

Jackson County University Extension Office  
USDA-Cooperative Extension Service/Programs  
227 South 11th Street  
Black River Falls, WI 54615

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# HORIZONS

May - June  
2005



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# HORIZONS

**UW**  
**Extension**

May - June  
2005

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## Calendar

### May

- 3, 10, 17, 24  
6:00-7:30 pm – Parenting the Preschooler,  
United Methodist Church, Black River Falls
- 7 Spring Business Meeting, United Methodist  
Church, Black River Falls  
8:30am – Registration  
9:30am – Meeting Begins
- 12 4:30pm – Extension Education Committee
- 14 “Walk with the School Principal” Family  
Health Fest  
9:00am – Registration  
9:30am – Activities Begin
- 16 3:00-5:30pm – Baby Sling Sewing  
6:30pm – Executive Board Meeting
- 20 1:30-4:30pm – Older Americans Wellness  
and Fitness Fair, Health and Human  
Services Building, Black River Falls

### June

- 1-3 College Days, UW-Madison
- 3 HCE Bake Sale (details included in  
newsletter)
- 4 Dairy Breakfast, Vince Ruzic Farm (Northfield  
area)
- 13 6:30pm – Executive Board Meeting
- 15 Horizon Articles Due for July-August  
Newsletter
- TBA Food Preservation Workshop on Jams and  
Jellies

## From Your President - by Joan Staffon

Thank you to all who attended the Stone Soup Day in February. It turned out to be such a great success. The programs offered were great and the soup, home made bread and bars were a real treat at the end of the morning. Hope we can do it again next year. The weather wasn't the greatest and did keep several people home snow bound, but for those attending we sure heard lots of positive comments.

Reach and Learn Day in early March also was a great day. Ladies took home some nice pieces of work. The Swedish Weaving pieces were looking great. I finished mine at home that afternoon and had it on the table on Sunday. Thanks to Yvonne for that class. Lavonne Prusa did a great job—first with getting everyone to crochet a rag rug and then a second session making the dish scrubbie. Thanks to Lavonne with helping out here. My session on the Picket Fence Bunny was also very successful. I was impressed with the creative ways ladies had to decorate their bunny faces. The Bunnies turned out really great. Again thanks to all those attending to make our day such a success.

The Garden workshop at the beginning of April featured three speakers. The information given certainly was helpful to anyone serious about gardening and getting their thumb a little green. Lunch and door prizes were also enjoyed by those attending. Our attendance was great for this day also.

We had a total of 12 ladies attending the Western District meeting in Viroqua. The morning sessions offered to those attending were: (1) Chocolate, Chocolate, Chocolate—Homemade Candies and (2) Annuals, Grasses and Foliage in the Perennial Flower Bed. A great lunch was served by the ladies from Vernon County. After lunch we all attended round table sessions having to do with various committee titles such as International, Young Family, etc.

Again we encourage members to enter items in the Cultural Arts contest at our Spring Business meeting. Adell is also looking for a lot of entries for the Dairy Recipe contest featuring muffins this year.

Spring has sprung and it is the time to get outside and get mobile. Have you given some thought about buying a pedometer and measuring the distance you travel each day.

Remember you do not have to walk a great distance each day. However it is the effort. And who knows, you might turn 500 steps into 1000 steps into longer distances. If you are able, try the challenge. We all have different levels of activity but it would be fun to keep track of just how far we go. Think of how great this is for our well being. Each club will receive a chart to keep track of everyone's individual distances. We will give an award to the club that goes the longest distance at the Fall Round-up. Our starting date is June 1.

In reviewing the minutes from clubs, I really take my hat off to the clubs that are making up boxes for our service men and women in Iraq. Thanks, ladies! I'm sure you're really appreciated.

A new state award is being offered. It is titled, 2005 Club Community Service Award. The guidelines and application is included in this newsletter. Jackson County can submit only one project to the state competition. Therefore the application/project must be received at the Jackson County Extension office by July 1, 2005. They will be judged and the first place project will be sent on to the state competition.

Please keep looking at your program book. Several months have very interesting programs to offer. We encourage your attendance.

We will be sewing Baby Slings in May. The time will be different. We will sew from 3:00-5:30 p.m. Again we encourage anyone to come and join us. We do appreciate any help that we can get. Thanks to all the new ladies that have joined us. This will be our last sewing session until fall. Our first sewing session in the fall will be September 12.

