



## A Few Words from President Donna Zarovy



Happy 4<sup>th</sup> of July!

*Congratulations KCAHCE Members.* We had a great Milaeger’s Money (Flower Power) event. See the article on page 7 with pictures submitted by some of the people who purchased MM. They are gorgeous!

This issue of the Extension Line is packed with info. Please take the time to read it. We will be electing new officers at Fall Focus. *Please consider running for President-Elect or Secretary.* Your assistance is so necessary. More information about KCAHCE and how it all gels will be in the September Extension Line.

This summer we will again have Kamp KCAHCE Pic-IN-Ic at Birchwood Grill. More info is on page 6 of this newsletter. I hope many of you will attend – air conditioning, no bugs, no worry about rain – and especially no ants. Heidi will also share “the workings of Wisconsin Bookworms”.

On June 25 and 26<sup>th</sup> I attended the June WAHCE Board meeting at the site of the 2023 WAHCE Annual Business Meeting and Conference. The Conference Center is huge and the rooms are nice. Registration and conference information are included in this Extension Line. We have at least five members attending – hope more of you will come! It is a great networking experience. I am doing a workshop on writing press releases. I would love to see some friendly faces in the audience.

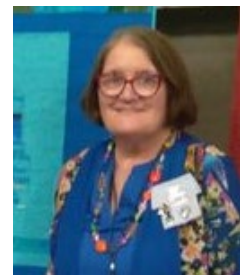
KCAHCE is so full of great members in six clubs. I really enjoy the JJ’s, but if you are in a club that just doesn’t quite fit, there is no reason you cannot change clubs. Maybe the meeting time for you doesn’t work after all. All clubs meet at different times and on different days of the week so finding something that may fit you could be easy. Just check with the President of the club and ask to come to a meeting.

See you all soon!

Donna Zarovy, KCAHCE President

## Vice President of Program - Jeri Moore

As Vice President of Programs, the Merry Makers Club, headed by Rita Larson and I have been keeping in touch planning the programs for 2024. We've received some input and are already arranging educational programs. Additionally, the Committee hopes to introduce a few periodic TBA Special Events in addition to regular monthly meetings.



## 2024 Educational Programs

Some of our thoughts are:

- Hold programs on the first Thursday of the month at 1PM, October through April, usually at the Kenosha County Center.

### Junel Extension Line

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- During the months of May, June and September programs will begin at the NEW TIME of 6:30 PM. It is our hope that this earlier evening start time will better accommodate members, and welcome all members, both retired and employed.
- The 2024 Kenosha HCE Annual Meeting will be held Saturday, January 20<sup>th</sup> at 12:30 pm. It will probably be held at the Kenosha County Center. We are planning some activity or program prior to the meeting and a luncheon at noon. More details to follow.

Program Planning and execution takes a lot of coordination, and the Committee appreciates your ideas, and attendance at our monthly sessions.

## September Education Program

**M**

We will kick off our September education programs at Matthias Academy, located on the grounds of the beautiful, Benet Lake Abbey, by visiting Matthias Academy; a nonprofit adult day program serving adults with special needs, disabilities, and autism. Founded in 2018, "Matthias" is a family name that means Gift from God.

The program will be held on September 7, at 10:30AM at Benet Lake Abbey, 12603 224th Avenue, Bristol, WI 53104. Close parking at the Abbey is somewhat limited so I suggest that we carpool from a nearby location. Another possibility is to meet after our tour for lunch at a local establishment and obtain permission from that place to park there to go to Matthias. Let me know your thoughts so we can announce our plans at the Pic-In-Ic in August.

## June Education Program

We had a great turnout for 'PLACES TO GO AND THINGS TO DO Within 100 miles of Kenosha'. Twenty-three members represented all six Clubs along with five community guests.



Donna Deuster's program was informative, professional and interspersed with humor. And our change into the larger Hearing Room at the Kenosha County Center allowed Donna Z & me to stretch ourselves, as we learned the 'ins and outs' of the media usage how to's. And gave all more elbow room. Everyone departed with Wisconsin travel bags, tee shirts, brochures, new friendships & new travel destination ideas.

Thank you Donna Deuster for starting June off with new roads of adventure, and caring to share!

*For questions about the 2023 Programs, please contact: Jerin Moore, KCAHCE Vice President at 262-697-3459*



## Merry Makers News

The Merry Makers Club led by President, Rita Larson met at the Boathouse in mid-June to gather and connect with VP of Programs, Jeri Moore to plan and discuss the 2024 Educational Program lineup.

Additionally, the Club has decided to bring back periodic Special Events; with new members, Ruth Rossman and Jill Montgomery volunteering to help and implement! Welcome ladies and thank you Merry Makers!

It was a great day to play with the mostly 'Blue Crew'! They have a BBQ planned in July.

