

JANUARY 2020



University of Wisconsin-Madison Division of Extension Sheboygan County
Sheboygan County Office, 5 University Drive, Sheboygan, WI 53081 - 459-5900

January, 2020

A NEW YEAR

Inside this issue:

International Project	2
Cultural Arts Update 2020	2
Cultural Arts Show Registration Form	2
Upcoming Events	3
Tips, Hints, Tricks for Using Yeast Dough	3
Painted Bird House	3
Organ Transplant Recipient—The Gift of Life	3
2020 HCE Special Project SAFE Harbor	4
SAFE Harbor Donation List	5
HCE Book Club News	6
January Board Minutes	6-7
HCE Healthy Lifestyle Survey	8
HCE Member Contribution Report Form	9
Cultural Arts Show and Content Categories/Registration Form	10-11
Lucille Dickrell Registrations	12
Sheboygan County Community Health	14
Pictures	14
Revisiting Name Change for Extension	14
WAHCE Member Pledge	14
New Members	

We have had another Christmas pass. New Years Day has come and gone. We now are in 2020 and a new decade. There is so much ahead of us in HCE also. We did so much in 2019.

In 2019, we had great education programs. We also had Fall SE district meeting in Sheboygan County. Everyone in our county helped to make this a great success. I heard from the State president that she was impressed with our format and organization. Thanks to all! We also had volunteers at the fair booth. Member to Member was outstanding. We also had a great turn out at the state conference in Manitowoc. I commend all of you for your continuous involvement.

Now we look at 2020. We have new members. That is wonderful. We have a lot of great education programs this year that all can enjoy and learn. Our spring and fall conferences are in your program books. Anyone can come. I challenge all of you to go to the State conference. It is in Hudson, WI. That is located near the Minnesota boarder. Let's car pool!!!! Let's show the state conference that we travel well. Remember, your spouses are members of HCE, as they are a part of the household.

The Healthy Lifestyle Survey is on page 8. Please return completed forms to Veronica Sustar by June 15, 2020.

The completed HCE Member Contribution Reports (page 9) should be returned to me (Carolyn Dreier, 1013 Carver Avenue, Howards Grove, WI 53083) before June 10, 2020.

There also is the list of categories for Cultural Arts. Start your project for Rally day now!!!

I am looking forward to working with all of you for another year. May we make 2020 a year we can say, "we did it". May we continue to spring into action!!!!!!

Carolyn Dreier
Sheboygan County HCE President
920-627-2739 cell

2020 Sheboygan County Association for Home & Community Education Officers

Carolyn Dreier
President

Kathi Bonde
Vice President (Program)

Julie Boedecker
Secretary

Nancy Cherney
Treasurer

Newsletter Edited By:
Carolyn Dreier, Kathi Bonde & Jane Jensen
Thank you for all of your help.

Extension e-mail addresses:
jane.jensen@wisc.edu
tammy.zorn@wisc.edu

Sheboygan County HCE Webpage:
www.wahceinc.org (click on Links)

Office Phone Number Change

Call **459.5900** (Extension Main Number)

or **459.5904** (Tammy's direct line)

Please Delete
459.5902



International Project

At this time, the Southeast District is not sewing for the "Girls for Days" project. The organization requires explicit directions in sewing the products. The district felt it is easier to help with a donation. Information can be found on the WAHCE website.

The packing center for Nicaragua in Stevens Point is closed until April.. The warehouse for packing is too cold at this time. I will be going to the Stevens Point warehouse on April 16, 2020. Packing day is the 3rd Thursday of the month. The needs for the warehouse are sewing supplies, such as sewing machines, material, yarn, needles, and sewing supplies. Also they need cooking and baking supplies, such as cake and cookie pans. It was mentioned in September that the ladies are learning hair care and have beauty shop equipment. They could use curlers, hair dryers, curling irons, wide tooth combs. Anything you think they could use is helpful.

I will be going in April to Stevens Point, so anyone with supplies, let me know, so I can take it along.

Bring donations to April 13th Education meeting or feel free to call me at 920-467-0493.

Alice Walter

Cultural Arts Update 2020

Welcome Spring by painting a bird house, March 9th, 1:00 pm, Extension Sheboygan County.

