



## Let's Make It Happen

Wow, what a summer! I love this time of year when everything is green and growing. Of course that means a lot more work to do outside and in the garden, but also longer daylight and warmer temps.

A lot of HCE meetings have been held since our last newsletter, but now we are on hold until August. We have 2 fundraisers this summer tho, be sure to take note of these. We are always busy doing something for our organization!

Speaking of meetings, we want to thank everyone for helping us stream line the meetings. It can be so easy to get off-track and that prolongs the meeting time. Committee reports are a summarization of what our hard working committees have

done and they shouldn't take long. The discussions and work are done at the committee level. The Committee Chair answers any questions after the report so we all understand.

Communication is the key. Our communication with our committees has been working well and it's great to see everyone working together. It doesn't hurt that we also have fantastic Committee Chairs!

On that note, we are looking for an International Chairperson. We sadly accepted Jeanie Hlinak's resignation recently. Who will step up? Please consider this your opportunity to work together!

*Working Together—Co Presidents  
Anita Schuller and Jan Tess*

## Club Minutes Request

Thank you to the clubs who have been sending their minutes to us, it has been helping us keep track of the awesome things you've been doing on the club level. Good job! If your club hasn't been sending us your minutes, please do so. We are reading and using them. It's been so interesting. Thanks! Email [janettess@gmail.com](mailto:janettess@gmail.com) & [schullerfarms3@gmail.com](mailto:schullerfarms3@gmail.com)

## March Program Wrap Up

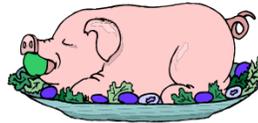
On Mar. 27 HCE members joined with the Kewaunee County Garden Club to listen to a fascinating program on potatoes given by Max Martin of the Peninsular Research Station in Door County.

The Peninsular Station is home to the [NRSP-6 US Potato Genebank](#) which maintains the world's largest collection of wild and cultivated potato species. The US Potato Genebank's mission is to collect, classify, preserve, evaluate, and distribute nearly 5,000 samples of more than 150 potato species. The Genebank coordinates potato germplasm resources for scientists and breeders around the world.

Who knew potatoes could be so interesting? And who know we had this facility right near us?

*Shared by Jan Tess*

## Volunteers and Pies Needed for Music in the Park and Pig Roast Fundraisers



The Annual Pig Roast coordinated by Kewaunee Co. HCE and Literacy Partners of Kewaunee County will be held on Sat., July 28 from 11 am to 3 pm at the Nancy Lazansky City Shelter, located at the Kewaunee City Marina on the north side of the harbor, just over the bridge.

Along with the pork, we will be serving red potatoes, sauerkraut, rye bread, assorted homemade pies and soft drinks.

Pies are needed from our members-3pies per larger club; clubs with 6 or fewer members-2 pies. Pies can be dropped off that morning by 9:30 a.m. down at the shelter.

We need members to work that day, please consider working and if not, joining us at this delicious fund raiser.

*Janice Gilbertson*



Music in the Park is coming soon—July 29. It will be held by the Harbor Park gazebo with "Let Me Be Frank" entertainment (pray for NO RAIN!). We are serving hot dogs and home-made pies. We need 2 pies from the smaller clubs (6 members and less) and 3 pies from the larger clubs. If you can't bake pies any more it is ok to purchase them from a bakery such as Don's in Luxemburg or Northwater Bakery/Deli in Algoma. Costco, Sam's and Walmart bakeries

also have nice home-made like pies. We do not want the box pies from the grocery stores, sorry. We advertise home-made and those just don't taste or look home-made. Pumpkin and custard pies are ok this year, but please coordinate efforts—we have limited space to put them on ice.

Please call me if you are willing to work that day or if you have a 6 or 8 foot white table we can use. We need at least 7 tables and 8-9 workers to cut and box pies, serve hot dogs, and "help me". It would be helpful to have a few men to help set up and

take down like last year.

Tables need to be at the park by 3:15 pm and pies by 4:00 pm. Please call me at 388-2803 for tables or to work. Club presidents, please make sure someone from your club is bringing pies. I know, one more thing to do this summer! Our success depends on everyone helping. We did get a request for start up funds from Thrivent so all the supplies will be furnished by them this year.