What is your Club doing? Please do share.

## New KCAHCE Members:

"Some of us are older. And like the following, some of us are newer. But as we learn•care•share together, we grow stronger".

### Bristol Club



KAREN RUSSO (sitting) was born and raised in Kenosha. She is one of the five nurses who worked with long time member, Bennie Oass, and recently joined HCE thru Mary Starr's invite. Karen calls this group of her five nurse friends, the 'Golden Girls'. She enjoys reading, music, gardening, art, loves DOGS and is a fan of PBS television. Karen became interested in HCE after listening to her friends share their HCE experiences to date.

CAROL WALLNER, another 'Golden Girl', was invited to join by Karen. She too hails from Kenosha and has lived in Pleasant Prairie for 41 years. Carol loves spending time with her adult children and grandsons. She is a reader, enjoys planting flowers here and there, and recently got a Schnoodle puppy, she named Oliver Houndstooth! As our newest Bristol member, Carol finds

HCE rewarding, and enjoys being involved in our educational and Community Service group.

KRISTIN KERPEC is a neighbor of Jeri Moore and the two recently met through their volunteer role at Pleasant Prairie School; where Kristin takes her therapy dog, Onyx into the classrooms. Kristin is originally from Brookfield WI and moved to Kenosha 16 years ago. Her husband, son and she enjoy hiking and nature, and are looking forward to a second-year summer vacation visiting the Rocky Mountain National Park. Kristin has worked in human resources, libraries, owned an Etsy shop, but enjoys volunteering and being with friends and family the most. She's excited to get to know the members and hopefully share her therapy dog, Onyx, with us one day.



### Merry Makers Club



RUTH ROSSMAN (right) is a former Lakeshore Friends Club member. She worked for Jelly Belly Candy Company, North Chicago IL; has been married for 55 years, with children scattered in Madison, Minneapolis and Vermont. Her volunteer roles include American Cancer society driver, Bookworms reader, KAFASI driver, & VITA tax preparer. Ruth enjoys gardening, crocheting, knitting, and meeting with friends. Recently she was a greeter at our May meeting, saw a need, and voluntarily asked her hubby to craft an organizer for our new Nametag system. Thank you Ruth! And tell Jim, we love it! As a sideline, Ruth lo♥esflamingos!

Jill Montgomery lives across the street from Ruth in a lovely wooded section on the Kenosha Bike trail with her rescued Schnauzer-Poodle, Mushroom. Jill was recently invited by Ruth, and her name may be familiar to some as she has taught Museum. Art classes and been involved in the local arts scene for years. Thirty years ago she taught Jeri Moore's son at the original Kenosha Public Museum!

Jill is a life long Kenoshan, retired KUSD Art teacher, President of Kenosha Art Association, and loves gardening. Both Jill and Ruth have already volunteered to help implement programs for us in 2024 for which we are most grateful.

Submitted by Jerin Moore

## Membership Directory Changes:

These names and addresses have been blacked out to protect confidentiality.

### How to find us:

- ❖ On Facebook: **Kenosha County Association for Home and Community Education**. Find county info, local happenings, and any changes to our calendar.
- ❖ On the state website: <https://wahceinc.org/> Find information and forms for all Wisconsin HCE counties.
- ❖ On the county website: <https://wahceinc.org/kenosha-county-hce/> contains information specific to Kenosha County.

## Bristol HCE Club Meeting







Bristol Club held their June meeting at Willowbrook Assisted Living, hosted by member, Mary Tunkieicz. The group enjoyed boxed lunches, conviviality, laughter and friendship. Additionally, HCE events were shared and members learned about others summer plans. They also enjoyed hearing about Mary Flanagan's recent trip to Spain; where she did a 100 mile 'Camino Pilgrimage-Walk'! The group thanks Jennie Tunkieicz for organizing, and Olivia and Willowbrook for being so accommodating.

WHAT is your Club doing? Please share in future Extension Lines or via Facebook, so we get to know each other better and get new ideas!

## Invite a Friend to Try KCAHCE NOW!

Consider joining us in KCAHCE, Kenosha County Association for Home & Community Education.



-  Now in our 72nd year, we are a 501(c)3 educational and service organization which was formerly known as Extension Homemakers.
-  We partner with the University of Wisconsin system, Division of Extension.
-  KCAHCE falls under Wisconsin Association of Home and Community Education. (WAHCE) on the state level and National Volunteer Outreach Network (NVON) on the national level.
-  We meet monthly in clubs, and then come together (usually at the Kenosha County Center) for a service or educational learning experience. Dues are \$17 year.

Consider inviting a friend to gather round at our Kamp KCAHCE PicINic, where laughter, cheer and fun will abound! August 10, 2023.

