

# JANUARY 2023 GOLDNOTES

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

## Inside this issue:

January, 2023

Upcoming Events 2

2023 HCE Board Listing 2

Spring Southeast District Meeting 2

Find us on Facebook 2

HCE Webpage 2

Subscribe to "Update"! 2

County International Report 3

Wisconsin Bookworm Update 3

Stiches of Love Update 3

HCE Book Club News 3

2023 County Community Service Project—Camo Quilts 4

Getting Started with Advance Care Planning 4

Come Paint with Me—Ornament for Easter 4

Chair Yoga 4

Draft of Southeast District Spring Meeting Invite 5

Bees In Our Lives!! 6

Marketing and Membership 6

January 9, 2023 Board Meeting 7-8

Wise Wisconsin Series 9

Program Registrations 10



## Sheboygan County Association for Home & Community Education - January Goldnotes - "New Way of Living with HCE"

Hello HCE Members,

2023 will be an exciting year for HCE! Our HCE Association Prayer gives us motivation inspiring us with "Where Laughter, Mirth and Cheer Abound"! Read it often! Live it!

We have many projects planned this year "Where Good friends Gather 'Round"!

- February 13, 10:30 at UWEX: Advance Directives - Important lesson for all of us. Let's all show up and bring a friend with you.
- March 13, 10:30 at UWEX: Try your hand on Painting an Easter Ornament with Me, under the direction of artist Peggy Berchem.

We have a great opportunity to showcase Sheboygan County HCE by hosting the Spring Southeast District Meeting this April. How can you get involved in order to show our southeast counties our Sheboygan County gracious hospitality? Talents are much needed! Do not wait for the chairpersons to call you - you call them. (Phone numbers in 2023 Program Booklet).

As for the Goldnotes, please adhere to deadlines. Individual members and clubs, utilize this newsletter for your HCE communications. Put your activities/pictures in it so we can all see the neat things members are doing.

In order for our HCE organization to have a fulfilling & positive experience this year for all, your in-kind contributions are essential! I look forward to working and hearing from each of you.

Yours in HCE,

Kathi Bonde - 920-946-7503, phone or text

[kathibonde@gmail.com](mailto:kathibonde@gmail.com)

HCE County President



# Upcoming EVENTS

MARK YOUR CALENDAR

**Monday - February 13 - 10:30 AM**  
Education Meeting - Getting Started with  
Advance Care Planning  
Extension Rooms 5020 & 5022

**Monday - March 13 - 10:30 AM**  
Education Meeting - Come Paint with Me -  
Ornaments for Easter  
Extension Rooms 5020 & 5022

**Monday - March 13 - 1:30 PM**  
Executive Board Meeting  
Extension Room 5024

**Monday - April 10 - 3:00 PM**  
Executive Board Meeting  
Extension Room 5024

**Monday - April 10 - 6:00 PM**  
Education Meeting - Chair Yoga  
Extension Rooms 5020 & 5022

**Wednesday - April 19 - 10:00 AM**  
HCE Southeast District Meeting  
Sheboygan County Historical Museum



Find us on  
**Facebook**

Follow the [Extension Sheboygan County Facebook page](#).

[https://www.facebook.com/  
ExtensionSheboyganCounty](https://www.facebook.com/ExtensionSheboyganCounty)

Lots of great information is being shared.

**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](http://www.wahceinc.org)

## 2023 Sheboygan County Association for Home & Community Education Officers

Kathi Bonde  
President

Joyce Smies  
Vice President (Program)

Myra Eischen  
Secretary

Julie Boedecker  
Treasurer

*Newsletter Edited By:  
Kathi Bonde*

*Thank you for all of your help.*

*Extension e-mail addresses:*

[jane.jensen@wisc.edu](mailto:jane.jensen@wisc.edu)

[tammy.zorn@wisc.edu](mailto:tammy.zorn@wisc.edu)

## Spring Southeast District Meeting

The Southeast District Spring meeting will be held April 19, 2023 in Sheboygan County. Cost is \$20.00 per person. Everyone is welcome!

