



Sauk County HCE News & Views

Volume 2018 Issue 2 May/June/July 2018

*Growing through
the University of
Wisconsin
Extension*

Sauk County
Association for
Home &
Community
Education

Inside this issue:

President's Letter 1
 Programs.....1

Membership.....2
 Club News.....2
 Ready, Set, Garden...3

Editor notes..... 2
 Family and Community
 Life 3
 Editors Notes3

Scholarship &
 Grandparents College 4

Executive Board
 Minutes..... 5

President's Letter

Dear Fellow HCE member:

This spring has been cold, but finally they are talking a warm up. We haven't had a nice spring for the last few years. It seems like we go from winter to summer. I'm looking forward to picking pussy willows and watching for my spring flowers to bloom.

Soon we will have the June Dairy Breakfast on June 9 at the Brian and Rachel Bender Farm, S 4065 Hwy 136, Rock Springs, and the Lynn Legacy Brat Sale on June 19 in Reedsburg. July brings the Sauk County Fair from the 9-15; HCE will be serving pies at the Taste of Sauk County July 13 and 14; and some members are attending and singing at the NVON conference July 16-18 in Pewaukee. I hope to see you at some of these events.

Remember my phone is waiting for your call...with suggestions.

Donna Ochsner, Sauk County HCE President
 Dochsnr47@gmail.com 608-544-2001 home 608-574-2133 cell

Programs Events

JUNE 16, 2018 – LYNN'S LEGACY BRAT SALE

Saturday, June 16, 2018 9:00 a.m. – 2:00 p.m. 2nd Street Market – Reedsburg, WI

We need your assistance for the following shifts:

8:00 to 10:00

10:00 to 12:00

12:00 to 2:00

This is a fundraiser for the Lynn's Legacy Project. We need the help of individual members and club members alike. Please support us by helping or purchasing brats to take home for your family. Call Shirley Vorndran at 608-522-4916 as soon as possible to work the shift that is most convenient for you.

Sauk County Earth Day 2018



Date: Sunday April 22, 2018
Place: Rock Springs Community Center
Time: 9:30 - 3.00 PM

Each club needs to bring two pies. Workers needed from 9:00 am to 11:30-am, 11:30 am to 1:30 pm, 1:30 PM TO 3:30 PM

Call Sylvia at 608 356-7096 or email at skpolka@yahoo.com

MEMBERSHIP/ CLUB NEWS

A number of 2018 membership booklets have not been picked up from the Extension Office. If you are a member, please take one. Thank you, Kathie Faivre

Emergency Government Meeting

The meeting room has been changed for April 30. Enter the Court House (not the West Square Building) at the doors off Broadway in Baraboo. The room is to your left--Room 28. See you there.

Editor's Note



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 July 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. DEADLINES are needed and must be followed!

Kitty Enerson - Editor
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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). Sauk County has always provided a good number of the singers.

We will have a rehearsal at the Cedarberry 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 or e-mail carolanderson087@gmail.com

Get Ready, Get Set, Garden Seminar held 3/24/2018

We had fun day and great seminars, especially the children making milk jug gardens and finding bugs using high tech tools.

Thank you to all who took classes. Thank you to all who worked Friday to set up, who donated baked goods and items for the garden table to fund stoves for Nicaragua.

Thank you to those of you who staffed the registration table, introduced speakers, gave directions, made basil lemonade, and helped with clean-up. In addition, thank you to Mary Jane who helped with any computer problems.

This event wouldn't happen without all of you!!



Sylvia Kriegl Cherie Rhinehart Shirley Vorndran

Taste of Sauk County at the Fair

Friday July 13, and Saturday July 14th The HCE will again feature products produced in Sauk County. Most of the vendors are selected from the Sauk County UW-Extension 2018 Farm Connect Guide

Our purpose: Give out "Sauk County Farm Connect Guides" into the hands of those who pass by and explain it. The theme is "Buy Local, Eat Local." Keep the money in the hands of our farmers.

