

KWN Community

A Monthly Newsletter for members of Kenosha Women's Network

May 2024

Kenosha
Women's
Network



Growing Together, Rooted in the Community

A Note from our President

Hello, KWN,

As you may know, I cracked my sternum in January...by falling on my butt. Yes, I totally realize that seems implausible and that those two areas are not connected, but that's what happened.

Then I read that the average American celebrates only one healthy birthday after the age of 65.

And so I felt the need to jumpstart my fitness regimen.

Luckily, May is National Physical Fitness and Sports Month, so it's a great reminder that 150 minutes of moderate-intensity aerobic activity like walking or biking each week - that's only 30 minutes per day 5 days per week of getting your heart beating a little faster - will reduce your stress, improve your sleep, sharpen your focus, and boost your mood!

Add muscle-strengthening activities twice each week, doing activities that make your muscles work harder than usual - even just 12 to 15 repetitions per day - in order to, well, strengthen muscle. It's daunting, I know, but you don't have to do it all at once! Remember January's message? Let's start with 1% - just about 15 minutes a day.

Over time, physical activity can help you live a longer, healthier life, lowering your risk of diseases like type 2 diabetes and some cancers and controlling your blood pressure naturally!

Looking for more information? Check out this link from [Health.gov](https://www.health.gov)

See you at lunch!

Guida



Our Mission:

To promote and encourage the professional and personal growth of our members in a supportive environment, where women's efforts are recognized and encouraged.

May meeting

KWN's May meeting will be at [Casa Capri](#).

The meeting date is May 10th, from 11:30am to 1:00pm.

The price to attend is \$18 per person and includes a delicious buffet lunch.

Please RSVP by end of day May 7th, 2024

[Click on this Link](#) to register.



Mini Grant Ad Hoc Committee seeking volunteers

Each year, KWN distributes grants to nonprofit organizations in Kenosha County, that benefit women and children. This will be KWN's 21st year of distributing mini grants. The program has a huge impact on the community; in fact, over the years, we have given away close to \$120,000 in total! We are looking for volunteers to be on this year's selection committee. The committee meets a few times via zoom (May & June) and then meets in person (July) to select the 2024 mini grant winners who will be honored at the September luncheon. If you would like to help by being a committee member, let [Jodie Needham](#) or [Darleen Scuglik](#) know.

Registration Is REQUIRED!

We LOVE seeing you at lunch...but we really need for you to let us know that you'll be there. Registration for lunch ends at 12:15 a.m. on the Wednesday before Friday's lunch meeting. That means that you need to register for lunch no later than the end of Tuesday by using the handy dandy link in each newsletter. And if you don't...well, we do understand that mistakes happen...but a mistake that happens too often is called a bad habit.

Casa Capri has been extremely accommodating to us, and we need to return the favor. We call in a registration number first thing on Wednesday morning, so if you've missed the deadline, it's not just about paying \$20 later. It's about inconveniencing Casa Capri, too.

But, if you truly forgot and really want to attend the meeting, please immediately notify Cathy Savaglio at cathy.savaglio@snmc.com and Guida Brown at guida315@gmail.com or membership@kenoshawomensnetwork.org. Cathy is the person responsible for lunch registrations, and Guida is her backup...so these are the people who need to know that you forgot to register. And we need to know as soon as you've forgotten, not on Friday morning!

Thanks for your help on this! We want to be good partners with Casa Capri!

Board Members and Committee Chairs

President:

Guida Brown

guidedbyguida@gmail.com

Vice-President:

Darlene Duncan

dbduncan8220@gmail.com

Membership:

Cathy Savaglio

cathy.savaglio@snmc.com

Deb Strecker

dlstrecker@gmail.com

Co-Secretaries:

Darleen Scuglik

darleenscuglik@yahoo.com

Jodie Needham

jodieneedhamfitness@gmail.com

Communications:

Joanna Carlberg

photojo1955@gmail.com

Treasurer:

Darci Green

darci_green@john23center.org

Events:

Fran Kavenik

Kavenik@uwp.edu

Darlene Duncan

dbduncan8220@gmail.com

Immediate Past President

Roseann Shales

roshales89@gmail.com



May's Wise Women Read Meeting

The next meeting of the Wise Women Read Book Club is on Tuesday, May 14, at Blue House Books, 5915 6th Ave A, at 6:30 p.m. to discuss the autobiography of EGOT-winner Viola Davis, *Finding Me*. The book "is Viola Davis' story, in her own words, and spans her incredible, inspiring life, from her coming-of-age in Rhode Island to her present day. Hers is a story of overcoming, a true hero's journey. Deeply personal, brutally honest, and riveting, *Finding Me* is a timeless and spellbinding memoir that will capture hearts and minds around the globe."

