



Sauk County HCE News & Views

Volume 2017

Issue 4

Aug/Sept/Oct 2017

*Growing through
the University of
Wisconsin
Extension*

Sauk County
Association for
Home &
Community
Education

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Dear Fellow HCE members,

Greetings fellow HCE members...

I'm writing this news article July 11 on a hot and steamy afternoon. It's too hot to pull weeds and check on the garden so I decided to get this done now. This summer is only a few weeks old and it's keeping me hopping. Bob and I lost a very dear friend on June 30th. He hunted on our land for over 40 years. Since we have been married 29 years ago we had three hunters die. I know some of you are also taking care of love ones. Now I know what my mother was saying all my friends are dying. It's sometimes hard to accept. I hope your summer is going better. My brothers and I are in the process of selling my Mom's home in Wisconsin Rapids. This is another chapter in my life that is ending. Both of my brothers are dealing with serious health issues...so it's me, myself and I getting the house ready for a closing. Do you want a piano?

Were you able to enjoy the Dairy Breakfast; 4th of July events; the Sauk County Fair and checked out the Taste of Sauk County? It won't be long and we will be gearing up for the Cow Chip Throw on Sept 1 and 2 in Prairie du Sac.

Have you registered by August 11 for the State conference held in Sauk County September 11-13 at Glacier Canyon Lodge Convention Center in Lake Delton? This is a wonderful way to learn more about our organization.

We are still looking for some officers on the county level. Shirley Vordran (522-4916), Joyce Sorg (544-2414, and I (544-2001) maybe calling you. **President elect; VP programs, Treasurer, membership (appointed) Sauk Prairie center chair position (appointed), newsletter and Lynn's Legacy chairperson** positions will be voted on at the Fall Fling. Could you help us out?

If you have questions or concerns give me a call or email.
Until next time...

Donna Ochsner
Sauk County HCE President
Dochsner47@gmail.com 608-544-2001 home 608-574-2133 cell

LEADER TRAINING

Our September lesson is a nutrition update: **“Fat is Back”**. The dieticians from the Reedsburg Area Medical Center will provide current information about fats that are nutritionally valuable in your diet and that help us to lead active, healthy lives. This nutrition meeting will be happening at the Reedsburg Public Library community meeting room at 6:30pm on **Monday, August 28, 2017**. (There will be chocolate.)

Come and enjoy armchair travel at **Fall Fling, on Thursday, October 19, 2017**. Reedsburg district teacher Chris Christensen will tell us about her life and travels in Europe, especially France and Spain. She has chaperoned several student groups in France. We will meet at the Reedsburg United Methodist Church, 833 3rd St., Reedsburg, with registration at 5pm, a light supper about 5:30pm, and speaker at 6pm.

The November lesson, held **Monday, October 30**, at 6:30pm in the ETN room of the West Square Building will be information about the **Victim Witness Program** in Sauk County. Laura Moffit will talk about her work in supporting victims through the criminal justice process. This is a change from your membership booklet info.

Please consider being nominated in October for Programs VP. See you October 19.

Kathy Faivre
Vice President of Program

STATE CONFERENCE



Hopefully you have registered for the WAHCE Conference. Sauk County Members will be busy helping hosting sessions and bus tours. If you are attending, please be prepared to submit an article for the next newsletter.

FLOWERS NEEDED

If you have fresh cut flowers that you willing to donate or would like to assist with making table decorations, please contact Sandy at 254-7888 or email sandy.al@rucls.net. I would like the flowers Sunday evening - so I can "harden" them to be sure they stay fresh through the conference.

ARTICLES - Members attending the conference will be providing highlights in the Nov/Dec Newsletters.

FAMILY & COMMUNITY LIFE

FIRST of all, many “Thank Yous” again to all of you HCE Members who helped me get totals for the volunteer hours to the State by the beginning of June. We improved dramatically with our “On the Move, In the Grove” activities!! Whether we did more moving around, or kept track of it in more detail, it was a much better report. Again, even though I have to report this to the State, I feel we individuals are the ones who are gaining from this, not the state.

Now to my message for this issue: “Laugh or Smile Everyday and We Might Feel Better”.

A Smile (Author Unknown)

A smile costs nothing, but gives much. It takes but a moment, but the memory of it usually lasts forever. None are so rich that can get along without it- And none are so poor but that can be made rich by it.

