



# Sauk County HCE News & Views

Volume 2017

Issue 1

January/February

*Growing through  
the University of  
Wisconsin  
Extension*

Sauk County  
Association for  
Home &  
Community  
Education

**Inside this issue:**

President's Letter ... 1

Sue's Space .....2

Membership.....2

Family and Community  
Life .....3

Leader Training.....4

International .....4

Ready, Set, Garden 5

Editors Notes .....6

Scholarship &  
Grandparents College 7

State Conference ....8

Executive Board  
Minutes..... 9

## President's Letter

As I write my first letter as President of Sauk County Home and Community Educators (HCE) my heart is full of pride. Why pride? In the 1980's I was the Wood County HCE advisor. When I married and moved to Sauk County my career life took another path. I went back into secondary education. My final years were teaching Family and Consumer Education at Baraboo High School Just as my life has faced changes so has our society and HCE. I feel HCE is an important organization in our society, especially today.

Recently you received a letter from Sue Nagelkerk that she is retiring. Sue was a great asset to our organization...thank you Sue. That alone is a huge change to Sauk County HCE. Our surrounding counties are also losing their advisors in Wisconsin. Why? The state of Wisconsin legislators decided to cut education to the bare bones...and UW – Extension is not exempt from this process. What will happen to UW – Extension in the future is unknown, but we must remember our roots. The sole purpose of UW – Extension was to get research information to every corner of the state through the county UW – Extension agents. Whatever the problem or concern we could go to our Extension agent and get the latest research information. It's not only our county UW – Extension office that is gutted, it's every level of education. What has happened to education in the state of Wisconsin since Act 10 is huge and my hope is to keep quality education in Wisconsin. As our creed reads to promote the welfare of our boys and girls...to improve our home and community life we must not lose sight of our goals. I don't want to take up this entire letter to this change, but I will be working to restore education in Wisconsin.

As Sandy Kracht steps down from her role as President of Sauk County HCE she is taking on a new role as editor of our newsletter. She has led us in many ways, but most importantly she was the Thomas Jefferson of our organization. She updated our job descriptions, guidelines, and bylaws and that was no easy task. She left the office in good shape and we are set on the right path. Please join me in thanking Sandy for all her hard work.

In the next few months I will be visiting every club and I hope this gives me a better understanding of our organization. If you ever have questions or concerns I'm just a phone call or email away. Don't hesitate to get your question answered. As we journey together let's make Sauk County HCE the best asset to all. Let's embrace change but keep our goals firmly established in everything we do.

Donna Ochsner  
Sauk County HCE President  
Dochsner47@gmail.com

608-544-2001 home

608-574-2133 cell



## SUE'S SPACE

I want to leave you with a smile. After living in the Upper Peninsula for 45 years, I learned some interesting things:

- HCE members love to sing
- Gardening is fabulous in Southern Wisconsin
- Mama Mia's pizza slice for \$5
- Many properties have a 2-sided fence on a corner with flowers or grasses (new to me)
- HCE members may write poetry for various occasions
- I now know all the cow breeds
- Caramel apples with crushed M&M's from Oakwood
- Jose's quesadilla fajita
- Arts & culture bring Sauk County quality of life and economic benefits
- HCE members make fabulous pies and everything else
- Wood-fired pizzas at the Branding Iron
- My 45 minute drive from Hillpoint to the West Square was relaxing, beautiful, and educational (thanks to Public Radio)
- Wisconsin Bookworms rock!
- Extension hires good people and excellent friends
- HCE ladies don't leave a mess
- Rhubarb from my own yard
- I am a Michigan State Spartans fan but I am cheering for UW football to take the Big 10 Championship- Go Bucky!
- Madison is an incredible city
- Sauk is one of 33 rural counties in Wisconsin with a higher cancer rate. Thank you, HCE, for Lynn's Legacy
- Farmers work tirelessly and make great neighbors
- HCE and good manners go hand-in-hand
- Trauma Informed Care means asking "What went on in your life?" rather than "What's wrong with you?"
- Tractor loyalty is important



Susan Nagelkerk  
Family Living Educator

## MEMBERSHIP

**If you have not returned your re-enrollment form and dues, please do so ASAP. If dues are not received, this will be your last newsletter.**

Please contact Louise Boyd at E9652 North Reedsburg Road, Reedsburg WI, 53989, call 608-524-6630 or email her at [rfjleboyd@jvlnet.com](mailto:rfjleboyd@jvlnet.com). If you misplaced your re-enrollment form, you will need to send the following Information: name, address, phone number, email address, year joined HCE and indicate if you would like to receive the newsletter via email.

