



Sauk County HCE News & Views

Volume 2018 Issue 2 March/April 2018

*Growing through
the University of
Wisconsin
Extension*

Sauk County
Association for
Home &
Community
Education

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President's Letter

Dear HCE member...

I am writing this letter on a bright and sunny winter day. The snow is glistening, the snowmobiles are driving on our farmland, and all is well. This is one of my favorite days of the year.

Bob and I went to Florida for two weeks to our time share. It's always nice to see our Florida friends, walk the along the ocean, swim, go to the harness races, and see movies. We seldom go to movies in Wisconsin. Have you seen Lady Bird? That was a great movie about mother/daughter relationships, the struggles of teens in the 21st. century, and teenage rebellion. It is not about Lady Bird Johnson. It is rated "R"; there is a sex scene...I could do without.

It was a great time to read a good book. I'm reading "The Nightingale" by Kristin Hannah. It's a story about two sisters who lived through WWII in France. Their mother died at an early age, and their Dad took to drinking, and the youngest was sent off to boarding schools. She was kicked out of many boarding schools, always coming home in hopes of finding her father's and sister's love. During World War II she walked pilots who had crashed their planes, over mountains from France to Spain, which was a risky adventure. The pilots were sent back to their home base. She saved so many lives and fifty years later they honored her for these efforts. It's a wonderful book. Both the movie and book emphasizes the importance of telling our families we love them. Have you told your family you love them lately?

Finally, my Update magazine came today. It has information about the National Volunteer Outreach Network or NVON conference. The HCE Wisconsin Friendship chorus will be singing at the noon luncheon on July 18. If you want to sing contact Carol Anderson at 546-5194. This conference is July 16-18 at Pewaukee. It's held at The Country Springs Hotel and soon to be The Ingleside Hotel. For more information and registration call any board member or go to: www.nvon.org; registration is due June 15th. This is a great opportunity to learn more about this organization and meet new people. Come for a day or all three days. I hope to see you soon.

Enjoy winter,

Donna Ochsner
Sauk County HCE President
608-574-2133 cell

Dochsner47@gmail.com 608-544-2001 home

Programs Events

Lynn's Legacy Brat Sale 2018

Please mark your calendars for our 2018 Brat Sale. It will be at the 2nd Street Market (formerly the IGA) in Reedsburg on Saturday, June 16th. This is the same day as the Butterfest Parade.

Shirley Vorndran

Sauk County Earth Day 2018

Place: Rock Springs Community Center

Date: Sunday April 22, 2018

Time: 9:30 - 3.00 PM

Free family event with lots of fun activities. Youth activities - Nature hikes - Encore Art Show - Lots of vendors - Indoors and outdoors - Mini workshops by vendors
HCE will sell our FAMOUS PIES..PIES..PIES

Four people are needed to work each shift on Sunday April 22, 2018. The work shifts are from:

9:00 AM to 11:30 AM

11:30 AM -to- 1:30 PM

1:30 PM to 3:30 PM

Let's have a fun day selling pies and learning about nature!!

Pies are needed - at least two (2) per club and Individual members are also encouraged to donate!

Call Sylvia at 608 356-7096 or at skpolka@yahoo.com for more information.

GET READY, GET SET...GARDEN

GET READY GET SET GARDEN MARCH 24, 2018

The Mirror Lake HCE club will be doing the Sweet Table. Donations of muffins, breads, cookies, coffeecakes and cupcakes would be greatly appreciated. Items may be dropped off that day and all proceeds will go to the general fund which pays for supplies, postage, meeting expenses, etc. Since this is our biggest fund raiser, let's make it a successful event.

Thank you - Cheri Rhinehart
Mirror Lake HCE President

EDITORS NOTES



For our Newsletter-- It is best to submit items directly to me! If you are unable to email, please either type or print the article. 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.

Deadlines for the upcoming newsletter will be posted in each issue. The next deadline is April 10th for the next newsletter. It is important to follow the deadline or the newsletter will be delayed or your article may not be included. The 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!

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WISCONSIN FRIENDSHIP CHORUS

The Wisconsin Friendship Chorus has been invited to sing at the NVON Conference, July 18 at noon in Pewaukee, WI (near Milwaukee). The Chorus is made up of HCE members from throughout Wisconsin and we are always wishing to add more voices. The chorus has been together for over 25 years and has sung at many conferences, farm tech days and at three European concert tours. Sauk County has always provided a good number of the singers.

We will have a rehearsal at the Cedar berry Inn, Sauk City, June 13 and 14 and at the conference site on July 17th. Please consider joining the Chorus this year. Via the magic of music we've created many memories and many HCE friendships.

For more information contact: Chorus Coordinator, Carol Anderson, S10976 County Road C, Spring Green, WI 53588. Ph. 608-546-5194 - e-mail carolanderson087@gmail.com

Sauk County HCE 2017 Survey Results

53 surveys out of 130 members or 41 % of our membership returned their surveys.

