

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

A Few Words from President Donna Zarovy

Happy Spring!! It sure has been a busy one. The Families Branching Out Committee has been putting a lot of time into the event. A HUGE shout out to the many KCAHCE members who have volunteered to make this day fantastic. THANK YOU!!!!



We are excited that we have 39 exhibitors and outside sponsors for food and "goodie bags". In addition, there was some money in our budget and a few HCE members have also donated things. Keep your fingers crossed that the weather will cooperate!

Milaeger's Money has been a great success. We sold 162 certificates for "anything in dirt" and "anything in the store". That will net over \$900 for our scholarship fund. Speaking of scholarship, we do have a few applications this year. The date change and "form" change seem to have made a difference.

This issue contains highlights from club meetings, the Spring Event, announces Cultural Arts entries that are going on to the WAHCE Annual Business Meeting and Conference Cultural Arts Show. Congratulations to all the members who entered the show. It was the best one in years. Kudos to Merry Makes HCE Club. It also contains the announcement of the 2024 Community Service Project.

We have a lot of great programs coming up this year. The next one is something that we could all use –AARP will help us learn how to declutter and downsize!

We will also hold our "Pic-In-Ic" at Birchwood Grille with one exception. Members will order off the menu and pay their own bills. We will not have a separate buffet.

I want to thank each and every one of you for all the great things that you do – not only in HCE, but in schools, your church and the community. Volunteers are so important. Happy Volunteer Week!

The theme of the 2024 WAHCE Annual Business Meeting and Conference is "Experience the Magic". Several of our members have been working on table decorations. I, along with Linda Feucht from Dodge County and Marianne Geiger from Fond du Lac County have been working diligently to provide programs, craft workshops and tours. The conference will be held at the Hilton Paper Valley Inn in Appleton. Check out the conference info at www.wahceinc.org and click on the link. Or contact me and I will gladly send you the information. See page 10 for a list of workshops and tours.

I hope you enjoy this year. It is going to be a true sharing, caring and learning experience.!

Sincerely,

Xonna Donna Zarovy

2024 Kenosha HCE President



National Volunteer Week is a time to celebrate and thank all of our volunteers. National Volunteer Week is April 21st to 27th. It is also an opportunity to recognize the impact of volunteer service and the power of volunteers to tackle society's challenges, to build stronger communities and be a force that transforms the world.

April Extension Line

President's Letterpage 1 Education Programs2
Paint-A-Pot2
Downsizing & Decluttering 3
Bristol Club Notes3
Volunteers3
Poetry by Jerin Moore3
Good Neighbors Info4
JJ's Summary4
Spring Event 5
The "Dirty Dozen" 5
Cultural Arts Show6
Experience the Magic of HCE 6
Membership 7
Community Service8
International Information 9
Extension Line Staff
2024 Conference Info 10

March 5, KCAHCE Education Program:



MARCH at Milaeger's

Close to 30 members enjoyed a wonderful afternoon at the Sturtevant Milaegers for our March County wide meeting. Due to the seasonal lack of spring plants at the time we met, GM Paul Sikorski and TEAM Milaeger's focused our program on Orchids ~ their care and techniques for repotting.

The greenhouse was a lovely spot for members to became better acquainted, and additionally, we kicked off our Spring Flower Power Milaeger's Scholarship Sale. Paul gifted Donna Zarovy a Bee House for all she does to keep HCE buzzing along for the betterment of all.





Paint-A-Pot

"Paint A Pot" was a great success.

A "Paint~A~Pot" Cultural Arts Day was held with our gratitude to Jill Montgomery and Merry Makers Cultural Arts Committee for organizing. Twenty-four Kenosha HCE members enjoyed lunch, learned flowerpot painting techniques, became better acquainted, and a new member was gained. The artistic variety of the finished flowerpots was fantastic.

A huge "thank you" to Jill Montgomery, a new member, former art teacher and President of the Art Association, for volunteering to teach the class.

Welcome to Pat Rosemann, Linda Volling's friend, Good Neighbors Club! It doesn't get any better!

