**HCE Springs Into Action**

We are still looking for a Co-President Elect. Mari Fager is willing to work with someone. Consider working together in this position. **SOMEONE has to step up and do it!** If Mari does not have a co-president by our Board meeting, we will have NO president. It does take time, but it is not difficult to do, especially with a seasoned veteran like Mari to work with.

We started working on our by-laws on an icy day in January. I think it was the lure of lunch and coffee at Harbor Grounds! We had one meeting with the committee, and then Jan met with Renee to go over, get better wording, and get input on what the committee came up with. The next step will be to meet again with the committee and hopefully finish up. Then they will be presented formally and voted on.

I am so sorry that last newsletter I put in a clipart that said Happy Winter. Little did I know what was coming! Now it’s not so happy and way too long.

We have a couple great programs coming up in the next couple months, be sure to check them out.

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

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**Save the Date - Salad Supper**

The 13th annual Salad Supper is being held on **Tuesday, April 2 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 and members.

Each HCE member should bring a large salad or 2 small ones.

Also each HCE club should donate a basket for the raffle. The raffle money goes to the Wisconsin Bookworms, so we want them to have a great fundraiser.

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**Impact of HCE—2019**

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.

**HCE Healthy Lifestyle**

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. 17 through May 11, 2019. Forms should have reached each member by now. If you do not have a form, let me know.

**Ignore the dates due to the state. These are due to JANIS SCHLIES BY JUNE 5 so she can compile the results!**

**Scholarship Applications Now Available**

Kewaunee County HCE Scholarships and Barbara Hartjes Memorial Scholarship applications are available for 2019. Guidelines and applications are online at [http://kewaunee.uwex.edu/family-living/hce/](http://kewaunee.uwex.edu/family-living/hce/) or at Kewaunee, Luxemburg-Casco, and Algoma High Schools. Completed applications are due to Jan Zenner, 1221 Kilbourn Street, Kewaunee, WI 54216, postmarked on or before April 1, 2019.

Also state WAHCE has scholarships available: Memorial Leadership Scholarship for $200 to attend a Leadership Opportunity due June 30, 2019 and Ardith McDowell International Scholarship: This scholarship is available to WAHCE members only, for travel to a WAHCE supported international project. It may be received only once in three years, and is to be used for travel expenses. The application is due June 1. Go to the website [http://www.wahceinc.org](http://www.wahceinc.org) or ask Jan Tess.

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**In Memoriam**

Our condolences to HCE members who had family members pass away: Terri Lindbo lost her mother-in-law Lorraine Lindbo in January. Sympathies to you and your family.

Please let Jan Tess know if you wish to memorialize your loved one in our newsletter. Thank you!

**MISSION STATEMENT OF THE WISCONSIN ASSOCIATION FOR HOME AND COMMUNITY EDUCATION:**

HCE Offers opportunities for:

- Learning in a social setting
- Sharing what we learn
- Caring to make a difference in our homes, communities and the world.

[www.wahceinc.org](http://www.wahceinc.org)
Huh! I didn’t receive ANY minutes! Please submit your club minutes to Anita and Jan!

Upcoming Programs
We have two great programs coming up in the next two months, so please check them out!

**Civility Training**
Tuesday, March 19
10:30 am
Kewaunee Co. Admin. Center
Presenter Cathy Pabich
Call Renee Koenig at 388-7137 to register

The aim of a Civility Project is to help individual community members improve civility in their homes, schools, workplaces, churches, businesses, service groups, political groups, and anywhere in our neighborhoods.

While most individuals consider themselves to be “civil people” and the groups they are involved with to “generally behave in a civil manner”, most also admit that they've had experiences when they or others around them have struggled to be civil... usually when angry, frustrated or hurt. There are tools of civility to help individuals deal with that struggle. Come to hear more about the principles of civility and civic dialogue from our guest presenter, Cathy Pabich.

**Birthday Blooms and Blessings**
Tuesday, April 23
6:30 pm
Algoma Dugout
Presenter Marilyn Herman
Call Jan Tess at 255-2546 to register

Since earliest times, flowers have been shared to send a message of love, concern, condolence and celebration. Find out the Victorian era symbolism and meaning of the flowers identified for your birth month and birthday! Floriography is a term that comes from the Victorian Art of sharing flowers with a deeper meaning. We'll learn about the source of some of our favorite flowers, their meaning within a gift bouquet and enjoy the fun of sending a blessing bouquet to a loved one or friend.

Invitation to Spring Banquet
All HCE members and guests are invited to attend the HCE Annual Banquet. It will be held at the Rendezvous near Luxemburg on Tues., May 7, 2019. Social Hour begins at 5:30 pm. with dinner at 6:00 pm.

Each club is expected to present one check, along with a list of attendees’ names to HCE Treasurer Barbara Piechocki at or before the Spring Association meeting on April 24.

