

AUGUST 2021 GOLDNOTES

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

August, 2021

Inside this issue:

Upcoming Events	2
September Education Meeting	2
Member to Member	2
Note from Jane	2
Membership Dues	2
Book Club News	3
County International Report	3
International Donations—Kwik Trip Gift Cards	3
Family & Community Life	4
Remembering Kay Goking	4
HCE Cultural Arts & Textile Update	4
Fair Booth Schedule	5
July 12 Executive Board Minutes	6-8
Quilt Museum Tour Results	8
Registration Forms	9
Aging Master Program	10
Contribution Form for June 2021-May 2022	11

Sheboygan County
HCE Webpage:

[https://
sheboygan.extension.wisc.edu/home-
community-
education/](https://sheboygan.extension.wisc.edu/home-community-education/)

WI Association
HCE Webpage:

www.wahceinc.org

BUSY TIMES

Well, we are heading to the last half of the year but we still have a lot going on. I know a lot of us are trying to maybe get a short vacation in or spending a lot of lost time with our families. I'm happy for all of you, however you are spending your summer time.

With that being said, we are busy with HCE this fall also. We will be having our County Fair Booth open again this year. If you are at the fair, please just stop at the booth, maybe to give the person manning it to make a bathroom run. Greatly appreciated. Then we have our September education presentation on OPTIMISM. Sounds very interesting.

We are still having State Convention. Everyone please bring masks. Must wear them in the halls at this time. Maybe more often as time goes on.

October is going to be our Member to Member and Annual meeting. Please register so everyone knows how many little cups of food to provide. Also, every club please provide a representative to county board.

I look forward to seeing a lot of you at the Sheboygan County Fair. Enjoy yourself and stay safe. Masks are not a bad thing due to the variant. Take care

Carolyn Dreier
Sheboygan County HCE County President
920-627-2739 carolyn.dreier@yahoo.com

2021 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 & Jane Jensen
Thank you for all of your help.
Extension e-mail addresses:

jane.jensen@wisc.edu
tammy.zorn@wisc.edu



At the Extension Office



Follow the **Extension Sheboygan County Facebook page.**

<https://www.facebook.com/ExtensionSheboyganCounty>

Lots of great information is being shared.

September 2 - 6
Fair Booth



Monday - September 13 - 3:30 PM
Executive Board Meeting - Extension Room 5024

Monday - September 13 - 6:00 PM
Education Meeting "Optimism" - Extension Rooms 5020-5022

Monday-Wednesday - September 20-22-
WAHCE Conference - Holiday Inn, Stevens Point

Monday - October 11 - 6:00 PM
Annual Meeting and Member-to-Member
Extension Rooms 5018-5020-5022

Monday - November 8 - 1:30 PM
Education Meeting "Essential Oils 101"
Extension Rooms 5020-5022

September Education Meeting: Optimism

Let's take a look at what daily principles we can live by so that we can be more optimistic by nature!

Poet Khalil Gibran once wrote that "your living is determined not so much by what life brings to you as by the attitude you bring to life; not so much by what happens to you as by the way your mind looks at what happens." This attitude to which he refers to above is what we know as optimism.

Date: Monday September 13, 2021

Time: 6:00 pm

Where: Extension Office - masks required

Presenter: Kathi Bonde

Please register. Registration form is included in newsletter.

Member to Member Monday, October 11, 2021 6:00 pm

The theme for this years recipes will be "Ethnic Recipes". These are special recipes that we learned from our parents or other relatives from their native countries. Dutch, German, Irish, Mexican, or any favorite recipes that you have. **Each club & individual members should submit two recipes, and prepare one for the Member to Member meeting.** The two recipes can be from two different countries. **Recipes due September 15th.**

Note From Jane

Dear HCE Member,

Congratulations on a full fair booth schedule. This will be an important opportunity to share your HCE organization with fair goers.

Take advantage of the September educational program that Kathi Bonde will be presenting on Optimism. Please note that face masks are required in all county office space including the Extension office.

You're invited to the virtual Aging Mastery Program. I will be co-facilitating this interactive, positive program with other Human Development & Relationships Educators. See page 10 for complete details. This is our last opportunity to offer this program free through our National Council on Aging grant so please come! Tammy would be glad to help you get registered.

