Sauk County HCE News & Views

Volume 2017 Issue 2 March/ April 2017

Growing through the University of Wisconsin Extension

Sauk County Association for Home & Community Education

Inside this issue:

President's Letter … 1

Family and Community Life ……2

Leader Training……3

Cultural Arts …….. 4

Spring Recognition … 6

Ready, Set, Garden .. 7

Earth Day ……... 8

SW District Meeting …9

Executive Board Minutes..... 11

Dear Fellow HCE members,

Anyone want to travel with me to Australia the month of March? I have a daughter working in Australia for seven months and I'm off to see her with a grade school friend who is Allie's Godmother. If you like me on Facebook you will see lots of pictures of me enjoying an early fall down under. My husband Bob will be holding down the farm.

I hope to see you at the **Get Ready, Get Set, and Garden** workshop. I may be jet lagged, but I'm always ready to learn. If you know of someone who loves to garden be sure to encourage them to attend as well. I hope to see you Saturday March 25th.

Spring Recognition is also around the corner…Thursday April 6th. . See the article in this newsletter for more details and a registration form.

Another exciting event is occurring this fall in our county. It's the **Wisconsin Association for Home and Community Education state conference**. If you never attended a state convention, here is your chance, to learn more about our organization. It's a chance to hear interesting speakers, meet other members, learn what they are doing and bring this back to our county. Here is a brief outline of what happens at state: **Monday September 11** in the afternoon are bus trips to various places in Sauk County. Monday evening is the kick off banquet with a main speaker talking about human trafficking, an issue that is happening across the world. On **Tuesday September 12** there are four sessions you can choose from, followed by a dinner and usually entertainment. On **Wednesday September 13th** two more small group sessions and a noon luncheon with awards. If only for an evening, a day, whatever fits into your schedule…. be ready to learn and have fun. I hope to see you at the Lake Delton Glacier Canyon Lodge (part of the Wilderness Resort) in September. To get more details see the Update March issue.

At the state conference you will receive a bag with programs and other goodies. This year the committee decided to **recycle cloth bags** we have sitting around. The cloth bags you received for other organizations that you use for groceries, sewing supplies, or whatever. Make sure these bags are clean and ready for others to use. Bring them to Spring Recognition, the UW Extension office, or any executive board member before June 1st.

Let's get ready to make this year 2017 exciting, a year with lots of learning, and making new friends.

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

FAMILY & COMMUNITY LIFE

On the Move and in the Groove

This has been quite winter weather wise. Those of you who were still trying to maintain some walking or exercise outdoors have been dealing with slush, sleet, rain and icy sidewalks and streets. It is better to not be out there than to fall and have a broken bone. It is nice to have an indoor location that we can use during this time or any time! The important thing is that we keep on moving! That could be walking, cleaning, gardening, dancing, swimming or any kind of activity. I have heard of many people getting their daily "walk" in front of the TV set. No one has to know what your eyes are doing while those legs and arms are involved in maintaining movement.

The State HCE wants to know again how much time that "moving around" is taking. So keep track of your minutes from February 28 through May 29. A chart on page 14 should help you track your minutes. Twenty minutes equals one point, naturally one hour would make 3 points. Total your points by the end of May and get them to me by **JUNE 3** so I am able to report them to the State by their deadline. Be sure and do that in Points, not minutes.

HCE IMPACT

At the risk of being repetitive, I again want to remind you to please continue to keep track of those important volunteer hours. A chart on page 15 should help you do this. Please use that or whatever method works the best for you to get the whole number of hours and the total amount of money donated for the year between June 1, 2016 and May 31, 2017. Doing this is not as much fun as accomplishing the volunteering or giving of your time or money. I love to help; writing that down is more difficult. It **is** important so I try my best. I am not perfect; I forget sometime and have to rethink my time. Give those totals to your club president by the **end of MAY**. Presidents, you are to total and present that to me by **JUNE 5**.