~~ Jerin Moore & Rita Larson



KCAHCE 2024 PROGRAMS Most programs held on 1st Thursday of the mon

April 26, Friday, "Families Branching Out Expo" Set-Up, KCC*, 2-4PM

April 27, Saturday, KCC*, 10:00 am – 2:00 pm. "Families Branching Out Expo"

May 2, Thursday, 6:30PM, KCC*, "Decluttering/Downsizing", Amber Miller,

AARP

June 6, Thursday, 6:30PM, KCC*, "Hospice Alliance & Palliative Care Overview", Rita Hagan,

Director

August 8, Kamp KCAHCE, Time, program and location TBD, \$

September 5, Thursday, 6:30PM, KCC*, "Back 2 School 4 Brain Health", Cindy Lester, ADC, MC,

Ageless Grace® Educator

October 19, Fall Focus, Time, program and location TBD, \$/RSVP

November 7, Thursday,1PM, KCC*, WAHCE "Finding Gratitude" education program, Mary Metten,

Extension Health & Well Being Educator

December 5. Thursday, 11:00 am, Cultural Arts, "St. Nick's Crafts", with Jerin Moore and Donna

Zarovy, (lunch is on your own) Birchwood Grille. Please bring a sack of oranges for

the Shalom Center.

^{*}KCC, Kenosha County Center

Decluttering and Downsizing by AARP Wisconsin

Was one of your new year's resolutions to donate the clothes that have been in your closet for the past few years or decluttering your basement? Are you preparing for a Garage Sale? If you've answered yes to either question, this program is for you. For having too much stuff can impede people from relocating or getting health care into their homes. This engaging presentation explores why stuff is so important for some people and teaches practical, easy-to-follow tips on downsizing and decluttering. Presented by AARP Wisconsin.

(KCAHCE) Kenosha County Association for Home and Community Education looks forward to seeing you.

🔛 Thursday MAY 2, 2024, 6:30PM, KCC, Hearing Room, 19600 75th Street, Bristol.

Monthly programs are free and open to the public. Why not bring a friend?

REMINDER:

The 2024 Family Member Scholarship Committee is due May 1st. The scholarship forms are on the website at www.wahceinc.org/kenosha-county-hce

~Rita Larson, Chair



Bristol Club

Bristol Club held its March Meeting at the Fireside Restaurant. The main event was the celebration of our 50 Plus Year Member, Edna Kreuger and her 99th Birthday!

Additionally after recapping upcoming events, we had volunteer signups for Families Branching Out, encouraged Scholarship

It was also Eclipse Day, and a celestial dance we will always remember.

applications and became better acquainted.



Thank you to all KCAHCE Members who volunteer for our organization and in your community.

Did you know your volunteer work is worth over \$30 an hour according to the Bureau of Statistics.

2024 Families Branching Out

Watch for a recap of Families Branching Out in the June Issue of the Extension Line.

Highlights from Good Neighbors Meeting

Linda opened the meeting at 7:15 with the Homemaker's Creed. Our guest, Ana McKinley, was introduced. Members introduced themselves to Ana. Ana decided to join after the meeting.

The spring event presented by Vijay was discussed. He had an excellent presentation on plants in our area and his experiments with various plants. The venue worked well and 28 members were present. The Cultural Arts Show was held at the same time. Also, Families Branching Out still needs help. Contact Jerin if you are available.

Linda shared that she forgot to mention our Community Service Project at the event and Margaret quickly wrote a recap of our event and information on the fundraiser for the next newsletter. We are postponing collections until after the Families Branching Out event.

Margaret received approval from the board to collect at every 2024 event for Our Community Service Project which is Matthias Academy. Matthias Academy has a very specific wish list. We will collect cash and find out what they need from their wish list and purchase it. Linda visited their gift shop and shared items she purchased. She encouraged us all to visit the shop. Hours are Monday thru Friday, 9-3. The shop is on Hwy. 83 in Trevor in a strip mall on the east side of the street. It is called Matthias Academy Store.

