

Association for Home and Community Education



Kewaunee County

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March/April 2022

Save the Date - Salad Supper

The annual Salad Supper is being held on **Tuesday, April 5 from 5-7 pm at Holy Rosary Church** in Kewaunee.



Bring your friends and family for a night out to enjoy delicious salads benefitting continuing education of our youth. Remember the monies collected are broken up— Scholarship gets salad supper profits and WI Bookworms gets the raffle basket profits.

Each HCE member should bring a large salad or 2 small ones. Snow date is April 6, 2022. **Also each club should make up one basket for the raffle to benefit WI Bookworms.**

Annual Spring Banquet



The Kewaunee County HCE Banquet will be held on Tuesday, May 10, at the Rendezvous N896 County N, Luxemburg. Social Hour starts at 5:30 with dinner served at 6 pm, hosted by Classy Lassies Club.

The dinner features baked and broasted chicken with all the trimmings. Please have your club treasurer send payment and a list of attendees to Kay Ratajczak by April 26. Cost is \$15 per person.

Upcoming Programs

April

Lunch & Learn with a Mystery Speaker

April 28 at 12:00 pm

A program by Kewaunee County Home and Community Education.

Facilitator: Deborah Henninger 702-927-0969

You will have to contact Deborah to find out where you are to eat lunch at noon, and listen to mystery speaker at 12:30!



Plan Ahead!

- For our great programs in the coming months. Check your program book for details or at <http://kewaunee.uwex.edu/family-living/hce/>

Spring North East District Meeting

Flutter into Kewaunee County and pollinate your mind...

HCE ... You are Free to Fly



**Wednesday, April 20
Rendezvous**

[E896 County Rd N,
Luxemburg, WI 54217](#)

- 8:00-8:45 Registration and Refreshments**
- 8:45-10:00 Welcome; Dave Meyer, Kewaunee Co. Parks & Rec
Call to Order / Pledge to the Flag / Homemaker Creed / Roll Call
Introductions / Business Meeting**
- 10:00-10:15 Break**
- 10:15-10:45 "What's Buzzin" in Your County
~Kewaunee and Manitowoc County Presidents**
- 10:45-11:00 Marketing ~Lori Hlinak, WAHCE Marketing Chair**
- 11:00-12:00 Keynote: "Conversation About Butterfly Gardening (there's a lot to know)" ~ Ann Shebesta... Ann has been rescuing nature all her life!**
- 12:00-12:30 LUNCH (lasagna, salad and pie)**
- 12:30 Cultural Arts Project: "Beautiful Butterfly" - \$5.00/person (Limit: 2/county)**
- 12:45-1:45 "What's Buzzin" in Your County ~ Brown & Door, Marinette, Oconto & Outagamie County Presidents**
- 1:45-2:30 Chairperson Discussions:
Wisconsin Bookworms / Membership/
International/Cultural Arts**
- Door Prizes**
- Cost: **\$15.00/person** • Checks payable to: **KCHCE** One check per club to Kay Ratajczak.
- Registration deadline: **April 6, 2022**

salad supper!

Tuesday, April 5
Holy Rosary
5-7 pm

yummy!

Hilltoppers: Packed raffle basket for Salad Supper, attended Lavender Program after.

Lakeshore Legacy: Donated a check and needed items to VIP in Algoma and lunched at Café Tlazo. Working on ideas for the basket and board for the State Conference.

Be sure to email copies of your minutes to Jan. Thank you!

Yearly List of Duties

If you are a Committee Chair or officer and have not filled out your yearly list of duties, it is overdue and needs to be filled out ASAP. We will be using this to revamp the duties of the Co-President/President. These should be turned in to Deborah Henninger. If you are not sure what to fill in, ask for an example. These also need to be tweaked throughout the year, if you think of something that had not been included; it's an ongoing process. This will facilitate any leaders following in your footsteps. THANK YOU!

Aging in Place and Next Steps Program Wrap Up

On Jan. 13 at Port O'Call Restaurant in Kewaunee, HCE hosted a speaker talk following a lunch on own for attendees about Aging in Place and Next Steps, by Melissa Konop, Information & Assistance Program Manager at ADRC of the Lakeshore.

Melissa wisely brought materials and spoke about resources the ADRC can provide which included a handbook entitled Falls Prevention, Dementia Resource Guide, ADRC of the Lakeshore Resource Guide for Adults Over 60 and Adults with Disabilities, brochures about the Transportation Program in Kewaunee, and the Nutrition program. Another brochure contains information about the Prevention Programs Schedule for Kewaunee & Manitowoc counties in 2022, and a one-page handout Enrolling in Publicly Funded Long-Term Care Programs. The booklet formerly known as the Senior Scene is now called Aging & Disability Resource Connection, and finally a welcome letter about the ADRC stating their mission and contact information. Residents can call and sign up to receive the Aging & Disability Resource Connection at 1-877-749-7083.

After Melissa spoke about the programs and services offered; she took questions and comments from the audience. We learned about Meals on Wheels, and transportation options, ADRC resources and areas where volunteers are needed in the county.

The ADRC core services are about care needs and resources, for a wide range of people in almost all ages. As Melissa stated, from 5 to 105 years of age. That pretty much covers everyone!

We were given a few extra bags of materials so if interested please contact me, or call the ADRC at the number above to find out how they can help you.

Deborah Henninger

State Design a T-shirt Contest!

