



# Sauk County HCE News & Views

Volume 2018      Issue 4      Nov/Dec 2018

*Growing through  
the University of  
Wisconsin  
Extension*

Sauk County  
Association for  
Home &  
Community  
Education

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Dear Fellow HCE Members:

As I write my last newsletter article I find myself with a sense of relief and also disappointment. There is always something more that can be done. I'm glad we updated our bylaws and guidelines. This wasn't a lot of fun to complete. I'm more of a creative person and writing bylaws and guidelines is not using my talents.

I'm disappointed I didn't get to know all Sauk County HCE members better. Some of you I know well, while others are just names on a spreadsheet. I'm a people person. As my term ends on January, I hope to get to know more Sauk County HCE members. As your past president, I will have fewer responsibilities to the organization, but will always be willing to help in any way that I can.

My next adventure will be working on my family Pascavis/Clark and Bob Ochsner/Moely family genealogy. I was told I'm Irish, Scottish, English, German and Polish. My brother did a lot on our family history, but he didn't find the Scottish link. I'm hoping to find the Scottish link. I think we just need to do more research.

I also have a long list of things I want to complete. I have furniture to sand and stain. There are lots of closets to clean out. I have one more room in my home that needs to be redecorated. The dining room needs the paneling removed, under the paneling is wallpaper to remove (usually I find 4 layers on the walls and two layers of wallpaper on the ceiling), take out the lower ceiling tiles, replace the carpeting, plaster the walls and ceiling, and whatever other surprises this room has for me. This project will take a while and I don't like dust or living in a mess.

If you know me, I also want to do more traveling. My theory is I need to do this before I'm too old to enjoy traveling. My bucket list is long so I better get to work on this list.

Thank you for all your help. We are a great volunteer organization. We do great things for others while learning about new things for ourselves. If you are asked to serve on the executive board I would highly recommend this opportunity. You will be rewarded for your efforts and learn a lot about an excellent organization.

Thanks again,

*Donna Ochsner*, Sauk County HCE President

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## Programs Events and Reports

### Lynn's Legacy Brat Sale

#### Lynn's Legacy Thanks You

I have been chairperson of the Lynn's Legacy project since 2010. During that time Sauk Co. HCE has been able to buy quality personal care products to fill hundreds of gift bags for Sauk Co. persons having Cancer treatments.

We could not have done this without many community organizations, local businesses, churches, and individual donations. We could not have done this work without our HCE ladies who have knit, crocheted, and sewn hats for us.

I wish to personally thank all who worked hard to make our steak feeds and brat sales a success. Lerna Mae made sure we had a place for them and worked many hours with me--thanks to her. Also, thanks to Joyce, Corinne, Lerna Mae, and others who helped deliver bags to the area hospitals. I also thank Nancy, Sharon, and granddaughters Lyndsey and Ashley for assisting in assembling the gifts bags with me. Please forgive me if I have missed anyone. There have been so many who worked long hours to make this successful over the years.

Many wonderful people have passed through my life as I have worked on this project. We need to continue to give back to our community and gift those folks who are going through a hard time with cancer treatments. I am thanked every day by so many for the get well wishes and good products that they receive.

I am passing on the Lynn's Legacy project to Karen Zick and Diane Been. I am sure they will continue to provide this wonderful service to Sauk County cancer patients that HCE began in 2005 with new ideas and renewed passion. Please help them in any way that you can.

Shirley Vorndran

### Membership/Club News

#### **IT'S A FAMILY AFFAIR" Remember the song, "I'm My Own Grandpa?"**

Well, our club membership has that same theme running through it! And it is mostly relatives! So we will take you on a "Who's Who in Diamond Hill HCE." The Friendly Neighbors Club started in rural North Freedom in 1936 by Clara Baumgarten and her neighbor ladies. In 1945 they joined the UW Extension and became the Diamond Hill Homemakers Club. Clara Baumgarten, who was our charter member, lived to be 98 1/2 years old and passed away in 2009. She was an active member until she went into the nursing home in 2008.