We hope to see everyone there.
Lakettes/Nuestra Familia

Bakeless Bake Sale
May 7 the Bakeless Bake Sale will be held at the HCE Spring Banquet, Rendezvous, Luxemburg, 6:00pm. The proceeds will benefit the Wisconsin BookWorms Program. This fund raiser is instrumental to the continuation of the Wisconsin BookWorms Program in our county.

We ask that you consider what it would cost you to bake something for a bake sale and what you might spend at a bake sale when deciding on your donation amount.

HCE Annual Bus Trip
The Annual HCE Trip will be June 18, 19 & 20, 2019. We will be traveling to the Geneva IL area. Some of the awesome sights we will see are summarized here:

Our first stop will be Cantigny, a 500-acre park in Wheaton, Illinois, 30 miles west of Chicago. It is the former estate of Joseph Medill and his grandson Colonel Robert R. McCormick, publishers of the Chicago Tribune, and is open to the public.

At the First Division Museum, be immersed in the history of the U.S. Army’s famed 1st Infantry Division. Be captured by the sights, sounds and soldiers’ stories from the First World War through modern times.

The Paramount Theatre, also known as the Paramount Arts Center, opened in Aurora, Illinois in 1931. It was designed by Rapp and Rapp in the Art Deco style with Venetian elements. Over the years, it has hosted films, plays, musicals, concerts, comedy shows, and other acts.

Fabyan Villa was the home of George and Nelle Fabyan from 1908 to 1939. The house is notable because of its remodeling in 1907 by Frank Lloyd Wright. It was the centerpiece of the Fabyan’s country estate, which they named Riverbank.

Cost for this great trip is $320 for double occupancy, with pickups in Algoma, Kewaunee and Mary Vogel’s home near Denmark. Cost includes accommodations, most meals, and admissions to stops. To sign up, for more details or if you have questions, contact Mary Vogel, 920-863-6586 or Mari Fager, 920-388-2841.
BCHCE is asking for donations of Jell-O and/or Pudding; proceeds will be going to the De Pere Christian Outreach Food Pantry.

State HCE Conference Reports 2018

Sleep Issues

After hearing Fawad Khan MD speak I assume most of us have a sleep issue. We spend 1/3 of our lives sleeping. This can be good for our bodies as they repair themselves, children grow, organs regroup, improve mood and collect energy.

Some of us have Sleep Apnea, 1 in 9 Americans. While lying down our upper airway collapses and air has a difficult time getting thru to our lungs. This leads to morning headaches, excessive daytime fatigue, weight gain, strokes, heart attacks, restless legs, anxiety, depression, and in some cases Parkinson's and Dementia. A CPAP machine can help with all of this and usually the cost is covered by Medicare.

Your evening routine should be to calm yourself; no alcohol, coffee, chocolate. Do not exercise 2 hours before sleep and no blue lights. Tylenol PM suppresses REM sleep (rapid eye movement)- this is our deep sleep and our most restful.

Other sleeping disorders are Insomnia, Narcolepsy, Restless Legs, Night Terrors. All these can be treated with medication which can be addictive.

Shared by Linda Vogel

Hogs for Heroes

Audra Thompson spoke about a non-profit organization she and her husband organized in 2014 to help get Wisconsin military veterans who ride motorcycles back on the road.

Hogs for Heroes' mission is “dedicated to healing the mental and physical wounds suffered during active duty by our Wisconsin military veterans through the therapeutic benefits of owning and riding a Harley Davidson motorcycle.” 100% of the money raised goes toward buying the bike for a veteran. The four founding members pay all expenses for the fundraising and the organization.

Their goal was to give a bike a year since they raise $20,000 before they even ask for applications from veterans. After they select the veteran, they go with him/her to a local Harley Davidson dealer (they chose HD because it's a Wisconsin company) and select the bike. In two years' time they have given away 7 Harleys.

For more information go to www.hogsforheroeswi.org or facebook/Hogs for Heroes.

Shared by Kay Ratajczak

The Power of Protein

One of the 2018 WAHCE Conference workshops I attended was #407, “The Power of Protein”. The speaker was a representative of the Wisconsin Beef Council. She emphasized that a diet, combined with physical activity and high quality protein, can help you maintain a healthy weight, sustain weight loss and keep a favorable body composition over time.

What I found most interesting was that it included many statistics concerning sources of protein and calories connected with those other sources. With all the hype out there concerning the consumption of red meat, it was clearly shown that lean beef, with an emphasis on lean, has fewer calories for the same amount of protein than that of other sources.

She also prepared a fast, power-packed dish containing lean beef and vegetables. We were all able to sample it and it was very good. Her presentation included the recipe and information to get to the website.

Shared by Barbara Piechocki

WAHCE Facebook Information

To find the WAHCE Facebook page:

From your own Facebook page, in the search bar (upper left hand corner) type in Wisconsin Association for Home and Community Education, once there Like or Follow us to get WAHCE information.