For although, Some of us may be older. And some of us are newer. We are stronger, as we learn•care•share together.

Submitted by Jerin Moore

## Community Service Project

Our 2023 KCAHCE Community Service Project kicked off wonderfully with a delivery to Sleep in Heavenly Peace (Kenosha) on May 30, 2023!



We delivered 26 pillows, 20 twin sheet sets, and 3 twin comforters! Thank you to everyone who has donated items and or funding for purchases to date! We will do another collection on August 10th KCAHCE Pic-IN-ic at Birchwood Grill. Sleep in Heavenly Peace currently has a wait list of 250 children waiting for a bed. Our donations will help fulfill some of those dreams. ❤️

## Families Branching Out 2023

Another great event has come and gone. Hours and hours were spent planning, arranging for exhibitors, setting up workshops, arranging for use of the Kenosha County Center, and all of the behind the scenes “stuff”, but it was well worth it!



We estimate that over 200 kids and adults participated in the event. There were about 35 exhibitors ranging from the Bristol Fire and Rescue to the Bookmobile, the Paddock Lake Lions Vision Screening, to activities for kids with the Boy Scouts, Wilmot High School Honor Society, a “rain tent” from Root Pike Win, to seminars about scams, line dancing, and the K-9 unit from Kenosha County Sheriff’s Department.



The core committee of Donna Deuster, Jerin Moore and Donna Zarovy started planning for 2023 in late November. Mery Metten from Kenosha County Extension and members of the Board Margaret McCabe and Gail Gillmere were also an integral part of planning and executing the event.

We started contacting exhibitors from 2022 to find out who wanted to attend again this year, and almost everyone was so pleased with the 2022 event that they were eager to attend this year. In fact, when we did a survey of this year’s exhibitors, the majority want to come back for 2024. Lots of ideas for additional exhibitors were kicked around and we were able to get some new ones for 2023, including Jake the Kite Guy – who could not fly his kites because once again we had rain. The Tiny Hooves mascot even joined us.



Kenosha County HCE members helped the kids make “bee” hats to follow the HCE and NVON (our national organization) initiative on pollinators. Racine Bee Keepers were there with their live hive, too. KCAHCE also helped kids make a paper plate dinosaur.

We are looking forward to 2024. I would like to thank Donna D, Jerin Moore, Margaret McCabe and Gail Gillmore from the KCAHCE Executive Board and Mary Metten for all their support in making this event happen. Additionally, several KCAHCE members assisted on Friday for set-up, attended the event and helped all day, plus did the take down on Saturday after the event was over.

Committee sign-ups for 2024 will take place at the Fall Focus Event. Please consider signing up for this committee. It is fun, educational and so worth it – especially when you hear the laughter and see the smiles on the faces of the kids who attended.

Donna Zarovy, KCAHCE President.





# KAMP KCAHCE IS CALLING YOU

Come to Kamp KCAHCE on August 10<sup>th</sup> at 5:30 PM for our annual Pic-In-Nic. Come at 5:00 for a fun “campy” activity.



Jenny and Stephanie from The Birchwood “Cabin”, 7515 125<sup>th</sup> Avenue, Kenosha, are preparing a special camp buffet to have in the “bar area campsite”. The buffet includes hamburgers, hot dogs, fried chicken, salads, baked beans, fresh fruit, beverage of your choice and dessert.

We’ll sing songs, enjoy each other’s company, and learn more about our Wisconsin Bookworms program.

Our 2023 KCAHCE scholarship recipients will be recognized.

The “camp” buffet will be served in the bar area. The cost is \$21. Beverages are extra. Separate checks so no-prepayment is necessary. Just contact Donna for a reservation.

The Community Service Project Team (Good Neighbors) is asking us to bring more donations for Sleep in Heavenly Peace.

*Please call Donna Z at 262-857-7502 with your reservation. We need to have a count by August 5<sup>th</sup> so they know how much food to prepare for our special buffet.*



## SEE YOU THERE!

## Scholarship Committee Report

Six Scholarship Applications were received. Committee members were Debra Davies, Joyce Myers, Rosella Wilson, and Pat Perks. Scholarship Guidelines were reviewed. It was unanimously agreed to award two recipients each a \$1,000. Scholarship.

Kenna Beth, granddaughter of Sandy Beth (Country Cousins) and Morgan Kaminski, granddaughter of Susan Kaminski (Good Neighbors) are the 2023 winners.

Both Kenna and Morgan have been invited to attend our HCE Summer Picnic on August 10<sup>th</sup> at Birchwood Grill and will receive their Scholarship Certificate at that time. (Note: If they are unable to attend, this award will be mailed to them)

Kenna is 21 years old and has chosen to pursue a career in Criminal Justice and Forensic Psychology. She is currently studying at the University of Wisconsin-Madison.