52% recommended raising the dues to cover printing/postage (we have not raised our dues since 2008)

45% recommended reducing the amount/number of scholarships

47% 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.

43% 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.

90% felt the newsletter was very important

The Executive Board is revising the by-laws and guidelines. They will be sent to your Club President and voted on at Spring Recognition April 12th

SCHOLARSHIPS

Correction for the website---

Applications materials are available from Student Services at all Sauk County high schools, at UW-Baraboo, and MATC-Reedsburg. They are also available on the web at <https://sauk.uwex.edu/family-living/hce-scholarships/> or from Janet Hanson, Scholarship Committee Chairperson.

Janet Hanson
Scholarship Committee Chairperson

Report for Living Flag of SCHCE

- * 4 trips to the Dane County Airport to participate with the Living Flag at the return of Badger Honor Flights--April, May, September and October 2017
- * participated in the Reedsburg Butter Fest Parade
- * participated in the Cow Chip Parade-Sauk Prairie
- * participated in the July 4, 2017 Witwen parade

Sandy Bruckert

CULTURAL ARTS

We will again hold our Cultural Arts contest in our County at the Spring Fling. Most of the categories are the same as last year. Send your entries to: Judy Wehler, S9461 Highway C, Plain, WI 53577 the deadline for county entries is **April 1st**.

.....clip.....
Registration Form for Cultural Arts clip & send in **signed** and completed form and Claim Check

Registration Form

Claim Check

Category/Class (example 2D)_____

Category/Class (example 2D)_____

County_____ District_____

County_____ District_____

Name (print)_____ -

Name (print)_____

Address_____

Address_____

City/Zip_____

City/Zip_____

E-mail_____

E-mail_____

Phone #_____

Phone #_____

Title or description_____

Title or description_____

Are you bringing an easel? Y or N

Are you bringing an easel? Y or N

Peoples' Choice# (official use only)_____

Please read and sign: Entries will Not be accepted if unsigned. Entrant will not hold WAHCE responsible for any loss or damage to any item submitted for use in the WAHCE Cultural Arts Show. Entrant gives permission for their photo, photos of their entry, and/or print copies of their written entry to be used by WAHCE as seen fit

**Wisconsin Association for Home & Community Education, Inc.
Cultural Arts Show & Contest – 2018 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. Alcohol Ink
- E. Other

2. Photography

Photograph must be 8" x 10", unmounted only, in 8½" x 11" plastic sleeve with a tag board or cardboard behind the photo. Framed photographs will 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 square inches

- A. Tied
- B. Hand quilted
Machine Quilted by You:
- C. Pieced
- D. Appliqued
- E. Embroidered
Machine Quilted Professionally:
- F. Pieced
- G. Appliqued
- H. Embroidered
- I. Any other Bed Quilt

10. Lap/Baby Quilt

Smaller than 60" x 80" or 4,800 square inches

- A. Tied
- B. Hand-quilted
Machine Quilted By You
- C. Pieced
- D. Appliqued
- E. Embroidered
Machine Quilted Professionally
- F. Pieced
- G. Appliqued
- 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. Set
- D. 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, Non-Fiction, Fiction

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. Non-Fiction
Original, 1 topic; 250-500 words

18. Fiction

*Original with beginning, middle and end
3,000 words or less*

19. Bonus Category**“Spring Into Action!”**

*The Fun Category
Limit of one entry per county. 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 “Spring Into Action” entry
Have Fun!!!*

**STATE REGISTRATIONS
DUE BY AUGUST 1,
2018**

SCHCE BOARD MINUTES**SAUK COUNTY HCE EXECUTIVE BOARD MEETING February 6, 2018**

President Donna Ochsner called the meeting to order with the pledge to the flag and the WAHCE creed. Roll call was taken with 14 members present. Secretary's minutes were approved as read.

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

Correspondence: none

Agenda Additions: Farm Safety, Black History, Food for Kids

Bookworms: Reading to the kids

Center Chairs: Baraboo-none, Reedsburg-Food waste, Sauk-none

Cultural Arts: none

Family & Community Outreach: Healthy Lifestyle Survey fill out

International: Working on exchange students

Lynn's Legacy: Brat sale June 16th 2nd Street Market

Historian: none

Marketing: none

Programs: good community response for Green Burial Lesson-Motion by S Vondran, 2nd by E Schroeder to increase program budget to \$150.00-passed unanimously

Scholarships: Some coming in due March 10 need to have bylaws and guidelines say the same thing

Old Business:

Ready Set Garden-38 people registered

New Business:

Spring Recognition-Reedsburg Center- Reedsburg Town Hall April 12, 2018 at 5:30 pm

