



Growing through
the University of
Wisconsin
Extension

Sauk County
Association for
Home &
Community
Education

Inside this issue:

President's Letter	1
Programs / Events	2
Executive Bd. Mint.	2-3
Editor notes	3
Scholarships	3.
NYs Resolutions	4
Weight Chart	5

Sauk County HCE News & Views

Volume 2022 Issue 2

March /April 2022

March/April 2022

Hello, fellow HCE Members,

Where has the year gone! It seems that each year goes by a little faster. It's wonderful to observe the days getting longer and know that Spring is on its way! One sure sign of Spring will be here March 13 when Daylight Saving Time arrives!

April can be a busy month for many members and because Easter is April 17, we've decided to postpone Spring Fling until May or June.

The Southwest District Meeting will be held Thursday, April 28 at the Black Hawk United Methodist Church. Please see your newsletters for more details as we get closer to that date.

Take care and stay healthy!

Ellen Ederer
608-544-3580

An Invitation to Southwest District Spring Meeting

When: Thursday, April 28 Registration Due: April 1 Cost: \$15.00

Where: Black Hawk United Methodist Church, S10173 County Road C,
Sauk City, WI 53583

Schedule: Registration starts at 9 am. Closing complete at 2:30 pm.



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Programs Events

Cultural Arts: Please keep working on your projects. Plan on bringing your creations to the Spring Recognition in May. Categories and Forms in next newsletter. Check Last years categories -New option Diamond piece pictures.

Judy Wheler 608-544-4033

SAUK COUNTY ASSOCIATION FOR HOME AND COMMUNITY EDUCATION Executive Board meeting FEBRUARY 1, 2022

The meeting was called to order with the Pledge to the Flag and the WAHCE Creed by president Ellen Ederer.

Roll Call was taken with 8 members present

The secretary's report from the November meeting was read and approved .

No treasurer report was available due to illness.

Pennies for Friendship was collected

Reports: No reports from the Center Chairs, International, Historian, or Cultural Arts. Cathy Swanson is the new chair for Family and Community Outreach. Jan Hanson reported that she has sent six applications out for scholarship. Donna Ochsner handed out an updated membership list.

Unfinished Business: Donna Ochsner brought an example of the updated HCE Brochure for review. She is checking with Geigerich Printers for printing cost.

New Business:

Sauk County is to host the **Southwest District Meeting**. It was suggested to hold it at the Black Hawk Church Fellowship Hall. Donna Ochsner will contact the church for availability. Donna will also contact Dale Schwanke for catering.

Spring Recognition: Cheri Rhinehart suggested moving Spring Recognition to May or June when the possibility of having the event outside could be considered. Donna Ochsner made the motion to delay the event to May or June. Sylvia Kreigl seconded the motion. The motion passed

Donna Ochsner brought updated guidelines for review. Copies were given to members to review and to bring suggested revisions to the March meeting.

Ellen Ederer read a letter from the Sauk County Safety Days requesting money to help fund the event made available to all third grades in the county. Sylvia Kreigl made the motion to give \$300.00 to the event, Jan Hanson second the motion. the motion passed.

Farm Art D Tour will be from **October 1-10th, 2022**. Again this year the tour will be in the southern part of Sauk County with Plain and Sauk City the areas to obtain information. A planning meeting will be held Feb. 22. Articles for News and Views are due by February 10th.

The meeting adjourned with the WAHCE Prayer

Marilyn Sprecher , secretary

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. **Next deadline is April 10th** for the May/June/July 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 County Road O,, Prairie Du Sac, WI 53578 enersonkitty@gmail.com or 608-544 2707

SCHOLARSHIP SEASON OFF TO A GOOD START

After the new year arrived, several Sauk County HCE members inquired about scholarship forms for their children, grandchildren, or other relatives. Up to this point, six scholarship applications have been sent out to Sauk County students, some high school seniors and some already in college.

The students have until March 10 to fill out their applications, write their short essay about college plans, and request three letters of recommendation from teachers, coaches, employers, or other adults.

All students who do attend or did attend school districts in Sauk County are eligible. It's great that we will have six or more students interested in the two \$600 scholarships that Sauk County HCE can award this year.

If you have relatives who received a scholarship application, it might be good to check with them to see how they are doing in getting their application materials completed and sent in. Your encouragement is important as students are busy and time passes fast. March 10 is not far off!

If there are any questions, contact Jan Hanson at 608 544-5000. (This is our home and business and we answer "Norway Co.")

New Year's Resolution Revisited

Did you start off 2022 with a resolution to lose weight? How is that working for you? There still is time this year to reach a goal. In a recent article in "Health Magazine" registered dieticians weighed in so you can reach your goals.

Eat a Healthy Breakfast—Starting your day with something nutritious helps you feel more energized and productive all morning. It also sets the tone for your day making you more likely to stick to healthy habits. Research shows that front loading your calories earlier in the day may protect against obesity and high blood sugar. Think broadly about what kind of foods to eat for breakfast. It is good to add produce and protein. Protein at breakfast keeps you satisfied longer. Avocado toast sprinkled with sunflower seeds, scrambled eggs with veggies. Oatmeal with fruit and nuts, and smoothies with protein powder are all easy options that fit the bill.

Eliminate added sugar. The sweet stuff is everywhere. Bakery good at the grocery store, gas station, sugary gifts of cookies, candies. Too much has been linked to type 2 diabetes, heart disease, weight gain, cancer, and premature aging. But eliminating sugar entirely can backfire as restrictions can lead to overeating. Start with the biggest source for you looking at beverages and desserts. When you are having an evening craving, find a replacement to satisfy your sweet tooth like fruit or flavored tea. As you are cutting back, think about eating good fats at dinner time such as guac on a taco or olive oil on a salad. It will make your meals more satisfying

Good carbs and Bad carbs. Carbohydrates provide lots of energy and eliminating them is not sustainable. Foods containing carbs are a broad category from grains, fruits, vegetables, and legumes. Without them you risk not getting enough needed nutrition such as: fiber, vitamin C, and B. Swapping out highly processed carbs such as soda, candy, white bread, and crackers and adding sweet potatoes, black beans and fresh fruit.

Cook more often. Research shows that people cooking at home more often have healthier diets and lower food costs. Cooking for yourself allows you to make changes like eating more produce, fiber, and healthy fats. Avoiding added sodium and sugar. With busy life styles today there is an abundance of healthy quick meals from cookbooks, grocery store recipes. Look for easy to easy to follow recipes and short total cooking times.

Cathie Swanson
VP of Family and Community Life
608-844-9123

Chart follows for your convenience

Weigh to go !

Personal Tracking Chart

Month	Weight	Month +/-	YTD+/-
<u>January</u>			
<u>February</u>			→
<u>March</u>			→
<u>April</u>			
<u>May</u>			→
<u>June</u>			
<u>July</u>			
<u>August</u>			
<u>September</u>			
<u>October</u>			
<u>November</u>			
<u>December</u>			

Sauk Extension Office
505 Broadway
Baraboo, WI 53913

March April 2022

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

Kitty Enerson, News & Views Editor
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Upcoming Activities