It enriches those who receive, without making poor those who give—it creates sunshine in the home, fosters good will in business, and is the best antidote for trouble. Yet it cannot be begged, borrowed, or stolen, for it is of no value unless it is given away. Some people are too busy to give you a smile; give them one of yours. For the good Lord knows that no one needs a smile so badly as he or she who has no more smiles left to give.

Laughter is important also. Sometimes I can laugh at my own mistakes. It has been stated that laughing can give your immune system a temporary boost, ease pain, relax arteries and even offer your torso a mini workout! Even doing good things such as volunteering can make you feel better and maybe smile. I have read that the spirit of unselfish giving can bring you major health benefits-----both mentally and physically. The article said that being of service helps reduce stress and that volunteers have lower rates of depression and may even live longer.

To help you smile, I will tell you my own story. My garden this year is not doing well. Because of the constant rain and hot muggy weather, all I have are big stems and huge leaves, very little produce. Some things did not even want to germinate. Then I read a tiny joke from Catherine Murray which was in the Cook’s Exchange in the Wisconsin State Journal.



I had a little pumpkin seed; I put it in the ground.
The rain came down so hard last night; I thought my seed
had drowned.
I didn't need to worry, though, it's fine as it can be.
For I went outside last night and dug it up to see!

Ellen Schroeder,
VP of Family and Community Life

2017 FALL FLING

THURSDAY, OCTOBER 19

5:00 Registration 5:30 Light Lunch

United Methodist Church
833 3rd Street, Reedsburg, WI
Cost: \$7.50 due by October 1, 2017

FRANCE

Speaker Chris Christiansen, Language teacher in Reedsburg School District, will share her knowledge of France. She has traveled and lived in France and also coordinates trips with her students to learn about the country.

We will elect and install a new President-Elect, Vice President of Programs, and Treasurer. We are also looking for a Membership Chair, Lynn's Legacy Chair, and Sauk Prairie Center Chair. These are appointed positions. Please step up and make a difference!

Annual Meeting Budget approval Pennies for Friendship Books for Newborns

Baraboo Center will be hosting this event

Club packets and Individual Membership forms will be available.

Registration due on October 1, 2017. Complete and return the registration form is on page

BOOKS FOR NEWBORNS

One of the ways we celebrate HCE Week in November is donating books for the newborn babies to our local hospitals. Please bring these to Fall Fling in October and they will be evenly distributed between our hospitals in Sauk County. It is so important to read to our small children, and this is one way HCE is able to encourage that. Club Presidents---please mention this at your September club meetings.



FUNDRAISERS

HELP WANTED :Looking for a few volunteers to work at the Root beer Float stand on Saturday, September 2, 2017 at the **Cow Chip Throw** - Your help would be appreciated for a few hours.

Shift times 9-10 Noon -2 2-4

Please contact Joyce Sorg (544-2414) to volunteer.



PLAIN BRAT STAND



September 29 & 30, 2017

Shift Times: 9-1130 and 1130-200

Call Ellen Ederer 544-3580 or Joyce Sorg 544-2414

CULTURAL ARTS

Nine Sauk County entries will be going to the State Conference/ Those that were selected at the Spring Recognition should have your entries to our Cultural Arts Chair before the State Conference on September 11, 2017. She is responsible for taking them and bringing them back.

Judy Wehler
Cultural Arts Chair

SENIOR NATIONAL PARK STICKERS -

Order your Federal National Park Senior Pass by August 27, 2017

Presently the pass cost \$10 plus a \$10 processing fee. **Please note that the price of the lifetime Senior Pass will increase to \$80 on August 28, 2017.** You can go on line or paper application. For more information go to: <https://yourpassnow.com/parkpass/Park/senior> or customer support is available toll-free at 1-877-230-6283.



The lifetime Senior Pass will increase from \$10 to \$80 after U.S. citizens or permanent residents 62 years or older are eligible for the Senior Pass. The Senior Passes admit pass owner/s and passengers in a noncommercial vehicle at per-vehicle fee areas and pass owner + three adults, not to exceed four adults, where per-person fees are charged. The Senior Pass allows entrance to over 2000 Federal Recreation sites, including Devil's Lake.