The T-shirt design can be big or small, on the front, the back or both. You may use a small HCE logo on the front and larger personal design on back. Whenever your creative talents take you! Design colors are your choice and t-shirt color suggestions also welcome. More than one T-shirt color also considered, but preferred to keep the design to one color. If interested please click on the T-shirt! Enter multiple designs! Have Fun!



Newsletter News

Program facilitators—I'd like a wrap up of programs, how many attended and a little of what you learned to include in the newsletter. Since I facilitated the March program, please see the following article for an example. Doesn't need to be a big chore! Newsletters will be published for Jan/Feb, Mar/April, May, June/July/August and Sept/Oct/Nov. December is club parties and such, we will use emails to communicate if anything comes up. Please also check your Program Book for items. In order to publish I will set the deadlines as follows: **Jan. 10; Mar 10; April 10; July 10 and Sept. 10.** If you've noticed it's already been changed from last newsletter. The May edition will be an in depth look at Music in the Park and what help is needed. Thanks! *Jan Tess, Newsletter*

Growing Lavender Program Wrap Up

On March 22, we combined with the Kewaunee County Garden Club to hear Diane Julian of Door Co. Lavender and Lemon; and Pat Heafy of Lavender Mission Fields.

Each of the 27 attendees received a pruning 'how to' with sketch as well as a lavender sachet, and a heart-shaped lavender goat milk soap.

A lot of lavender information was shared by Diane and Pat. Lavender can be incorporated into recipes, tea, sachets, soaps, bouquets, lotions, oils, air fresheners ... very versatile herb!

Lavender is a member of the mint family. Rosemary is sometimes substituted for lavender. English and French are the most common lavenders.

Thanks to Diane and Pat for a very informative program. We have the 'scent' to remember them!



Impact of HCE—2022

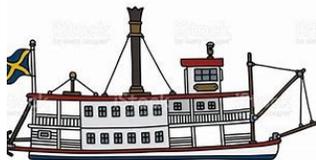
To recognize the achievements and contributions of HCE members, each member is asked to complete the Contribution report. Information will be compiled into an "Impact of HCE" report. The form is available at [Impact of HCE](#).

HCE Healthy Lifestyle-2022

HCE Family and Community Life will focus on all members being active, and eating healthy, and using local food as a state-wide activity. The 4 question survey covers 13 weeks, from Feb. 13 through May 18, 2022. Form is available at [Healthy Lifestyle](#).

Ignore the dates due to the state. These are due to ANITA SCHULLER BY JUNE 1 so she can compile the results!

2022 WAHCE Conference “Rollin on the River With WAHCE”



West District and WAHCE will be hosting the 2022 State Conference at Stoney Creek Inn in Onalaska, WI Sept. 19-21. The conference center has been newly remodeled and features great meeting rooms and very nice guest rooms. We have a great line up of speakers and workshops. There will be four choices for tours and also some on-site hands on projects for those who wish to be creative.

Stoney Creek Hotel and Conference Center is located in Onalaska, WI, just off Interstate 90. It sits along the banks of a small river and is decorated to be very rustic. Please make your own room reservations. There are rooms reserved for Sunday, Sept. 18 if you wish to arrive that day. There are more rooms reserved for Monday and Tuesday, Sept. 19 and 20. The rate is \$109.00 for a Deluxe King or Deluxe Queen. Deadline for room reservations is Aug. 21.

Details and registration will be in the May issue of UPDATE or on the website www.WAHCEinc.org after May 1.

WAHCE 2021 Conference Report “Reach for the Stars with WAHCE” Stevens Point, WI Sept. 20-22, 2021

I had the honor and pleasure to be one of the representatives of Kewaunee County HCE at the State Conference in Stevens Point in September 2021.

I attended a workshop entitled, “History Comes Alive: Stories of King Veterans Home.” It was very interesting to me because my husband is a veteran. My husband and I have also visited the site.

The workshop was presented by Kim Heltermes, King Veterans Home Historian and author. The Wisconsin Veterans Home at King, Wisconsin, was incorporated in 1887 by the Wisconsin Department of the Grand Army of the Republic. It was initially a retirement home for Civil War veterans and their spouses. It slowly evolved into a health care facility as the original members aged and new veterans arrived from World War I.

Veterans continue to come there to live in these modern times.

Besides telling many stories of the early years of the home, we saw a fascinating pictorial history as well. It was amazing to me to see all the changes that took place over the years in added buildings, changes in the landscape, etc.

Barbara Piechocki

2022 Spring WI Bookworms Reading Dates and Times

Reading times: 3 classrooms -first two at 8:30 am. Third classroom at 9:00 am. Meet at 8:20 am in the Kewaunee Elementary Office. You must have completed a background check with the School District ahead of time. Contact the school office for more information on filling out that form. For WI Bookworm information contact Linda Vogel or Janice Gilbertson. Remaining Spring 2022 Reading

Dates:

April-21-2022

May- 19-2022



Spring Association Meeting

It's spring! Time for the association meeting at the Ski Chalet by Winter Park on **April 12 (Tuesday), 5:30 pm potluck, 6:30 meeting.** This is one of two meetings held for ALL members of Kewaunee County HCE, not just the Executive Board. This invitation is for **everyone**, and club officers are especially encouraged to come and **find out what is going on at the county level.** It's a potluck, so bring a dish to pass. Hard to pass up—great food, LOTS of desserts, and good HCE fellowship and organizational communication! Come one, come all!