



GOLDNOTES

Your county extension office



UW Extension
Cooperative Extension
Sheboygan County



Volume XXXIV, Issue 1
January, 2017

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Cooperative Extension Service—University of Wisconsin-Extension
Sheboygan County Office, 5 University Drive, Sheboygan, WI 53081 - 459-5900

Happy New Year 2017! It looks like our January thaw is already here, let's hope it continues until spring. Speaking of spring, our WAHCE Spring Southeast District meeting will be on April 26, 2017 at Jackson, WI. Hosting is Washington County, more information will be supplied when it is available. I hope with such a close site many of you will be able to attend. Also please save the date of May 16, 2017 for this year's Rally Day. Hopefully you are all working on your Cultural Arts and Crafts. The state bonus category this year is "Three Cheers for Team HCE!" Also starting soon is *On the Move and in the Groove*, running February 26 to May 27, 2017. Remember it is one point for every 20 minutes of exercise. Kewaunee County was the winner last year with only 19,713 points! One more thing to keep track of is your hours working for HCE and any monetary donations on behalf of HCE. I am looking forward to getting to know you all.

Sincerely,
Melody Lamberton
Sheboygan County HCE President

2017 Sheboygan County Association for Home & Community Education Officers

Melody Lamberton
President

Sharon Zimmermann & Kathi Bonde
Co-Vice Presidents (Program)

Marge Halbach
Vice-President Community Outreach

Julie Boedecker & Joyce Kuhlow
Co-Secretaries

Nancy Cherney
Treasurer

Newsletter Edited by:
Melody, Julie & Jane
Thank you for all of your help.

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

http://sheboygan.uwex.edu/ (click on Family Living)

Coming Events

Monday **Cake Decorating**
Feb 13 7:00 p.m.
 UWEX Meeting Rooms 5020-5022

Monday **Executive Board Meeting**
March 13 4:15 p.m.
 UWEX Meeting Room 5024

Monday **Heroin & Prescription Drugs: The**
March 13 **problem and how you can be part**
of the solution
 7:00 p.m.
 UWEX Meeting Rooms 5020-5022

Monday **Executive Board Meeting**
April 10 4:15 p.m.
 UWEX Meeting Room 5024

Monday **Women in History of Wisconsin**
April 10 7:00 p.m.
 UWEX Meeting Rooms 5020-5022

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

**Heroin and Prescription Drugs: The problem
 and how you can be part of the solution**
Monday, March 13, 2017 - 7:00 PM
Extension Meeting Rooms 5020-5022
Speakers: Co-chairs of the Healthy
Sheboygan County 2020 Heroin
Subcommittee
Elizabeth Holte, Public Health Educator
Sheboygan County DPH
Kurt D. Zempel, Sergeant, Sheboygan
County MEG Unit
Sheboygan Police Department

Heroin and prescription pill abuse has covered headlines everywhere—but how did we get here? Healthy Sheboygan County 2020 is bringing information into the community on how we got here, what individuals can do, what is being done and how as a community, we can work towards a solution.

On the Move and in the Groove

On the Move and in the Groove begins February 26 and ends May 27, 2017. Any type of exercise can be recorded such as: walking, cleaning, gardening, dancing, swimming, and you name-it exercise of any kind. Please report your totals in points, not minutes or hours. Twenty minutes equals one point. Forms will be available at the February 13 Education Session. Return to Ruth Cary by June 1, 2017.

Ruth Cary

News from County International Chair

International projects include making quiltlets and the water filters. I will be going to Nicaragua in February. It is through Wisconsin/Nicaragua Partners. This organization is a registered 501(c) 3 private volunteer organization. It was started during President Kennedy's term. Through projects and culture exchanges, it provides opportunities for both cultures and can lead to mutually agreed upon goals. It will be a learning experience for Wisconsin people and also we will be able to become friends. There are 17 people going; nine are HCE members. I have a large suitcase that I hope to take items along with me. I will be attending the next HCE meeting if anyone would like to donate items. Any questions, contact Alice at 467-0493. The name of the project is Wisconsin/Nicaragua Partners. It is located in Stevens Point.

Alice Walter
 International Chair

February Cake Decorating Program

Thank you to those who have already signed up: Town & County, Pretty Good Eggs and 5 individual members.

Please register by February 6, 2017.

**SHEBOYGAN COUNTY HCE EXECUTIVE BOARD MEETING
4:15 - 6:15 P.M. MONDAY, JANUARY 9, 2017
UW-EXTENSION MEETING ROOM 5024**



Call to order at 4:16 PM by President, Melody Lamberton followed by Association Creed.