Morgan is 20 years old and has chosen to pursue her future career as a Dental Hygienist. She has been enrolled in Mississippi State University and is currently attending Holmes Community College in Mississippi studying Health Sciences.

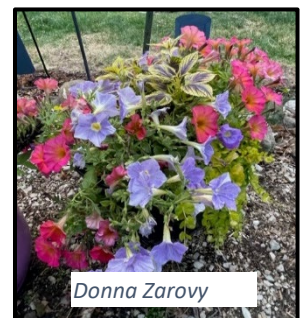
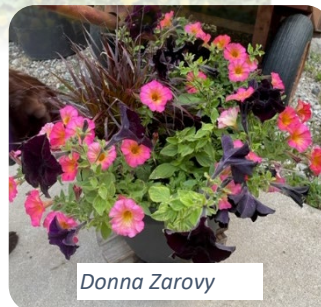
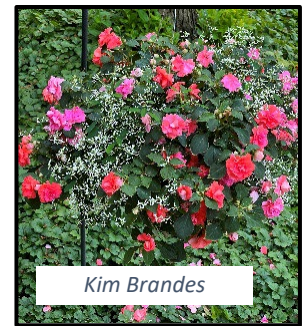
Submitted by Pat Perks, Scholarship Chair



## Flower Power – Scholarship Fundraiser

Thank you for planting a new way to grow scholarship funds through our Flower Power sale with Milaeger's Money certificates. We collected over \$710 with certificates and another \$150 or so in donation – a great start for 2024 scholarships.

The KCAHCE Board is considering having another MM sale in September for use for plants and other items. Please let Jerin, Gail, Margaret or Donna know your thoughts. Several members have shared photos of their plants. Enjoy!



Flower Power







## Approaching Online Shopping With An Observant Eye

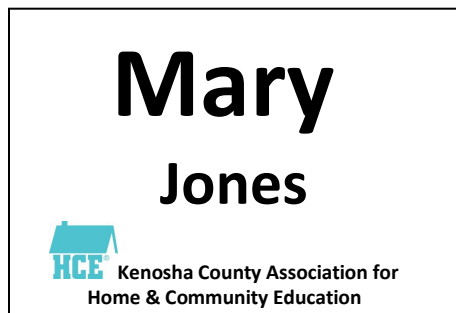
Mary Metten, Health & Well-Being Educator, Extension Kenosha County

In 2023, many if not most people have had experiences online shopping. For some, it is a regular part of their week or month, for others, maybe it's been receiving items that loved ones have purchased online. The hope is you receive the package quickly, love it all, and that's the end of the story. Perfect situation, right? Unfortunately, that isn't always the case when we end up buying and receiving something sight unseen. Sometimes the item arrives and just isn't what you wanted, expected, or the wrong item shipped out; sometimes the purchase ends up closer to or in the scam territory.

In 2022, online shopping scams were the second most reported type of scam to the Federal Trade Commission (FTC). While there are federal laws in place to help protect consumers, taking additional steps to help safeguard can be helpful while you're shopping online.

- If the online company is new to you, do a quick Google search about the company in relation to reviews or complaints.
- Find and read through a company's refund, return, and exchange policies.
- Use a credit card whenever possible, as credit card companies often have the most protections in place when they are used to pay for items.
- Save all confirmation pages/emails, shipping notifications, and receipts or correspondence from the company while you are in the process of receiving and deciding if you want to keep the purchase – consider saving the receipt if there are any warranties attached to a product.

Find more information about online shopping at <https://consumer.ftc.gov/articles/online-shopping>



## Exciting News --

We have NEW PERMANENT NAMETAGS, to wear at meetings and events. So, no need for clubs to make them for events. Please wear your tag so we get to know each other better and return at meetings end.

Thank you to Donna Zarovy for making the name tags, and to Ruth Rossman for seeing a need, and asking hubby, Jim Rossman to make the organizer!

## Extension Line Committee

If anyone has any ideas for articles, please let us know. We encourage clubs to submit articles and pictures from their meetings. A special thank you to KCAHCE members who helped assemble this newsletter. Please send all address corrections to us.