If you have small paint brushes it could help. Also decorations, buttons, beads, small size flowers, ribbons, old jewelry, would be decorative.

The bird house is 4" by 4", bring a container for it to bring home. Have fun.

The registration form that's in this issue of Goldnotes is for the Cultural Arts Show in May at our HCE Rally Day. It will be held on Tuesday, May 19th at Klemme's Wagon Wheel in Howards Grove. Cultural Arts Guidelines for art entries are also included. Registration form due May 5th for Rally Day Art Show.

20. Bonus Category - "Seeing HCE Through New Eyes", the Fun Category. Limit of one entry per county. Decorate a pair of glasses. You may use any media to construct your entry.

Size restriction - base no larger than 10"x10" with maximum height of 20". Judging - those attending will vote for their favorite "Seeing HCE Through New Eyes" entry. **Have Fun!**

May 19, 2020 HCE Cultural Arts & Crafts Show

Send Entries to Peggy Berchem,

1811 Playbird Rd, Sheboygan, WI 53083

Entry Deadline May 5, 2020

Category: _____

Letter: ____ - _____

Name : _____

Phone Number : _____

Address: _____

City/Zip: _____

Club: _____

Title: _____

Description – written on back along with size

#

Box for Office Use Only



Monday February 10 **Tip, Hints, Tricks for Using Yeast Dough**
10:30 a.m.
Extension Meeting Rooms 5020-5022

Monday March 9 **Painted Bird House**
1:00 pm
Extension Meeting Rooms 5020-5022

Monday April 13 **Executive Board Meeting**
4:15 p.m.
Extension Meeting Room 5024

Monday April 13 **Organ Transplant Recipient - The Gift of Life**
7:00 p.m.
Extension Meeting Rooms 5020-5022

Tuesday April 14 **WAHCE Se District Meeting**
9:30 a.m.
Elkhorn WI

Be sure to check your program book for other upcoming dates.

Tips, Hints, Tricks for Using Yeast Dough
Monday, February 10, 2020
10:30 am
Extension Meeting Rooms 5020/5022
Presenter: Myra Eischen, Individual Member

Hands on tips for shaping yeast dough into twists, pretzels, figure 8's, pinwheels, volavents, possible braiding demonstration if time permits. Please bring a container to bring your creations home in. (8x8 is good)

Preregister by Monday, February 3, 2020.

Bring Safe Harbor Items

Painted Bird House
Monday, March 9, 2020
1:00 - 3:00 pm (approximate completion of product)
Extension Meeting Rooms 5020/5022
Presenter: Peggy Berchem, Sheboygan County Cultural Arts Chairperson

Fee: \$3.00 payable when you come

Use your imagination & creativity! Peggy will guide you through this hands-on 2019 HCE Conference session.

Birdhouse - Approximately four (4) inches high.

- Birdhouse, paint & brushes will be provided - Please register soon!
- Bring Container for transporting home.
- Bring your own decorations to your liking such as buttons, ribbons, beads, jewelry etc.

Preregister by Monday, March 2, 2020.

Bring Safe Harbor Items



This Photo by Unknown Author is licensed under CC BY

Organ Transplant Recipient - The Gift of Life
Monday, April 13, 2020
7:00 pm
Extension Meeting Rooms 5020/5022
Presenter: Sue Gabsch, Transplant Recipient

Sue received a liver transplant in January 2015. She will be presenting transplant statistics and her own life experiences through the transplant process. She will also discuss the donor process. Please come and learn from someone who has walked the steps of transplant. See you there on April 13 at 7:00 pm.

Preregiser by Monday, April 6, 2020

Bring Safe Harbor Items

2020 HCE Special Project SAFE Harbor

Safe Harbor's vision is to create a safe and respectful community free of interpersonal violence.

Our mission is to provide services to reach out to those affected by sexual assault and domestic abuse; provide support to those in crisis; and to educate individuals, families and the community, providing the tools needed to empower them to live lives free of domestic abuse and sexual assault.

A little bit of history about our organization is that it was established in September 1990 as a domestic abuse program, Safe Harbor of Sheboygan County, Inc. provides prevention, intervention, education and outreach services to empower individuals, families and the community to end domestic abuse and sexual assault. We provide our services at no cost to the recipient and are unique in Sheboygan County.