Our neighborhood club continues to thrive and still has the Baumgarten name on our roll call! Clara's daughter-in-law, Carol Baumgarten, joined in 1993, when she moved to the area. Clara's granddaughter, Angela (nee Baumgarten) Filip joined our club in 2002, and her mother-in-law, Jan Filip became a member in 2006. So Angela is a niece of Carol B. Angela also had her cousin Carol Koch join in 2016, and just a side note, Carol Koch's mother was a member of this club and her grandmother-in-law, Alice Koch, was one of the founding members. When Carol Koch joined club, her sister-in-law, Lori Koch also joined in 2016. And Angie's other cousin, by marriage, is Elaine Shimniok, who joined us in 2004. Elaine is married to one of Carol B.'s cousins, as well!

And we can't forget one more Baumgarten: Linda has been a member since 1971. Linda has the longest membership in our club at this time! She and Carol B.'s husbands were cousins. Carol B. has another niece in the club, Joyce Mitchell, who joined us just this year! Do we have you confused yet??!

Now we have long-time member, Mary Gieck, a vital part of our club since 1982. Her daughter, Jessica Milestone, had been a member previously and then moved from the area. Now she is again a member, joining us in 2017. Then we have two sisters, Nora Schmidt joined in 1989 and Lena Rockweiler joined in 2018. So that is how we are related! Wow, twelve of our sixteen members are relatives.

But, we don't want to forget our other four members: Kathie Faivre joined in 2010, Pamela Felland in 1995, Betty Meyer in 1998 and last, but not least, Judy Shelton in 1975. These ladies aren't related (as far as we know?)! But relative or not, we are good friends and neighbors, and we would welcome others to join us at our meetings; relative or not!

Just a side note: Some of our members have belonged to other clubs or were members previously. Without digging into our history too far and not wanting to quote an incorrect date, I opted to add only dates I was sure of for when members joined. We hope you enjoyed learning about all our family connections and what a wonderful group of ladies we have in our Diamond Hill HCE!

### Editor's Note



Due to the length of this edition some reports from the State Conference will be moved to the next Newsletter. Thank-you for your submissions

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 Dec.22<sup>th</sup> for the Jan/Feb 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! Kitty Enerson - Editor, E9926 C.T.H.O., Prairie Du Sac, WI 53578 [kittyenerson@ymail.com](mailto:kittyenerson@ymail.com) or [enersonkitty@gmail.com](mailto:enersonkitty@gmail.com) 608-544 2707

### Harrisburg Family Education

The Harrisburg HCE Club met at the Black Hawk United Methodist Church fellowship hall to commemorate and celebrate their 75th Anniversary on Sunday November 12, 2017. Past and present members were in attendance as well as a past Sauk County Home Economist, Jean Brew-Wisconsin Dells- and present County President, Donna Ochsner.

Following the noon meal a short program included individual comments of historical happenings including the humorous as well as the educational. A certificate documenting the anniversary we presented to Donna Ochsner from the Sauk County HCE. Elaine Wilhem was especially recognized for her 73 year ongoing membership with the club.

Elaine Dunse (a now deceased member) had collected scrapbooks of club history along with other materials. Several tri-fold boards were assembled for viewing along with the scrapbooks. All of these materials will now be archived in the historic Harrisburg School.

Community involvement has always been a hallmark for the club with monetary and personal help when needed. The club has generously donated to the Harrisburg-Troy Historical Society. A large mural was facilitated and placed in the Troy Hall depicting the early infrastructure of the township. A 350-page book *Troy Tales and Trails*, including Troy Township information and pictures from the mid 1800's through the mid 1990's was written by the club.

Present club members are- Tonya Anderson, Ellen Ederer, Connie Sorg, Fran Biesek, Didane Been, Elaine Wilhelm and Carol Anderson.

## Scholarships

### A \$600 SCHOLARSHIP FOR MY GRANDCHILD???

All HCE members reading this article could help their grandchildren earn an HCE scholarship. ONLY relatives of Sauk County HCE members are eligible so chances are very promising that one of your relatives might be one of our three scholarship recipients this year.