THANK YOU FOR DONATIONS AND VOLUNTEERING



Thanks to everyone who or purchased items at the Get Ready, Get Set , Garden "Garage Sale". I hope your plants and bulbs are doing well and you are enjoying the other goodies!

Your donations helped make a difference in the lives of women in Nicaragua and their families!

We will need a volunteer to organize this for the 2018 Garden Expo -

May 8, 2017

Dear Sandy Kracht & Sauk County WAHCE Members,

On behalf of the Board of Directors of Wisconsin/Nicaragua Partners of the Americas, Inc., I would like to express my sincere gratitude for your 4/13/2017 donation of \$250.00 to W/NP for the stove project.

By showing your support for this organization you have linked arms with hundreds of others who are working together to make a difference both here in the United States and in Nicaragua.

All contributions to W/NP are tax deductible to the extent that the U.S. Internal Revenue Service allows. No goods or services were given for this contribution. **Please keep this document for your tax records.**

Sincerely,

Keith A. Roeske
Treasurer

A BIG THANK YOU

For all the time members volunteered to work at fundraising events this summer!



WISCONSIN BOOKWORMS™



Just a reminder - When you use, tell or write anytime “Wisconsin Bookworms™” please use both words and the “TM”, that is showing it is trademarked and we need to use it because we own the rights to Wisconsin Bookworms™. Let’s show we are proud to have the rights to use it

I cannot believe how fast the summer has gone. It will only be a month and the children will be ready for the 2017 – 2018 school year. HCE will be getting the Wisconsin Bookworms™ books ready for Sauk County Head Start children. We will give each child the book, an activity sheet and a new Wisconsin Bookworms™ book bag. We give the children a book bag for a safe keeping of the eight books they receive from Sauk County Wisconsin Bookworms™ program.

A group of the state HCE members have read around 26 different books and picked 8 books they thought would be good to read this school year. Kristin, Wisconsin Public Television had to check which books were rated on the top 8. Kristin, WPT representative had to check with Scholastic to see if they have 40,000 books for the state HCE to buy.

The following are this year’s books:

Turtle Splash! Countdown at the Pond by Cathryn Falwell
 What Will the Weather Be Like Today? by Paul Rogers
 Bear and Duck by Katy Hudson;
 The Biggest Snowman Ever by Steven Kroll
 Mi Gato, Mi Perro / My Cat, My Dog by Katrina Streza
 Polar Bears by Kate Riggs;
 The Shape of Things by Dayle Ann Dodds
 You Are Special, Daniel Tiger! By Angela C. Santomero

The Wisconsin Bookworms™ partners, Shelley Tidemann, WAHCE advisor, Lerna Mae Wiese WAHCE Wisconsin Bookworms™ Coordinator along with Kristin Leglar, Senior Education Specialist with Wisconsin Public Television. Kristin will do a workshop about Books for 2017-2018. at the WAHCE Conference. “We will explore how something as simple as reading to a child can be life-changing!” If you are interested in finding out more about these books attend the WAHCE conference at the Dells on Tuesday, September 12, 2017, at 10:15-11:30. We’d be so glad to share this information you at the conference.

Reading together opens doors to new and exciting worlds. Nurturing an early love of reading helps kids build vocabulary and comprehension skills, which prepare them to succeed in school...and in life!

TASTE OF SAUK COUNTY AT THE FAIR 2017

Another two great productive days at the fair. Meeting new and old friends to show what we have in Sauk County.

Our Purpose: To Educate the public to “Buy Local - Eat Local” and hand out the “Sauk County Farm Connect Guide.” So people know where to get locally produced products. When we buy locally the money stays in our area and helps our farmers, gardeners and vendors.



We had 33 beautiful Homemade HCE Pies and all were sold. Many sold by our “HCE Pie Ladies” walking the strip. Dorothy and Rose Ann

Our vendors were David Schlieckau Sorghum, John Roger’s Honey, Karen Zick and Sandy Kracht Fresh Eggs, Dorothy’s Homemade Delights, Suds & Such by Ann Dyer, Hickory Hill Farm Maple Syrup & Pancake Mix, Hidden Valley Mushroom Farm Soup, & Dried Mushrooms; Copper Penny Garlic Farm.

