups /spoons, cookie cutters, whisks, etc.



BEE Cause Pollinators Feed the World, Jerin Moore

The three year focus initiative our larger organizational network of NVON {National Volunteer Outreach Network} and ACWW (Associated Country Women of the World) has chosen.

BeeCause Pollinators Feed the World'

As the new SEWI International Chair, this is all new to me, so 'bee patient' as I learn my exact role. Already, Donna Duester and I have been on phone calls with our WAHCE International Chair, and Donna is working on a bee display. We hope to have the Racine-Kenosha Beekeepers Club at the event. For by working together, we can all raise awareness as, we Save The Bees--for they help keep the world sweet! We save the bees--for they protect the planet!

Feel free to check out the NVON website and learn more about the 'BeeCause Pollinators Feed the World' initiative. <https://www.nvon.org/bee-cause-pollinators-feed-the-world/> Bee busy friends and keep us in the 'bee trail loop' if you come across some interesting ideas. And don't forget to check our fb page at ***Home and Community Education in Kenosha County*** for regular bee themed snippets and ideas interspersed along with other KCAHCE happenings and updates.

For by working together our hive will not just survive, we will thrive!

Scholarship Committee, Pat Perks, JJ's

Attention: **Please share with your club members the availability of a Scholarship Application for their family members.** I have applications forms if anyone needs one. Give me a call and I'll send it to you in the mail or you can stop by my home and pick one up. However, it is also available on our HCE Web Site. Since the deadline for receiving applications is March 31st, 2022, we will not be able to start reviewing any that have been submitted until after the above closing date. The scholarship winner(s) will receive their award(s) at one of our upcoming events. Any questions, contact me by phone or email.



Families Branching Out, Saturday, April 30th, Donna Deuster, Country Cousins

HCE, that's us, will be the hosts for a resource fair to help UWEX (extension office) close out a focus on family month.

FAMILIES BRANCHING OUT will bring together over 30 groups, agencies and organizations to share events, speakers and hands on activities with families. Fire engines, race cars, Fairest of the Fair, Kingfish, Speakers on credit, savings, pet care, line dancing, tai chi and more will all be there. We will also have a bird hike, county park information, Kenosha county visitor center, Lions vision screening, 4-H, Scouts, Westosha Senior Center. KAFSI, ADRC and so much more.

So now you are asking how can we be there to put a smiling face on for HCE and carry out our name (Home and Community Education). Step up and volunteer in one of many capacities from greeting table, hosts set up, clean up or helping out at the KCAHCE table.

There are two hour shifts. Let me know by phone (262 332 0023), text or email Donmarrae@yahoo.com. We need a great turnout to make a statement and perhaps bring in a new member or two.

Southeast District Meeting, Wednesday, April 20, Dodge County

You are invited to participate in the April 20th Southeast District Meeting. Come travel to Dodge County with us and meet other HCE members in our district. Learn about the workings of the district and how other counties do things. I can send you the agenda if you would like.

We will leave Bristol about 8:30 am and travel to Juneau. The meeting will begin at 10:30 followed by lunch at noon and a program about "The Awesome Opossum". We should be headed back to Kenosha before 3:00 pm.

The registration brochure is included in this mailing of this newsletter. If interested in attending, please send the completed form to Margaret McCabe, 9115 160th Avenue, Bristol before April 1st so she can send one check to Linda Feucht.

At this time, we will also be drawing for a scholarship (registration and meals) for someone to attend the WAHCE State Conference. If you think you would like to go to the conference but are not attending the District Meeting, please let me know so that you name can be added for the drawing.

Cultural Arts Show, Thursday, May 12, 7 pm, KCC

Have you started your knitting or art project for the 2022 KCAHCE Cultural Arts Show? Entries are due May 1 to Donna Zarovy. The entry forms were sent to everyone in January.



The 2021 show had a variety of articles and we hope to see that repeated – but even more this year. Don't hesitate – or be your own worst critic. What you may think is not great may be looked at quite differently by the judges.

WAHCE State Conference, Monday-Wednesday, September 19-21, Onalaska, WI

The 2022 WAHCE Annual Business Meeting and Conference is being held in Onalaska, WI, September 19 – 21. We will convene at the Stoney Creek Inn in Onalaska starting at noon on Monday and end with a luncheon banquet on Wednesday. There are five sets of workshops on Tuesday and Wednesday.

On Monday the 19th, there will be afternoon tours and an evening banquet to open the conference. Tour #1 will be a Mississippi LaCrosse Queen Boat Tour. Tour #2 is a trolley tour of the sites of LaCrosse and a walk through the International Gardens and Riverside Park. Tour #3 is to the UW-LaCrosse Planetarium and Granddad's Bluff. The Tour #4 is an exclusive Pearl Street Brewery tour. If you don't want to go on a tour on Monday, you can do a watercolor painting and greeting cards at the hotel if you do not want to go on a tour.