Committees:

**Venue:** Alice Walter

**Food breakfast/lunch:** Myra Eischen, Kay Keyes & Sharon Even

**Parking and signs:** Alice Walter

**Centerpieces and door prizes:** Joanne Schroeder & Marilyn Voskuil

**Registration & greeters:** Nancy Wagner

**Speaker:** Alice Walter

**Invitation to be created:** Carolyn Dreier & Tammy Zorn

## SUBSCRIBE TO "UPDATE"!

Seeing that each SCAHCE member received a recent Update, please consider subscribing to the State HCE newsletter "The Update". There is a lot of information from the State. You get to know the HCE State President better through her letter and also get to know what other HCE members are doing in their counties. I have additional "Updates" if needed. Kathi Bonde [kathibonde@gmail.com](mailto:kathibonde@gmail.com) and or 920-946-7503 call or text.

## County International Report

by Alice Walter

The annual Wis/Nic partners meeting was held in Stevens Point in December. Some of the clients from Nicaragua were in attendance through zoom. An easy way to help the organization is to become a member through membership.

This year and next year, the topic is bees, butterfly's and other pollinators. When buying and planting flowers this spring, think of bee loving flowers.

## Wisconsin Bookworm Update

by Althea Smith Bookworm Coordinator

Our volunteers are back in the classrooms reading monthly to our children in Sheboygan County. I still have one more location that needs a reader. Please consider making a commitment to read to these precious children to help give them the love of reading. All the books are provided and each child goes home with their own copy to keep. I am also looking for a few backup readers that would be willing to fill in as needed. Please call me, Althea at 920-400-9922.

## Stiches of Love Update

by Ann Meyer

"Stiches of Love" materials, files, supplies, etc. are being organized. I will be visiting the Vince Lombardi Cancer Center to find out their preferred hat designs.

PLEASE check your personal fabric stash and bring it to the February meeting and donate to the hat-making process. Fabric should be 100% cotton (this is the most desired to work with); knits/fleece should be soft; all fabric should have a suitable design.

Thanks for helping out.

## HCE Book Club News - Nancy Wagner & JoAnn Gadick

Our next book we will be reading is *The Personal Librarian*. It is a historic fictional account of Belle da Costa Greene who denied her true identify in order to protect herself and her family from racial persecution. *The Personal Librarian* tells the story of an extraordinary woman famous for her intellect, style and wit who goes to great length to preserve her carefully crafted white identity as she worked as the personal librarian for the famous financier J.P. Morgan.



We will be meeting at *Pizza Ranch*, located 3518 Kohler Memorial Drive on Thursday, February 9<sup>th</sup> at 11:30 a.m. Please pay for your lunch as you come in. We ask that each of you think of a couple of questions for the discussion of the book.

The book chosen for discussion at our April meeting (date to be determined) is *Alex Trebek The Answer is...Reflections on My Life*. Please contact Nancy Wagner if you are interested in obtaining a used copy, books will cost around \$3.00.

If anyone wishes to join the discussions we are always happy to have additional participants. Also bring suggestions for future books.

Hope to see you there!

## 2023 County Community Service Project - Camo Quilts

What started out with one camouflage quilt in 2006, for Linda's son-in-law deployed in the service, has become over 35,000 quilts for service men and women. This gift is sewn with love by a group of volunteers. They have branched out to making lap quilts for veterans - honoring them for their service.

Volunteers get together on Tuesdays and Wednesdays to press material, cut and sew it, while others attach the binding. Fabric ties are attached so the quilts can be rolled and easily carried with them while deployed. Each quilt has a handmade card attached thanking them for their service and letting them know we care. They also make veteran quilts that are given to those living in assisted care homes, nursing homes and others as a memory to thank them for their service as well.

We can help them by 1) Making hand made cards for the quilts - that can be done at club meetings. 2) volunteering to help sew, cut, iron etc. During the regular work dates - every Tuesday or Wednesday. from 9am-3pm

Camo Quilts is at 439 Factory Street, Plymouth Wi. Call Linda Wick at (920) 627-3460 to volunteer. Other questions contact Joyce Kuhlrow, Liaison of the Community Service Project and Volunteer hours, (920) 564-3492.

