



Let's Make It Happen

Wow, September is flying by just as fast as summer did!

I want to mention there are still some reports from last year's State HCE Conference to publish; we will need to make room for brand new reports from this year's conference starting next weekend! As I am typing this letter, I can see there are some great reports yet and they won't fit into this issue. That's pretty great, I think. That means we had a lot of people attend the conference last year! We will finish off this year's reports and continue with many new reports in future newsletters.

I hope we play some cards as well at the conference, but not as late as last year. I should really stay awake during those early morning sessions! I must say your co-presidents last year and I did work well together in creating fun times.

We are looking for a new Treasurer, President Elect, and International Chair. Consider working together in one of these jobs. SOMEONE has to step up and do it! Does anyone LIKE doing it? Probably not, but you CAN do it, and it's not all bad. I remember two years ago Anita saying "I'll do it", and another voice saying "I'll help her". Then I realized that voice sounded like mine and I thought "IDIOT!". It has been a challenge learning, but not impossible. Working together really isn't bad at all! According to our bylaws, the Executive Board is the Nominating Committee. That means this process is not on just the Co-Presidents shoulders, so start asking people, Executive Board!

Just a warning, I've been polishing up by reading our bylaws occasionally. We as officers should review them once in a while. I've noticed some things we need to work on—**TOGETHER!**

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

Music in the Park Wrap Up

Music in the Park was another success this year. We received a Thrivent card with which we were able to purchase all our supplies including an E-Z up canopy. We received a generous supply of pies of 30 and 3 remaining from the Pig Roast the day before. We had requested 25. Great job ladies! We were able to sell all of the pies, 20 lbs. of hot dogs and almost 2 cases of water. Our total profit can be seen by members in the minutes as reported

to the Executive Board.

We tried something new in offering lemon and cream pies this year, though we had a few donations of these pies, we found them to be very popular.

Thank you to all those that helped by donating a table or working that night or got their husbands to help us out. Our success is thanks to each of you.

Shared by Judy Oftedahl

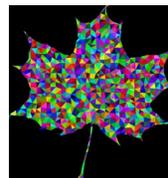
Honorary Members

It was voted at the last Executive Board meeting that members who have belonged to Kewaunee County HCE for 50+ years will be honorary members and will have their annual dues paid by the county. Listed below are ladies who qualify.

Shared by Kay Ratajczak



Bauer, Adeline	Wayside	68
Hlinak, Jeanie*	Classy Lassies Wayside	59
Schuller, Anita	Sunshine	57
Schultz, Jeanette	Franklin Farmerettes	63
Siebert, Eunice	Pleasant View	55



In Memoriam

Our condolences to HCE members who had family members pass away: Kathy Janosky of Lakettes lost her husband Ray. Ray was also father to member Katrina Hrivnak of Lakettes. We lost one of our own long time members, Marie Mach of Pleasant View. We will miss you Marie! Carol Rohr of Lakeshore Legacy lost her father, Larry Verdgegan. Judy Draeger of Lakeshore Legacy lost her brother, Robert Kuehl. Sympathies to you all.

Plan Ahead!

Please check the calendar in your Program Book. We have some important events coming and time flies!

Also please note these changes to the Program Book

Craft Night Sept. 25 has been rescheduled for Nov. 5

- **Sept. 25—Program Planning at the Admin. Bldg. at 2 pm**
- Nov. 13 Taking Care of You program cancelled

Club Corner

Lakeshore Legacy: Some interesting events coming up, and education at meetings-Sept. 13, Arthritis by Dr. Robin Nelson; October - November Aging Mastery class; Oct. 11 Senior Fair at the Fairgrounds.

Sunshine: Had Brenda Vandermause from Kewaunee EMT's speak to the group.

Fire Department and Radon

Oct. 9, Tues. at 5:30 pm

Kewaunee Fire Department

Presented by Greg Hlinak

Facilitator: Anita Schuller 388-3171



66TH ANNUAL SPRING BANQUET

The sixty-sixth spring banquet was held on Tues., May 8 at the Rendezvous. It was hosted by Lakeshore Legacy HCE. We chose Bee Healthy as our theme. The cost of the dinner was \$13.00 which included a drink and dessert. We started earlier at 5:30 for drinks and 6:00 dinner, as no one likes driving home in the dark, especially those of us getting a little older. 57 attended and that included husbands and guests.