Note to all members: We will be having a Bake Sale to help raise money to support the additional programs we are putting on. This sale will also help with the First Book Program. The bake sale will take place at Wal-mart on June 3. The sale will take place from 9:00 a.m.-12:00 Noon. We hope all members will participate. You will find a page in this issue suggesting how to mark your items for the Bake Sale.

## **Bibs & Books Schedule**

May – North Branch

June – Snow Creek

## **Care Center Visits**

May Family Heritage - Avon  
Pine View –Young Moderns

June Family Heritage – Cranberry  
Pine View – Town & Country HCE

## **Bloodmobile Support**

May 25 - Fairview

What's needed? three 9"x13" pans of bars and two dozen sandwiches. Deliver to Armory, BRF, at 10:30 day of Bloodmobile.

## **Membership/Marketing -**

**By Janet Anderson**

The state WAHCE wants to promote better physical fitness among the members. They have decided that the best way is to start walking. We hope you have looked at the Challenge that our county is giving to each club to promote this walking. WAHCE also has made a walking challenge for the counties called "WAHCE WALKS ABOUT WISCONSIN".

Their challenge is from May 1 to August 1, 2005. They are asking members to organize teams of walkers, they suggest two to six people on a team, and one person must be an HCE member. During the walk time there will be time to talk, visit, laugh and just plain have fun while they are doing something healthy. It is hoped you as an HCE member can find a few new members to join our ranks in this manner. You will need to have a team captain and keep track of your distances and time walked. The county who receives the biggest membership increase using this activity to increase membership will receive \$100 prize from the state WAHCE.

## **International - By Grace Stevens**

We are very much involved in Partners of the Americas—people to people—started in 1964 which pairs 45 U.S. states with 31 Latin American and Caribbean countries. Wisconsin is paired with Nicaragua and Jackson County has been very active in the Nicaraguan Sewing Projects so continue to collect materials for that project. We need to collect:

- Fabric (no heavy wool or polyester)
- Patterns for clothing. Nicaraguan women are small so very large patterns are not needed.
- Notions
- Fabric for making teddy bears
- Crochet/knitting/embroidery/quilting material
- Sewing machines
- Scissors (very expensive in Nicaragua)
- Irons and ironing boards (electric current same as here)
- Cash (\$150 will purchase new treadle machine purchased in Nicaragua.)

Through the Sewing Center Project women can gain technical and business skills to provide income, self sufficiency, dignity and employment.

## **Cultural Arts - By Rogene Matuszak**

With the Spring Meeting quickly approaching I hope everyone has brought in their crafts and stories to the Jackson County UW-Extension office for the judging. Written items deadline is April 26. All other items, May 3.

Show and Tell Table at the Spring Meeting - Let's bring in some of your items to brag a little on at our Show and Tell Table.

Reach and Learn - November 5 we are going to schedule another "Reach and Learn" Day. We are looking for instructors that have a talent and would like to share it with others. So if you have any craft that you would like to share with us, we sure would be happy to have you as a Reach and Learn presenter. Please contact either Rogene Matuszak, W4479 Pine View Rd, Neillsville, WI 54456, or Karen Brandt, N7305 Cty Hwy A, Black River Falls, WI 54615, and let us know what you would be interested in presenting.

## Young Family - by Jan Eckles

In the month of April, there is an emphasis on conservation. If you would like to broaden your family's awareness to the entire planet, that should carry over throughout the year, try the following idea and note the list of web sites for more information:

Conventional wisdom has it that bathing uses more water than showering. You can put it to a test to see which is best for each member of your family. When a family member takes a bath, measure the level of the water in the tub with a yard stick. The next time, close the drain and take a shower. Measure again. Any surprises? Hopefully they will adjust accordingly. If they are showering too long, too much water is going down the drain that you can't see—and money too!

For more information about water conservation go to: [www.h2ouse.org](http://www.h2ouse.org).

Tune into Ecology at: [www.pbs.org/strangedays](http://www.pbs.org/strangedays)

For recycling ideas find: [www.epa.gov/epaoswer/osw/index.htm](http://www.epa.gov/epaoswer/osw/index.htm)

To make crafts from recyclables visit: [www.familyfun.com](http://www.familyfun.com)

Thank you to any club who donated to the First Book Project. We encourage each and every club to sponsor at least one set of books. (2004-2005 cost was \$26.)

The bibs and books collected from clubs for the new babies at the hospital have been very nice. A big thank you to the members of Young Moderns for helping to assemble the bags. Keep up the good work. They bring good comments from new parents!