We have a 14 bed shelter which we have staffed 24/7 by advocates. Our crisis intervention advocates answer our crisis line and provide support to victims of domestic violence and sexual assault. They also provide support to victims along with do safety planning, provide resources and referrals to community organizations. We also talk to families of victims along with friends and the general public to answer any questions they may have about how their loved ones or friends have been impacted or how the community is impacted by domestic violence and sexual assault.

Our emergency shelter program offers housing, food, clothing, support and resources for survivors of domestic violence and their children who are without a safe place to live because of the violence in their lives. Residents receive individual case management and assist one another through resident support groups. Additional supportive services are available for children whose parents use the shelter program who need help working through the trauma they have experienced from witnessing or being a victim of abuse.

Safe Harbor's Youth Program provides family-focused crisis intervention and supportive advocacy services to children who have experienced the trauma of domestic or sexual violence in their lives. We also provide youth therapy for our clients. Our goals are to provide youth with individual safety planning and have experiences to process their feelings and experiences. We run several support groups for youth that focus on allowing kids to express themselves through art, talking and movement in order to process the trauma they have experienced. We create this environment through age-appropriate play and activities that encourage creativity and expression. The Safe Harbor Youth Program is open to all children residing in shelter, and any child with a parent attending the Safe Harbor Support Group.

Another program we offer is sexual assault programming which provides support for victims seeking help to move from crisis to recovery. Our trained professional staff and volunteers offer supportive services to survivors and family affected by sexual abuse, rape or incest. We work to help survivors with treatment, provide outreach services that create awareness of the impact of sexual abuse, and reduce the incidences of sexual abuse through prevention education programs.

We also work in the community in order to provide prevention and education surrounding domestic violence and sexual assault. This includes at local business, organizations and especially in the schools.

Another important aspect of our work is helping diverse populations of people. We focus programming around Hmong women and families along with Hispanic families and individuals. We have specific job positions that work closely with these population in order to provide the most culturally competent services for our clients.

SAFE Harbor Donation List

- Paper Towel
- Toilet Paper
- General cleaning spray
- Carpet cleaner
- Feminine products (pads and tampons)
- Magic cleaning erasers
- Dish soap
- Dish washer detergent or pods
- Air fresheners- spray or gel in container
- Laundry detergent or pods
- Facial tissues/Kleenex
- 13-gallon white garbage bags
- Bleach
- Dryer sheets
- Ear plugs
- Pillow cases
- Bath towels
- Brooms
- Mops
- Baby monitors
- Slippers
- Lamps (small in size)
- Bath robes (adult sizes)
- Ear buds (for music)
- Stress balls
- Sponges
- Tote bins
- Laundry baskets
- Over the counter medication- acetaminophen, ibuprofen, cold and cough syrup, cough drops, allergy reliever
- Gift Cards
- Gas Cards
- Plastic to-go containers for food
- Size 5/6 Diapers
- Pull ups for toddlers
- Coloring books
- New twin sheets
- New pillows
- New twin fleece blankets

Food Items:

- Bottled water
- Coffee creamer
- Emergen-C
- Ground Beef
- Juice
- Spices
- Fresh fruit
- Fresh vegetables
- Frozen pizzas
- Cheese
- Deli meats
- Canned fruit
- Cereal
- Butter
- Snack for kids
- Mac n/ Cheese
- Spaghetti-O's
- Canned Ravioli
- Pasta sauce
- Hamburger helper
- Side noodle/rice dishes

Things we are not in need of- furniture, home decorations, used clothes for out of season, office supplies, size newborn-3 diapers, baby wipes, old electronics, carpets, mattresses

In Spring Safe Harbor could use volunteers for:

- Painting
- Kitchen cleaning
- Yard work—mulching
- Making tie blankets
- Make Quilts

Any further questions or to volunteer call our phone line at (920) 452-7640 and talk to Ryan, his extension is 311 and he is the Community Engagement Specialist.

Note: All items should be new.

HCE Book Club News- Nancy Wagner & JoAnn Gadicke

Our next book we will be reading is *Lessons from Lucy: The simple joys of an old, happy dog* by Dave Berry. It is a nonfiction account of lessons Dave's older dog Lucy has taught him as they are aging together. Dave navigates his later years with good humor and grace. Lucy teaches Dave how to live in the present, how to let go of daily grievances and how to feel good in your own skin.