Thank you Louise for keeping our membership and mailing list up to date!

## FAMILY & COMMUNITY LIFE

### Good Night, Sleep Tight!

We all know sleep is very important to us. Some of us already know getting enough sleep as we age isn't always easy. Dr. Laura Konever, MD tells us that sleep deprivation affects us in many ways. We probably already are aware of that. It can impair our judgment and increase our chance of accidents, among many things. Good sleep helps maintain our weight, which studies have proven. Sleep helps support a healthy mood; it protects our brain.

This Dr. supports the concept of taking a nap to supplement our night time sleep. If we go to bed over tired, that could be a reason for sleeplessness also. She also mentions taking time for daily activity is important. Simply getting up and taking breaks from sitting would help. If possible, getting some fresh air and sunshine doesn't hurt a bit.

A newsletter from the Mayo Clinic indicates that heavy exercise like Aerobics Class later in the evening revs up some people too much. They say as we age, our sleep patterns change. Our biological clock tends to reset a little earlier. That means we are likely to start to feel sleepy earlier in the evening, and we wake up at an earlier time in the morning. Even the Mayo Clinic supports napping during the day, if it not longer than 30-40 minutes or does not occur late in the day. Common sense, right?? This type of napping is less likely to interfere with night time sleep.



More common sense----they suggest reserving your caffeine drink for only in the morning, if it does bother you. The Mayo Clinic mentions that alcohol is another culprit. If large amounts (or even small amounts) are consumed before bedtime, it may help you fall asleep faster; but produces a more fragmented sleep. Of course, they suggest not eating a heavy meal before bed time.

Mindfulness meditation is a stress-reduction technique that can be so simple that people often don't realize its effectiveness. This is being aware of the present moment and letting go of everything else. Focus on what is happening----the sinking of your body into the bed, the softness of your pillow, the slowing of your breath---- and keeping your mindfulness there helps to drive away stressful thoughts about other things. It's worth a try.

Again, Good Night, Sleep Tight.

Ellen Schroeder,  
VP of Family and Community Life



WAHCE is once again asking HCE members to keep track of their volunteer hours and donations in order to recognize each member's achievements and contributions. Each member is asked to complete the HCE Club Member Contribution. It may be easier to track hours and donations on a calendar.

### Sue's Retirement

Sue asked that we wait until after she returns from Arizona to celebrate her retirement. We plan on honoring Sue at our Spring Fling on Thursday, April 6 in Reedsburg.

## LEADER TRAINING

How long would it take an emergency medical team to reach your home? As you noted in the last newsletter, focus for February is **CPR** (cardio-pulmonary resuscitation) training. This will be held at Plain in the Plain Fire and Ambulance Station, 1045 Cedar St., on Saturday, January 21 at 9 am ( weather date: Saturday, February 4). This training will teach the “new” (not mouth-to-mouth) CPR. Call Haley at the extension office if you would like to participate.



“**Best Driving Practices**” will be the topic of discussion for March, held on February 27 at 6:30pm in the ETN room. Sgt. Jeff Tobin of the Sauk County Sheriff’s Dept. will provide pointers about sharing the road—including the roundabout—with other vehicles. He will talk about locations for special vigilance, how to get involved in a driver refresher, and other topics.

As you prepare to attend a training meeting, please consider giving some thought to questions you want to ask. That way you can get the most from the session. Presenters almost always are happy to address your questions.

Thinking ahead, we are planning a craft morning for a Saturday near the end of October, 2017. It is all very tentative at this point—just sounds like fun. If you have a craft you would like to teach, or know of someone who is a good craft teacher, please let me know.