## With Sympathy

I would like to announce with a sad heart, the losses in our Cranberry Homemakers Club.

- Edith Gesicki, member – Her Sister, Elaine Rheinschmidt died.
- Marjorie Miller, member – Her mother, Catherine Jonas died March 10, 2005, at age 93.
- Lorna Rice, member – Her mother-in-law, Nona Rice died at age 104.

## Opportunities for Life Long Learning

Educational Scholarship – Due July 15

A \$500 scholarship is available for a college or technical college student who has satisfactorily completed at least one semester, quarter, and/or term and has re-enrolled in an accredited college or technical college program.

A “student” is a Jackson County HCE member, spouse, child or grandchild.

Applications are available from the Jackson County UW-Extension office, 227 South 11<sup>th</sup> Street, Black River Falls, WI 54615.

## Joan Staffon Receives Ardith Murphy Award for Extension Volunteers

Joan Staffon, Jackson County HCE President, was recently chosen to receive the Wisconsin Extension Association of Family and Consumer Sciences Award. This award is given in memory of Ardith Murphy, a former UW-Extension home economist whose death occurred in 1971.

Luane Meyer, Jackson County Family Living Agent, submitted Joan's name for the timeless effort given to the Baby Sling project, a cooperative effort between the Jackson County Brain Team and Jackson County HCE. Joan has coordinated the project from its beginning in 2001 and currently has worked with many volunteer sewers to construct 500+ slings that are given out to new moms at the Black River Memorial Hospital. Baby slings encourage early brain development because of the bonding that occurs between baby and caregiver through sight, sound, smell and touch.

Joan received this award at the Joint Council of Extension Professionals 2005 State Conference in Milwaukee on March 30. Congratulations, Joan!

# HCE BAKE SALE

HCE WILL BE PUTTING ON A BAKE SALE ON JUNE 3 AT WAL-MART.

The purpose of this fund raising event is:

1. Help support the many programs we have added this year.
2. Help add money to the First Book program for this coming year.
3. Promote the visibility of HCE in the community.

We hope all members will participate. Please bring your items to the Wal-mart before 9:00 a.m. We will have tables set up outside. (Please note—if the weather is stormy, the sale will not take place.)

Please have your items marked before you drop them off. The following is a guide to marking your item(s). (Please judge according to size and ingredients.)

## Yeast breads

Cinnamon	3.00
Raisin	3.00
Rye	3.00
French	3.00
White	3.00

## Nut Breads

Small Loaf	2.00
Large Loaf	3.00

## Cookies

1 Dozen	2.50
½ Dozen	1.25
Fancy, Lg, Single	.50

## Crescent Rolls (large size)

1 Dozen	3.00
½ Dozen	1.50

## Sweet Rolls, Raised Doughnuts, and Cinnamon Rolls

1 Dozen	3.00
1 Dozen (large)	4.00
½ Dozen	1.50

## Cake Donuts

1 Dozen	4.00
½ Dozen	2.00

## Bars

Dozen	3.00
½ Dozen	1.50

## Muffins

1 Dozen - Reg. Size	3.00
Large, Each	.50

## Cake

Undecorated	4.00
Decorated	6.00
Bundt	5.00
Angel Food	4.00

## Cupcakes (Frosted)

1 Dozen	3.00
½ Dozen	1.50
each	.50

## Jelly Roll

Large	3.00
Small	2.50

## Coffee Cakes

Small	3.00
Large	6.00

## Pies

Small	4.00
Large	6.00

\*\*Due to food safety, we would appreciate no cream fillings and no chocolate frostings. We will be having our sale outside at the Wal-mart. The hot sun might cause a disastrous effect on chocolate.

## Club Minutes - Summarized by Joan Staffon

### East Fork

- +Donated food to food pantry in Pittsville
- +Put on a Christmas party for the children of the area
- +Donated \$25 to Project Christmas
- +Donated a basket to the Heifer International Project at the United Methodist Church
- +Program was presented by Joyce Ziebert on her recent trip to the Ukraine

### Fairview

- +Program on "Women of Interest" was presented by Adell Ruhter
- +Program was presented on "Feed Sack Quilts" by Carolyn Rindell
- +Program was presented by Dean Anderson from Lincoln Elementary School on birth to three programs in the Alma Center District.