Stay safe and healthy,
Jane



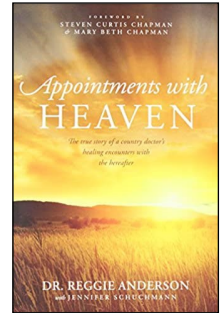
Membership Dues

Membership dues are \$15.00 and due on October 1st. Form is located on page 9.



HCE Book Club News- Nancy Wagner & JoAnn Gadicke

We will meet to discuss the book "Appointments with Heaven." by Dr. Reggie Anderson and Jennifer Schuchmann. It is a true story of a country doctor's healing encounter with the hereafter. He has it divided into three parts; If there's a God, where was he?, Could these be glimpses of heaven?, and Do I Believe what I've seen?. He has woven a beautiful tapestry intertwining his own journey with the stories of other people he has come to know, whether through families, friends or doctoring.



We will meet at Roadside Bar and Grill Highway 57, near Plymouth at 11:30 on Thursday, September 9, 2021. The back room has been requested. We ask that each of you bring a couple of questions for the discussion of the book or any other information that you have gleaned about the book.

If anyone wishes to join the discussion we are always happy to have additional participants.

Hope to see you there!

Nancy has ordered books and you can check with her if she has a book available or if you want her to order a book. (565-3668 or nwagner7290@yahoo.com). Keep safe and practice good COVID guidelines.

County International Report

by Alice Walter

In July my husband and I took a truck load of items to Stevens Point for the W/NP project. We had a treadle sewing machine, wheel barrel, ironing boards, and many gardening tools. We also had boxes of baking supplies, sewing material and sewing notions. The truck was filled with many boxes. The day we delivered the items they had volunteers there packing items in Gaylord boxes for shipping. Interesting to watch, they use every space.

The warehouse is one of the tours offered at State Conference.

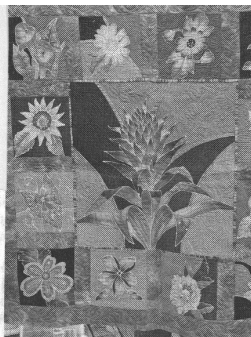
W/NP helps learning centers to teach people how to garden, cook, sew and other skills so they can provide income and good living conditions for their families.

International Donations - Kwik Trip Gift Cards

Do you want to help with Wisconsin Nicaragua Partners? There is an easy way. W/NP - Wisconsin Nicaragua Partners are still shipping to Nicaragua, so donations are welcome as well as monetary donations which can be used for purchase in Nicaragua.

W/NP has teamed up with Kwik Trip. W/NP is selling Kwik Trip gift cards. A portion of the price goes to W/NP for shipping and learning centers. Kwik Trip is donating 21% back to W/NP. That's right 21% they are giving back to W/NP. If you are interested in purchasing any gift cards contact:

Amy Wiza
Room 129
Nelson Hall, UWSP
Stevens Point, WI 54481
715-346-4702
awiza@uwsp.edu



The quilt in the picture will be on the International raffle at next year's State Conference in Stevens Point. The money raised will help someone go to the 2022 ACWW Triennial in Malaysia.
Note: The quilt was created by Eileen from hand dyed Malaysia fabric she purchased at the 2019 ACWW Triennial's Trade Show in Australia.
Marcelline Protheroe

Amy also said she hopes to have cards available at State Conference.

Family & Community Life

We at Hingham had a wonderful turnout for the Memorial Day Parade. It was wonderful to see so many people at the Parade as well as IN the Parade. The Oostburg High School Band led the Parade, followed by our men from the Legion, who invited any and all service personnel to join them. Those that could not walk the Parade, were riding in cars. The children decorated their bikes, wagons, and many other items. There were floats, Fire Trucks, from Oostburg, Waldo, and Adell as well as First Responders with their vans, and 36 TRACTORS. One gentleman who has been in a Nursing Home for Rehab was there to see his tractors in the parade. Each tractor driver held out a sign for John, saying Get Well Soon! Another Wishing you Home Soon! Another passenger jumped off and put a chain on the tractor behind him then he held up a sign saying: WE ARE ALL PULLING FOR YOU! I heard later John had tears in his eyes for what all these fellows did for him. A Program was held in the Hingham Cemetery following the Parade, with a meal at the Hingham Hall following the Program. Another group of fellows put a new roof on a shed for John about two weeks ago. That was a really HOT day as well. I do believe much of this was due to the Covid 19 shut down last year and into this year. Many folks just want to get out and see who or what they have missed.