Donna Zarovy  
[zarovy@frontier.com](mailto:zarovy@frontier.com)

Marcia Richards  
[richardskreuserm@gmail.com](mailto:richardskreuserm@gmail.com)

### KCAHCE Executive Board

Donna Zarovy, President  
Jerin Moore, Vice President  
Margaret McCabe, Treasurer  
Gail Gillmore, Secretary

### Remaining 2023 Programs:

- **August 10**, 5:30 PM Birchwood Grill, Kamp KCAHCE Pic-IN-ic
- **September 7**, 10:30 AM, Matthias Academy, Benet Lake Abbey, Bristol
- **October 14**, Noon, Fall Focus, Casa Capri Restaurant, Kenosha
- **November 2**, 1 PM, KCC, Westosha Floral, "Deck the Halls"

**2023 WAHCE Annual Business Meeting & Conference -- Workshops**  
**\*\* Tuesday, September 19, 2023 \*\***  
**Session #1: 8:30 - 9:45 AM**

01 Annual Business Meeting "Starts at 8:00 AM"  
 Reserved seating for voting delegates: County President and WAHCE Board Members. **Presiding:** WAHCE President Eileen Gottbeheat

• **102 Life of Frank Lloyd Wright**

Frank Lloyd Wright designed many homes all over the world, during his lifetime. He was recognized by his peers. This presentation will show you many of these homes or buildings and tell his life story.

**Presenter:** Donna Oschner

• **103 How to Care for Air Plants** Learn how to care for air plants as well as an in depth understanding of the different types of air plants/tillandsias. Attendees can create their own terrarium with stones, moss, and plants to take home if they want to. If an attendee does create a terrarium, attendee will pay the presenter \$15.

**Presenter:** Justina Johnson

• **104 Every Year for the Rest of Your Life Will be the Hottest**

2020 and 2016 are the hottest years ever recorded, but you may remember them as cool. Every year for the rest of your life will be one of the hottest on record. Rapid global warming and ocean acidification create a hot and unstable climate compromising everyone's health, particularly the health of younger people. The traditional homelands of some people will no longer be habitable. Climate change is a health emergency.

**Presenter:** Bruce Krawisz, M.D.

• **105 Badger Army Ammunition Plant**

The plant was the largest munitions plant in the world. Enjoy a 35-minute PowerPoint on the land being purchased and the building of the powder plant. The plant in operation and much more. Followed by a question-and-answer session.

**Presenter:** Verlyn Mueller

• **106 Sheep to Shawl**

Join Sandy Pohl from K9 Ewe, on the adventure of what it takes to get from a small baby lamb to a finished project. We will cover the many uses of wool from garden use to shawls and other products.

**Presenter:** Sandy Pohl

**Session #2: 10:15 – 11:30 AM**

• **201 How to Care for Air Plants (Repeat) (\$15 fee paid to instructor)**

Learn how to care for air plants as well as an in depth understanding of the different types of air plants/tillandsias. Attendees can create their own terrarium with stones, moss, and plants to take home if they want to. If an attendee does create a terrarium, attendee will pay the presenter \$15.

**Presenter:** Justina Johnson

• **202 The Life & Heritage of the Cornish in SW Wisconsin**

The Cornish Heritage and Cornish life of Mineral Point, WI. History and heritage of Cornish immigration in Southwest

Wisconsin, it's impact on the State of Wisconsin and how that heritage continues, especially in Mineral Point, Wisconsin.

**Presenters:** Glen Ridnour and James Jewell

• **203 Geology & Natural History of WI Landscapes & Waterways**

A virtual tour of Wisconsin by region with stops at selected sites to reveal the dynamic, fascinating processes and events that shaped Wisconsin, including mountain building, volcanic eruptions, massive glaciers and catastrophic floods. Illustrated by photos and readings from my three books. About 45 to 50 minutes long, usually with 15 minutes or more of questions and answers.

**Presenter:** Scott Spoolman, Scientific Author

• **204 Wisconsin Bookworms**

Books and activities for the 2023-24 Wisconsin Bookworms program will be discussed. There will be time for questions as well as county sharing.



**Presenter:** Marianne Geiger, WAHCE Wisconsin Bookworms Chair

• **205 Chair Exercise for Active Aging**

One hour session with 45 minutes of actual exercise and time for questions or discussion.

**Presenter:** Emily Ihnen, Pulse Fitness Baraboo

• **206 Education Program #1: Gratitude/Finding Joy**

Are you a grump? Do you occasionally find yourself down or in a rut? Being happy all the time is NOT something that anyone can achieve although research shows that our health and wellbeing is much better when we practice gratitude or find joy in our lives. Join Heather to learn some real ways that work in our everyday lives to help us increase our joy, discover some gratitude, reframe situations we find ourselves in or just help us not react badly when we are angry!

**Presenter:** Heather Quackenboss, Extension Educator

**Tuesday, Lunch 12:00 PM**

**2:00 – 3:00 PM – ACCW Triennial Conference to Malaysia Recap**

**Session #3: 3:30 - 4:45 PM**

• **301 Geology & Natural History of WI Landscapes & Waterways – Repeat of #203**

A virtual tour of Wisconsin by region with stops at selected sites to reveal the dynamic, fascinating processes and events that shaped Wisconsin, including mountain building, volcanic eruptions, massive glaciers and catastrophic floods. Illustrated by photos and readings from my three books.

