



# ACCENT

May / June 2022

Waupaca County Association for Home and Community Education

## CALENDAR

**Monday, April 18, 10:30 AM - Noon**

HCE Executive Board Meeting, Manawa City Hall., 500 Bridge Street. Lunch on Your Own to Follow

**Monday, April 18, 1 – 2:30 PM**

Special Interest Program “Self Care with Aging: How to Stay Functionally Fit”, Manawa City Hall

**Wednesday, April 27 9:00 AM – 3 PM**

Central District Business HCE Meeting Hosted by Marquette County HCE, Westfield, WI. Carpooling to be arranged.

**Tuesday, May 10, 10 AM – 12:30 or 1 PM**

Cultural Arts Glass Mosaic Class at Blessing and Friends, 123 E. Main Street, Weyauwega. Pre-registration required.

**Wednesday, May 18**

United Nations International Day of the Family

**Wednesday, May 18, 9:15 AM to 2:00 PM**

Waupaca County HCE Cultural Arts Show, Business Meeting and Awards Program, Waupaca County Courthouse, 811 Harding Street, Waupaca.

**June, July and August**

Club Trips or HCE Garden and Nature Trips

**July 12-13**

Wisconsin Farm Technology Days, Clark County, “Where Tradition and Technology Meet”



**July 14-15**

Grandparents University, UW-Oshkosh for grandparents and their 8-12 year olds to explore a variety of topics

## **July 25-27**

National Volunteer Opportunities Network (NVON)  
Conference “Make a Difference – Embrace Change”  
Evansville, Indiana

## **August 1**

HCE ACCENT articles due for September-October issue

## **August 4-15**

Wisconsin State Fair, West Allis

## **August 24-28**

Waupaca County Fair, Fairgrounds, Weyauwega



## **Monday, August 22, 10:30 AM**

HCE Executive Board Meeting, Manawa City Hall, 500  
Bridge Street

## **A MESSAGE FROM YOUR HCE PRESIDENT**

Hello HCE Friends and Happy Spring! It's garden time--grilling out time--picnicking time---and meeting with friends and family time!

I am ready for Spring. And, I am sure you are ready for spring as well! Enough of the cold and wet snow. Last month I told you that I retrieved my gardening log from the book shelf and started to review what, where, and how I planted flowers and vegetables last season. Recently, I purchased an assortment of wild flower seeds along with herb and lettuce seeds to plant. Now, I am just waiting for the official planting time to begin!

The Accent for the May/June edition contains all sorts of information for you to read about. Look for articles/clips about our Spring Meeting & Cultural Arts Faire; Central District Meeting in Westfield; WAHCE Conference in Onalaska; Garden Trips planned for this summer; Mosaic Designing in Weyauwega; and much more. HCE members keep active and continue to grow!

Stay safe--stay well!

Lynn Marcks, Waupaca County HCE President

## **"ROLLIN' ON THE RIVER WITH WAHCE" 2022 WAHCE CONFERENCE**

The 2022 WAHCE conference will be held September 19-21, 2022, at the Stoney Creek Hotel and Conference Center in Onalaska. In addition to speakers and workshops, there will be 4 tour choices and some hands-on projects for those who wish to be creative! West District is hosting the conference this year. Registration fees include the meals.

Once again, WAHCE will provide a free registration scholarship for one person from each district to attend the conference at no cost. We will have a drawing for this at the Central District meeting in April.

Here is the information for making your hotel registration:

Stoney Creek Hotel and Conference Center  
3060 South Kinney Road  
Onalaska, WI 54650  
Call direct @ 608.781.3060

WAHCE has a block of rooms secured at the hotel. Rate is \$109 for a King or Queen. Deadline for reservations is August 21, 2022.

If you have any questions, just contact me @ 715.823.4829. The May Update will have complete information about the conference. A registration form is included in the Update. Register early to receive the workshops and tours that you desire!

Lynn Marcks  
WAHCE VP Family & Community Life



## **WAUPACA COUNTY WISCONSIN BOOKWORMS REPORT**

The Wisconsin Bookworms (WB) early reading program finished in April at all of our three Head Start reading sites. It was an unusual year in that sometimes our readers could

visit the classrooms and read face-to-face to the children; other times we were told not to come that month. Either way, the WB books landed in each child's hands to read and take home to their family.