We will be meeting at **Glas (The Green Coffee House)** at **924 N. 14th Street** on **Wednesday, February 26 at 11:30 a.m.** in the conference room. Please order your lunch as you come in. We ask that each of you think of some questions for the discussion of the book. Anyone is welcome to join us. It should prove to be an inspiring discussion of how dogs are so special to many of us.

SHEBOYGAN COUNTY HCE EXECUTIVE BOARD MEETING MONDAY, JANUARY 13, 2020, 4:15 - 5:55 P.M. UW-EXTENSION MEETING ROOM 5024



Call to order by Carolyn Dreier at 4:15 p.m. followed by the Association Creed.

Roll call, present: Carolyn Dreier, Kathi Bonde, Julie Boedecker, Nancy Cherney, Alice Walter, Elaine McGinley, Sharon Zimmermann, Nancy Wagner and Peggy Watson, Jane Jensen (liaison).

Excused members: Joyce Kuhlow, Peggy Berchem, Kristine Miller, Ruth Limberg, Joan Walvoord, Marilyn Voskuil.

Secretary's Report was read silently by everyone in attendance. Motion made by Sharon Zimmermann and seconded by Kathi Bonde to approve. Motion carried.

Treasurer's Report was read by Nancy Cherney. Motion made by Julie Boedecker and seconded by Kathi Bonde to approve report. Motion carried.

REPORTS OF OFFICERS & COMMITTEES:

Cultural & Textile Arts - No report.

Stitches Of Love - Julie Boedecker reporting. Nancy Cherney sewed 56 pillbox hats and they were delivered to the 2 cancer centers.

Family & Community Life - No report.

Wisconsin Bookworms - Carolyn Dreier reporting. Books have been paid for through grants obtained by Head Start. Ruth and Kris were requesting \$500.00 for Head Start to augment the grant. This request was tabled till we get more information from Kristine and Ruth. Suggestion made that any extra books be given to Safe Harbor.

International - Alice Walter reporting. Alice received 2 boxes for donations to Nicaragua. She reviewed the contents of open box and found some articles that weren't appropriate...very small pieces of material and pair of wool pants. Reminder to donate/send appropriate articles since we need to pay postage. She will be taking these to Stevens Point. She will write article for Goldnotes.

Community Outreach - Carolyn Dreier reporting. She met with Ryan Sorenson at Safe Harbor as our 2020 project. Suggested projects were to assist with cleaning kitchen once during year, painting bedrooms and assisting with yard work. Carolyn will write article for Goldnotes with more information.

Marketing/Membership - Carolyn Dreier reporting. Carolyn attended workshop at State Convention. Was given binder/folder and didn't receive additional information. We need a chairperson for our group. Also encouraged that every club president review information in the 2020 Communicator to keep members current on HCE affairs.

Programs - Kathi Bonde reporting. Average of 29 members at educational meetings. Kathi requested additional money for Myra for ingredients she will be using in February meeting. Discussion followed. Sharon Zimmermann made motion and Julie Boedecker seconded it that Myra submit bill to Nancy for ingredients. Kathi will write article for Goldnotes.

UNFINISHED BUSINESS

2020 Sheboygan County Project - Safe Harbor. Article will be in Goldnotes for suggested donations. Bring donations to any meeting and Rally Day.

Thank you to Nancy Cherney for organizing Holiday social.

Reports/Comments from WAHCE Southeast District Fall meeting were all positive. Nancy Cherney did great job in kitchen to keep things running smoothly. Someone commented on what a great facility we had. Leftovers were delivered to Open Door and we received thank you note.

Goldnotes articles need to be submitted to Tammy by January 20, 2020, and proofreading to be done on January 22, 2020 at 1:00 pm.

Carolyn and Kathi Bonde will attend.

NEW BUSINESS

2020 Budget - Nancy Cherney reporting. 2020 financial report was reviewed based on 53 members. This is a recommendation and general guideline.

Audit of treasurer's books. Nancy will ask JoAnn Gadick to audit books.