ROLL CALL: Present - Melody Lamberton , Joyce Kuhlow, Julie Boedecker, Nancy Cherney, Alice Ackermann, Ruth Cary, Ruth Limberg, Alice Walter, Sharon Zimmermann, Jane Jensen (liaison) and members representing Franklin club...Nancy Wagner and Elverta Reinemann.

Excused members - Peggy Berchem, Kathi Bonde, Marge Halbach & Ann Meyer.

SECRETARY'S REPORT read. Motion made to approve by Sharon Zimmermann and seconded by Joyce Kuhlow. Motion carried.

TREASURER'S REPORT read. Motion made to approve by Joyce Kuhlow and seconded by Alice Walter. Motion carried.

REPORTS OF OFFICERS AND COMMITTEES:

CULTURAL & TEXTILE ARTS - Peggy Berchem sent a message for members to work on projects for Cultural Arts show.

STITCHES OF LOVE - Julie Boedecker & Nancy Cherney. Nothing new to report.

FAMILY COORDINATOR - Ruth Cary. On the Move and in the Groove February 26 to May 27, 2017.

WISCONSIN BOOKWORMS™ - Ruth Limberg. Reported an anonymous donation of \$100.00.

INTERNATIONAL - Alice Walter reported that she and other HCE members will be going to Nicaragua February 16-25. It will be a "working trip" with hands on teaching. She has an empty suitcase that can be filled with donations of aspirin, Tylenol, dolls, toy trucks, sewing supplies, tape measures. There was a request for size 2 clothing.

COMMUNITY OUTREACH - Thank you to Marge Halbach for the article written for the WI HCE UPDATE magazine. It was suggested that she notify the Sheboygan Press to get our organization listed in the visitor magazine they publish.

MARKETING - MEMBERSHIP - Currently need a Board Representative.

PROGRAMING - Sharon Zimmermann requested suggestions that February speaker on Drug and Drug Abuse Awareness should cover. Suggestions are Sheboygan County issues and what's being done in the schools.

UNFINISHED BUSINESS

2017 Sheboygan County Project - will be Haiti.

Thank you extended to Nancy Cherney for planning and organizing holiday gathering at The Other Place.

Comments from Melody on attending the WAHCE Southeast District Fall Meeting.

Commented on Jessica Mincha playing the role of Abigail Adams, wife of John Adams our second president of the U.S.

Goldnotes committee meeting date will be Wednesday, January 25, at 1 pm.

NEW BUSINESS

2017 Budget - Nancy Cherney reviewed the financial plan based on income and expenses. The board must approve any transfers of money to cover expenses. We do not want to increase the dues. Reviewed the Cultural Arts Show costs. Suggestions to lower ribbon prizes: recycle the ribbons for anything other than first place, make our own ribbons. This information will be forwarded to Peggy Berchem and will be discussed at the next executive meeting. A motion was made by Sharon Zimmermann and seconded by Joyce Kuhlow to budget \$100.00 for speaker and program costs and include \$250.00 for members attending the state annual meeting and leadership conference.

Audit of books - Nancy Cherney reported that JoAnn Gadicke will do this.

Apply for 2017 awards - we have done REINS and Angel Hugs in the past. More information is available on the WAHCE website. Consider using Alice Walter and her trip to Nicaragua for the project. Will be discussed as unfinished business at next board meeting.

Rally Day - Julie Boedecker reporting. Tuesday, May 16, 2017, at The Village at 170 (formerly Rangeline Inn). Entertainment will be the Kohler High School Madrigal Singers. Motion was made and seconded to allocate \$50.00 for the entertainment. Suggestions for other places for Rally Day were Catalunya in Sheboygan Falls, Wagon Wheel, Lakeland College, Bummy's, Breaking Bread, Generations, and Johnsonville. We will include a donation box for Haiti for smaller items such as aspirin, lip gloss, band aids, deflated balls.

Spring Southeast District Meeting on April 26, 2017 in Jackson, WI from 9 AM - 3 PM, hosted by Washington County HCE.

WAHCE Annual Conference - September 11-13, 2017 in Wisconsin Dells; hotel will be at Glacier Canyon Lodge in Lake Delton at \$99 per night, tax exempt.

Theme for Member to Member in October 2017. Town and Country club will be in charge and make suggestions to the board. The board will approve. Be aware of electrical outlet limitations and there is no oven.