The WB reading books for the 2022-2023 school year have been selected. Diana and Lynn will share these with you at our May Spring Meeting. Also, Diana will have children's books for sale---all reasonably priced!

The Waupaca County HCE Board decided to order the sets of 7 books for the 3 and 4 year old Head Start classes. The cost for a set of 7 books is approximately \$15-\$16 per child. The Waupaca County HCE has supportive funding to purchase our WB books for the 2022-2023 school year.

A BIG thank you and APPLAUSE to our WB reading team: Rose Dorow, Diana Bonikowske, Doris Budwit, Karen Stuhr, and Marilyn Herman.

Lynn Marcks and Diana Bonikowske  
Wisconsin Bookworms Co-Chairs



**HEALTHY LIFESTYLE SURVEYS**

Please remember to complete your Healthy Lifestyle Survey. The survey was printed on orange paper and included in the past Accent Edition. The survey requests information about healthy eating and exercise. Forms are due by June 15th.

**MEMBER CONTRIBUTION IMPACT REPORT**

The Member Contribution Impact Report is due to Myrtle Kutchenriter by June 10th. These reports record volunteer donation hours and estimated values of in-kind donations. Data from every HCE member statewide is included in a report that is presented by Lynn Marcks at the NVON Conference and at our WAHCE State Conference.

## CENTRAL DISTRICT UPDATE 2022

The Central District meeting is scheduled for Wednesday, April 27, 2022, from 9:00 am to 3:00 pm at the Methodist Pine Lake Camp in Westfield. Our friends at Marquette County HCE are hosting this fun and educational day.

Plans for the day include:

- 9:00 am Welcome, registration, and breakfast
- 9:45 am General meeting
- 12:00 pm Hot lunch & conversation
- 12:45 pm A little stretching time
- 1:00 pm "Preserving Pollinators" Presentation by Eric Russel, Soil Conservationist with the Department of Agriculture
- 2:00 pm Closing announcements & drawings
- 2:30 pm Meeting adjourned

Please mark your calendars to join the Central District HCE members for our yearly event!

Lynn Marcks  
Central District Director



## STAYING FIT AS WE AGE IS FOCUS OF APRIL SPECIAL INTEREST PROGRAM

HCE members, family, friends and community members are invited to participate in our April 18th educational program. Dr. Jean Darling, Doctor of Physical Therapy of Shawano is our invited guest. She will explain the benefits of staying as fit as you can as we age and to keep our bodies functioning as best as possible to maintain our balance, strength and stamina in our own homes and communities. Please dress comfortably for this event. Dr. Darling will begin the program "Self-Care with Aging: How to Stay Functionally Fit" at 1:00 pm at Manawa City Hall. No registration is required.

*Keep Fit!*

Many adults 65 and older spend on average 10 hours or more, sitting or lying down a day. This makes us the most

sedentary age group in the US! As we age it is more important to stay active if we want to stay healthy and maintain more of our independence. Dr. Darling will show us how to strive for the greatest fitness gains with the least injury risk.

*Stay Healthy!*

~ Doris Budwit

## **MAY 10 CULTURAL ARTS PROGRAM: SPRING MOSAIC GLASS TILE**

We have a special class arranged for HCE members and your guests. On May 10 starting at 10 am anyone registered will gather at Blessings and Friends, 125 E. Main Street, downtown Weyauwega for a hands-on Glass Mosaic class. The cost is \$25.00 made out to "Blessings and Friends" and payable to Marilyn Herman. You can bring your own lunch or walk across the street to Pickle Bellies if you'd like to take a break. The class is limited to 10 people so our instructors can give us the attention we need. Another class will be scheduled for mid-summer for those that cannot make the May 10 class. For questions please contact Marilyn Herman at (920) 596-3594.

## **SPRING EVENT TO HIGHLIGHT HCE YEAR**

The Spring HCE Business Meeting, Cultural Arts Show and Recognition Banquet will be held on Wednesday, May 18 in the Lower Level Meeting Room of the Waupaca County Courthouse. Items can be registered for the Cultural Arts Show as early as 9:15 am. The full schedule and registration form is included with this newsletter. Our theme this year is "There's No Place Like Home" with our guest speaker, Elaine Anderson. While researching her family tree she realized that her family owes a lot to her grandmother that was a women homesteader in North Dakota. The amazing life and strength of this woman says so much about the spirit of all women to do everything they can for their family to survive and thrive. What percentage of homesteaders were women? Historians estimate that more than 12% of homesteaders in Colorado, Wyoming, Montana, North and South Dakota and



Utah were single women. Lured by the May 20, 1862 Homestead Act, which gave any 21 year old who headed a household the right to homestead 160 acres of federal land. Many independent women crossed the country to become landowners.