Upcoming events were announced including the August picnic, Extension Line due date, and scholarship deadline of May 1st. Milaeger's money was due April 13. This money is used for student scholarships. Margaret received some of the funds for the scholarship fund. We will receive 17% of items in dirt and 10% of items from the store. The exact amount for the scholarship fund is yet to be determined.

The state conference is in September. Each county clu bis asked to bring a box for the Wisconsin/ Nicaragua Project. We discussed a possible box from Good Neighbors. Kenosha County is also responsible for making an auction basket for State Conference, September 16-18. The proceeds of the auction also go to Nicaragua. New items only can be put in these baskets. We can bring items for next month.

Margaret, Cheryl, Kim and Jessica will go to the educational meeting on May 2 at 6:30 pm on Decluttering to Downsizing.

Next month's meeting is May 16 and hosted by Cheryl.

~~ Mary Ellen Pearsall

Summary of JJ's Minutes

The JJ's met on April 15th. President Pat Perks started the meeting with members talking about their favorite trees in commemoration of Earth Day. She read this article:



Trees Are Essential: Trees return an almost infinite number of benefits and services to us and to our lonely interstellar spaceship, Mother Earth. The interaction today between trees and people is, in the broadest sense, symbiotic. They contribute to our well-being and help to keep us alive. In today's hyperactive world we ought to, indeed have to, do the same for them.

They discussed the great educational program and the fantastic cultural arts show. Hats off to the Good Neighbors and Merry Makers. Sue Crane was a great judge. She explained how she judged our items and was amazed at the quality of the work of the artists.

Families Branching Out, the Milaeger's Money, Scholarship deadline, upcoming AARP program and other events were talked about. JJ's are planning the Fall Focus event on October 19th. Plans are to hold it at the Kenosha County Center with a catered lunch. Entertainment, the menu and other items were being planned.

~~ Submitted by Pat Perks

2024 Spring Event April 13th, 2024

Our Sprint Event was held Saturday April 13th at the Kenosha County Center. It was attended by 28 HCE members and hosted by the Good Neighbors Club. It started with a brief time for coffee and a Kringle. Vijai Pandian, the Kenosha County Extension Horticulture Educator did a fabulous job presenting lots of information on raised bed gardening and made several suggestions on exactly what



vegetables, fruits, trees, and bushes work well in our area, as well as, many other suggestions

regarding gardening in general.



Everyone seemed very engaged and interested in the KCC Gardens information that Vijai presented. Attendees were welcomed to walk the garden area after his presentation and before the Cultural Arts Awards were announced. Thanks to all who attended and a special thanks to Cathy Cundari (of KCC) who greatly assisted with set-up prior

to our event.

Highlights of the Cultural Arts event held in conjunction with the spring event are on page 2 of this Extension Line.



We were also made aware that there are fruits that contain high levels of pesticides.

<u>The Dirty Dozenlist</u> identifies the fruits and vegetables with the highest pesticide residues. These are the top 12 items for 2024:

- 1. Strawberries
- 2. Spinach
- 3. Kale, collard, and mustard greens
- 4. Grapes
- 5. Peaches
- 6. Pears

- 7. Nectarines
- 8. Apples
- 9. Bell and hot peppers
- 10. Cherries
- 11. Blueberries
- 12. Green beans.

To ensure your produce is safe to eat, follow these simple steps for cleaning:

- 1. Thoroughly wash your hands and any materials used for preparation.
- 2. Hold the produce under cold water in the sink.
- 3. Remove dirt and grit using a clean paper towel or a produce-specific brush.
- 4. Dry the produce if not consuming it immediately, preserving its ripeness. Leafy greens can be dried using a salad spinner.
- 5. Avoid using soap, detergent, or commercial washes -- simply washing produce under cold water is sufficient.

~~ Submitted by Ruth Rossman



"Experience The Magic of HCE"

WAHCE Annual Business Meeting and Conference September 16-18, 2024 Hilton Paper Valley Inn, Appleton, WI

Hope to See YOU there!