## Getting Started with Advance Care Planning

**Monday, February 13, 2023**

**Time: 10:30 am**

**UW-Extension Rooms 5020 & 5022**

**Presenter: Jane Jensen, Life Span Outreach Educator**

Advance care planning is not just about old age. At any age, a medical crisis could leave you too ill to make your own health care decisions. Even if you are not sick now, planning for your health care in the future is an important step toward making sure you get the medical care you would want, if you are unable to speak for yourself and doctors and family members are making the decisions for you. Wisconsin laws have created two forms of advance directives for health care—the living will and the power of attorney for health care. Join us for a discussion on why it's important to have them, where to find the forms, and how to file

## Come Paint With Me - Ornaments for Easter

**Monday, March 13, 2023**

**Time: 10:30 am**

**UW-Extension Rooms 5020 & 5022**

**Presenter: Peggy Berchem, Cultural Arts Chair**

Come Paint with me. Paint an Easter ornament to add to the previous ornaments. If you prefer certain colors bring them otherwise everything will be provided.

## Chair Yoga

**Monday, April 10, 2023**

**Time: 6:00 pm**

**UW-Extension Rooms 5020 & 5022**

**Presenter: Emily Nelson, Fitness/Rec Coordinator of Generations**

It is a chair based class to promote seated yoga postures and breathing techniques. It will help you improve flexibility, balance, stress management and positive energy.

**DRAFT**

# WAHCE Southeast District Spring Meeting Wednesday, April 19, 2023

*Hosted by Sheboygan County HCE*

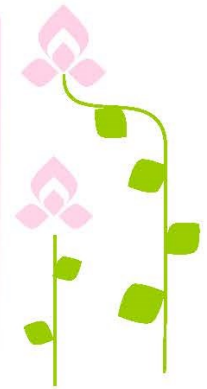
## “Making History with HCE”



**Sheboygan County Historical Museum  
3110 Erie Avenue, Sheboygan, WI 53081**



10:00 AM	Registration & Morning Refreshments
10:30–12:00	Welcome and Business Meeting
12:00 PM	Lunch
1:00 PM	Speaker: Travis Gross, Sheboygan County Historical Society



*Learn about Sheboygan County History.*

### Directions to Sheboygan County Historical Museum

**From west:** Take Hwy 23 east to N Taylor Drive. Take Taylor Drive exit. Turn right onto Taylor Drive. In 0.2 miles turn left onto Erie Avenue. Destination is on the left.

**From south:** Take I-43 north to east Hwy 23 exit 126. Take Taylor Drive exit. Turn right onto Taylor Drive. In 0.2 miles turn left onto Erie Avenue. Destination is on the left.

**Registration Fee – \$20.00 per person due no later than April 7, 2023.**

**Send one list and one check per county payable to:  
“Sheboygan County HCE”**

**Please complete this registration form and send to:  
Julie Boedecker, 807 Glenn Avenue, Howards Grove, WI 53083**

Questions?  
Contact Carolyn Dreier  
920.627.2739 or  
carolyn.dreier@yahoo.com

County: \_\_\_\_\_

Amount Enclosed: \_\_\_\_\_

Contact Person: \_\_\_\_\_

Telephone: \_\_\_\_\_

Attendee Names (Please Print)

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## Bees In Our Lives!!

Reverend Keith Weiland has been working with bees all of his life and came to share his knowledge with us. He talked about the many varieties of bees and what we can do to make sure they survive. The picture shows an easy way to help provide a good habitat for the mason bee. Bees pollinate many of the foods we eat. If each of us helps in a small way, it will be better for all of us.



## Marketing and Membership

### Top Ten Reasons to join HCE

It's Fun!

It gets you out of the house to socialize & meet new people

It is good for your health.