**Presenter:** Scott Spoolman, Scientific Author

• **302 Educational Program #2 – Living on a Fixed Income**

We all have a limited or specific amount of income to spend or save, but what happens when your income changes ... unexpectedly or by your own choice? Finances can feel overwhelming, especially if you have not handled them in the past. This session will help you think about your current income and expenses, plan for future changes and learn strategies to help you make adjustments when your income or expenses change.

**Presenter:** Carol Bralich, Washington County Extension

- **303 Investing in Dreams – Helping Youth Get to College**

Wisconsin 529 Plans are a tax-advantaged way to help youth achieve their dreams and help pay for higher education. Learn how even small savings make a difference, through early scholarship or for your own children or grandchildren.

**Presenter:** Chelsea Wunnicke, Department of Financial Institutions

- **304 Cooking with Modern Appliances**

Electric programmable pressure cookers and air fryers have increased in popularity due to their claims of reduced cooking times and increased nutritional quality. We'll look at how these appliances work, what features to look for, and how to make the best use of these versatile tools in your kitchen.

**Presenter:** Becky Gutzman

- **305 3D Ornaments**

In this workshop you will create two 3-D holiday ornaments out of cardstock. Worried about getting your ornaments home – don't. They can be folded flat to stick back in your project envelope for save travel home. (\$10 fee paid to instructor)

**Presenter:** Sandy Pohl

- **306 How to Make a T-Shirt Quilt**

A lecture and demonstration on preparing t-shirts to be made into a quilt.

**Presenter:** Virginia Daley

- **406 How to Make a T-Shirt Quilt (Repeat)**

A lecture and demonstration on preparing T-shirts to be made into a quilt

**Presenter:** Virginia Daley

**10:15 AM-11:30 AM**

- **501 Get the Word Out – Writing Press Releases and Articles**

Learn how to write a press release and/or news article that will convey what you want to say. We will also talk a little bit about copyright and use of the HCE logo.

**Presenter:** Donna Zarovy, WAHCE Webmaster

- **502 International Program – “Orange the World”**

What is it about all those umbrellas? What does it mean when we say, “Orange the World” or “Orange the Globe”? We will be bringing the new resolutions and recommendations from the ACWW Triennial in Malaysia. We will bring you up to date on the many changes being made in ACWW Through bylaw changes this year. We will also have updates on the situation in Nicaragua and Haiti.

**Presenter:** Lylene Scholz, WAHCE International Chair

- **503 Estate Planning**

Join in a general estate planning tools discussion...Account titling, beneficiaries, general bits on wills and trusts.

**Presenter:** Lisa McClyman

- **504 Heirlooms No One Wants**

A popular HCE lesson several years ago was “Who Gets Grandma’s Yellow Pie Plate?” It was about transferring non-titled property. Well, what if no one wants grandma’s yellow pie plate!? Learn about options and ideas for treasured items that your family and friends don’t value like you do.

**Presenter:** Ruth Schriefer, Extension Iowa County

- **505 A New Era of Membership: Sharing Your Stories**

What can you as an HCE member offer to a new member prospect? How can you share with others what HCE means to you? Where can you share this information in a modern fashion, quickly and cohesively? No matter the era, what does an HCE member have that a new member prospect does not have? \*We will delve into the answers to these questions and more during this workshop!

**Presenter:** Jennifer Raddatz, WAHCE Membership Chair

- **506 How to Become an Intuitive/Mindful Eater**

Is this you: Tired of diets and endless food rules? Feel guilty or shame about eating/drinking certain things? Want to learn to trust yourself and listen to what your body is telling you? If you answered yes to any of these, you will want to hear what Mindful/Intuitive Eating is all about. This presentation will cover the first step which is all about self-awareness and how to listen to your body, what it is telling you about the foods you eat or don't eat, and why it's important. We will talk about food cravings, diet mentality, food rules, and how they have shaped your relationship with food and your body. You will walk away with techniques to help you follow your intuition around food and become a mindful eater.

**Presenter:** Julie Saalsaa

**\*\* Wednesday, September 20, 2023 \*\***

**Session #4: 8:30 – 9:45AM**

- **401 Cultural Arts**

WAHCE Cultural Arts Chair Darlene will lead a discussion about the Cultural Arts program, the entries for the current year, the direction for the future and planning Cultural Arts for 2024.

**Presenter:** Darlene Schumacher



- **402 Funeral Planning**

This presentation will discuss the benefits of pre-planning funeral services. Mandy will touch briefly on Veterans benefits along with body donation and cremation versus traditional burial services. She will also include information regarding pre-funding your funeral services.

**Presenter:** Mandy Ertz, Redline-Ertz Funeral Home

- **403 Want Funding? Write a Grant**

Join Lynn in this inter-active workshop on grant writing. Gain a useful and practical tool box of ideas to secure funding for early reading programs, scholarships, and special volunteer projects.