What do HCE members need to do right now? Think about your grandchildren, children, nieces, nephews, and/or siblings who live in Sauk County or attend a Sauk County high school whose boundaries extend into a neighboring county. If they are currently a high school senior in Sauk County or are a resident of Sauk County who attends a college or technical school, they are qualified to submit an application.

Scholarship applications will not be accepted until after New Year's, but between now and then, each HCE member who has eligible relatives should take the opportunity to tell her family about this scholarship opportunity.

In the last two years, EVERY scholarship recipient was strongly encouraged to apply by one of you. MAKE A DIFFERENCE -- Talk about HCE scholarships to your relatives and pave the way for them to get a financial boost toward their further education by applying in January for an HCE scholarship.

Any questions? Talk with any member of the Scholarship Committee...  
Carolyne White, Tonya Anderson, or Jan Hanson

Janet Hanson  
Scholarship Committee Chairperson

## HCE Reminders

Number **one**: This is a reminder to continue to keep track of those volunteer hours. They will be totaled at the end of next May, but we may need to be reminded to keep track of them! Also just to help you remember, I want to mention "In the Move and In the Grove" starts in March. These totals also have to go to the County VP of Family and Community Life, and then on to State. Even though this ends in May, we should try to keep moving as much as we can at all times. Even small amounts would help! Let us all do what we physically can.

Hopefully many of you have already received a flu shot for this season. There is still time to do this, it would help at any time, if you choose to do it and are okay physically doing it. It could even make the flu less severe if you should happen to contact it.

I am sure I've mentioned this before-----that we are living in a changing world. It has always felt that way and now with new technology constantly, some of us are less adapting than others. In a previous issue I had talked about how foods that were "bad" for us have now been found to be healthy for us. Nothing new about this, we all know in all aspects of our lives-----things are different as the years go by. I often think and wonder about my grandparents moving from the horse and buggy era to vehicles!!

Even our food recipes are changing with new ingredients and new words, like chiffonade (cut into long thin strips), ribollita (Italian soup), lacinato (a type of Kale), etc, etc. And speaking of food: I have indicated that eggs are now healthy; they are full of protein. So----- "Boiled eggs are hard to beat!" That can be taken both ways. With a smile here are some other phrases:

"I tried to catch some fog. I mist." "Jokes about German sausage are the wurst."  
 "I used to be indecisive, but now I'm not so sure." "When you get bladder infection, urine trouble."  
 "I stayed up all night to see where the sun went. Then it dawned on me."

Ellen Schroeder, VP of Family and Community Life

### **Do you have a hammer in your car?**

Yes, a hammer. You read that right. This hammer would smash a window or cut your seat belt if you are in a car accident. Some people end up upside down in an accident. They can't get out of their seat belt. So this hammer would be of help. Sauk County HCE is selling hammers for \$7. It could save your life or someone you love. This would make a great stocking stuffer. Here are some tips when using this hammer:

- 1) Keep it in an enclosed area. For example a center console, close to you, so you can reach it easily, and doesn't fall out when the car rolls over. If you don't have an enclosed area near you in your car, use industrial Velcro and strap it to your visor or someplace close to you. This heavy Velcro can be purchased at a hardware store.
- 2) When cutting the seat belt go on the diagonal...not straight across. It cuts easier.
- 3) The sharp hammer end would break a window if you hammer a corner. Do NOT try to break the window in the center.

This is a gift you hope you never need, but could save a life. Buy one for every car. For more information contact any Sauk County HCE member. At Fall Fling your club president was given an order form. The deadline for ordering is November 1<sup>st</sup>. We will have the hammers by November 10<sup>th</sup>.