Zero Hunger Projects - It originated at the state conference and is a program under the international committee. This will be put on the agenda for next executive meeting.

Request to reimburse for educational program travel expenses was discussed. A vote was taken that expenses for education program travel will not be reimbursed.

Sheboygan County contribution to 2018 State Conference - Melody was asked for the top three selections that we can do to assist the state committee. Our top three were providing favors for one meal, items for goodie bags and bags for each attendee. Anticipated attendance is 325-350.

OTHER BUSINESS

Project Angel Hugs is looking for Valentines

Sharon Zimmermann is looking for volunteers to assist in making cancer pillows on Monday, January 30, from 9 AM-3 PM, at Camo Quilts...sewing, ironing, etc. Material has already been cut.

Discussion on fundraising for HCE.

Volunteers needed for HCE Community outreach project...coverlets for Haiti and Guatemala, on Tuesday, January 24, 2017 from 9 AM - 1 PM at UW-Extension office, rooms 5020-5022, with snow date of Tuesday, January 31, 2017.

Closed with the Association Prayer.

Adjournment at 6:15 PM

Respectfully submitted,
Julie Boedecker

Thank you

Dear Friends of HCE -
On behalf of MHA/Open Door staff, board, and friends and clients...we are SO GRATEFUL and thankful for your on-going support. Participants of our program don't always have family & good ol' cooked meals during the Holiday season. Having you all bring your tasty treats to Open Door truly helps with their recovery and have folks know that WE (as a community) care! Thank you so much!

Kate Baer

Sending blessings, peace, & health to you & yours today and in the new year! Be well.

(MHA is Mental Health America in Sheboygan County)

Thanksgiving Luncheon

On Monday, November 21 Franklin HCE hosted a Thanksgiving luncheon at Open Door in Sheboygan. A facility run and funded by Mental Health America. Open Door is a supportive drop in center for persons dealing with mental health illnesses. A personal request was extended to our club again after they were so pleased with our Spring luncheon, we happily accepted. They asked us to open with our HCE Association prayer after which 40 people in attendance shared in the meal. A wonderful day of fellowship was had by all. Thank you once again to all the ladies of Franklin HCE for donating your time and talents in making this an uplifting experience. Your warmth and acceptance were felt by all who attended that day. Only desserts were left and they were enjoyed by people who dropped in later that day, and with their lunch on Wednesday when they were open again. Thank you once again ladies of Franklin HCE for your enthusiastic support in community outreach at Open Door for persons with mental health issues.

Respectfully and gratefully yours,
Joyce Hameister



Support Fundraising for Haiti

Our HCE members voted at the Member to Member meeting to support Haiti. There will be a fundraiser at Antonio's - Amore Restaurant in Plymouth 1:00-4:30 PM - Sunday, February 12. Tickets are available at Plymouth Piggly Wiggly and at Crossroads Church in Sheboygan. It is a chocolate fest, samples of chocolate desserts and drinks. Can't eat everything, you can take your samples home. Also assortment of raffle baskets available. Maybe you would like to donate a basket. The organization, LESPWA International travels to Haiti several times a year. This in one way HCE members can help Haiti. We voted to help the country.

Alice Walter

Suggestions for Haiti

shampoo	hair brush
combs	hand soap
tooth paste	tooth brushes
deodorant	band aids
aspirin	school supplies
wet wipes	coverlets (small blanket)

These items can be brought to Rally Day on May 16th.

Sharon Zimmermann

HCE Book Club News

Our next book we will be reading is *Vision Trips and Crowded Rooms; who and what you see before you die* by David Kessler co-authored with Elizabeth Kubler-Ross. It shares three phenomenons before death of visions, getting ready for a trip, and crowded rooms.

We will be meeting at **GLAS (The Green Coffee House) at 924 N. 14th Street on Wednesday, February 15th at 11:30 a.m.** in the conference room. Please order your lunch as you come in. We ask that each of you bring a couple of questions for the discussion of the book.

Our next book we will be discussing is *Because I Am* by Jackie Miller. That discussion will be held on April 5th at GLAS at the same time of 11:30 a.m. If anyone wishes to join the discussions we are always happy to have additional participants.

Hope to see you there!

Nancy Wagner & JoAnn Gadicke

Record Your HCE Volunteer Hours

Record your HCE volunteer hours for June 1, 2016 to May 31, 2017. This is important to show the value of HCE volunteers. The form is available on page 8 of this issue of Goldnotes. Please return your forms to the UW-Extension office by June 1, 2017.