THANK YOU to all who BAKED PIES. There is an order for next year 2 Rhubarb Strawberry pies. THANK YOU TO all who came and worked in the Booth and to those who purchased items.

Sylvia Kriegl

Donna Ochsner

LEADERSHIP OPPORTUNITES

Sauk County HCE will be looking for volunteers to serve on the board to fill a variety of positions. The nominating committee will be calling and hopefully you will say YES! Sauk County HCE needs YOU!

Expiring Terms include:
VP of Program
Treasurer

Marketing and Membership
News & Views Editor

“Life’s most urgent question is, ‘What are you doing for others?’” –

Martin Luther King, Jr.

CLUB NOTES

HARRISBURG HCE CLUB

The Harrisburg Home Demonstration Club (located in the Black Hawk area) organized in 1942 under the direction of Ellen Kindschi. The neighborhood group grew to over 20 members and some of us remember dressing up for meetings with our best outfit including nylons and high heels. Needless to say the hostess painstakingly cleaned every corner of the first floor and at times freshly painting the walls to entertain. Refreshments represented an entire meal.

In addition to the educational projects fun was a part of the evening meeting. Mystery pals still conjure up memories of how holiday or birthday gifts were secretly directed to the recipient Halloween found everyone driving separately, dressed in disguise and not speaking to avoid identification to much merriment Christmas was a special gathering time at the local school for entire families---with gifts and yes even the arrival of Santa.



Harrisburg HCE Members
Front Row R to L Elaine Dunse (dec), Ellen Ederer, Fran Biesek
Back Row Connie Sorg, Carol Anderson, Elaine Wilhelm, Diane Been,
Tonya Anderson

Pictures for an 8'x16' mural

of the early infrastructure of the Town of Troy mural were collected by members and given to an artist to paint on a canvas. This mural was placed on a town hall wall and unveiled at a community celebration.

The club at present has a membership of seven. Organizational leadership roles by members have been held at the local, county, state, national and ACWW levels.

A recent project has been the gathering of early Town of Troy history from the mid 1800's to the mid 1900's and printing a 315 page book *Troy Tales and Trails*. The book encompasses the nine original one room school communities and activities.

The first printing of 500 copies sold out and a second printing is now available. Book profits are mainly directed to the area one room Harrisburg School. Club members are very involved in the activities of this School which has been placed on the National Register of Historic Places.

Community needs and involvement have been an important part of this Home and Community Education Club.

Carol Anderson

SURVEY

Your input is important to us as we look into how we can improve Sauk County HCE in the future. One of the challenges is finding ways to fund HCE expenses as well as providing programming that **YOU** are interested in. Please take a few minute to complete and return the survey on pages 13-14 in this newsletter.

We need to find ways to increase our membership and promote what our organization does.

EDITORS NOTES

It is hard to believe that summer is winding down and we will be starting our fall activities. It is also time for me to prepare to pass the “editors” torch to someone else as well as winding down in my employment in public service.

News & Views is the communication link to all SHCE members. Deadline for the next issue is October 15th – There will be many highlights for the state conference.



Clubs are reminded to submit club notes for the month they are assigned birthday bags. It is great to read about what clubs are doing throughout Sauk County. I was thrilled to see the Harrisburg School recently, when we were on a motorcycle trip this summer. It was proudly pointed out to the others in my group – that HCE members helped with that project.

SAUK COUNTY CLEAN SWEEP

Saturday, September 30th, 2017, 8:30 –Noon

Old Sauk County Landfill:

E8795 Evergreen Lane, Baraboo

Items accepted for **no charge** include: pesticides, cleaners, paint, batteries, light bulbs, motor oil, and a wide variety of electronics.

For more information call:608-355-3245 or email:Sadie.Schroeder@saukcountywi.gov

Fees for Tires

Car and light truck tires	\$3	Ag and semi tires w/rims	\$25
Car and light truck tires w/rims	\$5	<13” tires	\$1
Ag and semi tires	\$13	<13” w/ rims	\$3

CHECKS will be accepted payable to Sauk County Treasurer.