We look forward to recognizing our hard-working and gifted HCE members at this event.

~ Diana Bonikowske and Barbara Dain,  
Waupaca Center Chair and Co-Chair

## GARDEN AND NATURE VISITS PLANNED FOR THIS SUMMER

Several trips are being planned for this summer. You can join us by signing up at the Spring Meeting or call Marilyn Herman to let her know you are interested. You are also welcome to put together your own car and tour on your own as your schedule allows. By the May Spring Meeting we will have firm dates. Cost is your time, breakfast or lunch on your own and any purchases you choose to make. We are looking at carpooling for these adventures.

### **Trip #1 – Late May or Early June**

We'll meet at the Blue Bird Café in downtown Clintonville for Breakfast, then travel to the Erb Farm and Garden near Navarino, WI. Our final stop will be Oh My Peonies in Marion. Optional stop at Country Corner, Amish Grocery Store if the group wishes. Then return to Clintonville.

### **Trip #2 – Late June or July**

Leaving from the Waupaca Courthouse this trip includes travel and tour of the Lion's Camp in Rosholt, WI, then lunch at the Rock and Roll Diner in Stevens Point and last visit is the Hosta Stop in Plover.

### **More Details about the Locations if you wish to Take Your Own Tour**




- **The Hosta Stop** <http://www.hostastop.com/>  
1011 Wisconsin 54 W. Plover, WI 54467 (715) 630-9585  
They are a garden center that specializes in Hostas, showcasing over 1,000 varieties. They also feature

hanging baskets, art poles, Daylilies, Iris, Grass, Ferns, Astilbe, Hibiscus, Peonies, and Coral Bell! We "Hosta Stop" by! This garden center is a few miles west of Hwy 39 on Hwy 54 exit.

- **Oh My Peonies** <http://ohmypeonies.com>  
W12925 Mielke Rd, Marion, WI 54950 (920) 858-7020  
Take Hwy 45 from Clintonville or Marion heading west. Turn Right on County Hwy. G. Travel 1.5 miles to Mielke Road. Turn Left, travel about 1 mile to Oh My Peonies on Left. You can wander the peony trail gardens, enjoy the blooms (but don't pick). If you wish to order or talk with the owners please call ahead for best times to visit when peonies are in full bloom.
- **Erb Farm and Flower**  
W6185 Erb Rd Shiocton, WI 54170 (715) 758-6353  
Erb Family greenhouse featuring heirloom seeds, premium plants, unique gift shop and supplies. Take Hwy. 156 out of Clintonville. Follow 156 past Navarino Road turning right on Erb Road off next curve. Farm is about one mile off Highway 156.
- **Wisconsin Lions Camp, Rosholt**  
3834 County Road A, Rosholt, WI 54473  
<https://www.wisconsinlionscamp.com> (715) 677-4969  
The Wisconsin Lions Camp is dedicated to providing quality camp experiences for Wisconsin youth and adults with disabilities for more than 50 years.

## CONGRATULATIONS TO MARY HANDRICH 2022 GOLDEN APPLE AWARD RECIPIENT

Mary Handrich, daughter of Helen Handrich has been awarded a 2022 Golden Apple Award. As an Agriculture Teacher at the Denmark High School both Mary and her students are active both in the school and the community. Agriculture and Horticulture classes fill quickly at Denmark and Mary is a respected and hardworking teacher. Many of her students over the years have served as state FFA officers. Mary is one of ten winners this year and it is a well-deserved honor. Both Mary and her mother Helen have been supportive HCE members from the Variety Pak group near Weyauwega. 



The Golden Apple Awards celebrates excellence in education in Northeast Wisconsin. It is a program of the Greater Green Bay Chamber. The program, now in its 29th year, celebrates the efforts of area teachers. Recipients of Golden Apple Awards participate in a dinner and awards program at the Radisson Hotel and Conference Center in Green Bay on April 20, 2022. The program is recorded and then broadcast on FOX 11 and CW 14. These teachers were selected through a multi-level screening of applications and personal interviews.