**Wisconsin Women Making History:
Their Stories, Our Legacy
Monday, April 10, 2017 - 7:00 PM
UWEX Meeting Rooms 5020-5022**

Women too often do not see themselves in history books. Come celebrate the contributions Wisconsin Women have made in our lives.



Thinking of You Cards

After touring Sharon S. Richardson in September, our club members wanted to do something to show we were thinking of the residents and their families. Peggy Watson, Franklin HCE member, along with a paper crafting friend of hers, designed two styles of seasonal thinking of you cards for Sharon S. Richardson. Franklin HCE members assembled the cards at the November meeting and Peggy Watson and Nancy Wagner delivered 85 cards to Charmaine Conrad of Sharon S. Richardson in early December. The cards will be shared with people residing at the facility and those that are in home hospice care.

Franklin Club



In Remembrance of Arleen Gruenke January 2, 1947 - October 4, 2016

It was with lots of prayers and support that we had to accept the loss of Arleen Gruenke. Arleen was always positive in her battle with pancreatic cancer. She always believed until her last week that she could overcome this disease.

Arleen was an energetic member of the Franklin HCE for 13 years. She was always willing to take her part in club activities. She loved to take pictures and was always there with her camera to take pictures of our club activities. She put all old and new photos on a CD for our club history. Arleen served on the Sunshine Committee and was always willing to take her turn in having our monthly meeting in her home, even when she was the primary caregiver for her Mother.

During the months Arleen was battling cancer, she thought of her fellow club members. It was her wish that after she passed away each member of her club would receive a specially chosen keepsake card, earrings and a handwritten note from her. Arleen's husband Tim presented Arleen's gift for each of us to Sandy Kuhfuss. It was an emotional evening as Sandy passed out the gifts at our November meeting. We all realized it takes a special person to think of others during serious illness and Arleen was that special person.

Her smile and outgoing personality will be missed by all club members.

Elverta Reinemann and Franklin HCE Members



SAVE the DATE

Rally Day

Tuesday, May 16, 2017

Village at 170 (formerly Rangeline Inn)



Impact of HCE -- 2017
HCE Club Member Contribution Report

To recognize the achievements and contributions of HCE members, each member is asked to complete the following sheet. Information will be compiled into an "Impact of HCE" Report. The dates for the report for 2017 are June 1st, 2016, to May 31st, 2017. Please give your reports to your Club President or your County Coordinator so they can be compiled. Counties will put everything together on the County Form and send to JoAnn Blonien, WAHCE Vice President for Family and Community Life by June 10th 2017. Thank You!

Contact information: (will not be shared, for record keeping only)

Club Member's Name: _____
 County: _____
 Club: _____

In the past year please indicate the number of times you attended and the amount of time you gave for the following:

<u>Event</u>	<u># Attended</u>	<u>Time Spent</u>
County HCE Executive Board Meetings	_____	_____
County HCE Spring Event(s)	_____	_____
County HCE Fall Event(s)	_____	_____
County HCE Educational Sessions	_____	_____
HCE Club Meetings	_____	_____
HCE District Meetings	_____	_____
HCE State Meetings	_____	_____
	TOTAL:	_____

Please list any fundraising activities you were involved with on behalf of HCE.
 (example: bake sale at the bank for HCE))

<u>Fundraising Activity</u>	<u>Time Spent</u>
_____	_____
_____	_____
TOTAL:	_____

Please list any community outreach activities that are directly related to HCE.
 (example: Bingo at the nursing home for HCE))

<u>Community Outreach</u>	<u>Time Spent</u>
_____	_____
_____	_____
TOTAL:	_____

Please list the value of any individual donations (monetary or otherwise) you made for HCE.
 Note: Club donations will be obtained from Club Treasurer.
 (example: crocheted baby blanket for HCE)

<u>Donations</u>	<u>Estimated Dollar Value</u>
_____	_____
_____	_____
TOTAL:	_____

Coverlets for Third World Countries

Just a few people CAN have a huge impact and make this world just a little bit better. Five dedicated women, (Rosalie Dunn, Nancy Wagner, Rosemary Anderson, Marilyn Grotebeck, Ann Meyer), came to UW-Extension Sheboygan County Tuesday, January 24 and worked very hard to empty a large storage bin filled with fabric. The fabric was donated by Scott and Martha Gedemer in honor of Martha's mother. The women rolled up their sleeves and got to work. The room transformed into a "Santa's workshop" type atmosphere. In the end, over 60 coverlets were made. They are destined for Haiti, Guatemala, and Nicaragua. The coverlets will help young and old keep warm, be protected from insects, and provide a welcome alternative to sleeping on dirt floors. Members who missed this event are still welcome to make them on their own and drop them off at the next meeting.

