



ACCENT

May / June 2021

Waupaca County Association for Home and Community Education

CALENDAR

Sunday, April 18:

International Day Dinner and Program on Travel to the Netherlands **postponed**.

Monday, April 26

HCE Executive Board meeting, 10:30 Face to Face Meeting, Manawa City Hall, 500 S. Bridge Street, Manawa

May 1

Pennies for Friendship due to Waupaca County HCE Treasurer, Judy Long OR turn in at Spring Business Meeting.

Wednesday, May 12

Spring County Business Meeting, Awards Luncheon and Cultural Arts Show, Mathews Supper Club, 155 8th Street, Clintonville (see invitation and registration in this newsletter)



Wednesday, June 16

Central District HCE Meeting, Holiday Inn Stevens Point, Waupaca County hosting

Enclosures:

Revised Bylaws
Revised Standing Rules
Spring Annual Meeting Invitation

Documents can be found at: <https://bit.ly/3mb6DiN>

Cultural Arts Entry Form
Healthy Lifestyle Survey
Member Contribution Report for 2020-2021

A MESSAGE FROM YOUR HCE PRESIDENT

Hello HCE Friends and Happy Early Summer!

What a wonderful time of year----outdoor time---something that we all need to have especially after the serious virus confinement and another cold and windy Wisconsin winter. This means we now can enjoy outdoor walks and biking; bird watching; picnics; gardening; and relaxing on the deck/patio reading a good book.

I am welcoming tulips, daffodils, and hyacinths...the bulbs began to emerge in the middle of March. I planted the bulbs last November in large pots and they have been wintering in my garage. This technique of "force bulb" (ing) allows me to enjoy beautiful spring flowers ahead of schedule. The pots are moved outside during the day and back inside to the garage at night. I am looking forward to moving the flowers to my deck to enjoy!



The Waupaca County HCE Board has been meeting via the telephone WisLine. Be assured, the team is keeping business going for the county. We are able to meet finally face-to-face for the April meeting. What a pleasure to see members again! And, you are receiving the face-to-face invite for the Wednesday, May 12, 2021 Spring Banquet Meeting/Cultural Arts Show at Mathew's Supper Club in Clintonville. It will be great to see everyone smiling again and being able to catch up on all the happenings!

The Board has recently updated all the job descriptions so that they are aligned with duties of the WAHCE state board officers. The Board has also completed the process of reviewing and revising both the Standing Rules and the By-Laws. Included in the ACCENT are these two documents for your review. The membership will vote acceptance of the Standing Rules and the By-Laws at our

May 12th meeting. Please contact me prior to the meeting if you have any questions on these two documents (715.823.4829).

The WAHCE State Board has been meeting regularly by Zoom. Plans are proceeding for the fall conference scheduled for September 20-22, 2021 in Stevens Point. Information about the conference is included in this *ACCENT* and also in the *May Update* along with the registration form. The state board decided to provide a \$5 gift certificate to spend at the Market Place for all conference attendees. A special charm has been created to commemorate the WAHCE conference. You may choose to use your gift certificate toward the purchase of this charm or some other new item.

I am seeking an HCE member to represent Waupaca County at the two educational workshops offered at the WAHCE State Conference. The two workshops to attend are as follows: 1) "Making Physical Activity Fun" and 2) "Brief Interventions to Promote the Well-Being of Older Adults." The member attending these two workshops will share the information with our HCE members either in written or oral format--or both. They will also be reimbursed one-half of the conference registration fee after attending the conference and providing documentation (per our HCE By-Laws, 2021).

Waupaca County is hosting the Central District meeting to finalize the planning of the WAHCE state conference. We are meeting in Stevens Point at the Holiday Inn on Wednesday, June 16, 2021. The Central District has not been able to meet face-to-face for over a year. And, since Central District is hosting the WAHCE state conference, it is essential that we get together face-to-face to update members with information and to finalize conference happenings. A sign-up sheet will be passed around at our Waupaca County meeting in May to attend the Central District meeting in



June. We will also finalize duties and assignments for the Central District meeting at our Waupaca County meeting in May.

The WAHCE State Board is offering each District a scholarship to one member to attend the state conference. Here is the process for choosing a scholarship winner for Central District. At the registration table, there is a card for you to complete. Put the completed card into the basket. During the Central District meeting on June 16th, two cards will be drawn. This includes the winner of the scholarship and an alternate winner. You must attend the Central District meeting on June 16th to be eligible for the scholarship. County Presidents already will receive free registration fees to attend the state conference.

At the state conference, I will be presenting a sectional titled "Let's Dance on Broadway!" We will be dancing seated in chairs using umbrellas, hats, canes, lights, scarves and such....of course if you choose to stand instead of sit, that is fine too. Just a fun sectional promoting wellness! Come join me!