## WHAT ARE THE BENEFITS OF READING TO CHILDREN?

*As we finish another year of reading to Headstart Children in Waupaca County as part of our long-standing efforts to improve literacy through the Wisconsin Bookworms Reading Program we consider the long-term benefits of what this project does for the little children...and us!*

### **Bonding**

Reading provides a wonderful opportunity for you and a child to connect. It's a nice way to spend time together and slow down during an otherwise hectic day.

Reading can support a solid adult-child relationship. Kids feel secure when they're read to. A positive attitude toward books and reading in turn helps children view literacy in a positive way.

### **Listening skills**

Hearing a story read aloud involves some level of comprehension on your child's part. And comprehension is dependent on paying attention — in other words, listening skills. Experts at Scholastic say that listening is a skill kids must acquire before they can read themselves.

### **Cognitive and language development**

Even young children benefit from hearing adults or older children read to them. Even babies who are read to and talked to score higher in language skills and cognitive development, like problem solving. This link extends throughout childhood into the teen years. Reading and talking, between adults and

young kids may promote higher language and IQ scores all the way up to age 14.

### **Expanded vocabulary**

Experts from the National Center on Early Childhood Development, Teaching and Learning explain that reading books to children helps expand the number and variety of words they use. Think about it: The books you read often contain words you might not otherwise use in your everyday communications. While reading a book, you might end up using more specific names for different plants or animals or use more adjectives (descriptive words) altogether. And this adds up. Children who are regularly read to in the 5 years leading up to kindergarten are exposed to 1.4 million more words than children who aren't read to during those years.

### **Attention span**

Reading to children helps them develop concentration and self-discipline skills. Our Wisconsin Bookworm HCE Readers may have with a squirming, distracted toddler at story hour. But what we also notice is that — over time — regular reading gets kids listening in order to comprehend. And when they're listening, they're more likely to sit still, develop a longer attention span, and even work on their budding memory-retention skills.

### **Creativity**

Books and stories open up a whole new world to your child. Children have vivid imaginations and reading serves to feed their creativity. Experts at PBS state that creativity is important for developing interests and ideas, as well as for fostering emotional health.

### **Life lessons**

Books provide an opportunity to talk about real-world situations in age-appropriate ways. Kids especially enjoy books that feature children their own ages doing things they do in everyday life.

### **Social and emotional development**

Reading to young children teaches them how to cope with "difficult or stressful experiences." Reading stories about potentially emotional situations, like starting at a new school, can help get a conversation going and show children that their feelings are normal.

Dear HCE Friends,

As many of you may know, my last day in Extension is April 15th.

As I write this, I am reminded of all the joy and hard work that I got to be a part of because of all of you.

I am grateful for the warm connections, learning opportunities, inspiration to dive into my creative pursuits, and the delicious food I got to taste during meetings.

The work you do is meaningful and I am sending you all a big thank you for being a strong, passionate organization.

Warm regards,

*Sandy Liang*

Sandy Liang



Dear HCE Members,

We will keep you informed as to the hiring of a new Human Development & Relationships Extension Educator. Thank you.

Extension Waupaca County



*Sandy,  
Goodbye, and  
good luck as  
you head*

*on out onto a new career  
path. Although we are not happy  
to see you go, we know you will do  
great out there. We were privileged  
to work with someone as fantastic  
as you and we hope you keep  
in touch. Until we  
meet again.*

*Your friends  
at Extension  
Waupaca County*



## Extension

UNIVERSITY OF WISCONSIN-MADISON  
WAUPACA COUNTY

# EXTENSION WAUPACA COUNTY STAFF

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Website: <https://waupaca.extension.wisc.edu/>

HCE page: <https://waupaca.extension.wisc.edu/family-living-and-nutrition-education/family-living/waupaca-county-hce/>

## Vacant

Human Development & Relationships Extension Educator

**Annette Spieth**

Program Assistant

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



**District 10 Director**—Chris Viau *chris.viau@wisc.edu*

### **4-H**

Penny Tank

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**Support Staff**—Amy Ebert, Program Assistant

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