I have been crocheting hats and scarves and blankets. If you know any one who would like some of them please give me a call or stop by.

Family & Community Life,

Joyce Kuhlow

Remembering Kay (Kathryn) Goking



Kay was an HCE member over 60 years. Her first club was Mapledale and then she was an individual member. Kay lived in her home across from Pine Hills Golf Course. She was very active attending Sheboygan Concert series and involved in her church. Kay was church treasurer and also treasurer for HCE executive board. She did the audit of our county books. Kay was good at numbers and a sharp card player. Even at age 99 she was active in her church. 2 weeks before her passing ladies called her about lunch and she said not this time. A week later she fell and had a stroke. Her last recipe in our fair handout was Lemon Zucchini nut bread in 2018.

Kay and her happy smile will be missed.

HCE Cultural Arts & Textile Update 2021

Congratulations! The following Cultural Arts entries were voted to go to the HCE State Conference in Stevens Point, September 20-22.

- | | |
|----------|--|
| Category | 2. Photography - Nancy Wagner - Chapel in the Woods |
| | 4. Knitting - Joyce Smies - Beautiful Shawl |
| | 5. Crocheting - Nancy Wagner - Baby Afghan |
| | 6. Hand Stitching - Counted Cross Stitch - Ann Meyer - Frogs |
| | 7. Craft - Carolyn Dreier - Glass Birdbath |
| | 8. Heritage Skill - Ann Meyer - 13 x 9 basket |
| | 13. Jewelry - Althea Smith - Earrings |
| | 15. Painted Object - Peggy Berchem - Painted China Tray |
| | 16. Poem - Myra Eischen - Our Friendship is Like a Quilt |

The above items should be brought to the Extension Office by September 1 or if entered in the fair right after the fair. Take previous tags off from Rally Day and Sheboygan County Fair, etc. Make sure to pack items in sturdy packaging.

Good Luck. Peggy Berchem, Chairperson

2021 Fair Booth Schedule September 2 - September 6			
Thursday 12 -2	Julie Boedecker	Saturday 4-6	Ellen McNeese
Thursday 2-4	Sharon Even	Saturday 6-8	Carolyn Dreier
Thursday 4-6	Sharon Zimmerman	Saturday 8-close	Carolyn Dreier
Thursday 6-8	Althea Smith	Sunday 10-12	Alice Walter NO PASS NEEDED
Thursday 8-close	Carolyn Dreier	Sunday 12-2	Joyce Hameister and Joann Gadick
Friday 10-12	Judy Diener	Sunday 2-4	Joyce Hameister and Joann Gadick
Friday 12-2	Carolyn Dreier	Sunday 4-6	Julie Boedecker
Friday 2-4	Judy Diener	Sunday 6-8	Kathi Bonde
Friday 4-6	Ellen McNeese	Sunday 8-close	Kathi Bonde
Friday 6-8	Alice Walter NO PASS NEEDED	Monday 10-12	Nancy Wagner and Peggy Watson
Friday 8-close	Carolyn Dreier	Monday 12-2	Alice Walter NO PASS NEEDED
Saturday 10-12	Phyllis Nyhof	Monday 2-4	Carolyn Dreier
Saturday 12-2	Joyce Kuhlow	Monday 4-6	Nancy Wagner and Peggy Watson
Saturday 2-4	Myra Eischen		
PLEASE NOTE ONLY ONE COMPLIMENTARY PASS PER TIME SLOT!			



SHEBOYGAN COUNTY HCE EXECUTIVE BOARD MEETING

MONDAY, JULY 12, 2021, 1:30 P.M.

EXTENSION MEETING ROOM 5024

DRAFT

Call to order by President Carolyn Dreier at 1:30 P.M. followed by the Association Creed.

Roll call, present: Carolyn Dreier, Kathi Bonde, Julie Boedecker, Alice Walter, Joyce Kuhlow, Marilyn Voskuil, Sharon Zimmermann, Nancy Wagner, Sharon Even and Jane Jensen.