2024 KCAHCE Cultural Arts Show



The Merrymakers Club, serving as the Cultural Arts Committee, has had a busy Spring. We just had the Art Show at the Spring Event with 30 entries. The varied categories displayed was wonderful and the artistic abilities of our members is amazing. All those present were so enthusiastic about the talent and were inspired to maybe try their hand at displaying their own art next year. Twelve items plus one bonus item will be sent on to the Art

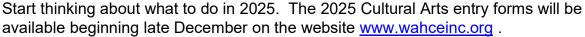
Show at the State Conference in September. Kudos to you all!

Thanks to all who participated or helped in any way! Exhibitors included Regina LaForge, Ruth Larson, Jill Montgomery, Jeri Moore, Pat Rosemann, Ruth Rossman and Barbara Scholwin.



The following items were selected to be entered in the Cultural Arts Show at the WAHCE Annual Business Meeting and Conference in September at the Hilton Inn in Appleton:

- Regina oil painting, painted object wood, hand stitching other
- Ruth hand stitching needlepoint
- Jill painting other, jewelry, heritage skill felting
- Jeri craft scrapbooking, poem, painted original, constructed original mittens, and bonus magic of HCE
- Ruth knitting wearable



~~ Rita Larson, Art Show Committee



WAHCE State Conference Experience the Magic of HCE

The State Conference is in Appleton this year from September 16 thru 18th. The dates are getting closer and closer!! The Southeast District organizing counties, Kenosha County (Jeri Moore), and Sheboygan County (Althea Smith), have collaborated on centerpiece ideas to convey the "Experience the Magic of HCE" theme.

While Sheboygan creates magic hats, Kenosha has been busy sewing and embellishing vests and wands for the rabbits. A huge shout-out to our sewers, Jeanette Besharat, Jill Montgomery, Jeri Moore, and Barb Zaloudek Scholwin. With each vest and rabbit taking on the sewer's unique artistry. In Kenosha County, the magic of volunteerism is alive, well, and greatly valued because of ladies like you who give from your hands and heart.

~~Jerin Moore

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 infor and forms for all Wisconsin HCE counties.
- On the county website: https://wahceinc.org/kenosha-county-hce/ contains information specific to Kenosha County.

Page # 6

April 2024 Extension Line

Membership -



I would like to introduce Pat Rosemann, the newest member to the Good Neighbors HCE club. We got to know each other through our husbands who were coworkers way back in the 1970's.

Pat is from Antioch, IL where she lives in the home that her dad built when she was a young child. She has been helping people look fabulous as a hairstylist in her area for over 50 years.

One of Pat's greatest interests is travel. She has ventured to Europe and most of the United States with family and friends. Pat is always seeking new creative

opportunities. Painting, mosaic, gardening, rope bowl making, and machine embroidery are just a few of the types of art she enjoys.

Joining our organization will surely bring more learning and exploring her way. Please welcome my longtime and dearest friend, Pat Rosemann to HCE.

~~ Submitted by Linda Volling

Addresses for New Members

Congratulations Kenosha HCE Members. We have 12 new members so far this year. Some of their addresses were in the last issue of Extension Line and some were in our books. Here are the latest new ones for you to add to your book.

Florence Hammelev 6520 54th Avenue Kenosha, WI 53142 262-694-4630/262-237-2964 hammalevflorence@gmail.com

Justine Hammelev-Jones 8456 East Ridge Drive Pleasant Prairie, WI 53158 262-697-1886/262-358-1886 Justinehj@icloud.com

Ana McKinley
Cell: 303-956-7558
Home Address:
3312 - 47th Avenue Kenosha, WI 53144
analizmck@gmail.com

Pat Rosemann 25111 W. Claridan Avenue Antioch, IL 60002 847-395-3710 rossie2222@yahoo.com

Marybeth Zuhlke 1419 Crabapple Drive Racine, WI 53405 262-488-0736 marybeth.zuhlke@gmail.com





The roof of the home symbolizes our past heritage with Extension Homemakers. The letters:

H (Home)

C (Community)

E (Education)

make it a suitable logo for the state, county, and club. The house without walls confirms a commitment to membership open to all regardless of race, color, creed, religion, sex, age, handicap or national origin.

2024 Community Service Project:

The committee has selected the <u>Matthias Academy</u> to be a recipient of our Community Service Project this year.