Earth Day- April 22 at Rock Springs will need pies

SW District meeting ==April 18, 2018 Lafayette county-handed around signup

NVON convention- July 16-18 at Pewaukee

State Convention- Sept 11-13 Pewaukee

Guideline revisions- looked over and made some changes will have revised changes next month

Black History Month is February

Food for Kids: Baraboo High school students are getting food packets ready-looking for help with packets

Farm Safety: May 15, 16 & 17 at fair grounds. Motion by S Kreigl, 2nd by L Wiese to donate \$250.00 passed unanimously

Fall Southwest District Meeting: Our turn to host, Lerna Mae, Sylvia and Donna will be going

Newsletter: articles due February 10

Next Meeting: March 6, 2018

Refreshments: served by Kathy and Donna

Meeting adjourned with the WAHCE prayer.

Sharon Verthein,
Secretary

HCE HEALTHY LIFESTYLE SURVEY

The State HCE has made some changes in our “keeping active lifestyles”. We all know that it is so important to keep active in some way as we live day by day. But this change will make it some easier to keep track of it during that time frame of between February 18- May 12, 2018. It is in place of “On the Move and In the Grove”. A survey will be attached in this Newsletter for you to fill out and send in June 15th.

I like this survey in that it reminds us we can do our activities in any way we choose ! In the Sunday, January 28th issue of the WI State Journal there were two articles that mentioned some type of exercise was important for an aging heart and also it was listed as a small way to help prevent dementia. My theory is -----do as much as we feel like and as much we have the time for. There may be problems in our lives or our bodies that prevent heavy exercise. Or we may have jobs and families that cut into our time. Let’s all just do the best we can. KEEP MOVING!!

And here is another reminder to continue to keep track of those “Volunteer Hours”! Do it in any way that is convenient for you. They are to be turned in by the end of May to your club Presidents. Presidents are to send the totals to me.

Ellen Schroeder, VP of Family and Community Life

Instant Pot isn’t safe for canning

Posted on [January 8, 2018](#) by [Barb Ingham](#)



As a reminder, in early November 2017, I posted an article about [electric multi-cookers](#), the most popular of which is the **Instant Pot**. I was at several holiday parties where individuals had received this appliance as a holiday gift. **Are these electric multi-cookers safe for canning?** Unfortunately, the answer is ‘No.’ These units have **not been tested** to ensure that they may produce safe **canned food**, they are only **recommended for cooking**.

For more information, Contact the Extension Food Preservation & Food Safety Specialist [Barbara Ingham](#) Email: bingham@wisc.edu

HCE HEALTHY LIFESTYLE SURVEY
(Formerly on the Move and in the Grove)

Get Moving and eat healthy with HCE members across Wisconsin. Please reply to this 5-question survey about maintaining your healthy lifestyle from February 18 to May 12, 2018.

Name (optional) _____

County _____ Wisconsin

1. Which activities do you usually participate in weekly? Check all that apply

- walking ____hiking ____running -----dancing -----bowling
- biking ____spinning -----rowing -----swimming -----skiing
- Strong Bones class -----YOGA -----Tai Chi -----exercise DVD
- tennis -----others (please list)-----

2. How many times a week are you usually active for 1/2 hour or more?

- 5 or more -----3 or 4 -----1 or 2-----zero

3. Do you exercise alone or with a group? Explain -----

4. How many 1/2 cup servings of fruits & vegetables do you usually eat daily?

- 8 or more -----5--7 -----1--4 -----zero

5. How much of your diet is raised, grown or made within 100 miles of you

- Most -----About half -----Some -----Very little -----Unsure

Send results to: Ellen Schroeder
1387 Wellington Dr.
Reedsburg, WI 53959

Due: May 1, 2018

Spring Recognition

Thursday April 12, 2018

Reedsburg Town Hall 600 W Main Street Reedsburg

5 p.m. Registration

5:30 p.m. Light Supper "Haystack Luncheon"

Cost \$7 per person

Speaker Kevin and Patsy Alderson of Cashton will speak about "Our neighbors, the Amish" Questions?? Call Irma Reimer at 727-5262. Thank you!

-----CLIP-----

Sauk County Spring Recognition Registration

Payment and Reservation due by March 15, 2018

Return to Cheri Rhinehart, E9472 South Ave Reedsburg, WI, 53959

Club Name: _____

Members attending:

_____	_____
_____	_____
_____	_____
_____	_____

Make checks payable to Sauk County HCE

_____ Number attending x \$7.00 = Total enclosed: _____

Sauk County UW Extension Office
505 Broadway
Baraboo, WI 53913

March/April 2018

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

Kitty Enerson, News & Views Editor
kittyenerson@ymail.com



Upcoming Activities

March

March 6 Executive Board Meeting
March 10 Scholarship Applications due

April

April 12 Spring Recognition
April 10 June/July News Articles Due
April 18 SW District Meeting
April 22 Earth Day Rock Springs