Excused members: Peggy Berchem.

Absent: Nancy Cherney, Kristine Miller, Joan Walvoord and Joanne Schroeder.

Secretary's minutes were reviewed by members prior to meeting. Motion made by Alice Walter and seconded by Joyce Kuhlow to accept the minutes. Motion carried.

Treasurer's Report was reviewed by Carolyn Dreier in Nancy Cherney's absence. Motion made by Sharon Zimmermann and seconded by Joyce Kuhlow to accept the report. Motion carried.

REPORTS OF OFFICERS AND COMMITTEES:

Cultural & Textile Arts – No report in Peggy Berchem absence. Note that Peggy is unable to go to state convention and therefore unable to transport cultural art entries. Pam Fiedler will be contacted to get entries to state convention. Kathi Bonde is available to transport the entries to state but will need someone to take them inside.

Stitches of Love – Julie Boedecker reporting. No report.

Family & Community Life – Joyce Kuhlow reporting. She reported on Hingham community Memorial Day activities and will put her article in the Goldnotes.

Wisconsin Bookworms – Kristine Miller and Ronna O'Toole. Both absent and no report.

International – Alice Walter reporting. She will be transporting supplies to Stevens Point next week. She provided a list of needed supplies. Her committee had a zoom meeting in June and she is completing her second term at the International District level. She will not seek a third term. If you want to donate Kwik Trip gas script cards, call Alice Walter for instructions.

Community Outreach – Safe Harbor – No report.

Marketing/membership – Carolyn Dreier reporting. Discussion of Town and Country membership. Carolyn has called all their members encouraging their continuing membership.

Programming – Kathi Bonde reporting. Kathi provided a detailed report on tentative 2022 educational programs. More information will be provided at the September meeting and then voted on at the Annual meeting Member to Member in October. Kathi asked for ideas and input for programs. Suggestions from board members were Secret Angel project from Joyce Kuhlow. Other topics were Alzheimer's and Suicide.

Book Club – Next Book Club meeting on September 9 at Roadside Inn, Plymouth at 11:30 A.M.

UNFINISHED BUSINESS

2021 Sheboygan County Project - Safe Harbor. Kathi Bonde was asked to continue contact with Vanessa VanderWeele for any special needs.

Rally Day Committee Report - Sharon Zimmermann reporting. Rally day 2021 was rescheduled from 2020 due to the Coronavirus. Wagon Wheel in Howards Grove closed so the site was changed to Racers Hall on County Trunk C east of Plymouth for a charge of \$50.00 and it is handicap accessible. Pretty Good Egg members were in charge. The event went well with plenty of room for the cultural art displays. Pretty Good Eggs donated gift bags for door prizes and one each was given to Jane Jensen and Tammy Zorn for all the help they do for the HCE organization.

Cost of the meal was \$17.00 (Broasted chicken & pork chop). Other charges were for entertainment, Jim Rosetti, \$100; table favors \$11.00, nut cups; and \$12.00 gift bag fillers by Pretty Good Eggs member donations.

NEW BUSINESS

Tour of Quilt museum on July 20, 2021. Fourteen people are going and need to be at the museum by 10:30.

County Fair booth – District III are in charge of set up and take down. They are setting up on Tuesday, August 31. All slots for working the booth have been filled. Noted later that time slot for Peggy Berchem on Friday, 12-2 P.M., may need to be filled.

Reminder that educational programs for 2022 need to be approved at the annual meeting in October.

Suggestions for community outreach yearly project for 2022 need to be voted on at the annual meeting in October. Suggestions were Potters Place at 2612 Erie Avenue for homeless families as half-way house. Another suggestions is American Hands. Julie Boedecker suggested Camo Quilts... quilts made for military men and women and veterans in nursing homes and hospice. Workers are needed in Plymouth on Tuesday and Wednesday, 9:00 AM – 3:00 P.M., located at 439 Factory Street. Linda Wieck is the contact person and she offered tours of the facility. More information to follow.

There for Member to Member on October 11, 2021 is Ethnic recipes. The host club is Lakeview District I. Two recipes need to be given to Tammy by September 15, from clubs and individual members. Small samples of food need to be brought to Member to Member as individual servings, ready to serve/eat. Discussion followed on invitations to the Hmong and Latino communities for this event. Carolyn will contact these communities for invitations with limited number of people. Also invited will be Bookworm readers who are not members. Sharon Zimmermann will do this.