**Presenter:** Lynn Marcks

- **404 Treasurer’s Workshop**

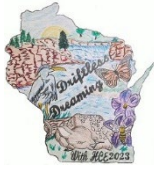
WAHCE Treasurer Louise Dahlke will discuss the in's and out's of being a HCE Treasurer.

**Presenter:** Louise Dahlke

- **405 Sheep to Shawl (Repeat)**

Join Sandy Pohl from K9 Ewe, on the adventure of what it takes to get from a small baby lamb to a finished project. We will cover the many uses of wool from garden use to shawls and other products.

**Presenter:** Sandy Pohl



## 2023 WAHCE Annual Business Meeting and Conference Tours

Tours will be Monday September 18, 2023. All tours will leave the hotel at 12:00 noon and return by 4:00pm. Tours will be transferable but not refundable. **If a tour is cancelled, guests will receive their next choice.**

### Tour # 1:

**Wisconsin Dells Ducks and Bowman House -- Cost \$30 – 22 maximum -- TOUR FULL**

### Tour # 2:



**Upham Woods -- Cost \$35 – Maximum of 36**

Take a ride to Upham Woods, the Wisconsin State 4-H camp. Upham Woods was founded in 1940's by Ranger Mack. The camp offers outdoor education to 4-H youth and school groups for more than 80 years. A tour of the new Education Center and a visit by a local turkey vulture will complete the afternoon.



### Tour # 3:

**WOLLERSHEIM WOLLERSHEIM WINERY -- Cost \$50 -- a minimum of 40 and maximum of 55.**



There will be a 45-minute presentation tasting 3 wines, a cocktail and a snack plate. The guide will discuss the history of the property, ways to appreciate the wine and share a short video.

### Tour # 4:

**International Crane Foundation -- Cost \$40 – 55 maximum**

Visitors to the Crane Foundation may enjoy learning about the world's cranes – It is the only place in the world with all 15 species – taking a hike on the nature trails or browse nature-themed items from around the world in their gift shop. People can use wheelchairs on the walking path. *The Foundation has a few wheelchairs and mobility scooters, if requested in advance.*



## Back at the Hotel:

### Tour # 5:

**Aqua Fit Wintergreen Hotel Pool – 2:00 - 2:45PM Cost \$15 Instructor: Alice Halfen**

Whether you're in an exercise rut or need a workout that doesn't hurt your knees and hips, water aerobics can add some spice and splash to your fitness routine. This water fitness class is designed to give participants an all-around great workout in a fun and safe environment. Not sure if water aerobics is right for you? Aqua Fit can be an excellent introductory class for exercisers of all skill levels. Your hair will only get wet if you want that to happen.

### Tour # 6:

**Paint a Penguin on a Gourd Time: 2:00 – 4:00 PM - Limit 20 students. Cost: \$25. Instructor: Jane Dillion**

Make a penguin out of a gourd using paint, spackling, and a gourd. You can bring any small toy ornament or jewelry to glue on to your scene. The instructor will supply: gourds, bases, Fun Foam, patterns for fins, paints, ice cubes, spackling, palette knives, brushes, glue, glitter, palettes, water tubs, and a stylus. The student can bring craft scissors and a pencil.



## Menu for 2023 Conference

### Monday Banquet (plated)

Roast sirloin of beef, house potato, vegetable, salad, rolls, beverage, and house dessert.

### Tuesday Breakfast (buffet style)

Scrambled eggs, sausage, pit ham, pecan French toast, breakfast potatoes, fresh fruits, and pastries. Served with coffee and juice.

### Tuesday Lunch (plated)

Char grilled chicken breast with bacon cream sauce, salad, vegetable, and potato. Served with beverage and small dessert.

### Tuesday Banquet (plated)

Roast pork loin, with sausage stuffing, house potato, vegetable, salad, rolls, beverage, and house dessert.

### Wednesday Breakfast (buffet style)

Bacon, sausage, pancakes, fresh fruit, yogurt, and muffins. Served with coffee and juice.

### Wednesday Lunch (plated)

Beef lasagna with garden salad and bread sticks. Served with beverage and small dessert.



