

JUNE NEWSLETTER HUTCHINSON AREA WOMEN OF TODAY



LETTER FROM THE PRESIDENT

We're off to a good start with the random acts of kindness. Many of you had several to list on your sheets that are located in your mailboxes to keep track of throughout the year! At our May meeting we all made a card to send off to someone special. I received notes from a couple of you that shared that the recipient was so touched or the card came at a time they needed it most. That is awesome.

At our June meeting we are going to make 4th of July table favors for the residents at Woodstone. If you have ideas for other little projects we can complete during our monthly meeting, please let me know.

There is a lot going on in June, be sure to read through the newsletter, so you don't miss anything. Remember, we need all of you to help with Music in the Park on June 25th. It will be a fabulous fundraiser for us and a great way to get our name out there.

So, let's continue to make a difference, and "Be The Star in Someone's Day"!

Thank you!

A special thank you to Robin Klopp on her continued Car Wash fundraiser. She has raised over \$150 for HAWT. If you could use a book, or know someone who would, please contact Robin at (320) 583-9780.

IMPORTANT DATES

- **June 8-10:** USWT Year-End convention. Mankato, MN
- **June 12:** HAWT Board meeting @ 5:30
- **June 13:** Ladies night out social at Advanced Auto @ 6pm
- **June 25: Music in the Park Social**
- **June 26:** Chapter meeting @ 6:30
- **June 27:** MNWT Webinar
- **June 28:** District 5 orientation @ 6-8 pm in Monticello
- **July 15:** Fast tracks due, if mailing postmark by Friday, July 13
- **July 28:** President & State Delegate retreat
- **August 16:** District 5 Fall meeting in Hutch
- **September 9:** MNWT Day at the Diamond Twins Game @ 1:10
- **September 28-30:** MNWT Fall Convention
- "Back to school & looking cool" plus our chapter will graduate!



Shirley Viesselman
June 17th

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June 13th, 6:00 to 7:00
Advanced Auto Parts, Hutchinson

Learn more about all of the mechanisms and gauges on your vehicle.
Appetizers will be provided.
We may go out after to eat or for a cocktail after.

June is National Safety Month

Injuries are the leading cause of death for Americans ages 1 to 40. The good news? Everyone can get involved to help prevent injuries. This June, we encourage you to learn more about important safety issues like preventing poisonings, transportation safety, and slips, trips, and falls.

- **Poisonings:** Nine out of 10 poisonings happen right at home. You can be poisoned by many things, like cleaning products or another person's medicine. Poison Control: 1-800-222-1222.
- **Transportation safety:** Doing other activities while driving - like texting or eating - distracts you and increases your chance of crashing. Almost 1 in 6 crashes (15%) where someone is injured involves distracted driving.
- **Slips, trips, and falls:** One in 4 older adults falls each year. Many falls lead to broken bones or a head injury.

You can make a difference. Find out ways to help reduce the risk of these safety issues.

Grilled Balsamic Zucchini



Nutritional Information

Serving Size: 1/4 of a recipe

Servings Per Recipe: 4

Amount Per Serving	
Calories 38	Calories from Fat 23
	% Daily Value
Total Fat 3g	4%
Saturated Fat 0g	2%

Ingredients Serves 4

2 zucchini, quartered lengthwise

2 tsp olive oil

1/2 tsp garlic powder

1 tsp Italian seasoning

1 sea salt, to taste

2 tbsp balsamic vinegar

Directions

🕒 Prep 5 min Cook 10 min Ready 15 min

1. Preheat grill for medium-low heat and lightly oil the grate.
2. Brush both sides of zucchini with olive oil, then sprinkle with garlic powder, Italian seasoning, and sea salt.
3. Grill until the zucchini starts brown, about 3-4 minutes per side. Brush with balsamic vinegar and continue cooking for 1 more minute.

Recipe originally inspired by [AllRecipes](#) with 5-star rating and 43 reviews.

How to Prepare Zucchini

Rebecca Katz, Experience Life Magazine

Zucchini exemplifies summer's abundance. Plant prolific vegetable in your own garden and you're almost guaranteed a generous harvest - and if any of your neighbors grow it, they'll likely have plenty to share with you.

It's also among the most versatile of veggies. Zucchini's mild flavor and pliant texture make it a natural for simple preparations, such as grilling or sautéing, as well as a nutritious add-in for soups and baked goods. It can even serve as a grain-free alternative to pasta.

The smooth, waxy skin of this summer squash, which ranges in hue from yellow to dark green and comes in solid colors, stripes, and speckles, is especially rich in antioxidants alpha and beta carotene. In fact, most of zucchini's nutritional punch - including fiber, vitamin C, and potassium - is concentrated in the skin. So whether you grow or buy zucchini, be sure to eat it, skin and all.

Helpful Hints for Zucchini

Rebecca Katz, Experience Life

Shop: Look for zucchini that are firm, without any brown spots or deep nicks. These will have a sweet-tasting creamy flesh with few seeds.

Store: Store fresh zucchini in an open bag in a warmer part of your refrigerator for up to a week.

Prep: When you're ready to cook, gently scrub your zucchini with a cloth or veggie scrubber. Don't wash before storing or it will get slimy. Cut off the stem before using.

Pair: Incorporate zucchini into your favorite salads and sautes. It plays well with garlic, red peppers, and tomatoes; basil, mint, oregano, and parsley; almonds, pistachios, and walnuts or balsamic vinegar, lemons, and Parmesan cheese.



Be sure to check your email early next week for the next opportunity to order chapter t-shirts.

**CALLING ALL HAWT MEMBERS!!
WE NEED YOU!!**

MUSIC IN THE PARK SOCIAL HOST



JUNE 25TH

APPROXIMATELY 5:00 - 8:00

Volunteers Needed

- Bake goodies
- Help set up
- Serve baked goods
- Scoop ice cream
- Take money
- Clean up
- Pick up trash

They are expecting approximately 400 people, so we need all members to help with this event to make it successful. Watch for more information.