*Thanks in advance for hopefully the best year yet!  
Judy Oftedahl*

## Club Corner

**Classy Lassies:** Holy Cow, this club went through all the county business and club business in 15 minutes! Efficient!

**Lakeshore Legacy:** Completed HCE Healthy Lifestyles surveys, went through the calendar of events and received reports on programs.

**Hilltoppers:** Planned Fall Fun Fest, and discussed upcoming summer HCE events.

**Pleasant View:** Members who attended district meeting reported; also reports given by members who attended educational programs. Also reviewed county business. Worked on "Spring Into Action" extra state project. Answered roll call with favorite zoo animal.

**Sunshine:** Invited Mayor Sandi Christman to speak at a meeting to learn about successes of 2017 and challenges to be faced. Discussed upcoming trips and events. Had Suzi Sevcik talk about organic gardening tips. Suzi owns a CSA in rural Kewaunee.



### Sock Collection

We are collecting new socks for the Kewaunee County Back to School Supplies event. Kid and adult sizes are needed.

You can drop off your sock donations at the UW-Extension Office or Public Health Department anytime before Aug. 10.

Thank you for helping our students start the school year ready to learn!

*Renee Koenig, FLE Kewaunee County UW-Extension*

*Note from Jan-Bring them to the Executive Board Meeting Aug. 7!*

# Plan Ahead!

Please check the calendar in your Program Book, even tho it is summer! We have some important events coming and time flies! Also please note a **program change:** Craft Night scheduled for Sept. 25 has been rescheduled for Nov. 5

- The State WAHCE Conference Sept. 17-19 More information was in the last Update-Register SOON!



### Congratulations!

Judy Malcore was our 2018 HCE Outstanding Member Award winner. She was presented her award at our 2018 HCE Banquet held May 8 at the Rendezvous. Congratulations Judy and THANK YOU for your work in our organization!

Also awarded at our banquet were scholarships to Carsen J Zipperer, grandson of Sharon Zipperer and Grace Sonnen, granddaughter of Barbara Piechocki. There were no scholarship winners for the Barb Hartjes Scholarship this year.

### Biking and Kayaking Are Back!

The most fun way to get exercise is through participating in an activity! Please join Robin Nelson in an active summer with biking and kayaking.

Please contact Robin Nelson 920-255-1357 or [robinsuenelson@gmail.com](mailto:robinsuenelson@gmail.com) for information on dates, times and places.



### In Memoriam

Our condolences to our HCE members who had family members pass away: Terri Lindbo of Classy Lassies whose brother Jeff Raynier passed away, Kay Ratajczak of Lakeshore Legacy lost her step father, Pete, Paulette Kusow of Hilltoppers who lost her mother, Henrietta, and Jan Tess of Hilltoppers lost her mother-in-law Donna. Our sympathies to you.

### State Conference Report

I attended the State Conference at Wisconsin Dells from Sept. 11-13, 2017. The convention started on Monday afternoon when I enjoyed a relaxing boat trip down the Upper Dells.

I attended the seminar on being a healthy host presented by Sara Siegel. She gave many ideas to serve healthy options.

Serving infused water with your soda and alcoholic beverage is one way to offer a healthy option.

Start your meal with an attractive vegetable tray. Use smaller dinner plates. Guests will eat less when using a smaller plate. Have a fruit and vegetable available. It is recommended that we fill our plate half full with fruit and vegetables. Serve lean cuts of meat.

When baking use whole wheat flour when possible. Can add all whole wheat flour or only part whole wheat to most recipes.

Cook with more spices and herbs. Guests will have less salt and sugar in their meals.

Substitute applesauce for all or part of the butter when baking. Guests will not be able to tell the difference. When it comes time for dessert serve fruit first. Then come out with your dessert.

Most important thing is, if your family has a favorite recipe for stuffing, cut out cookies or pie, etc, don't make changes to those recipes. Cut back on foods you like and can get often. Eat the foods you love and probably only get once a year.

All you can do is have healthy food options available. Your guests will still choose what is important. Having healthy options will make your event more enjoyable for guests with dietary restrictions.

*Shared by Lorene Taddy*