### Good Time

- +Program was presented on "Blood Pressure" by Kathy Chamberlain
- +Program was presented on "Wills" by Nancy Laabs
- +Patsy E. helped at the Bloodmobile
- +Rosella, LuAnn and Kathy have been drivers for Interfaith
- +Patsy has visited with families for Interfaith
- +Patsy, Lori and Melonie helped with Brunch with the Easter Bunny
- +Melonie and Virginia sang with the Sweet Adelines
- +Patsy helped at the Tele-care Desk at the Hospital

### Happy Hour

- +Program was presented on the Food Pyramid by Grace Stevens
- +Program was presented on "Feeling Energized" by Melonie Mitchell
- +Adopted soldiers in the area and will send something monthly to them
- +Melonie and Terilyn attended the officer training
- +Joan S. made a lap robe for the nursing home
- +Donated items to the Bolton House
- +Met with Fairview Club to hear a special presentation on antique quilts
- +Collected 72 items for Bolton House
- +Donated a basket for the Heifer Project at the United Methodist Church
- +One new member has joined club

### Harmony

- +Program was presented by Ardith Nortman on how to make Bunny Pots
- +Ardith made tray favors for the hospital in January

- +Ardith, Dolores S. and Lucille helped to serve treats at the Heritage Nursing Home.
- +Joan attended officer training in January
- +Dolores visited the Morrow Home in Sparta, worked at the Bloodmobile
- +Verna helped with quilting at church
- +Dolores S. attended the Stone Soup Day
- +Joan organized the Stone Soup Day
- +Joan put together the soups on Stone Soup Day
- +Members worked on tray favors for the hospital for the month of March
- +Lucille, Delores and Joan made a meal for the "Strengthening Families" program
- +Joan organized and sewed on Baby Slings
- +Joan taught the Picket Fence Bunny for Reach and Learn Day
- +Program was presented by Verna on how to make hangers for special clothes
- +Verna, Delores I, Agnes and Joan attended Reach and Learn classes
- +Jeanine was a presenter for the Week of the Young Child at the Child Care Center.

### Melrose Towerettes

- +Donated \$25 to start a Girl Scout troop in Melrose
- +Marge, Marian and Adell attended the HCE Christmas party
- +Visited and treated the residence of Pine View in December
- +Adell entertained at Pine View in January
- +Gladys and Adell attended the officer training in January
- +Furnished a pot luck lunch for their adopt a friends
- +Marian, Marj, Gladys and Adell attended Stone Soup day

### Millston Club

- +Program on caring for Christmas plants by Mary Langley
- +Yvonne and Janet helped furnish food for Strengthening Families Program
- +Yvonne, Mary, Edna and Sharon entertained at the Heritage Family Center
- +Janet and Sharon read for First Book
- +Program was presented by Edna Pischke on things to remember
- +Janet and Yvonne furnished bars for Stone Soup Day
- +Yvonne taught a class on Swedish weaving for Reach and Learn Day

## Club Minutes - Summarized by Joan Staffon

### North Branch

- +Joan made three pumpkins centerpieces for the Fall Roundup
- +Seven members of the club worked in the kitchen for the potpourri
- +Donated \$10 to RIF
- +Collected \$167 - three boxes were made up for soldiers in Iraq that wouldn't receive a package from anyone else. The box included a mini Christmas tree
- +Rita made donuts for the visit to Pine View Nursing home
- +Five members helped to entertain the residents at Pine View
- +Lesson was presented on Baking Soda - the Everyday Miracle by Betty Janke

### Snow Creek

- +Program was presented by Peggy Holmgreen on Red Cross Volunteering and the Hurricanes in Florida
- +Jeri and Faye helped at the Sewing of Baby Slings Day
- +Faye donated treats to the Boys and Girls Club in January
- +Rose, Arlene and Millie served donuts to the residence of Pine View Nursing Home
- +Lorraine, Jeri and Faye read at Day Care in January
- +Lesson was presented by Millie and Faye on quilting
- +Arlene and Lorraine provided treats for the Boys and Girls Club in March
- +Program was presented by Lee Seul on "The Hatfield History"
- +Millie E. attended the Garden Workshop

### Sunshine

- +Program was presented on insurance plans and medications
- +Participating in "Adopt a Monitor" program
- +Joyce and Mara worked at Food Pantry
- +Arby made 18 bibs for the Bib and Books program
- +Program was presented by Arby Nandory on "Who Gets Grandma's Yellow Pie Plate"
- +Visited with the residence of Family Heritage and served cookies
- +Joyce and Mara worked at the Food Pantry in March and April