### **Leader Training: Say Cheese for Winter Entertaining**

Our last lesson of 2018 will feature Patty from Carr Valley Cheese. On Monday, October 29<sup>th</sup> at 6:30 pm in the Community meeting room of the Reedsburg Public Library. Patty will provide cheese tasting and ideas for using cheese through the holidays. Please come--it should be good

## Sauk County Bookworms

What a wonderful day with the sun shining after two weeks of rainy weather. This is the first week of school for the 2018 year in some school districts. Head Start will be starting school and HCE members are prepare reading to the children. Sauk County bought at set of eight new books for each 190 Head Start children in Sauk County. If there is anyone interested to read a book this year let HCE know. The following books are what we will be ready this school starting in October thru May 2018 – 2019.

*A Box Can Be Many Things*, written by Dana Meachen Rau

*Clifford the Big Red Dog, Be a Good Friend*, written by Norman Bridwell

*Grandma Calls Me Beautiful*, written by Barbara M. Joosse

*Families are Different*, written by Nina Pellegrini

*Is Your Mother a Llama?* Written by Deborah Guarino

*Night Animals*, written by Gianna Marino

*Snow Leopards*, written by Jill Esbaum

*Snowman's Story*, written by Will Hillenbrand

WAHCE State Conference will be held for HCE members to attend to pick up things for us to share with our members. On Tuesday a noon luncheon all Wisconsin Bookworm members who have read 10-15-20 years for Bookworms will be honored. Sauk County will have one person receiving honors. Reedsburg area is honored to have Assemblyman, Ed Brooks, for reading to Reedsburg's Head Start children. We thank you Mr. Brooks. I am so please to have men reading to our children to give the children pleasure having a male figure included.

Learna Mae Weise

## Do You Know Your Credit

You can check for your credit report once a year for free. There are three (3) companies that keep information on your financial history. It is good advice to plan to check each of these records at least once a year.

Try this plan by contacting:

Equifax    February 2nd (2/2),    Experion    June 6th (6/6)    Trans Union    October 10th (10/10)

Learn more in 2019 HCE programs    Jean Brew VP Programs

## What are ACEs

Are you aware of a new emphasis on childhood development? Many young children are experiencing Adverse Childhood Experience.

ACEs are experiences in childhood that threaten or harm the physical or emotional integrity of the child or someone close to them. The incident may overwhelm their ability to respond and create significant difficulty in functioning.

A recent study questioned adults who had adverse experiences in childhood that had affected them throughout their adult life

Some adverse experiences in childhood that can effect young children are:

- lack of love and support in the family
- death/illness of family members
- poor parenting and lack of guidance
- bullying
- not enough money
- neighborhood crime and violence

Jean Brew, Vice President of Programs

## Extension Office News

The Sauk County Extension office is pleased to announce that two new educators will be onboard by mid-November. Finally after 2 years without an Agricultural Educator, Alana Voss joined our office in mid-October. Alana will split her time between Juneau and Sauk Counties. She grew up in Mauston, Wisconsin, on her family's cash crop farm. Her passion for agriculture was sparked from being involved with 4-H and FFA and participating at the local, county and state fairs.

Alana has been in Juneau County Extension office for the past two year. She also served as the half-time Interim Ag Educator in Adams County. She graduated from UW-Platteville with a major in Animal Science with an emphasis in dairy and also a major in Agriculture Business with an emphasis in marketing and communications. Alana is looking forward to sharing her knowledge with others in Sauk County. Please introduce yourself when you stop in the Sauk County Extension office.

UW-Extension is the final stages of selecting a new Human Development Educator, a.k.a. Family Living. We hope to have this person here by mid-November. The HD educator will split his/her time between Columbia and Sauk Counties. We will keep you posted. Liz Nevers, Sauk County UWEX

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May/June 2018

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

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### Upcoming Activities

**Nov. 6th** Vote  
**Nov. 13th** SCHCE Exec Bd. Mtg.  
West Sq. Bldg. Room 328 at 4:30 pm  
**Nov. 15** Cher R. collects dues/photo  
permission/review address info.  
Dec. ?

**Club Treasurer: Remember  
2019 dues are \$10 by  
November 15th.**