Items may include honey, maple syrup, sorghum, fresh eggs, salsa, jams, herbal products, bread flour, lavender, garlic, and more. If you know of a farmer who is not listed in the brochure, let us

Know. We also need **our HCE Famous Pies** to sell. No cream pies. We will need pies and willing workers. Clubs should supply at least 2 (two) pies.

Times to work would be 10 am to 1 pm, 1 pm to 4 pm, and 4 pm to 7 pm

Call Sylvia Kriegl 608-356 7096
skpolka@yahoo.com

Donna Oshsner 608-544-2001
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SCHOLARSHIPS

Three Cheers for the Grandmas!

The Scholarship Committee would like to applaud all the grandmothers in Sauk County HCE who encouraged their grandchildren to apply for our HCE scholarships.

We had six very well qualified applicants who excelled academics, leadership, sports, extra-curricular organizations, community involvement, and many worked either on their home farms or at local businesses. It was a difficult task indeed to choose only three out of this outstanding group of six.

Congratulations to Erik Eilertson of Baraboo High School (grandson of Sharon Terry) who will be attending UW-Platteville in mechanical engineering. Congratulations to Dylan Herbrand of Sauk Prairie High School (grandson of Diane Slark). His major will be agricultural engineering at UW-Platteville. Congratulations to Austin Schyvinck from Reedsburg (grandson of Linda Schyvinck). Austin is currently a student at UW-Madison who is currently majoring in kinesiology and who is aiming for an additional degree in physical therapy.

An additional thank you to Tonya Anderson and Carolyn White who are members of our Scholarship Committee and who faced the challenging task of choosing only three out of our six highly qualified applicants.

Janet Hanson
Scholarship Committee Chairperson



Janice Schyvinck (mother), Linda Schyvinck (grandmother) and Carolyn White Scholarship Committee
Sharon Terry (grandmother), Erik Eilertson, Yenti Eilertson (mother)

***Pictures courtesy of Learnna Mae Wiese

CHANGE TO NOTE

The speaker for the September 24 October leader training has been changed: the time and place are the same.

Certified recreational specialist, Mandy Retzlaff will be speaking about her adult day care business/service in Reedsburg she will provide insight into the needs of Alzheimer's patients and other adult day services.

SAUK COUNTY HCE EXECUTIVE BOARD MINUTES APRIL10, 2018
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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's minutes were approved as read.

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

Correspondence: none

Agenda Additions:

Bookworms:

Center Chairs:

Cultural Arts: 3 entries for cultural arts hoping for more

Family & Community Outreach: track of hours

International: none

Historian: none

Marketing: none

Programs: looking for different speaker for Sept. lesson-health reasons

Scholarships: none

Old Business:

Ready Set Garden-97 people, had couple speakers cancel, good comments

Newsletter: articles due April 10, 2018

SW District meeting -April 11, 2018 firmed up carpooling

Spring Recognition-Reedsburg Center- about 60 people registered

Earth Day- April 22 at Rock Springs-sign up passed around for help may bring pies Fri.1-4pm

Bylaws and guidelines-Meet and started discussion, will have more at May Meeting

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

Earth Day- April 22 at Rock Springs will need pies

NVON convention- July 16-18 at Pewaukee-Donna and Marilyn will be singing

State Convention- Sept 11-13 Pewaukee

South West District Meeting—in Plain at the Kraemer Library/Community Center- need table decorations and nametags. Have speakers.

Fall Fling-October 18- Sauk Prairie centers hosting

New Business:

Diane Pillsbury Director Baraboo Area Senior Citizen Organization survey- would like all members to complete survey and return by June 30.

UW- Extension hiring of FLE and AG agent- may have to share with another county-UW doesn't have enough money to do all the hiring.