As a county, let's do our best! Get the totals for Volunteering (presidents) and "On the Move and in the Groove" to me by the deadlines. Do this by regular mail, by e-mail on the computer, or by phone. I'm not fussy. **Thanks to all of you.**

Ellen Schroeder,
VP of Family and Community Life

LEADER TRAINING

Spring Programs

Everybody is welcome at these events. Bring your thoughts and questions. If you have friends interested in the topic, bring them too.

CPR Recap

Tracy Brent of the Plain emergency staff led a well-organized and information-packed CPR class on January 21. Community members as well as HCE persons attended and earned their CPR card.

Driving

"Best Driving Practices" will be held Monday, Feb. 27, 6:30pm in the ETN room. Sheriff's Deputy Andrew Kulas will present information to refresh your understanding of sharing the road, dealing with hazardous situations, driving on ice, and much more.

Hearing Aids

Hearing loss plagues many of us. Come and learn how to seat members at your meeting so that those with hearing difficulties and others can get the most from the interaction. Audiologist Kathy Goetz will also present information about newer hearing support technologies, costs, and user-friendliness. This will happen at the Reedsburg Public Library meeting room at 6:30pm, Monday, March 27 meeting.

Man Mound Park

Man Mound Park is about 4 miles northeast of Baraboo. We hope to meet there to hear the curator, Robert Nurre, speak about this large effigy mound, made many centuries ago by the natives of this area. What was its purpose and why in this part of Wisconsin? Come and hear the intriguing details on Monday, April 24, at 6:30pm. If the weather is not conducive, we'll meet in the ETN room. Call the office there's a question about location.

Kathy Faivre
Vice President of Program

CULTURAL ARTS

Hope all HCE members are working on their projects for the Spring Cultural Arts Show. Judy Wehler is the new chairperson; she is out of town for awhile so Joyce is helping out until she returns. Any questions, please call Joyce Sorg. 544-2414. Entry form is on the following page. Entries are due to Judy Wehler by March 23rd.

SAUK COUNTY HCE

Cultural Arts Show & Contest - 2017 Categories

1. Painting/Drawing
Framed or Wrapped. If bringing an easel for your painting or drawing, securely tape a label with name, district and county.
A. Oil
B. Acrylic
C. Water Color
D. Other

2. Photography
Photograph must be 8" x 10", unmatted only, in 8½" x 11" plastic sleeve with a tag board or cardboard behind the photo. Framed photographs be disqualified.
A. Color–Landscape
B. Color– Waterscape
C. Color – Plants
D. Color – Animals/ Creatures
E. Color – People
F. Color – Skyscape
G. Black and White
H. Other

3. Sewing
A. Children's Wear
B. Adult Wear
C. Original Design
D. Wearable Art
E. Useful Sewn Item
F. Purse or Tote
G. Pillow
H. Sewn item made from recycled materials
I. Wearable Accessory *(apron, scarf, hat, etc.)*
J. Other

4. Knitting
A. Wearable Item
B. Afghan
C. Other

5. Crocheting
A. Wearable Item
B. Doily/Dresser Scarf
C. Afghan
D. Other

6. Hand Stitching
A. Plastic Canvas
B. Embroidery
C. Counted Cross Stitch
D. Other

7. Craft
Six (6) Cards without envelopes MUST be mounted as a group on a flat sturdy display board no larger than 14" x 22".
A. Cards–paper only-6
B. Cards–mixed media-6
C. Scrapbooking
D. Craft made from recycled materials
E. Handcrafted doll/toy
F. Glass craft
G. Other

8. Heritage Skill
A. Hardanger
B. Tatting
C. Woodworking
D. Basketry
E Spinning/Weaving
F. Felting
G Swedish Weaving
H. Rug Making
I. Original published book
J. Other

9. Bed Quilt
Larger than 60" x 80" or 4,800 sq inches
A. Tied
B. Hand quilted
Machine Quilted by You:
C. Pieced
D. Appliqued
E. Embroidered
Machine Quilted Professionally:
F. Pieced
G. Appliquéd
H. Embroidered
I. Any other Bed Quilt

