



Sauk County HCE News & Views

Volume 2021 Issue 1 January/February 2021

Growing through the University of Wisconsin Extension
Sauk County Association for
Home & Community Education

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Happy New Year HCE members!

This is a new year of challenges. I hope everyone is safe and healthy. We have gone through a pandemic that is not finished. Although we now have a vaccine, there are questions as to when we will be able to receive it. Let us be optimistic and do what we need to do to stay safe. Keep active and keep in touch with our fellow neighbors, friends, relatives and fellow HCE members.

Many of us have not met as a club since spring. I hope you are keeping in touch with each other. The county officers have not met either as often as in the past. The West Square Building has been closed to outside visitors for now. We are trying to find a place where we can be safe and stay apart.

I want to take the time to thank Kathie Fivre for her year of being President. I have some big shoes to fill. Thank you for all those that worked the lunch at the Rod and Club for the Art Dtour or supplied pies and barbeque. It was a nice time and everyone enjoyed working together and on the display. Wouldn't it be nice if we could find something like this to so during the winter months? The displays on the route were very interesting and because it was in our area, it was nice to see all the people enjoying them. I saw families walking out in a cow pasture to see flags that had writings on them. Let us stay positive and look forward to this New Year!

I would like to let you know that I have a cake pan that was left at the Rod and Gun Club, if it is yours or you know who it belongs to please let me know. 608-544-3580

Ellen Ederer, Sauk County HCE President 608-544-3580



Programs & Events

January 2021

Literary Night We recommend your group read and have a book discussion. Share a recent book you have read or select a book for everyone in your club to read. Consider “Olive Kitteridge” and “Olive, Again” by Elizabeth Strout. See “Membership” for Donna’s notes.

February 2021

Program: Beef Cuts for Soup and Stew Recipes from the Wisconsin Beef Council –Angie Horkan. Pick up a set for your group at the Extension Office after January 1, 2021.

March 2021

Craft Night Plan an activity for your own group

When the world opens up again, we hope to have a sewing day to work on a charity project. This is open to anyone interested. Ideas and location welcome

Questions? Call Jean Brew, VP of Programs 863-946-0727 or 608 254 7428

Membership

We have included the Membership form for those of you who have not turned in your form and dues to Cheri. It is the last page of your newsletter.

Also, Donna added this note about the book suggested for reading in January:

Do you know of an older person who is blunt or outspoken? That’s Olive. These two books made me think about what kind of Senior Citizen I want to become. I recommend reading Olive Kitteridge first and then Olive, Again but it is not critical

I like the author. Elizabeth Strout’s 2008 novel Olive Kitteridge won the Pulitzer Prize and spawned a hit HBO miniseries starring Frances McDormand and Bill Murray. Then in the book Olive, Again she resurrects the endearing curmudgeon from Crosby, Maine in thirteen interconnected stories that remind us that you’re never too old to grow up. As the book opens, Olive is being wooed, (in a manner of speaking,) by fellow widow, Jack Kennison. Even he is at a loss to explain the precise reasons for his affection for her, but as we see Olive fumbling through everyday life-still grappling with its disappointments and mysteries, we recognize a kindred soul. Olive, Again is not what you would call a page-turner. There are none of the requisite heart-racing moments, but a steady beat of ordinary magic (which ends up being not so ordinary at all)

January, in a pandemic, is a perfect time to enjoy these books. Enjoy!

Donna Ochsner Membership chairperson, 608-544-200 or 608-574-2133

Editor's Note

Note: My Ymail email has been corrupted –please use my gmail address to send me e-mails.



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 **February 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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SCHOLARSHIPS

JANUARY 2021 Reminder!

NEEDED NOW -- ACTION ON SCHOLARSHIPS!!

If you have relatives who are Sauk County residents and/or attend Sauk County high schools, they are eligible to apply for a Sauk County HCE Scholarships for high school seniors and college students.

Your relatives are the **ONLY** students who are eligible to apply. Students need to fill out a one-page application form, write a one-page essay of several paragraphs on topics listed in the scholarship instructions, and ask three adults for letters of recommendation.

Students need **YOUR** encouragement to take the time to do the application.

If you don't belong to a Sauk County HCE club but are an independent member, your grandchildren and other relatives are also eligible to submit an application. Contact me for assistance with facilitating the application process for your relatives.

NOW IS THE TIME to contact your grandchildren, children, nieces, nephews, or siblings about making an application

Questions? Contact Jan Hanson (608 544-5000)

Fun Facts

Here are some Christmas Tongue Twisters from the Internet

Tiny Timmy trims the tall trees

Seven Santas sang silly songs

Chilly chipper children cheerfully chant

Ten tiny tin trains toot ten times

Can you identify these Christmas tunes?

A small municipality in Judea southwest of Jerusalem

Twelve o'clock on a clement night witnessed its arrival

Proceed forth declaring upon a specific geological alpine formation

Answers in next newsletter.....

Also, read an interesting article in the Farmer's Almanac (Garden Special Issue.) Copper not only is part of your dietary need, but it is a natural antibacterial agent. I went to the Internet to check that fact out, and found all kinds of information on the benefits and uses for copper. Copper was the first metal to be worked by man, along with gold and meteoritic iron. These metals are among the few that exist in their native state and can be found relatively pure in nature. Because of Copper's antibacterial qualities it is common to use brass door handles (brass is a copper alloy) in public buildings because they help prevent disease transmission.

So..... foods high in copper include: leafy greens, grains, potatoes and beans. And can also be found in most water supplies. The mineral is critical for blood cell formation



A bridge to a new year

Sauk County Home and Community Educators (SCHCE) 2021 Membership Form

If you have questions please call the membership chair Donna Ochsner 608-574-2133 or dochsner47@gmail.com Clubs are welcome to send all members' forms together, or each member can send hers individually to Cheri. If you fail to send dues you will not receive the next newsletter.

1) **Print Name:** _____

2) **Check one:**

- I am a member of _____ club
- Individual member

3) **Any changes on the following information current: (make changes on the blank space):**

- Address yes no _____
- Email yes no _____
- Telephone number yes no _____
- Cell phone yes no _____
- Any other changes yes no _____
- I would like to receive my newsletter via email yes no _____
- I agree to have my photo released for use in newspapers, etc. yes no

4) **Please sign this membership form:** _____

Due Now

Send a \$10 check for one year membership; written out to SCHCE to:

Cheri Rhinehart
E9472 South Avenue
Reedsburg, WI 53959

Sauk County UW Extension Office
505 Broadway
Baraboo, WI 53913

January/ February 2021

Return Service
Requested

The University of Wisconsin-Madison Division of Extension provides affirmative action and equal opportunity in education, programming and employment for all qualified persons regardless of race, color, gender, creed, disability, religion, national origin, ancestry, age, sexual orientation, pregnancy, marital or parental, arrest or conviction record or veteran status

SAUK COUNTY HCE

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Upcoming Activities

January 5: Exec.Bd Mtg 4:30 pm
January Program: Literary Night

February Program: Wisconsin Beef Council
Feb. 2nd SCHCE Exec. Bd Mtg 4:30 pm West Sq.
Bldg.

March 2 SCHCE Exec. Committee Mtg 4:30
West Sq. Bldg.