I’ll bet you have indoor projects to last all the way to spring! Watch out for the ice, of course. Best to you for a happy Christmas and New Year. —

Kathy Faivre  
Vice President of Program

## INTERNATIONAL – SUPER SATURDAY



### Super Saturday – Help Needed...

On January 21, 2017, the Sauk County 4-H will be making Quiltets for Central America at the Baraboo High School from 9:00 a.m. to 2:30 p.m.

Sessions run 9:15-11:25 & 12:15-2:30

HCE members are needed to assist the Sauk County 4-H members make the quiltets. No sewing skills required, as we will need help ironing and Materials will be provided –but if you can bring a fabric scissors/sewing machine it would be helpful. If you are willing to volunteer for a few hours please let me know. Contact me at 254- 7888 after 5:00 p.m. or by email at [sandy.al@rucls.net](mailto:sandy.al@rucls.net).



## GET READY, GET SET...GARDEN



WHEN: Saturday, March 25, 2017

WHERE: West Square Building

TIME: 8:00 am to 3:00 pm

A brochure is in this newsletter - Have you chosen the session you wish to attend? Would you have time to help us at the registration desk or introduce a speaker in a session you will attend? We will have the bio on the speaker for you. Clubs have volunteered to assist with many of the tasks - but volunteers are always welcome. We need help from all members as this is HCE's largest fundraiser.

We will need assistance in the following areas:

- Handing out lunches
- Serve lemonade
- Work at registration table
- Introduce a speaker
- Bring gardening books or magazines
- Make cookies, bars or rolls

### BOOKS, PLANTS OR OTHER GARDENING ITEMS NEEDED...

SCHCE will have a table at Get Ready, Get Set Garden to raise funds for stoves for Nicaragua. Stove Project. Donated items should be garden related. For example, plants from cuttings, bedding plants, dried herbs, gardening books or catalogs. You are welcome to put a suggested price on the items. The display with water filters will be on the table for viewing. You can bring your donations on March 25<sup>th</sup>. Items remaining at the end of the day, you can take home or they will be donated to St. Vincent de Paul. Volunteers are needed to work at the table. In 2016, we were able to purchase 4 water filters.

#### Why the Stove Project?

Wood stove smoke is a problem for ladies and the rest of their families, especially children, in rural Nicaragua as well as in the large cities.

The everyday hazard that kills over 3 million people each year.

Household air pollution, which mostly occurs through the use of solid fuels for cooking, heating and lighting, leads to the death of over 3 million people each year with poorer countries most at risk,

George Arnett, Wednesday 10 September 2014

Around 9,000 people die each day because of what is being used to cook, light and heat their homes.

A new report in the Lancet shows that 3 billion people worldwide are exposed to household air pollution (HAP) through the burning of solid fuels such as coal, charcoal, wood and crops. It is one of the biggest environmental factors leading to morbidity causing 6 times as many deaths as second-hand-smoke.

Please contact Sylvia K at 608-356-7096 [SKpolka@yahoo.com](mailto:SKpolka@yahoo.com) or Sandy K at 608-254-7888 – [sandy.al@rucls.net](mailto:sandy.al@rucls.net) to volunteer or if you have questions.

## BAKED GOODS NEEDED

The Mirror Lake HCE Club will have a food and beverage table at the Get Ready, Get Set...Garden fundraiser. Any donations of muffins, coffeecakes, cookies or other baked item would be greatly appreciated. You may drop off your items anytime during the day at the event. Thank you in advance for all your support, whether you are attending a class, buying a treat, or donating baked goods. This is HCE's biggest fundraiser so let's make it successful!

Cheri Rhinehart  
Mirror Lake HCE Club

## EDITORS NOTES



As Editor, I am responsible for collecting articles, typing and formatting the newsletter. It is best to submit items directly to me! If you are unable to email, please either type or print the article. Although I am a teacher, sometimes it is difficult to read handwriting. If you email - I will send a reply to you to confirm that I received the article. If you mail it - I will give you a call or better yet call me - so I know it is coming. Please call me, if you do not get a response from me. This will save time for everyone involved. My contact information is below. Due to working in a secure institution, I am unable to take cell phone calls - so it is best to call my home number after 5PM or just leave a message.