Registration information will be available on the WAHCE website after May 1st. The Southeast District is sponsoring a scholarship for one person from each district to cover the registration and meals. Please let Donna Zarovy know by April 1st if you would like to apply for the scholarship. The drawing will be held at the District Meeting on April 20th.

The conference is a lot of fun, a great place to network, and see the LaCrosse area. Jerin and I would love to have you come along – it could be a great girl's weekend

Fall Focus 2022, October 16, Jerin Moore, Bristol Club

Bristol and JJ's Club have begun plans for Fall Focus 2022. We know, we haven't even had our spring event yet, so why the rush?

In order to give you ample time, (IF YOU CHOOSE), you are invited to dress up retro HOMEMAKERS style, for this 'Fallback to the 50's' Fall Focus! Maybe a 50's vintage dress, poodle skirt, hat, apron etc.? This heads up, gives you time so you can beg, borrow, buy, sew, or 'steal' something. And be certain to be 'awarded' an HCE Blue Ribbon!

If sewing/crafting is 'your thing', you might also consider entering it in the County Fair, and in next year's Cultural Arts Show. Although the Cultural Arts categories are specific, here are some possibilities: Sewing an article of clothing from any material, sewing from recycled or repurposed material, even writing a poem about your vintage memories or our seventy years as an organization.

So although six months out, consider joining in the 'Homemakers' spirit, to rekindle our 70 years in Kenosha County in the charming 'Friends' vibe of the Cup O'Joe Coffee House, Sunday, October 16, where owners and crew, will bring back our founding spirit; with retro casseroles, meatloaf and sweet treats. And who knows, maybe even consider stirring up one of our member's recipes.



HCE Health Survey 2022, Christine Lemke, Crosstown Neighbors

So how are you doing on your health journey with the HCE Health Survey? Are you exercising and eating healthy? It just so happens my health club in Burlington, Aurora Wellness Center, had started a 12 week accountability checklist on January 17th with a weekly "winner" who has tallied the most points. The checklist includes what you are eating or drinking-4 servings of fruits and vegetables, 3 servings of protein, I drank at least 80 ounces of water; and there were the avoidances- I drank no soda, I drank no alcohol, I ate no sweets (this was a tough one for me!); and how you are moving. I exercised for an hour, I stretched for 20 minutes. It also includes getting at least 6 hours of sleep, 10 minutes of fresh air, talking to a friend for 10 minutes, trying something new and doing something kind for someone else. Each item is worth a point and every week a different line item is worth a bonus point. So far, I've had the top score for week 2, week 4 and week 6! I hope this will inspire you to begin your fitness journey if you've not started, or to stay the course if you have.



One day, or day one, it's your decision.....

Be prepared to help as a first aider

Mary Metten, Extension Kenosha County Health & Well-Being Educator



First aid – many of us have taken a first aid training over the years. It teaches people that may not otherwise have medical training how to feel comfortable responding to medical emergencies until professional help can be sought. These are very important skills to utilize when emergency situations present. Similarly, knowing how to respond and feeling confident when others present with signs of a mental health crisis can be as crucial.

Mental Health First Aid is an evidence based program that teaches us how to identify, understand, and respond to signs of mental illness and substance use disorders. The program gives people the skills and confidence to provide initial support for those experiencing a crisis in their communities. The program is available for adults assisting adults and adults assisting youth.

The trainings are going into the final quarter under UW-Madison Extension's SAMHSA grant funding, which allows them to be offered at no cost to all participants. For more information and to register for upcoming virtual sessions, please visit <https://wirose.wisc.edu/mental-health-first-aid/>.

2022 Kenosha County HCE Officers, contact us any time.

***The board and officers want to
hear your thoughts, want to
work with you.
Contact these four women any
time with any concerns.***

***President Donna Zarovy, zarovy@frontier.com, 262 857-7502
Vice -President Jerin Moore, Jerinb1947@gmail.com, 262-697-3459
Treasurer Margaret McCabe, mm00004@aol.com, 262-857-9115
Secretary Gail Gilmore, gailgillmore@wi.rr.com, 262-857-2420***

2022 KCAHCE Community Service Project... A Sock Drive!

To kick off the 2022 Community Service Project ...
Good Neighbors will be hosting a Sock Drive!

One of the most requested items for local shelters is socks... Therefore, Good Neighbors has decided that one of our Community Service Projects for 2022 will be a Sock Drive. Donations will benefit several local organizations.