# 2023 WAHCE Conference Registration Information

September 18-20, 2023

Clarion Hotel & Suites and Wintergreen Conference Center

60 Gasser Road, Wisconsin Dells, WI



Name: \_\_\_\_\_ Attach Mailing Label here →

County: \_\_\_\_\_ District: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Telephone (including area code): \_\_\_\_\_ E-mail address: \_\_\_\_\_

Officer or Committee Chair (circle one)  State  District  County Specific Office held: \_\_\_\_\_

First Time Attendee?  Yes  No Special Dietary Needs: \_\_\_\_\_

Emergency Contact: Name \_\_\_\_\_ Phone #: \_\_\_\_\_

I grant the WAHCE, the right to use, publish, and copyright my image for educational programs and publications, web sites and promotion of the WAHCE programs. PLEASE SIGN: \_\_\_\_\_

Make check payable to **WAHCE, Inc.** and mail with registration form to Conference Registrar:  
 Jane Grabarski, 996 Evergreen Avenue, Grand Marsh, WI 53936. E-mail [janegrabarski@gmail.com](mailto:janegrabarski@gmail.com)  
**Registration Deadline: August 15, 2023 – No Registrations Accepted after September 1, 2023**

**Workshops & Tours: Please number each section in order of preference 1, 2, 3, 4, 5, 6**

### September 18<sup>th</sup>, Monday Tours Noon to 4:00 PM

- \_\_\_ ~~Tour #1 Dells Ducks and Bowman House~~ **TOUR FULL**
- \_\_\_ Tour #2 Upham Woods 4-H Camp 35.00
- \_\_\_ Tour #2 Wollersheim Winery 50.00
- \_\_\_ Tour # 4 International Crane Foundation 40.00
- \_\_\_ **Need handicap access on bus**
- \_\_\_ Tour #5 Aqua-Fit (Hotel Pool) 15.00
- \_\_\_ Tour #6 Paint a Penguin Gourd (on-site) \$ 25.00

### September 19<sup>th</sup>, Tuesday

#### Workshops Session #1: 8:30 – 9:45 AM

- \_\_\_ 101 WAHCE Annual Business Meeting (**Note: 8:00 Start**)
- \_\_\_ 102 Life of Frank Lloyd Wright
- \_\_\_ 103 How to Care for Air Plants (\$15 fee paid to instructor)
- \_\_\_ 104 Every Year for the Rest of Your Life Will be the Hottest
- \_\_\_ 105 Badger Army Ammunition Plant
- \_\_\_ 106 Sheep to Shawl

#### Workshop Session #2: 10:15 – 11:30 AM

- \_\_\_ 201 How to Care for Air Plants (Repeat) (\$15 fee to instructor)
- \_\_\_ ~~202 The Life & Heritage of the Cornish~~ **CLASS FULL**
- \_\_\_ 203 Geology & Natural History of WI Landscapes & Waterways
- \_\_\_ 204 Wisconsin Bookworms
- \_\_\_ 205 Chair Exercise for Active Aging
- \_\_\_ 206 Education Program #1: Gratitude/Finding Joy

#### 2:00 PM ACWW Triennial Conference in Malaysia

#### Workshop Session #3: 3:30 – 4:45 PM

- \_\_\_ 301 Geology & Natural History of WI (Repeat)
- \_\_\_ 302 Educational Program #2 – Living on a Fixed Income
- \_\_\_ 303 Investing in Dreams – Helping Youth Get to College
- \_\_\_ ~~304 Cooking with Modern Appliances~~ **CLASS FULL**
- \_\_\_ 305 3D Ornaments (\$10 fee paid to instructor at class)
- \_\_\_ 306 How to Make a T-Shirt Quilt

### September 20<sup>th</sup>, Wednesday

#### Workshop Session #4: 8:30 – 9:45 AM

- \_\_\_ 401 Cultural Arts
- \_\_\_ ~~402 Funeral Planning~~ **CLASS FULL**
- \_\_\_ 403 Want Funding? Write a Grant
- \_\_\_ 404 Treasurer's Workshop
- \_\_\_ 405 Sheep to Shawl (Repeat)
- \_\_\_ 406 How to Make a T-Shirt Quilt (Repeat)

#### Workshop Session #5: 10:15 – 11:30 AM

- \_\_\_ 501 Get the Word Out – Writing Press Releases and Articles
- \_\_\_ 502 International Program – "Orange the World"
- \_\_\_ 503 Estate Planning
- \_\_\_ 504 Heirlooms No One Wants
- \_\_\_ 505 A New Era of Membership: Sharing Your Stories
- \_\_\_ 506 How to Become an Intuitive/Mindful Eater

### Full Conference Registration Fees:

WAHCE Member or Spouse	\$160.00	\$ _____
Non-member	\$170.00	\$ _____
Extension or County HCE President		\$ <u>FREE</u>
<b>Late Fee (If sent after August 15)</b>		\$ <u>50.00</u>
<b>Tour Fee</b>		\$ _____
<b>TUESDAY only Registration Fee:</b>		
Registration & Meals	\$100.00	\$ _____
<b>Total Enclosed:</b>		\$ _____

\*Craft class fees will be paid to instructor at start of class\*

**ALL REGISTRATION FEES ARE NOT REFUNDABLE, BUT TRANSFERRABLE INCLUDING TOURS.**