It helps us age with grace and vigor

It's good for the community by learning/teaching about issues in our county

You can engage, educate & inspire children

You can gain new skills, experiences and opportunities,

You can make a contribution of your talent, time, & treasures

You can positively impact the environment

It instills in us Woman Empowerment

What is your Top Ten Reasons to join HCE?

**Sheboygan County HCE Executive Board Mt.**  
**Monday January 9, 2023 1:30pm**  
**UW Extension Room 5024**

**DRAFT**

Call to order by President Kathi Bonde. Followed by Association Creed by Joan Walvoord.  
Roll Call, present: Kathi Bonde, Joyce Smies, Joyce Kuhlow, Alice Walter, Myra Eischen, Julie Boedecker, Althea Smith, Ann Meyer, Marilyn Voskuil, Joan Walvoord, Kay Keyes, Joanne Schroeder, Nancy Wagner, Sharon Even, Carolyn Dreier- guest.  
Excused members: Peggy Berchem, Pam Fiedler, Janette Higley

Jane led us in deep breathing exercises that we are to use whenever we feel stressed. Remember: "Our breath is always with us."

Kathi Bonde opened with a plea to the group to help her do her best as president. Her pledge was to K.I.S.S. (Keep it short and simple)

A motion to approve the secretary's minutes from Nov. 14, 2022 was made by Kay Keyes, and Alice Walter, and passed.

Treasure's reports were made by Joan Walvoord and Julie Boedecker and approved.  
As of Jan. 1, 2023 Joan Walvoord resigned as treasurer and Julie Boedecker agreed to take over for the term of 1 year, ending Dec. 31, 2023. Changes must be made at the banks to transfer account from Cedar Grove to Howards Grove. Myra Eischen also reiterated that she agreed to take the term of secretary for a 1-year trial basis as well.

Reports by committees:  
**Cultural Arts:** no report

**Stitches of Love:** Ann Meyer reported she got the bin, organized the patterns, but has no direction as to what to do next as far as how many of each type of cap to make, how much material to buy, or where to start. Any direction will be helpful at this point.

**Family & Community Life:** Joyce Kuhlow reported the Camo Quilt Project is what we will be supporting as a county organization for 2023. It was helpful to have Linda Wieck come and speak to the group and bring examples of quilts and tell us how we can help with time and money. Please remember to record your time, talents, and gifts given to help obtain viable records to help us get proper funding and staff in the future. No need to put your name on, it is not an invasion of privacy, but rather a means of us retaining a good standing in the state with regards to how hard we work to keep up our HCE. We corrected phone #'s and emails in our new program books. Jane Jensen reported applications are being taken for her position and interviewing will begin after January 18.

**WI Bookworms:** Althea Smith reported readers are in all schools except Jefferson in Sheboygan. She is looking for a reader for that school once a month and also backup readers in case of illness or other reasons people are unable to fulfill their reading time.

**International:** Alice Walters reported the WI/Nicaragua partners had their annual mtg. in Dec. at Steven's Point, with NI, delegates via zoom. Major international project for next 3 years is Bees, Butterflies, and other pollinators. We need them to help with production of food. Please plant flowers to attract pollinators. Seeds were handed out at educational meeting.

**Marketing/Membership:** Kathi Bonde stated we should always be marketing HCE with anyone we are in contact with. She suggested maybe starting a Facebook page, but appealed to the group for someone to take it over as she is not tech savvy. She will ask Tammy if she is willing to set up a page for us and someone from the group then will be asked to keep it up and post things. We need to be very respectful of people's privacy when we are adding items to the site.

**Vice president/programing:** Joyce Smies is asking for ideas for an international program- if you know anyone that could do a program, contact her. She also had some questions on some topics and wanted opinions on them. Communication is Key for all programing to work. Sharon Even reported the decorated Christmas tree was a hit at the historical society museum, and it was decided that they would do one again next year. Six people helped decorate it with homemade HCE ornaments that were made at a member to member many years ago. Sharon left the ornaments to be used again this year in the storage room at the HCE office. Leftover recipes from the fair will be offered under the tree as a "gift" for those who want to take them with a sign, stating they are free.