10. Lap/Baby Quilt *Smaller than 60" x 80" or 4,800 sq inches*
A. Tied
B. Hand-quilted
Machine Quilted By You
C. Pieced
D. Appliquéd
E. Embroidered
Machine Quilted Professionally
F. Pieced
G Appliquéd
H. Embroidered
I. Any other lap quilt

11. Quilted Wall Hanging *(with hanging sleeve, NO frame) -- One (1) item only no longer than 50 inches*
A. Hand Quilted, fabric
B. Machine Quilted, fabric
C. Other i.e., - *collage of assembled materials or mixed media*

12. Table Topper/Runner
A. Hand Quilted
B. Machine Quilted

C. Other

13. Jewelry
A. Bracelet
B. Necklace
C. Other

14. Constructed Original Item
A. Clay/Pottery
B. Wood
C. Other

15. Painted Object
A. China
B. Glass
C. Fabric
D. Wood
E. Other

Poem, Essay, Short Story/Play

Three copies, typed on plain paper with 12 point font, must accompany the registration forms. Entries must not be framed or in book form. Staple a cover sheet with the category/title which is to be centered on the entry. Name and county should appear on the back side. Do not count "a", "an", and "the" for either essays or short stories.

16. Poem

17. Essay
Original, 1 topic; 250-500 words

18. Short Story/Play
Original with beginning, middle and end
3,000 words or less

19. Bonus Category – "Three Cheers for Team HCE!"
The Fun Category

Create a display of your choice.

You may use any media to construct your entry

Size restriction - base no larger than 10"x10" with maximum height of 20"

Judging - those attending will vote for their favorite "Three Cheers" entry

Have Fun!!!

Send registration and written entries to: **Judy Wehler**
S9461 S Cty Trk C
Plain, WI 5377
mkewhir@chorus.net

- -

Registration Form

List Category/Class (example 2D) and Provide Descriptions on an attached sheet.

Name ___________
Address ______________________________
City/Zip ______________________________
E-mail ______________________________
Phone # ______________________________

SPRING RECOGNITION

Thursday April 6
Voyageur Inn
200 Viking Drive, Reedsburg
5:00 PM Registration
5:30 PM luncheon.

The luncheon will include: Half sandwich choice of two fillings, Chips, Pickle, Cup of soup, and Coffee. Cost is $8 per person include tax and tip. For special dietary needs or questions call Lynda Schyvink at 985-7900 or Irma Reimer 727-5262.

Reservation and payment is due **by March 15, 2017** Registration form on page 13.

Evening Program includes:

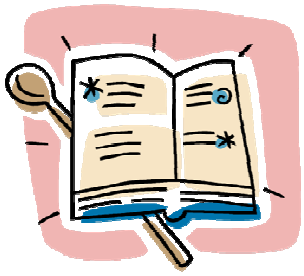
→ Our Spring Recognition speaker is nurse **Joan Mack** of the free clinic in Sauk City. She will talk about drug addiction locally and the CARE program to help persons "break free of the chains of addiction" and salvage their lives.

→ Recognition of 50 year members, new members and others.

→ Cultural Arts judging.

→ We will also be honoring **Sue Nagelkirk on her retirement**. Each club is encouraged to bring something for Sue. It could be a jar of jam, a small wall hanging, or whatever your club or you want to contribute. A basket will be provided to put all the goodies in. Let's shower Sue with a good send off.

HCE COOKBOOKS



Do you have this cookbook? The executive board reduced the price to $10. They make great gifts of brides, birthdays, college graduates, and many other occasions. The Extension office has these cookbooks as well as some executive board members.

Volunteers are the only human beings on the face of the earth who reflect this nation's compassion, unselfish caring, patience, and just plain loving one another. ~Erma Bombeck

GET READY, GET SET…GARDEN

WHEN: Saturday, March 25, 2017
WHERE: West Square Building
TIME: 8:00 am to 3:00 pm

A brochure was in the Jan/Feb newsletter - Would you have time to help us at the registration desk or introduce a speaker in a session you will attend? 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. Contact Sylvia to volunteer 356-7096.