Speaking of wellness---just a reminder: Be sure to complete the Healthy Lifestyle Survey gathering the information from you about exercising and healthy eating. The Member contribution Report for 2020-2021 ends in May. Please bring your completed forms to the May Spring Banquet/ Cultural Arts Show. Give your completed forms to Myrtle Kutschenriter. She will put all the data together and submit our information to the WAHCE State VP of Family and Community Life. (that's me!)

Stay safe--stay well!

Lynn Marcks
Waupaca County HCE President



CENTRAL DISTRICT MEETING

Waupaca County is hosting the yearly Central District Meeting. The meeting will be at the Holiday Inn in Stevens Point. This is also where our state conference will be held in September. As hosts for the meeting, we are responsible for a variety of duties. I will pass around a **sign-up sheet** at the April Executive Board meeting and at the May Banquet/Cultural Arts gathering. Please sign your name to help with one of the hosting duties.

Since Central District has not met face-to-face for over a year, we will have a fairly healthy agenda. The agenda for the meeting includes: updates and reports from the officers and committee chairs; finalizing plans and duties for the state conference; touring the facility; and electing new district officers.

The Central District will have a drawing for one member to receive a scholarship to attend the WAHCE Conference in September. You must be in attendance at the Central District Meeting to win the scholarship drawing. There is one scholarship winner for each district. County Presidents already receive free conference registration.

Here are the details:

**Central District Meeting sponsored by
Waupaca County HCE**

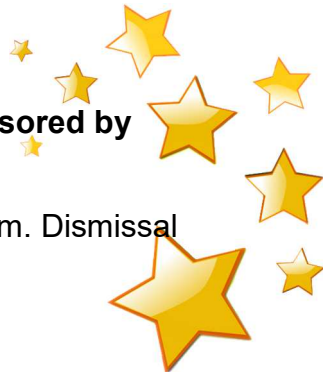
Wednesday, June 16, 2021

9:15 a.m. Registration—2:30 p.m. Dismissal

Holiday Inn Stevens Point

1001 Amber Ave.

Stevens Point, WI 54482



Since Waupaca County members are hosting this meeting, we will need to **arrive at the Holiday Inn at 8:15 am** to set-up. Car pooling will be arranged at our May meeting.

WISCONSIN BOOKWORMS EARLY READING PROGRAM

The Wisconsin Bookworms (WB) early reading program sure was different this past school year. Modifications and adaptations were made in order to keep the structure of the reading program intact. Working within the perimeters of the WB program, we were still able to have books read to the children by their teachers and again read at home with their families via an electronic connection. Parents received instructions on how to access the books electronically. They also received the accompanying activity sheets. Children and their families received a book each month to keep in their own family library at home.



The WB program may still be run with these modifications in the fall. For sure, the WB program should be run meeting expectations in January, 2022. Our volunteer readers will be able to return to the Head Start facilities and share the monthly recommended reading books. As much as the readers miss sharing the books with the children; the children and teachers miss having us visit the classrooms!

STANDING RULES AND BY-LAWS WAUPACA COUNTY HCE

The Waupaca County Executive Board has been busy updating and revising both the Standing Rules and the By-Laws documents. These documents were last revised in 2005 so updates were needed. Included in the *Accent* are copies of the Standing Rules and the By-Laws. Please read these over. At the May 12, 2021 Spring Banquet/ Cultural Arts Show, we will be voting acceptance of these two documents. If you have any questions, contact Lynn before the May meeting. (715.823.4829)

CULTURAL ARTS REMINDER



Be sure to have your Cultural Arts Contest Entry Form completed and signed for EACH item you are entering at the County Judging on May 12th. The form was in the last ACCENT newsletter. Make copies (on white paper) if you are entering more than one item for the show. This is especially important if someone is bringing your entries to the event for you. A reminder that entries into the Bonus Category can be no larger than 10 inches by 10 inches and no more than 20 inches high. We will all receive one ballot for People's Choice and the Bonus Category. See you soon!

~ Mary Fenske and Sharon Weber, Co-Chairs

“REACH FOR THE STARS WITH WAHCE” STATE CONFERENCE COMING SOON!

Central District is working hard to finalize plans for the 2021 State Conference.

Mark your calendars for September 20-22, 2021 at the Holiday Inn and Conference Center in Stevens Point. We will have many jobs before

and during the three day conference so it will be all hands on deck for this special event.



Registration and detailed information about the WAHCE State Conference will be in the May issue of UPDATE, the state newsletter. We will have copies of the registration information available at our Waupaca County Spring Meeting as well. After May 1st you can see all the registration material on-line at <https://wahceinc.org>

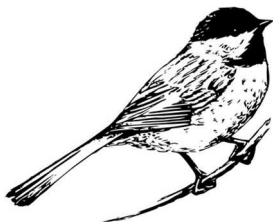
Table Favors: Share your ideas or a sample for a “star-themed” table favor with Sharon Wepner, Co-Cultural Arts

Chair. Ideas will be on display at our Spring Meeting and we will pick one and then make plans for crafting about 250 for the Tuesday luncheon.