M2M was very nice, we liked the angled tables, felt it was inviting and easy to move around. People appreciated the individual servings and being served at the table rather than buffet style. Franklin & Howards Grove will be on for 2023.

Julie Boedecker will be the new treasurer upon Joan Walvoord's resignation. Carolyn Dreier will help audit the books for 2022.

Clubs need to look ahead and start planning for this year.

Rally Day - Lakeview

Fair Booth- PGE

M2M Franklin & HGD.

Report in March as to plans for these meetings.

Next board meeting will be 1:00pm March 13. Joyce Smies will bring lunch.

SE District meeting will be April 19, 2023 from 9-2 with Museum tours following. Sheboygan Historical society Museum on Erie Ave. 100 years old. Travis will be the speaker and is charging \$75 to speak. Alice suggested we give a donation to use the Hall. We will further discuss the amount to give at the March meeting, after the subcommittees have an idea of what their costs will be. Theme is "Making History with HCE" Centerpiece committee was waiting on theme to come up with an idea. Food committee reported their idea was Ham, scalloped or German potato salad, veggie pasta salad, dinner rolls, cookies, bars. Some thought we should have a sweet, or fruit salad yet. We will discuss this further at March meeting. Myra will try to come up with an estimated cost per person by then. A motion was made by Joyce Kuhlow and Ann Meyer and carried to be able to use \$100 out of checking if needed over and beyond registration fees for this event.

Gold Notes articles are due by Jan. 17. They will be proofread Jan. 18

Don't forget to go to: **Jane Jensen's retirement party on Jan. 18 at UWEX 3-4:30pm.**

February 13 education program will be presented by Jane Jensen on Advance Care Planning.

WAHCE Annual Conference will be Sept. 18-20, 2023 Wintergreen Conference Center, Lake Delton. Theme: Driftless Dreaming with HCE.

Myra Eischen, Secretary Sheboygan Co. HCE 2023



# Wise Wisconsin

A LIFE SPAN PROGRAM VIRTUAL LEARNING SERIES

**One-hour sessions on Wednesdays at 9am  
February 1st - March 8th, 2023 via zoom**

## February

**1st** - Age-related hearing loss: Strategies for adults with (or without!) hearing loss

**8th** - Do YOU know how Valuable you are? The power of connections!

**15th** - Be Scam Smart

**22nd** - Bigger than a breadbox? the Biggest Breadbox Ever!

## March

**1st** - Celebrate Nature

**8th** - Container Gardening

Register here:

<https://go.wisc.edu/o5621b>



Check out

<https://go.wisc.edu/i2165a>

for more details.



Extension

UNIVERSITY OF WISCONSIN-MADISON

Email Sara Richie, Life Span Program Manager, at [sara.richie@wisc.edu](mailto:sara.richie@wisc.edu) with any questions.

An EEO/AA employer, University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming, including Title VI, Title IX, the Americans with Disabilities Act (ADA) and Section 504 of the Rehabilitation Act requirements.

**Getting Started with Advance Care Planning  
Monday, February 13, 2023 - 10:30 AM**

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 - [tammy.zorn@wisc.edu](mailto:tammy.zorn@wisc.edu)

**Deadline:** February 6, 2023

**Come Paint With Me - Ornaments for Easter  
Monday, March 13, 2023 - 10:30 AM**

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 - [tammy.zorn@wisc.edu](mailto:tammy.zorn@wisc.edu)

**Deadline:** March 6, 2023

**Chair Yoga  
Monday, April 10, 2023 - 6:00 PM**

Club/Individual Name: \_\_\_\_\_

Names of Members Attending: \_\_\_\_\_  
\_\_\_\_\_

Names of Prospective/Family Members Attending: \_\_\_\_\_

Total number attending \_\_\_\_\_

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

**Or:** 920-459-5904 - [tammy.zorn@wisc.edu](mailto:tammy.zorn@wisc.edu)

**Deadline:** April 3, 2023