Resource Solutions will accept the following items at Clean Sweep:

Nocharge:CPU’s,ComputerPrinters,Speakers,Scanners,FaxMachines,VacuumCleaner s,Phones,Laptops,RecordPlayers,TapePlayers,CDPlayersiPods,VCR’s,DVDPlayers,Bet aTapePlayers,ElectricalSaws,Drills,Calculators,UPS’s,PaperShredders,CoffeeMachines ,Heaters,GameSystems,SewingMachines,ElectronicToys,MostHouseholdElectronics

Fee Items

\$10–HardDriveRemovalandDestruction

\$15–Microwaves,Treadmills,LargeCopyMachines

\$20–SmallACUnits,minifridges,dehumidifiers

\$25 Stoves, washers ,dryers, dishwashers, large copy machines, lawnmowers (oil/gas drained, tires removed)

\$35–Refrigerators&LargeFreezers

TVs and Monitors:

\$20–Allmonitors,CRT&flatscreenTVs29”andunder

\$40–CRT/FlatScreenTVs-30”-49”

\$60–CRT/FlatScreenTVs-50”andup,projection,woodenconsole

What is Not Accepted:

- | | |
|---|--|
| <ul style="list-style-type: none"> •Pharmaceuticals, IVs, needles •Explosives, detonators, blasting caps •Radioactive materials including smoke alarms •Demolition materials •Mattresses | <ul style="list-style-type: none"> •Infectious and biological waste •Compressed gas cylinders •Recyclables, yard and household waste •Asbestos |
|---|--|

Contact Resource Solutions at (608)244-5451 regarding items not included on this list.

SCHCE BOARD MINUTES

**SAUK COUNTY HCE EXECUTIVE BOARD MEETING
August 1, 2017**

President Donna Ochsner called the meeting to order with the pledge to the flag and the WAHCE creed.

Roll call was taken with 16 members present.

Treasures report was given by C Rhinehart and placed on file for audit.

Correspondence: Thank you's for Lynn's legacy bags, and Rural Safety days, and the Nicaragua project.

Bookworms: schools on vacation – new books are ordered for the new year; 3 people have been reading for 15 years.

Center Chairs: Baraboo-hosting fall fling- Sauk-brat stand on Sept 29/30; Reedsburg-no report

Cultural Arts: entries are mailed to state, just need to collect entries

Family & Community Outreach: reading is important, also to smiling and laughter are good for you

International: none

Lynn's Legacy: ordered supplies

Historian: none

Marketing: none

Programs: working on next year talked about dates for fall and spring programs

Scholarships: none

Unfinished Business: Sauk County Dairy Breakfast-good turn out

Lynn's Legacy Brat Sale-Great day good weather

Taste of Sauk County-sold 33 pies lots of interest

Nomination committee: working on

New Business: Member Survey- looked over survey for all members to fill out and return, looking for solutions to money shortage

Weighted Blankets- motion by S Kreigl to pay for more beads, 2nd by J Sorge, passed unanimously

Baraboo Steam & Gas Show: Aug 18-20 looking for anyone to sit in the women's building

Cow Chip Booth: Need help on Sept 2, a couple signed up

WAHCE Registration- Due now if late there is an additional fee

2018 Budget Committee: will have preliminary budget ready for September

Fall Fling- October 19 Baraboo hosting to be held at the Reedsburg Methodist Church=speaker about France.

Set up Committee Ready Set Garden-Sylvia, Donna and Shirley will be on the committee

Newsletter: articles due August 5

Next Meeting: September 5

Refreshments: Irma and Lynda

Meeting adjourned with the WAHCE prayer.

Sharon Verthein,
Secretary

Believe in yourself, and the rest will fall into place. Have faith in your own abilities, work hard, and there is nothing you cannot accomplish.

Brad Henry

Sauk County HCE 2017 Survey

Sauk County HCE dues are \$8.25 which \$5.00 goes to state and \$0.50 goes to the district, which leaves \$2.75 for the county budget. In 2016 we had 115 member x \$2.75 gave us \$316.26. In 2016 we spent \$2,244.50 on (Postage/printing/donations/update/insurance) Ready Set Garden is our only fundraiser that helps support our operation expenses.

Bookworms™ and Lynn's Legacy was not included in the expenses as they are self-supporting. All of the money for Bookworms™ and Lynn's Legacy was money received as grants/contributions/or fund raising. In 2016 Bookworms™ raised \$5391.29 and spent \$4065.25. Lynn's Legacy in 2016 raised \$2651.00 and spent \$1408.92.