Any size: Babies, Toddlers, Kids, Teens, and Adults, ...all sizes are appreciated!

Good Neighbors will be collecting socks at the upcoming Old-Fashioned Bed Turning on Saturday, April 2nd hosted by the Country Cousins Club at the Zion Lutheran Church in Bristol **and again at the Summer Picnic.**



Don't want to shop??? We'll do the shopping for you! We have a collection container at the April 2nd event, if you would like to make donation to the cause.

Not attending the April 2nd event, but want to help, feel free to mail a donation Margaret McCabe @ 9115 160th Avenue Bristol 53104; made out to KCAHCE. Bulk purchases will be made with collected funds.

Want to shop but not attending the April 2nd event, please contact Margaret McCabe with the Good Neighbors at mm00004@aol.com or at (262)857-9115 to make arrangements for a drop-off.

Feel free to contact Margaret McCabe with the Good Neighbors at mm00004@aol.com or at (262)857-9115 with any questions regarding the project.

KCAHCE Calendar 2022

Post and keep this nearby so it's handy all year long!

April 2, 2 pm, Zion Lutheran Church, Bristol, "Old Fashioned Bed Turning" hosted by Country Cousins

April 30, 11 – 2, KCC, Families Branching Out Event. Volunteers needed, see page 5.

Thursday, May 12, 7 pm, KCC, "Creative Cooking for One or Two in 2022," hosted by Good Neighbors

Thursday, May 12, 7 pm, KCC, Cultural Arts Show for all HCE members hosted by the JJ's

Wednesday, June 8, 6pm, KCC, "Fun Summer Craft" with Sherri Dabbs

June 15-25, [Extension Line articles due with memo line "EL."](#)

Thursday, July 7, 7pm KCC, "Staying Active as We Age," Marie Booher

Thursday, August 11, 6 pm, Indoor "picnic." Location tbd.

Wednesday, September 14, 1 pm, KCC "Adventures in the Peace Corps," Michael LaForge

September 15-25, [Extension Line articles due with memo line "EL."](#)

Monday – Wednesday, Sept 19-21, Stony Creek Inn, LaCrosse, State Conference 2022

Sunday, October 16, Fall Focus, Cup O'Joe in Twin Lakes, 'Fall Back to the 50's'

Wednesday, November 9, 1:00, KCC "Gnome Place Like Home for the Holidays," Jerin Moore

Kenosha County Association of Home and Community Education presents

Southport Quilters

“An Old Fashioned Bed Turning”



Join us for a **Tea Celebration**
(Beverages, sandwiches, and sweets)
Learn the history and colorful stories about quilting.
See many different quilts on display.
Invite your friends to join us.
Optional:
Donate items for the Nicaragua / WI project.
Volunteer for the “Branching Out to Family” event on April 30

Saturday, April 2, 2022 2:00 pm

Zion Lutheran Church, 7931 200th Avenue (Hwy 45), Bristol

Elevator available for those who prefer to not use stairs.



Reservations sent individually or as a club should be received by March 25, 2022.

\$10 per person for presentation, beverages, sandwiches, and sweets.

Your names	Optional: contact phone number

By 3/25/22, send reservations, using the above graph or your own paper, to

Donna Deuster, 33606 76th Street, Burlington, WI 53105

Make checks (\$10 per person) payable to HCE

Any Questions? Call Priscilla (262) 857-7707

*Hosted by Country Cousins Club,
Kenosha County Association of Home and Community Education*

So.... What can every KCAHCE member do at this moment?

- ❖ **Return your registration for the Bed Turning** from page 9 to Donna Duester. This event will feature quilts and quilting stories from the Southport Quilters Guild. You can bring friends with you to hear the stories, enjoy the food, and learn more about the fun happenings of HCE. Registration is due March 25.
 - ❖ Tell your high school seniors and college students about our **scholarship program**. The application is due March 31.
 - ❖ **Volunteer** for the event on April 30, Families Branching Out. See page 5 for the ways you can help.
 - ❖ Donate items that are still good, but no longer useful to you, to the **Wisconsin – Nicaragua** program. Reread page 4.
 - ❖ When you see **socks** on sale – any size, any color, for children, women, or men – buy a few for our sock drive. Margaret McCabe has written about this drive on page 8.
 - ❖ Start (or maybe finish) your craft for the **Cultural Arts** event May 12 at the KCC.
 - ❖ Plan your fun at our **Fall Focus** this October. Page 6 has details.
 - ❖ Continue sending news clips, articles, and photos to our **historian**, April Kvitek, page 3, to continue our years of scrapbook knowledge.
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Lower part of this sheet is purposely blank so that you can return the Bed Turning registration.