Ann Meyer



Dear HCE Member,

It is always energizing to work with your talented, committed Executive Board as they begin a new year and welcome new faces to work with experienced individuals. The enthusiasm is contagious!

I am sharing a quote from my daily inspirational calendar my sister presented me with for my birthday. Hopefully it inspires you to broaden your horizons and take on a new HCE role.

"A person who never made a mistake never tried anything new." Albert Einstein

Check this issue of Goldnotes through carefully as it is chock full of opportunities and inspiration.

Sincerely, Jane E. Jensen
Family Living Educator/Liaison

Cultural Arts

I recently found out our Rally Day is Tuesday, May 16th at Village at 170 (formerly Rangeline Inn). Our categories and guidelines are the same as last year, our fun category is "Three Cheers for Team HCE. Size restriction base 10" x 10", no more than 20" high. Have fun!

**HIP HIP
HOORAY!**

There is time to start a project or finish one. We always welcome written items, Essay, Short Story, Poem. Entries are due May 1, 2017.

Peggy Berchem, Chairperson



**Wisconsin Association for Home & Community Education, Inc.
Cultural Arts Show & Contest - 2017
Categories**

**1. Painting/Drawing**

Framed or Wrapped. If bringing an easel for your painting or drawing, securely tape a label with name, district and county.

- A. Oil
- B. Acrylic
- C. Water Color
- D. Other

2. Photography

Photograph must be 8" x 10", unmatted only, in 8 1/2" x 11" plastic sleeve with a tag board or cardboard behind the photo. 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 and White
- H. Other

3. Sewing

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

4. Knitting

- A. Wearable Item
- B. Afghan
- C. Other

5. Crocheting

- A. Wearable Item
- B. Doily/Dresser Scarf
- C. Afghan
- D. Other

6. Hand Stitching

- A. Plastic Canvas
- B. Embroidery
- C. Counted 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. Original published book
- J. Other

9. Bed Quilt

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

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

*Machine Quilted by You:
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
- 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. Table Topper/Runner

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

13. Jewelry

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

14. Constructed Original Item

- A. Clay/Pottery
- B. Wood
- C. Other

15. Painted Object

- A. China
- B. Glass
- C. Fabric
- D. Wood
- E. Other

Poem, Essay, Short Story/Play

Three 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. Essay**

Original, 1 topic; 250-500 words

18. Short Story/Play

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

19. Bonus Category – "Three Cheers for Team HCE!"

The Fun Category

Limit of one entry per county. Create a display of your choice.

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 "Three Cheers" entry

Have Fun!!!

STATE REGISTRATIONS DUE BY AUGUST 1, 2017

May 16, 2017 HCE Cultural Arts & Crafts Show
 Send Entries to Peggy Berchem,
 1811 Playbird Rd, Sheboygan, WI 53083
Entry Deadline May 1, 2017

Category: (Example 2D = Drawing - Mixed Media) _____

Letter: ____ - _____

Name : _____

Phone Number : _____

Address: _____

City/Zip: _____

Club: _____

Title: _____

Offer of Free Sewing Machine/Fabric

A family recently contacted Jane at the UWEX office offering to donate sewing machines and fabric to groups for community outreach efforts. There are two Babyloc sewing machines (serger and embroidery style) and tubs of fabric ready for quilting. The individual would be glad to have club members come to her house to peruse the tubs of fabric. Please call Jane for contact information for this individual.



Description – written on back along with size

#

Box for Office Use Only

Wisconsin Women Making History: Their Stories, Our Legacy
Monday, April 10, 2017 - 7:00 PM

Club/Individual Name: _____

Names of Members Attending: _____

Names of Guests Attending: _____

Total number of packets required _____

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

Or Call: 920-459-5902

Deadline: April 3, 2016

Heroin & Prescription Drugs: The problem and how you can be part of the solution
Monday, March 13, 2017 - 7:00 PM

Club/Individual Name: _____

Names of Members Attending: _____

Names of Guests Attending: _____

Total number of packets required _____

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

Or Call: 920-459-5902

Deadline: March 6, 2017

GOLDNOTES

Newsletter

for

Sheboygan County Association for Home & Community Education

"Issued in furtherance of Cooperative Extension work, Acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture. Carl O'Connor, State Director, Cooperative Extension, University of Wisconsin-Extension."