Carolyn Dreier reported on road trip that she, Nancy Wagner, JoAnn Gadick and Mary Olsen took to the Quilt Museum in Cedarburg. Discussion on special interest trips followed. Kathi Bonde will check on going to museum via car pools or minibus.

Thank you was read from Ann Herzog for our parting gift to her.

Jane Jensen shared the Guidelines on the Educational Roles of Extension with Wisconsin Association for Home and Community Education (WAHCE).

Some members received letters/cards from former member Phyllis Bacon.

Jane Jensen encouraged all members to answer your phone when receiving survey call for the Sheboygan County Community Health Assessment. The call will come from "Management Decisions" (414-774-0623). Jane is one of the leads directing the Community Health Needs Assessment. This health survey is aimed at meeting several objectives.

- Gathering local data to document health status related to the health priorities established by the state health plan.
- Identifying local health behaviors or risk factors that present opportunities for health promotion and health care cost reduction.
- Tracking the success of community health improvement activities.
- Allowing these partners to document population health indicators to help guide health improvement efforts.

Lucille Dickrell passed away recently.

Closed with the Association Prayer.

Meeting adjourned at 5:55 pm.

Respectfully submitted,
Julie Boedecker, Secretary



Wisconsin Association for Home
and Community Education, Inc.

HCE Healthy Lifestyle Survey

Get moving and eat healthy with HCE members across Wisconsin. Please reply to this four-question survey about maintaining your healthy lifestyle for 13 weeks, between February 16 and May 9, 2020.

Name (optional) _____

County _____, Wisconsin

1. Which activities do you usually participate in weekly? Check all that apply.

☐ walking ☐ hiking ☐ running ☐ dancing ☐ bowling
☐ biking ☐ spinning ☐ yoga ☐ swimming ☐ Tai Chi
☐ Strong Bones or other exercise class ☐ exercise DVD
☐ Other (please list) _____

2. How many times a week are you usually active for ½ hour or more?

☐ 5 or more ☐ 3 or 4 ☐ 1 or 2 ☐ zero

3. How many ½ cup servings of fruits & vegetables do you usually eat daily?

☐ 8 or more ☐ 5 - 7 ☐ 1 - 4 ☐ zero

4. How much of your diet is raised, grown or made within 100 miles of you?

☐ Most ☐ About half ☐ Some ☐ Very little ☐ Unsure

Questions? Email Veronica at va914@yahoo.com or phone **608-547-8415**.

Return your completed forms to your County coordinator, or email or mail individual surveys by June 15, 2020.

Send results to: Vice President of Family and Community Life
Veronica Sustar
N2894 Overgaard Road
Mauston, WI 53948

Updated 1/1/2020

HCE MEMBER CONTRIBUTION REPORT FOR JUNE 2019 THRU MAY 2020 (See reverse side for directions)

Club member's Name:

County:

Club:

Event: Time spent in hours	June	July	August	Sept.	Oct.	Nov.	Dec.	Jan.	Feb.	March	April	May	Total Hours
County HCE Executive Board Meetings													
County HCE Spring Event													
County HCE Fall Event													
County HCE Educational Sessions													
HCE Club Meetings													
HCE District Meetings													
HCE State Meetings													
Event: Total Hours													
Fundraising Activities: Time spent	June	July	August	Sept.	Oct.	Nov.	Dec.	Jan.	Feb.	March	April	May	Total Hours
Fundraising Activities Total Hours													
Community Outreach: Time Spent	June	July	August	Sept.	Oct.	Nov.	Dec.	Jan.	Feb.	March	April	May	Total Hours
Wisconsin Bookworms Reading Program													
Community Outreach Total Hours													
Donations: Estimated \$ value	June	July	August	Sept.	Oct.	Nov.	Dec.	Jan.	Feb.	March	April	May	Total Value
Donations: Total Estimated \$ Value													

Updated 1/1/2020

**Wisconsin Association for Home & Community Education, Inc.
Cultural Arts Show & Contest – 2020 Categories**



1. Painting/Drawing

*Framed or Wrapped.
Easels must have securely
taped label with name,
county, and district.*

- A. Oil
- B. Acrylic
- C. Watercolor
- D. Alcohol Ink
- E. Other

2. Photography

*Photograph must be 8" x
10", unmatd only, in 8½" x
11" plastic. Framed
photographs be
disqualified.*