We will need assistance in the following areas:

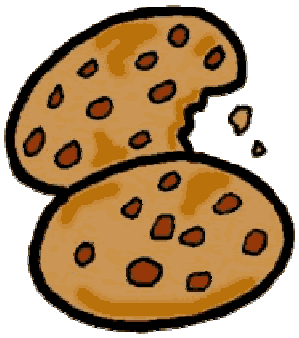
- Handing out lunches
- Serve lemonade
- Work at registration table
- Introduce a speaker
- Make cookies, bars or rolls

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. You can bring your donations on March 25 or the afternoon of March 24th . Items remaining at the end of the day, you can take home or they will be donated to St. Vincent de Paul. If you are bringing plants - let Sandy (254-7888) know and she will provide care sheets. Volunteers are needed to work at the table.

BAKED GOODS NEEDED

The Mirror Lake HCE Club will be doing the sweet table at Get Ready Get Set Garden. We are asking for donations of muffins, coffeecakes, cookies, or anything else that you might like to bring. This year the box lunch does not include a desert so we are hoping people will stop and pick up a desert at our table. Any question you can call Cheri at 254-2448.



Cheri Rhinehart
Mirror Lake HCE Club

Volunteering is the ultimate exercise in democracy. You vote in elections once a year, but when you volunteer, you vote every day about the kind of community you want to live in. ~Author Unknown

SAUK COUNTY EARTH DAY CELEBRATION 2017

Sunday April 23, 2017, 10AM -3PM
Rock Springs Community Center

Come Celebrate Sauk County Earth Day!

This is an indoor and outdoor family event. Hands-on, fun displays for youth & adults. Children's activities, door prizes Mini workshops.
Hike upper narrows guided by Ken Lange.
Elise Moser, author "What Milly Did" Books will be on sale.

There will be food and HCE will be selling their Famous Pies.

Encore!! Art 2017

Recycle, Reuse, Rethink
Sponsored by Sauk County Art Association
Entry guidelines & Entry Form available at saukcountyartassociation.com

PIES PIES PIES at EARTH DAY

Five people are needed to work each shift on Sunday, April 23rd
Work shifts 9:30 - 11:30
11:30 – 1:30
1:30 - 3:30

Call Sylvia Kriegl - 356-7096 skpolka@yahoo.com
or Lynda Schyvink 985-7900

Pies are needed - at least two per club and individual members are also encouraged to donate! Pies can be dropped off at the community center on Saturday 100-300 PM or Sunday AM.

PROGRAM BOOK CORRECTIONS

Please make these corrections in your booklet: p.17—State Conference is September 11-13.

p.7—Sylvia Kriegl's email address is skpolka@yahoo.com .

Let me know of other errors found. Kathie

SOUTHWEST DISTRICT MEETING

Hosted by: Lafayette County Association for Home and Community Education

Date: Thursday, April 20, 2017
Location: Bridges Restaurant, 201 Christensen Drive, Darlington, WI 53530
Cost: $15 per person - (registration deadline is April 1, 2017)

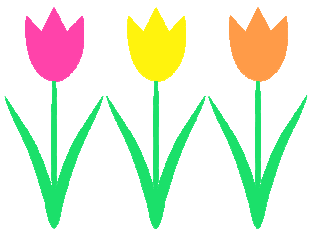
Schedule

9:00-9:30 a.m.	Registration and Refreshments
9:30-10:00 a.m.	Opening Session:
10:00-11:00 a.m.	Katie Roth - Wisconsin Dairy Farmer
11:00-11:15 a.m.	Break
11:15 a.m. - 12:00p.m.	Presentation: "Burlap Flowers"
-	
12:00 - 1:00 p.m.	Lunch: Soup & Salad, and
1:00 - 2:15 p.m.	Southwest District Meeting & State Fall Meeting Update: Sylvia Kriegl, Director
2:15 - 2:30 p.m.	Closing and Depart for Home

COST $15 Registration due by March 25, 2017.

Carpooling will be arranged.

HCE Southwest District Spring Meeting - Registration Form



April 20, 2017

Darlington, Wisconsin

NAME: _____

Make check payable to Sauk County HCE.