Deadlines for the upcoming newsletter will be posted in each issue. The next deadline is February 10<sup>th</sup> for the March/April Newsletter. It is important to follow the deadline or the newsletter will be delayed or your article may not be included.

My goal is to have the newsletter to the UWEX office for printing and mailing – so that you receive it before the first of the month. So DEADLINES are needed and must be followed!

Sandy Kracht, Editor  
S 1719 Stevens Ct,  
Wisconsin Dells, WI 53965  
sandy.al@rucls.net 608-254-7888

## WISCONSIN BOOKWORMS™

Wisconsin Bookworms™ is ever happy for the coming year. I met with Shelley Tideman, WAHCE advisor, and Kristin Leglar, the Senior Education Specialist at Wisconsin Public Television (WPT). Things are under way for the 2017 -2018 School year, as it was a good day talking about "to-do" list for the year... Kristin will have an article in the February Update to introduce herself.

Three books were previewed for this year and we are excited with the books that were chosen. Let the winter weather stay then we can read the book "Mitten" which has to do with a young boy wanting a pair of white mitten for the winter.

Thanks to everyone who are reading books. Wisconsin Bookworms™ is valuable a program for 3 – 5 year old children. It will help them with reading in years to come.

Lerna Mae Wiese,  
Wisconsin Bookworms™ Coordinator

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## GRANDPARENTS UNIVERSITY

In July this year, Grandparents University will again take place on the UW-Madison campus. There are three sessions and grandchildren from ages 7-14 are eligible.

Something NEW for this year is that all grandparents attending must be members of the Wisconsin Alumni Association. (This does not mean, however, that they are graduates of one of the UW campuses.) The annual membership for an individual is \$55 if the grandparent is under 65 and \$45 if the grandparent is over 65. If two grandparents wish to attend, then a joint annual membership is needed which is \$65 if the grandparents are under 65 and \$55 if they are over 65.

There is one \$100 scholarship available for GPU. If you would like to be considered for it, contact the Scholarship Chairperson, Janet Hanson, at [608 544-5000](tel:6085445000) or [norwaycarts@gmail.com](mailto:norwaycarts@gmail.com).

There may be incorrect information about this in the 2017 program book so please go by what you read here or call Jan for clarification.

If you wish to attend with one of your grandchildren, contact the Wisconsin Alumni Association now at [uwalumni.com](http://uwalumni.com) to be put on the notification list for registration which takes place in the spring.

Janet Hanson,  
Scholarship Committee Chair

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## SCHOLARSHIPS

Sauk County HCE sponsors three \$600 scholarships for Sauk County residents who are high school seniors or who are currently college students. If you have children, grandchildren, nieces, or nephews in Sauk County, you are encouraged to make them aware of this opportunity so they can apply by the March 10 deadline.

Applications are available from Student Services/Guidance at all Sauk County high schools, UW-Baraboo and MATC-Reedsburg, or from the Scholarship Chairperson.

Your relatives may not even know that you are an HCE member so be sure to make them aware of that fact and encourage them to submit an application. Students have many demands on their time so follow up with them in February so they can meet the March 10 application deadline.

If you or your high school/college relatives have any questions, contact the Scholarship Chairperson, Janet Hanson. Her email is [norwaycarts@gmail.com](mailto:norwaycarts@gmail.com). She can be reached by phone at [608 544-5000](tel:6085445000). (The phone will be answered "Norway Co." as it is a home/business line.)

There may be some incorrect information about this in the 2017 program book, so please go by what you read here or call Jan for clarification.

Janet Hanson  
Scholarship Committee Chair

## STATE CONFERENCE

### Forging Connections—Making New Members

A meeting on membership was presented at the state conference in September. Kristy Sand, the incumbent state membership chairperson, introduced the topic with statistics, including:

75% of HCE membership is over 65.

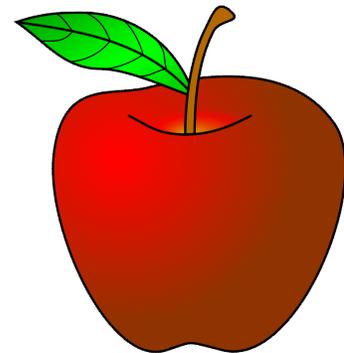
The number of Wisconsin HCE members have gone from (approximately, by my memory) 24,000 in 1990 to 3700 in 2016.