- A. Color—Landscape
- B. Color—Waterscape
- C. Color—Plants
- D. Color—Animals/
Creatures
- E. Color—People
- F. Color—Skyscape
- G. Black & white/sepia
- H. Other

3. Sewing

- A. Children's Wear
- B. Adult Wear
- C. Original Design
- D. Wearable Art
- E. Useful Item
- F. Purse or Tote
- G. Pillow
- H. Item made from
recycled materials
- I. Wearable Accessory
(apron, scarf, hat,
etc.)
- J. Other

4. Knitting

- A. Wearable Item
- B. Accessory (i.e., hat,
scarf, mittens)
- C. Afghan
- D. Other

5. Crocheting

- A. Wearable Item
- B. Accessory (i.e., hat,
scarf, mittens)
- B. Doily/Dresser Scarf
- C. Afghan
- D. Other

6. Hand Stitching

- A. Plastic Canvas
- B. Embroidery
- C. Cross Stitch
- D. Other

7. Craft

*Six (6) Cards without
envelopes MUST be
mounted as a group on a
flat sturdy display board
no larger than 14" x 22".*

- A. Cards—paper only-6
- B. Cards—mixed
media-6
- C. Scrapbooking
- D. Craft made from
recycled materials
- E. Handcrafted
doll/toy
- F. Glass craft
- G. Other

8. Heritage Skill

- A. Hardanger
- B. Tatting
- C. Woodworking
- D. Basketry
- E. Spinning/Weaving
- F. Felting
- G. Swedish Weaving
- H. Rug Making
- I. Macramé
- J. Quilling
- K. Other

9. Bed Quilt

*Larger than 60" x 80" or
4,800 sq inches*

- A. Tied
- B. Hand quilted

Machine Quilted by You:

- C. Pieced
- D. Appliqued
- E. Embroidered

Machine Quilted

Professionally:

- F. Pieced
- G. Appliqued
- H. Embroidered
- I. Any other Bed Quilt

10. Lap/Baby Quilt

*Smaller than 60" x 80" or
4,800 sq. inches*

- A. Tied
- B. Hand-quilted
- C. Pieced
- D. Appliqued
- E. Embroidered

Machine Quilted

Professionally

- F. Pieced
- G. Appliqued
- H. Embroidered
- I. Any other lap quilt

11. Quilted Wall

*Hanging (with hanging
sleeve, NO frame) -- One
(1) item only; no longer
than 50 inches*

- A. Hand Quilted,
fabric
- B. Machine Quilted,
fabric
- C. Other i.e., collage
of assembled
materials or mixed
media

**12. Quilted Table
Topper/Runner**

- A. Hand Quilted
- B. Machine Quilted
- C. Other

13. Jewelry

- A. Bracelet
- B. Necklace
- C. Set
- D. Other

**14. Constructed
Original Item**

- A. Clay/Pottery
- B. Wood
- C. Fabric/Felt
- D. Other

15. Painted Object

- A. China
- B. Glass
- C. Fabric
- D. Wood
- E. Ceramic/Kiln Fired
- F. Other

**Poem, Non-Fiction,
Fiction**

*Two copies typed on plain
paper with 12 point font,
must accompany the
registration forms. Entries
must not be framed or in
book form. Staple a cover
sheet with the category/title
which is to be centered on
the entry. Name and
county should appear on
the back side. Do not
count "a", "an", and "the"
for either essays or short
stories.*

16. Poem

17. Non-Fiction

*Original, 1 topic; 250-500
words*

18. Fiction

*Original with beginning,
middle and end, 3,000
words or less*

**19. Original Published
Book**

*One copy must accompany
entry.*

**20. Bonus Category –
"Seeing HCE Through
New Eyes", the Fun**

*Category. Limit of one
entry per county. Decorate
a pair of glasses. You may
use any media to construct
your entry.*

*Size restriction - base no
larger than 10"x10" with
maximum height of 20".
Judging - those attending
will vote for their favorite
"Seeing HCE Through New
Eyes" entry. **Have fun!***

**STATE
REGISTRATIONS
DUE BY:
AUGUST 1, 2020**

Wisconsin Association for Home & Community Education, Inc.
Cultural & Textile Arts Show
2020 Guidelines for County Chairs



ALL items, including Bonus Category, must be pre-registered. Registration is due August 1, 2020. Any items NOT pre-registered will NOT be judged or displayed. Only one entry on each registration form. Send all forms together immediately after county show including written entries. A County may enter a total of 12 entries plus one Bonus Category 20. A county cannot have duplicate entries in any lettered sub-category. The County Cultural Arts Chair must include a self-addressed postcard or email address to verify receipt of registration forms. If you do not receive verification within three weeks, please call or email the WAHCE Cultural Arts Chair.