### Town and Country

- +Lois and Lois attended the Stone Soup Day Horizons

- +Lois attended the Reach and Learn Day
- +Lois made 24 Baby Slings at home
- +Lois attended the Baby Sling sewing day at the office
- +Karen, Barb and Cindy made Easter cards for community members
- +Karen presented a program on Easter Eggs and Lilies

### Warm Hearts

- +Made tray favors in February
- +Caroline and Agnes attended the Stone Soup Day
- +Caroline attended the sewing of Baby Slings in March

### Wrightville Homemakers

- +Donated \$10 to the Cancer fund
- +Brought in items for the Nicaragua sewing project
- +Marie gave a talk on the quilt she has that is over 100 year old

### Nobody Needs to Know But . . .

- +Butterflies taste with their feet
- +A duck's quack doesn't echo, and no one knows why
- +In ten minutes, a hurricane releases more energy than all the world's nuclear weapons combined
- +On Average, 100 people choke to death on ball point pens each year
- +90% of New York City cabbies are recent immigrants
- +On average, people fear spiders more than they do death
- +Elephants are the only animal that can't jump
- +35% of the people who use personal ads for dating are already married
- +Only one person in 2 billion will live to be 116 or older
- +Women blink nearly twice as much as men
- +It's physically impossible to lick your elbow
- +No word in the English language rhymes with "month"
- +An ostrich's eye is bigger than its brain
- +A snail can sleep for three years
- +All polar bears are left handed
- + "Go" is the shortest complete sentence in the English language
- +Americans on average eat 18 acres of pizza every day

## Wisconsin HCE Presented with International Recognition

On November 6, 2004, Wisconsin/Nicaragua Partners held its Annual Meeting and Awards Program in Stevens Point. Several organizations and individuals were recognized for their contributions to the project. Such contributions can be in the form of lending to or assisting in project development through monetary or in-kind donations. Several organizations were recognized including Wisconsin Association of Home and Community Education.

Thank you to all of you who have donated items to the Nicaragua project and continue to do so. Additional contributions can be brought to the UW-Extension Office and they will be taken to the state conference in September.

## College Days - 2005

June 1-3, 2005  
On the Beautiful Campus of the  
University of Wisconsin-Madison

This summer have an education adventure. Experience college life, stay in university dorms and attend seminars taught by UW-Madison faculty. From Victorian theater to 50's television, from Typhoid Mary to the Ringling Brothers, there is something for everyone at College Days 2005!

Seminars to choose from include:

- Feng Shui and the West
- The Many Loves of Thomas Jefferson
- Women of the Victorian Theater
- Biotechnology, Genomics and Stem Cells
- Ringlingville USA
- Television in the 50's
- Frank Lloyd Wright: His Vision on the House Beautiful
- The Ice Cube Project in Antarctica
- And Many More

Take tours, hear lectures and try new activities! For information or a brochure, contact the Jackson County UW-Extension office at (715) 284-4257, or visit the website: [www.uwex.edu/ces/flp/conference](http://www.uwex.edu/ces/flp/conference).

## Dear HCE Friends

Dear HCE Friends,

I have included the Young Family newsletter this month that covers the topic of "Staying Tuned" or how you can "tune in" to your family instead of tuning into the TV. First of all, I think this weather is a wonderful invitation to get out and work in the yard, take a walk, fly a kite (we have recently had some very windy days), or just be out and moving. The newsletter offers some great ideas for indoor and outdoor physical activity and I encourage you to share this newsletter with other families and friends.

I also want to share a special message on the upcoming "Walk with Your School Principal" Family Health Fest on Saturday, May 14. We will be meeting at the Lunda Community Park in the large shelter. Registration begins at 9am and activities begin at 9:30am. Children and adults are invited to walk with elementary school principals on the trail through the park at 9:30 followed by booths offering hands-on learning activities and refreshments. This event is sponsored by the Jackson County CRUNCH Campaign which is focusing on information and activities to help deal with childhood obesity.

Jackson County HCE is also getting active. A walking program for HCE members and friends will be introduced at the Spring Business Meeting on May 7. Let's see how far we can walk over the summer. Will we walk to Minneapolis, maybe Denver, or as far as San Francisco? It really does help to have someone to walk with and you can keep each other motivated to keep a regular walking schedule.

So after you have read through this newsletter, let's all get up and get moving!

Happy Spring,

Family Living Agent  
Jackson County