Marcia Hayes, Family Nurse Practitioner, talked to us about the wheel of health and the best ways we can take care of ourselves.

Both scholarship recipients were from out of town and were unable to attend. There were no qualifying recipients for the Barb Hartjes Scholarship this year. Judy Malcore was presented with the Outstanding HCE Member award. Congratulations to all. Door prizes with health inspiring products were given out and the night was ended with the HCE prayer.

Identity Theft Consumer Tips

While at the WAHCE Conference in Wisconsin Dells I attended a presentation on Cyber Security and Privacy Protection given by Laura Fay. It was very interesting and there was more information than I can report. Here are a few of the important tips I learned about.

Personal information is any combination of the following information and can be enough for identity theft to occur:

Name	Date of birth
Address	Social Security #
Phone #	Email Address
ATM Pin	Financial Account #
Mother's Maiden Name	

Do not carry your social Security card with you and do not ever use your social security number as a pin or password. Shred bills, bank statements, receipts and any other items that contain personal or financial information.

Legitimate companies or agencies do not call or email asking for personal information. Register your home and mobile residential numbers on the Wisconsin Do Not Call Registry at no cost by visiting www.donotcall.gov or by calling 1-888-382-1222. Keep a list of all credit cards and bank account numbers, phone numbers and expiration dates. **And keep in a safe place.**

You can stop pre-approved

credit card offers by calling 1-888-567-8688 or visiting the Opt out website www.optoutprescreen.com.

Check your bills and bank statements as soon as you get them to see if there are any unauthorized charges. Make certain you have a firewall and updated virus and spyware protection on your computer.

Obtain your credit report free from each of the three major credit reporting agencies each year. You can get your free credit report from Equifax, Experian, and TransUnion by calling 1-877-322-8228 or online

www.annualcreditreport.com
Shared by Janis Schlies, Franklin

Polar Bear Adventures presented by Sandy Kracht.

I attended my first State Conference this year in Wisconsin Dells. We had fun right from the start during the ride down! I only made one wrong turn off a roundabout but my navigation system (Judy, Judy and Mari) got me back on the right track.

The Polar Bear Capital of the world is Churchill Manitoba, a town on Hudson Bay in the far north of Canada. Prime viewing times are October and November as Polar Bears move toward the shore from inland. Churchill is one of the few human settlements where polar bears can be observed in the wild.

Polar Bears are FAT! – usually a 4 inch layer of fat is underneath their skin. This helps prevent heat loss. If you look at a Polar Bear with an infrared camera, they are pretty

much invisible – they don't give off heat!

Polar Bear fur is not white, and their skin is black. The black color soaks up the sun's heat and helps them stay warm. Each of their hairs is a clear hollow tube which reflects the light, which is why they look white. Their fur is oily and water repellent. The hairs don't mat when wet, allowing the Polar Bear to easily shake free of water and any ice that may form after swimming. Polar Bears have been known to swim up to 100 miles at a stretch.

Polar Bears' main food is seals. They have a special liver that allows them to process all of the seal fat they eat. Seal blubber stores a lot of Vitamin A. A Polar Bear liver contains 10 times more Vitamin A than any animal on earth.

Polar Bears are considered

marine mammals.

A female can start having babies at age 4 or 5. Females can reach seven feet and weigh 650 pounds. A male Polar Bear can get as big as 10 feet tall and weigh over 1400 pounds. (That's a lot of 4" fat!) The mammals can live up to 25 years, but they only have a 30% chance of making it from cub to adult. Babies are about the size of a rat when born and can grow to man size within a year if they have lots of food.

Today 25,000 to 40,000 Polar Bears roam the Arctic. (Again, a lot of fat) But their population is on the decline and they are considered a vulnerable species.

Shared by Jan Tess, Hilltoppers