IMPORTANT: All entrants MUST sign the Registration form. Please read and sign below; entries will NOT be accepted if unsigned. Entrants will not hold WAHCE responsible for any loss or damage to any item submitted for use in the WAHCE Cultural Arts Show. Entrants give permission for their photo, photos of their entry, and/or print copies of their written entry to be used by WAHCE as seen fit.

All work must be done by entrant and completed after last year's county show. It must receive a first place at this year's county show or fair. All items must be clean or laundered or will be disqualified by the judge. Kits and patterns may be used as long as entrant does all the work. All easels must have securely taped label with name, county and district.

Color Coding of Registration Forms by Districts:

Central – White
Southeast – Green

Northeast – Yellow
Southwest – Orange

Northwest – Light Blue
West – Pink

Entry Day: Deliver items Sunday (9/20/20) from 7-9pm or Monday (9/21/20) 9-11:30 am. Judging will begin at 12:30PM. Members may view the show after the Monday evening activity until 10:30pm and during the day Tuesday, September 18, 2019. Hours on Tuesday for viewing will be announced or posted. Pickup times will be posted.

Send registration and written entries to: **Phoebe Shourds, Cultural Arts Chairperson**
401 State Hwy 65, River Falls, WI 54022
Email: pnjpaolson@yahoo.com 715-821-1606 (c)

Contact Phoebe with any cultural arts questions.

Cut on the dotted line and send in the **SIGNED** completed Registration Form and Claim Check **with both parts filled out**. You will receive your Claim Check when you bring in the items.

2020 Registration Form

Category/Class (example 2D) _____
County _____ District _____
Name (print) _____
Address _____
City/Zip _____
E-mail _____
Phone # _____
Title or Description _____
Are you bringing an easel? Y or N

2020 Claim Check

Category/Class (example 2D) _____
County _____ District _____
Name (print) _____
Address _____
City/Zip _____
E-mail _____
Phone # _____
Title or Description _____
Are you bringing an easel? Y or N

Peoples' Choice # (Official use only) _____

Please read and sign: Entries will NOT be accepted if unsigned. Entrant will not hold WAHCE responsible for any loss or damage to any item submitted for use in the WAHCE Cultural Arts Show. Entrant gives permission for their photo, photos of their entry, and/or print copies of their written entry to be used by WAHCE as seen fit.

Signature: _____ County _____ Date: _____

Dear Sheboygan County HCE members,

Lucille Dickrell, Marsh Maids and member-at-large was a proud member of the Sheboygan County Home and Community Education Association for 65 years. Lucille (my Mom) loved lifelong learning and enjoyed her many adventures as a Sheboygan County HCE member. Memories of the many lessons learned and taught were shared as the years progressed.

Mom would share her memories of learning how to reupholster a chair -- which brought memories of the wildly floral chair in the living room that went missing for a while and came back as a glorious gold chair that lasted 40+ year in the "new" fabric. She also learned how to make a lamp shade, and how to use an adult coat to create a new coat for a child. She learned how to be a better consumer, protect her identity and the issues/concerns with marital property reform in the 70's. There were many lessons learned and new recipes shared over the years.

Beyond the lessons learned, she valued her friendships over the years. She always appreciated the advice of how to live in the same house as your in-laws; parenting tips and sharing many different relationship lessons. The car pools to different meetings were a time to share, laugh and support one another.

Mom started her journey in life as a one room school teacher, and when she married and became a Mom, the Homemaker meetings (that evolved into HCE meetings) were an important part of her life. She loved to attend the leader trainings and then teach the lessons to her club members. The newsletter was not only read by Mom, but her daughters as well!