Mail registration form and check to: Cheri Rhinehart
E9472 South Ave
Reedsburg, WI 53959 by **March 25th.**

(Reservations are non-refundable - only transferable)

2017 WAHCE CONFERENCE

Glacier Canyon Lodge, Lake Delton

When making reservations:

1. You will be charged for one night per room reserved at the time the reservation is made.
2. Keep in mind this is a resort area so there is also a $12.95 nightly resort fee(They did give us a reduced rate, the regular fee is $19.95.) This fee will be added to your final bill.
3. 3 The cut off date for making reservations is August 11th, this is the date our block of rooms ends. You have a 72 hour cancellation time period at that time.

CLUB SECRETARY REPORTS

Are you sending the minutes of your club's meeting to Center Chairperson and Family Living Educator? It came to the executive board attention that many clubs are NOT following this rule. See page 9 in our 2017 program books for more information. We realize we do not have a Family Living Educator at this time, but we hope this position will be filled soon.

Barn Quilt Tour—Eastern Columbia County

May 11, 2017

9:00 a.m. depart from Portage at the fairgrounds, Wauona Trail; 4:00 p.m. return
9:15 a.m. depart from Pardeeville at Indian Trails Campground*; 4:15 p.m. return

$69.00 – includes motor coach, driver, host, quilt information booklet, lunch at Feil's Supper Club, quilting demo at Nancy's Notions, shopping time, snacks, games and door prizes.

Fill out and mail the registration form on page 13. Payment is your commitment to attend and is transferable, but not refundable. The tour is open to the public, and seats will be filled on a first-come, first-served basis.

*Directions to Indian Trails Campground: One mile north of Pardeeville on State Hwy. 22, then one mile west on Haynes Rd. to W6445 Haynes Rd.

Contact Margo Holzman at (608) 635-7772 or mitesag@yahoo.com

SCHCE BOARD MINUTES

SAK COUNTY HCE EXECUTIVE BOARD MEETING FEBRUARY 7, 2017

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

Roll call was taken with 15 members present. Secretary report read.
Treasures report was given by C Rhinehart and placed on file for audit.
Agenda additions: Old Business: Cookbooks, New- Rural Safety Day

Correspondence: Thank you from Morgan Schyvinck for scholarship, articles about Norma Clavadatscher and scholarships were in the local papers

Bookworms: Baraboo-reading -Sauk read the mitten book and made mittens to hang on tree, Reedsburg-will be reading the Spanish book

Center Chairs: Baraboo-Mirror Lake is looking for donations for the sweet table at Ready Set, Garden- Sauk-none; Reedsburg-City Country had cooking meeting

Cultural Arts: no report Entries due for cultural arts March 23

Family & Community Outreach: Volunteer hours need to be in by June 5

International: 19 exchange kids in Sauk County-can use cookbooks and maps for gifts

Lynn's Legacy: Will be making purchases again, talked about how to get hospitals more involved

Historian: none

Marketing: Need 50 year members for spring fling

Programs: programs are ongoing and attendance is good

Scholarships: All schools and UW Baraboo and MATC Reedsburg-have scholarship forms, remind family members to fill them out.

Family living Educator: Sue retired in January and no replacement yet.

Unfinished Business: Ready Set Garden: Posters are available March 25 registration due March 10
Membership: 128 members, have some individuals that need to renew and one club.
Executive Board Meeting Dates: The March 7 meeting will be chaired by Kathy Faivre. No June meeting, clarified a couple other dates.
Super Saturday: only 1 person signed up so did not do quiltets, but the LaValle public library is looking to do them for a program for the summer

New Business: State Convention: September 11-13 in the Dells.
Newsletter: articles due February 10
Southwest District meeting: April 20 in Lafayette County
2017 Budget review: tabled
2017 Program Planning & Books-correction for state convention date and will look at the wording in the back of the book for next year.
Spring Recognition/Sue Retirement: April 6 with Reedsburg Center hosting. A basket of items will be given to Sue for her retirement, with donations from the clubs.
Earth Day: April 23
New Club: Merry Meadows in Baraboo with 9 members
Next Meeting: March 7
Refreshments: Cheri & Shirley
Meeting adjourned with the WAHCE prayer.