The last few years we have been spending more than we have taken in. To be fiscal responsible we need to adjust our budget NOW.

Please take a few minutes to complete and return the following survey

1. How do we handle this financial challenge ? Rank 1-4

- a) Raise the dues...to cover printing/postage...
(we haven't raised the dues since 08)
- b) Charge members who do not receive the newsletter via email more
- c) Reduce the number of newsletters sent per year
- d) Members with 50 years of membership stay at the \$ 8.25 rate and increase dues for member less than 50 years.
- e) other

In 2016 we spent \$1935.18 on scholarships and through various fund raised \$2269.45. There are some years that we do not raise th entire amount to cover scholarships. Presently we give three \$600 scholarships to high school and college students. The profits from the following events support the scholarship fund: Earth Day, Taste of Sauk County, Plain Brat Sale, and Cow Chip Throw.

2. How do we handle this shortfall? Rank 1-3

- a) Reduce the amount/number of scholarships
- b) Increase fund raising efforts Please provide suggestions _____
- c) Other suggestions

3. Do you have a child, grandchild, niece or nephew graduating from a Sauk County High School (Baraboo, Reedsburg, River Valley, Sauk Prairie, Weston, or Wisconsin Dells) in the next 10 years? Yes No

4. Do you have a child; grandchild, niece or nephew graduated attended a Sauk County High School (Baraboo, Reedsburg, River Valley, Sauk Prairie, Weston, or Wisconsin Dells) and will be graduating from college in the next 10 years?

Yes No

5. What is the most important expense to you...1 Most Important

- ___ a) Scholarships
 ___ b) Newsletter
 ___ c) Leader training speakers'
 ___ d) Community Service
 ___ e) Other suggestions

6. What is your top three (3) favorite activity...rank 1 best

- ___ Spring Fling
 ___ Fall Recognition
 ___ Leader training session
 ___ HCE State conference
 ___ Taste of Sauk County
 ___ HCE District meetings
 ___ Club meeting

7. Top fund raising event rank 1 best

- ___ Cow Chip Throw
 ___ Sauk County Earth Day
 ___ Brat Stand
 ___ Get Ready Get Set Garden
 ___ Other suggestions to make money?

8. How would you like Sauk County HCE to spend your dues? Rank top 3

- ___ Scholarships
 ___ Community Projects
 ___ HCE State conference
 ___ HCE District meeting
 ___ Newsletters
 ___ Leader training
 ___ Other_____

Presently we send out five newsletters a year: January/February; March/April; May/June/July; August/September/October; and November/December.

9. How important is the newsletter to you?

- ___ Very important
 ___ Important
 ___ Not very important

Please feel free to send additional comments that would be helpful for the board in planning upcoming programs and budgeting.

Bring completed surveys to the Fall Fling on October 19th or send to Donna Ochsner before October 19...at E7397 Ochsner Road Plain, WI 53577



My apologies - I forgot to include the photo in the last Newsletter of the Merry Meadow HCE Club at St Clare Meadows.

Fall Fling Registration

Club Name _____

List Members attending

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

Number attending _____ @ \$7.50 Total Payment Enclosed _____

Make Checks payable to SHCE
 Send money and registration to Cheri Rhinehart, Treasurer,
 E9472 South Avenue,
 Reedsburg, WI 53959 by October 1, 2017

Sauk County UW Extension Office
505 Broadway
Baraboo, WI 53913

Aug/Sept/Oct 2017

Return Service
Requested

Non-Profit Org.
US Postage
PAID
Baraboo, WI 53913
Permit #170

“UW Extension provides equal opportunities in employment and programming, including Title IX requirements. Advise us at least two weeks before event if you are handicapped and desire special accommodations. Requests will be kept confidential.”

SAUK COUNTY HCE

Sandy Kracht, News & Views Editor
sandy.al@rucls.net

Upcoming Activities

AUGUST

28 Leader Training - Reedsburg Public Lib.

SEPTEMBER

2 Cow Chip Throw Rootbeer Floats
5 Executive Board Meeting
11-13 WAHCE State Conference –
29&30 Plain Brat Stand
30 Clean Sweep

OCTOBER

3 Executive Board Meeting
19 – Fall Fling
30 Leader Training – ETN Room