Diamond Hill and Pleasant Valley had a joint meeting with a speaker about the Civil War. Very interesting, possibility for other clubs to do the same

Next Meeting: May 1, 2018

Refreshments: served by Shirley Vorndran and Ellen Schroeder

Meeting adjourned with the WAHCE prayer.

Sharon Verthein, secretary

Baraboo Area Senior Citizens Organization seeks your input!

The Baraboo Area Senior Citizens Organization (BASCO) is seeking the help of HCE members and Sauk County residents to ensure that it is providing programs and activities that are relevant and meet the needs of today's active seniors and "baby boomers." While BASCO membership draws primarily from Baraboo, Reedsburg, North Freedom and Lake Delton locale. All Sauk County residents are welcome to complete this survey. A paperless online version can be completed at: <https://uwex.co.col.qualtrics.com/jfe/form/SV-eljHrEIZE6pm0ct>



By taking just a few minutes to complete the online survey, you can ensure that BASCO is truly an asset to the community Please complete this survey by June 30th

Thank You for your support.

Sincerely, Diane M. Pillsbury, Executive Director

Foods Changing From Bad to Good

First, PLEASE, HCE members, get your "HCE Healthy Lifestyle Survey" sheets in to me by the end of May! I have until June 15 to get them to our State VP Family and Community Life Chairman, Veronica Sustar. If you would like to send them to her instead of me, that would be perfectly okay. PLEASE get them turned in. You each have a Survey Sheet that was in the last newsletter. The state decided to change the "On the Move and in the Groove" to this survey. This makes so much easier for us! GET THAT SENT IN.

We are still to keep track of our Volunteer Hours for each year, which is EXTREMELY IMPORTANT. Totals are also due to me by the end of May. I hope you are doing this in any way suitable to you. We've done this every year so you know all about it.

Now, the changing foods!! I am sure that all of you are aware of some of the foods that were considered unhealthy for us in previous years are now good for us!! I suspect most of you can even name them. Remember when chocolate was a no- no? Remember when coffee was considered very bad? Peanuts and other nuts also were not healthy! Eggs in any form were “naughty” and so on.

Now chocolate is very good for us if it is 100% Cacao and unsweetened. It should not be processed cocoa. Some research now says coffee may lower your risk of diabetes and heart disease. That research continues. I have read the egg yolks contain two nutrients, lutein and zeaxanthin that are so good for our eyes. They also are a source of Vitamin A and D. Nuts (if you are not allergic to them) fill you up and keep you full longer. So we do not get hungry as quickly and they do have good nourishing components. In addition, the fiber in nuts----always a positive thing. How about sweet corn on the cob? I have read sweet corn has those same two nutrients that are good for the eyes as the egg yolks have. The natural fiber of the corn protects us from heart disease and diabetes. Naturally, the amount of butter and salt that are added on that corn cob is an important factor.

More research is being constantly done and information changes. I laughingly tell my children, if I live long enough, everything will be healthy again! Birthdays are good for you, the more you have, the longer you live.

Ellen Schroeder, VP of Family and Community Life

WisconsinBookworms



As I am writing this, we have read the seventh (7) book for this year. In May we will be reading the last book for the 2017-2018 school year. I want to thank everybody who has read this school year, or has helped in any way to make it a successful year for Sauk County Head Start Children. HCE is so happy to have volunteers and donations from organizations and individuals to help us buy books to give to the children. We want the children to receive a set of 8 books to be their own and hopefully inspire a love of reading for their future.

Lerna Mae

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May/June/July 2018

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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

Kitty Enerson, News & Views Editor
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Upcoming Activities

May

May 1 Executive Board Meeting

June

June 1 Volunteer Hours due to Ellen S.

June 9 Sauk County Dairy Breakfast

June 15 Lifestyle Survey due to Ellen S.

June 16 Lynn's Legacy Brat Sale

July

July 9-15 Sauk County Fair

July 13-14 Taste of Sauk County

July 16-18 NVON Conference--Pewaukee