Sharon Verthein,
Secretary

National Volunteer Week
April 23-29, 2017

REGISTRATION FORM

BARN QUILT TOUR—EASTERN COLUMBIA COUNTY MAY 11, 2017

Name:_____

Address:_____
(street) (city) (state) (zip)

Phone:_____

Lunch Choice:__Cobb Salad (no side) ____Bacon Cheeseburger ____Reuben
____-Portabella Mushroom Panini ____California Chicken Wrap
Side: ____ Chips ____Fries ____Onion Rings

Please make your check for $69.00 payable to CCAHCE and mail it to: Carol Beck, CCAHCE Treasurer, N8189 Fenske Rd., Pardeeville, WI 53954

Registration deadline is March 15, 2017.

SAUK COUNTY SPRING RECOGNITION REGISTRATION
April 6, 2017

Return to Cheri Rhinehart E9472 South Ave Reedsburg, WI 53959 by March 15th.

Club Name:_____

Members attending:

_____ _____

_____ _____

_____ _____

_____ _____

_____ _____

Make checks payable to Sauk County HCE

_____ number attending x $8.00 - Total enclosed: _____

On the Move and in the Groove

February 26 to May 27, 2017

Get moving with HCE members from across the State. Record 1 point for each 20 minutes of activity. For example: 1 hour = 3 points.

HCE Member : _____

Dates	Sun.	Mon.	Tues.	Weds.	Thurs.	Fri.	Sat.	TOTAL WEEK	RUNNING TOTAL
Feb 26 March 4									
March 5-11									
March 12-18									
March 19-25									
March 26 April 1									
April 2-8									
April 9-15									
April 1 6-22									
April 23-29									
April 30 May 6									
May 7-13									
May 14-20									
May 21-27									
								TOTAL POINTS	

Return this report to Ellen Schroeder by June 3, 2017

1387 Wellington Drive
Reedsburg, WI 53959

Volunteering June 1, 2016 through May 31, 2017

Hours	Money	Hours	Money	Hours	Money
June 1-4		Oct 30-Nov 5		Ap 2-8	
June 5-11		Nov 6-12		Ap 9-15	
June 12-18		Nov 13-19		Ap 16-22	
June 19-25		Nov 20-26		Ap 23-29	
June 26-July2		Nov 27-Dec 3		Ap 30- May 6	
July 3-9		Dec 4-10		May 7-13	
July 10-16		Dec 11-17		May 14-20	
July 17-23		Dec 19-24		May 21-27	
July 24-30		Dec 25- 31 2017		May 28-31	
Jul 31-Aug 6		Jan 1- 7			
Aug 7-13		Jan 8-14			
Aug 14-20		Jan 15-21			
Aug 21-27		Jan 22-28			
Aug 28-Sept 3		Jan 29-Feb 4			
Sept 4-10		Feb 5-11			
Sept 11-17		Feb 12-18			
Sept 18-24		Feb 19-25			
Sept 25- Oct 1		Feb 26-Mar 4			
Oct 2-8		Mar 5-11			
Oct 9-15		Mar 12-18			
Oct 16-22		Mar 19-25			
Oct 23-29		Mar 26-Ap 1			

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

Sauk County UW Extension Office
505 Broadway
Baraboo, WI 53913

March/April 2017

Return Service
Requested

"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

February

27 Leader Training – Best Driving Practices

March - Women's History Month

7 Executive Board Meeting
10 Ready, Set Garden Registration Due
15 Spring Recognition Registration Due
25 Get Ready... Get Set... Garden Day
27 Leader Training - All about Hearing Aids

April

4 Spring Elections
6 Spring Recognition
11 Executive Board Meeting
12 Articles Due for Summer News & Views
23 Earth Day Celebration
23-29 Volunteer Week
24 Leader Training - Man Mound
26 Southwest District Meeting