After hearing all the positive feedback from Members after the KCAHCE Visit/Tour at the Sept. 2023 program, we are acting on all the suggestions that we host a community Service project for their organization.

Here's a recap of what they do and who they are from their website:

Matthias Academy is a nonprofit adult day program in southeast Wisconsin. Matthias Academy serves adults with mild to severe disabilities, specialized medical needs, behaviors, and mild to severe autism from Illinois and Wisconsin.

Matthias Academy provides a student-centered program for adults to learn, work, and socialize. Classes are offered in several areas of study, such as Health and Wellness, Culinary Arts, Meteorology, Fashion and Design, Marketing, Communication, and Digital Media, Horticulture, Accounting, and Business Management, all tailored to individual learning levels. Adults have the opportunity to work within the gift shop, bakery, and bike shop of Matthias Academy and in the prep parts of those community-inviting stores. See note in Good Neighbors Minutes about the shop.

We highly encourage the involvement of the surrounding community to come into our facility to shop and visit, we also encourage the involvement of local schools and local colleges to volunteer and help! Times of recreation and leisure are guided, and exercise and mobility are required multiple times daily to maintain health and wellness. Independence is strongly encouraged, and parent and student-guided goals are carried out throughout daily operations.

For more information on the organization, check out their website at: https://matthiasacademy.org/

Our goal will be to purchase items from their Wish Lists on their website, which is loaded with suggestions from art supplies that are used by students to make items that they sell in their gift shop and in their newly opened store, to cleaning supplies, books for their library, copy paper, disposable wipes, latex gloves, stuffed animals, craft kits, and even some raised garden beds!

As the committee reviewed these items/needs, we think the easiest way to approach this would be to collect monetary donations and make purchases directly by the Community Service Committee, in lieu of attempting to have collections of items at our events. This may change in the future as needs are identified for the organization. If you would like to donate at any time, you may send a check to the KCAHCE Treasurer Margaret McCabe @ 9115 160th Avenue, Bristol 53104, or plan to bring a donation to the next KCAHCE event, as we hope to have a collection basket at each of our upcoming events for the next few months.

We look forward to helping/supporting the <u>Matthias Academy</u> in 2024 as they are such a valuable organization in our community.

~~ Submitted by Margaret McCabe on behalf of the Good Neighbors Club

KAFASI THANK YOU!!

February 15th

Dear Margaret and all the Group Members of Kenosha County HCE.

Sending a genuine note of thanks for all your diligent Gnome craftwork and for bringing so many Happy Smiles to over 70+ Seniors enrolled in our nutrition programs in Western Kenosha County. Your group is a true blessing to have in our community. *Note: They received the Valentine Gnomes made at the Association Meeting by Good Neighbors.*

~~ Diane Jaeger, Social Worker or K.A.F.A.S.I.

KAFAS

INTERNATIONAL NEWS & NOTES

PENNIES FOR FRIENDSHIP

- Pennies for Friendship Fund is for sole collection of monies from State, Districts, and Counties; as designated under International Committee in the Handbook.
- Should your County/Club choose to collect money for a local project, a separate collection can and name must be used. As 'Pennies' is solely for the 'Pennies for Friendship' monies.

Because of the political unrest in Nicaragua and Haiti, its suggested monies not be designated for projects but for the: WISCONSIN/NICARAGUA

- Wisconsin Nicaragua W/NP
- Ventures in People VIP
- Associated Country Women of the World ACWW

In so doing, these groups can oversee that our money goes to the people and is utilized where needed most.

Additionally, our State International Chair, Lylene Scholz contacted Ventures in People with her concerns regarding our 6 scholarship recipients. She was assured that their Village of Mireabolis has escaped much of the violence found in the major cities, and our students are in school, thanks to the opportunities given.

SHOEBOX PROJECT

Seems minimal, but one box filled helps a whole group of people. For Conference this year due to close proximity to Stevens Point, it is ok to bring more than one box!