Drawing for Free Registration: If you are thinking about attending State Conference, each District is receiving a free registration for one member. See Lynn Marcks, Waupaca County President letter for details to enter in the drawing at the Central District Meeting on June 16th.

Highlights of the State Conference: There are five tours planned, more than 30 workshops, Cultural Arts Show, International Auction, County Program Displays, Marketplace, banquet speakers including John Gillespie, founder of Rawhide Boys Home and David Drake performing WISCON-SING: A Musical History of Wisconsin.

BIRDS, WINDOW COLLISIONS AND YOU



Thump! Whack! Thud! Another songbird has hit the window. In fact, 44% of all bird collision deaths occur in homes that are 1 to 3 stories high. While cats take out more songbirds, window collisions are the second

leading cause of songbird death. Dr. Bryan Lenz, from the American Bird Conservancy, www.abcbirds.org gave a presentation for the Stevens Point Aldo Leopold Society on the topic. Window collisions affect mostly songbirds because they migrate at night and find themselves in new daytime spaces every day on their route.

Songbirds have eyes on the side of their head which means they have a blind spot just in front of their beak. Migrating songbirds can “see” earth’s magnetic field but blue lights, like in cities throws that mechanism off, as does the bright night lights of the city so they fly and keep circling until they can get their bearings in the morning. Like humans, birds cannot “see” glass. During parts of the day, the sun is lower and birds see your indoor plant stand and head toward it for

shelter. Crash! Later in the day, as the sun travels higher, that same window may reflect the trees, clouds and sky so the birds think this is a safe place to fly and they hit the glass. So what can we do to help our birds navigate the environment around our homes more safely?



- Monitor the time of day and which windows get bird strikes so you know where to start making a change
- Turn off outdoor lights from 11 PM to Sunrise so songbirds are not attracted to your home. This is especially important during migration. Also shield outdoor lights so they shine down rather than uplight.
- Pull the shades on the window most often hit by birds
- Reposition bird feeders so they are either less than 3 feet or more than 15 feet away from a window and angle the feeder from the window so it's not a direct line into the window where you watch them.
- Window screens on the outside of the window will cushion a bird's flight and save them from a fatal blow. You can also put netting over the window on a removable rod with hooks, mounting both top and bottom so it's slightly taut.
- Apply bird tape (similar to painters tape but thinner and metallic) every two inches vertically on the worst offending windows of your home.

For more information or strategies to prevent window collisions check out the website:

<https://www.wihumane.org/wildlife/wings/prevent-birdwindow-collisions> or WorldBirds.org. "12 Tips on How to STOP Birds From Flying Into Windows".

Change for the 2021 Program Booklet:

Please make the following change in your 2021 HCE Program Booklet: Doris Budwit's phone number is now: (920) 505-8130

EXTENSION SCENE...

NEW Building Bridges Facebook Page

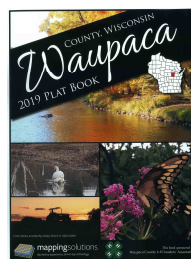
If you're looking for resources and services that strengthen Hispanic/Latinx individuals and families in Waupaca County, there is a new Facebook page for you. This is a new site and more will continue to be posted.

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



2019 Plat Books Available

The 2019 plat books are available at the Extension Waupaca County Office. The plat books are sponsored by the Waupaca County 4-H Leaders' Association and are a big fundraiser for the 4-H program in supporting efforts for both youth and adults.



Enjoy your summer with family, friends and fun! ~Annette



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Extension

UNIVERSITY OF WISCONSIN-MADISON
WAUPACA COUNTY

811 Harding Street
Waupaca, WI 54981
(715) 258-6230 office

Website: <https://waupaca.extension.wisc.edu/>
[Waupaca County HCE – Extension Waupaca County \(wisc.edu\)](https://waupaca.extension.wisc.edu/)

Sandy Liang

Human Development & Relationships Extension Educator
sandy.liang@wisc.edu
(715) 258-6225

Annette Spieth

Program Assistant
annette.spieth@wisc.edu
(715) 258-6224



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Requests for reasonable accommodations for disabilities or limitations should be made prior to the date of the program or activity for which it is needed. Please do so as early as possible prior to the program or activity so that proper arrangements can be made. In certain situations, information related to requests may be shared with staff or units necessary to help coordinate an appropriate accommodation. Extension Waupaca County Office 715-258-2630.



Extension

UNIVERSITY OF WISCONSIN-MADISON
WAUPACA COUNTY

**811 HARDING STREET
WAUPACA WI 54981**

RETURN SERVICE REQUESTED