WAHCE Annual Conference on September 20-22, 2021 at Stevens Point. You can still make reservations and can cancel until August. Reminder that masks are required in all hallways of hotel. Not in meeting rooms.

Dues – It was decided to keep dues at \$15.00.

Goldnotes articles need to be by Tammy by August 9, with proofreading on August 16.

An article on Kay Goking, member of HCE who died June 18, will be written by Alice Walter.

Next board meeting will be September 13, at 3:30 P.M. Refreshments provided by Alice Walter, cost \$3.00. Please let Alice know if you aren't able to attend.

Jane announced programs she is involved in providing. More information will be in the Goldnotes.

Meeting closed with Association Prayer.

Motion made by Alice Walter and seconded by Kathi Bonde to adjourn. Motion carried. Meeting adjourned at 3:35 P.M.

Respectfully submitted,

Julie Boedecker, Secretary

Addendum – It was decided to postpone inviting Hmong and Latino individuals to Member to Member meeting at this time. We may consider this in the future.

2021 Quilt Museum Summer Tour Results

by Kathi Bonde

Here are pictures of the Wisconsin Museum of Quilts & Fiber Arts tour that was held Tuesday July 20, 2021 in Cedarburg. Our docent, Kay Schroeder, who was a former Ozaukee 4-H Educator, did an excellent presentation explaining the quilt stories behind the "History in the Stitches" of the 19th Century. We were also privy to see the 2020 Quarantine Quilt squares that was secured from all over the country and assembled by docents of the museum. Devyn McIlraith, WMQFA Education Educator, helped us with a quilting project of a quilt magnet.

We 14 HCE gals had a wonderful day and it was really a great outing.



Optimism
Monday, September 13, 2021 - 6:00 PM

Club/Individual Name: _____

Names of Members Attending: _____

Names of Prospective/Family Members Attending: _____

Total number of packets required _____

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

Or Call: 920-459-5904

Deadline: September 6, 2021

Member to Member Annual Meeting
Monday, October 11, 2021 - 6:00 PM

Club/Individual Name: _____

Names of Members Attending: _____

Names of Prospective/Family Members Attending: _____

Total number of packets required _____

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

Or Call: 920-459-5904

Deadline: October 4, 2021

**Sheboygan County Association for Home & Community Education Club/
Individual Membership Form**

Club/Individual Name: _____

Names of Club Members : _____

\$15.00 x ____ number of members \$ _____

TOTAL \$ _____

Return to:
Nancy Cherney
1133 Whittier Avenue
Howards Grove, WI 53083

Due: October 1, 2021



Aging Mastery Program®

National Council on Aging



Extension

UNIVERSITY OF WISCONSIN-MADISON

Join the adventure!



UW Madison Extension North Central WI & Sheboygan Counties

will be running the Aging Mastery Program® soon!

Build your own personal playbook for aging well. This fun, innovative program empowers you to take key steps to improve your well-being, add stability to your life, and strengthen ties to your community. Meet new friends and provide encouragement to one another as you take the Aging Mastery journey together!

Virtual Classes will be held September 7th - October 7th

10:00am-11:00am, every Tuesday and Thursday

Limited spots available: Sign up now!

The program will launch on September 7, 2021,

but participants have to be signed up by August 30, 2021.

Please RSVP to: Forest/Oneida/Sheboygan/Wood County Extension

by filling out this form: <http://bit.ly/ExtensionAMP3>

You Will Learn About:

- Navigating Longer Lives
- Exercise and You
- Sleep
- Healthy Eating and Hydration
- Financial Fitness
- Medication Management
- Advance Planning
- Healthy Relationships
- Falls Prevention
- Community Engagement

For questions or assistance please call 715-421-8437 or 920-459-5904.

10 FREE classes

Classes will be held using Zoom Technology.

A computer, smartphone or tablet with a working camera and microphone is required.

Workbooks will be sent in the mail or can be picked up at your local Extension office prior to class.

HCE MEMBER CONTRIBUTION REPORT FOR JUNE 2021 THRU MAY 2022 (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													