Mom passed away on her favorite holiday-- Thanksgiving, November 28, 2019. We celebrate all that she was and has instilled in our family. We celebrate the lessons she taught us. Mom was a proponent of lifelong learning and often wanted the latest lesson we were studying in Outagamie County. The last lesson I shared with her was "Brain Fitness" and we had fun talking about the 10 tips of staying healthy. I miss Mom a lot. Our daily phone calls have been replaced with my journaling and "talks" with Mom.

Thank you for being a friend to my Mom, HCE was an important part of her life. Be strong, continue lifelong learning, and remember, you are never too old to learn something new. Mom was a strong role model for me and my career path -- I love teaching, lifelong learning and family time.

Thank you for allowing me this opportunity to share my thoughts with you. Writing is a powerful tool as we move through life, grief, and looking to the future.

Sincerely,

Lucille's daughter, Karen Dickrell

Tips, Hints, Tricks for Using Yeast Dough
Monday, February 10, 2020 - 10:30 AM

Club/Individual Name: _____

Names of Members Attending: _____

Names of Prospective/Family Members Attending: _____

Total number of packets required _____

Return to: Extension Sheboygan County, 5 University Drive, Sheboygan, WI 53081

Or Call: 920-459-5900

Deadline: February 3, 2020

Painted Bird House
Monday, March 9, 2020- 1:00 PM

Club/Individual Name: _____

Names of Members Attending: _____

Names of Prospective/Family Members Attending: _____

Total number of packets required _____

Return to: Extension Sheboygan County, 5 University Drive, Sheboygan, WI 53081

Or Call: 920-459-5900

Deadline: March 2, 2020

Organ Transplant Recipient - The Gift of Life
Monday, April 13, 2020 - 7:00 PM

Club/Individual Name: _____

Names of Members Attending: _____

Names of Prospective/Family Members Attending: _____

Total number of packets required _____

Return to: Extension Sheboygan County, 5 University Drive, Sheboygan, WI 53081

Or Call: 920-459-5900

Deadline: April 6, 2020

Sheboygan County Community Health Survey Being Conducted

When "Management Decisions" (phone number 414-774-0623) calls, it is important to you and your family's health. Why?

The CHNA is a collaborative initiative of: Sheboygan County Division of Public Health, Aurora Health Care, Prevea Health, Lakeshore Community Health Center, Extension Sheboygan County/Human Development Relationships Educator, and United Way of Sheboygan County. The telephone survey will supplement a prior survey conducted in 2017 to provide updated data and the ability to analyze changes or trends since then.

"Sheboygan County residents are strongly encouraged to participate in this survey. We greatly value your participation and it will help direct health improvement efforts in Sheboygan County," said Diane Liebenthal, Health Officer at the Sheboygan County Division of Public Health.

The finds of the survey are invaluable to the government, not-for-profit health systems, service and volunteer organizations in Sheboygan County for developing plans and improving services to meet the most pressing community health needs.



Members of Town & Country HCE Club, Marilyn, Rosemary, Rosalie, and Alice are showing the kissing hand hearts. These were given to each child with the Bookworms book of the month. Thank you, the Bookworm readers appreciate the club's help preparing the learning activities.



Final shower for OPEN DOOR—Community Outreach project at Member-to-Member Annual HCE Meeting

Revisiting the Name Change for Extension



Extension

UNIVERSITY OF WISCONSIN-MADISON
SHEBOYGAN COUNTY

The migration of Extension to UW-Madison has given us some new names. You will hear Tammy answer the phone, "Extension Sheboygan County, this is Tammy" for the short version. We are now being called UW-Madison Extension Sheboygan County since we are officially part of UW-Madison.



WAHCE Member's Pledge



1. I will treat others in a respectful manner.
2. I will assume the best of others.
3. I will listen and make an effort to understand and respect other's point of view.
4. I will accept assignment(s) with an open mind, a willingness to learn, and be mindful of deadlines.
5. I will be dependable, recognizing the commitment and responsibility to my volunteer assignment(s).
6. I will speak and act in a way that does not demean or offend others.
7. I will be respectful of our leadership.

New Members

Please welcome HCE new members:

- Jeffery Rammer Freye, Individual
- Althea Smith, Individual

Welcome