- USE a shoebox size. MAYBE find a floral or decorative patterned box.
- FILL with a theme, like sewing, crafts, accessories, buttons etc. Use new zip lock bags to organize. And you can be assured everything will be used, even the box!
- INCLUDE a photo of your HCE Club, your community, the newsletter, a Note. Make the box personal and look like a gift.
- LABEL vour box as follows:
 - CONTENTS: Crafts etc
 - COUNTY/ CLUB: Kenosha etc
- •TIE vour box so it's secure.

Further, ACWW and W/NP are also working tirelessly on varying other initiatives like:

- smart agricultural projects in Africa and Slovakia
- rendering help to reduce domestic violence, long accepted as the norm. And finding innovative ways to best meet needs and utilize resources during the many challenges facing our world.

Finally, if interested, start thinking about an AUCTION BASKET for State Conference. Funds raised go to W/NP International, and as our State International Chair says, YOUR GENEROSITY goes a long way, and shows the of HCE!

~~ Jeri Moore and Gail Gillmore, International Committee



KCAHCE Executive Board

Donna Zarovy, President Jerin Moore, Vice President Margaret McCabe, Treasurer Ruth Rossman, Secretary

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 zarovv@frontier.com Marcia Richards

richardskreuserm@gmail.com

PARTNERS of the AMERICAS

Experience the Magic of HCE



2024 WAHCE Conference Registration



September 16-18, 2024 Deadline August 15, 2024

The following is a list of the tours and workshops for the conference. The Registration Fe is \$170 per person. This includes all workshops and meals. Craft workshops have an extra fee as do tours.

There is a block of rooms at the Hilton Paper Valley Inn in Appleton for WAHCE. The standard rooms have either one king bed or two queen beds and are at the \$119 rate for one or two people which includes handicap accessible rooms, \$129 for three people and \$139 for 4 people. If you want a Junior Suite, the rate is \$159. Parking is extra at \$6.00 per night in city-owned parking ramp.

Tour 2 Little Chute Windmill/Kerrigan Windmill/K	f Appleton\$ 30.00 ery\$ 30.00
MONDAY ACTIVITIES AT HOTEL September A. Fox Trot Trail Self-Guided Tour – registrat B. Water Exercise in hotel (no charge) C. Card Making in hotel \$15 paid to instructo D. Funky Snowman in hotel \$25 paid to instructo E. Paper Crafts in hotel \$18 paid to instructo	ion not required, do at your leisure. r at start of class. uctor at start of class. r at start of class.
TUESDAY WORKSHOPS:	WEDNESDAY WORKSHOPS
Session 1 – Tuesday Sept 17 - 8:30 AM 101 WAHCE Business Meeting (8 AM) 102 Card Making (craft) 103 Preserving Your Plate 104 "Honey", Is it Worth the Sting 105 ADRC Centers – Know Us	Session 4 Wednesday Sept 18 - 8:30 am 401 Treasurer's Workshop 402 Old-Fashion Hootenanny 403 Cultural Arts Workshop 404 Importance of Stories to Genealogy 405 Gardening With Climate Change 406 EDUCATION SESSION #1 Milk, Mail & Medications
Session 2 – Tuesday Sept 17 10:30 AM 201 Wisconsin Bookworms 202 Preserving Your Plate (repeat) 203 Native Tribes of Wisconsin 204 "Honey", Is it Worth the Sting (repeat) 205 Diamond Dotz Suncatcher (craft) 206 Farmers Angel Network	Session 5 - Wednesday Sept 18 - 10:30 AM 501 Magic of Family Connections 502 Steps to Safety 503 EDUCATION SESSION #2: Social Isolation and Loneliness 504 Card Making (craft) repeat 505 Hmong in America 506 Butterfly Garden Design
Session 3 – Tuesday Sep 17 3:30 PM 301 Lessons from a Small Farm 302 Barn Quilts 303 Funeral Planning 304 Intl Encouragement for the Discouraged 305 Getting Started with Facebook for HCE	This is a fantastic opportunity to meet new people, rekindle old friendships and learn from the multitude of workshops. Call

rn Donna at 262-857-7502 if you have any questions. Thank you.

306 Membership - Reach Out & Ask Someone