And on Tuesday, June 11, we'll be discussing *A Short Walk Through A Wide World* by Daniel Westerbeke. It's described as "A dazzlingly epic debut that charts the incredible, adventurous life of one woman as she journeys the globe trying to outrun a mysterious curse that will destroy her if she stops moving."

"Fiercely independent and hopeful, yet full of longing, Aubry Tourvel is an unforgettable character fighting her way through a world of wonders to find a place she can call home. A spellbinding and inspiring story about discovering meaning in a life that seems otherwise impossible, *A Short Walk Through a Wide World* reminds us that it's not the destination, but rather the journey—no matter how long it lasts—that makes us who we are."

Join us for Wise Women Read! Even if you haven't finished (or read) the book, it's always a fun time!



May Speaker: Samantha Jacquest of Blue House Books

I think it's safe to say that members of KWN's Wise Women Read Book Club find Blue House Books to be one of their happy places. That's all due to owner Samantha Jacquest.

Kenosha's only full-service bookstore, Blue House Books has been operating since 2017. Sam started as a pop-up store selling used books at community events and local businesses and slowly grew to a micro bookstore open five days a week. She then opened the first brick-and-mortar location in Downtown Kenosha in September 2020. After only a year, because of the incredible support the community gave to the cozy little store, they moved to a larger location!

You can now find Blue House Books at 5915 6th Avenue A...which is where Wise Women Read get together every second Tuesday of the month! Join us for lunch on Friday, May 10, to learn more about Sam's journey to make her store a cozy home for us all!

Register now: [LUNCH](#)

Don't Forget Our Deal!

The board of directors decided that when you bring a guest to lunch, we want to give you a break! It's not much of a break...because we don't charge much extra in the first place...but you can now register your guests – defined as those people who are not currently members of Kenosha Women's Network – for \$15 each.

"How do I do that?!" When you register yourself and your guest(s), just add the guest(s) as \$15, despite what the Jotform asks! That is, when you register and pay for yourself and guest Jane Doe, the cost is \$33. When you register and pay for yourself and guests Jane and Judy Doe, the cost is \$48.

Please contact anyone on the Membership Committee (Cathy, Deb, or Guida) if you have any questions.

THANK YOU TO OUR MEMBERS WHO DONATED RAFFLE PRIZES AT THE APRIL MEETING

*Debra Ogle-Barton

*Darleen Scuglik—DarsHearts

*Diane Gerlach—Aurora

*Maria Diaz-Steponitis—Team Diaz-EXP Realty

*Deb Strecker

*Darlene Duncan

*Lynda Ruffolo—Kenosha Harbor Market

Make a donation (valued at \$10 or more) to our regular monthly raffle and get your name and business mentioned in our monthly newsletter!



Lynda Ruffolo serves as the Board of Director's Secretary and Chair of Vendor Relations for Kenosha Harbormarket. She enjoys supporting small businesses and feels privileged to be a small part of their success. Outside of her Harbor Market volunteer role, she is employed as an Oncology RN for Aurora Cancer Care. Lynda is grateful for the networking and friendship opportunities provided by joining KWN!

KWN members: We want to put you in the spotlight! Share with us, in 50-60 words, something about your business or your experience as a member of KWN. Look for the sign up sheet at the next meeting to get your name on the list!



Click on the image to buy your tickets!!

Do you have a public event to share? We would like to help you get the word out by sharing your event on Social Media. Please complete the Social Media Request form which can be found on the Events page of the KWN web site. Here is a link to that page: [SOCIAL MEDIA REQUEST](#).

If you have a flyer about your event, you can attach it to the electronic form. *Jpegs preferred; that's the only image format Facebook will accept.*

Your submission will be reviewed to make sure it meets our guidelines. Events should be public and of interest to the community. We do not post events which promote an individual business, such as sales and offers.



Celebrate Every Day!

Looking for a reason to celebrate? There are 'holidays' almost every day of the year. You may not get a day off work, but why not have a bit of fun? Here are a few of the holidays that occur in May; click the links to find out where they come from!

Offer up a sprig of Lily of the Valley and celebrate the French [Fête du Muguet](#), on May 1st.

Get comfortable, May 3rd is [No Pants Day](#).

May the fourth be with you: May 4th is [Star Wars Day](#).

Let's take a moment to remember all those lost socks. May 9th is [Lost Sock Memorial Day](#).

May 14th is [Dance like a Chicken Day](#). Go on, you know you know the dance!

Hate to do the dishes? Here's an excuse to eat out: May 18th is [No Dirty Dishes Day](#)!

If you always secretly thought you had talent, here's your chance: May 25th is [Sing Out Day](#).

Memorial Day weekend is the start of summer, but the start of Grilling Season is May 28th, [National Hamburger day](#)!