New strategies for reaching more people in the community are clearly warranted. Several counties told of successes in gaining members; each had a unique approach. Shawano Co. invited women who are part of an ongoing “Strong Women, Strong Bones” group. Sheboygan Co. described “focus groups” that are add-ons to the Core Discussion Group (leader training-type meetings). One focus is a book club including members and others from the community. Marathon Co. has been acting as an auxiliary for a volunteer firefighter organization. Through these alliances, membership in HCE has been explained and offered. These and other initiatives were presented with enthusiasm.

Kathie Faivre

The great thing about WAHCE Conferences the gathering of people , getting together with the same things in mind, meeting new people, seeing old friends and learning about the facts of life. It was great. I attended many sessions – How to Age with Grace and Vigor, History of the Handkerchief, Choosing the Right Apple and Cooking with Wine.

The presenter of the Apple session was Jerry Clark the Chippewa County UWEX Ag Agent. Apple trees do not self-pollinate-. They need a like tree (apple family) flowering at the same time. They do not like to be in standing water. Blossoms can be in 28 degree temperature no longer than two hours. It is recommended to have your soil tested as the proper PH is important. Prune branches before flower budding (Feb or March). Keep trim so tree does not get too high for easier picking. Control diseases using a red ball such as Christmas ornaments to control apple maggots. Do not spray during flowering. Keep clean around the bottom of the tree – cut grass and pick up sticks.



There are numerous varieties available for cooking –Lodi, Cortland, Jonathon, Wealthy, Harrison some can only be gotten at a given orchard. Sweet Tarago and Red Free.

The next WAHCE Conference is in Wisconsin Dells – September 2017. Can't get closer to home. Make plans to attend.

Ruth Kruse

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**SCHCE BOARD MINUTES**

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**SAUK COUNTY HCE EXECUTIVE BOARD MEETING NOVEMBER 1, 2016**

President Sandy Kracht called the meeting to order with the pledge to the flag and the WAHCE creed.

Roll call was taken with 15 members present.

Treasurer's report was given by C Rhinehart and placed on file for audit.

Agenda additions: Old Business: SW District meeting, New- Survey

Correspondence: none

**Reports**

**Bookworms:** Baraboo-read Fire book presented with pencil, ruler, water bottle, pen from fire department-Sauk got United Way monies and read Puddles the Dog

**Center Chairs:** none to report

**Cultural Arts:** none

**Family & Community Outreach:** Thanks for books for newborns

**International:** 19 exchange kids in Sauk County

**Lynn's Legacy:** Looking for person to take over position of chairperson

**Historian:** Living Flag, Donated \$100 for bookworms and sang for Badger Honor Flight

**Marketing:** D. Ochsner reported new club starting Jan. 1 at St. Clair Meadows

**Programs:** Finished up

**Scholarships:** None

**Family living Educator:** Just finished a 6 week class and will learn more in February for changes

**Unfinished Business:**

Fall Fling: Successful with 36 people attending.

SW District: Good speaker about Drugs will be speaking at State Convention

Yearly Calendar: handed out, explaining deadlines for HCE activities and officers.

2017 Program: Approval of calendar books with revisions

Ready Set Garden Meeting: To be held after board meeting

**New Business:**

Super Saturday January 21, 2017 need help with quilts

HCE Week: November 6 to 12th, SCHCE will present Books to Newborns.

Newsletter: articles due December 15

Survey: Went over questions and made a some changes

Next Meeting: January/February

Refreshments: potluck

Meeting adjourned with the WAHCE prayer.

Sharon Verthein,  
Secretary

Sauk County UW Extension Office  
505 Broadway  
Baraboo, WI 53913

January/February 2017

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“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

#### January

- 10 Executive Board
- 21 CPR Training
- 21 Super Saturday

#### February

- 7 Executive Board Meeting
- 10 March/April Articles Due
- 27 Leader Training – Best Driving Practices

#### March

- 7 Executive Board Meeting
- 10 Ready, Set Garden Registration Due

