



# ACCENT

March / April 2023

Waupaca County Association for Home and Community Education

## CALENDAR

### **Monday, February 27**

HCE Executive Board Meeting 10:30 a.m. – Noon Manawa City Hall  
500 S. Bridge Street

### **Sunday, March 26**

Noon to 2 p.m. - International Program - Iceland, Bear Creek Town Hall  
Noon (flyer and registration sheet included in this issue)

### **Monday, March 27**

HCE Executive Board Meeting 10:30 a.m. – Noon Manawa City Hall  
500 S. Bridge Street

**April 1** - Articles due to HCE Secretary for May-June ACCENT  
Newsletter

### **Tuesday, April 18**

Central District HCE Meeting 9:30 a.m. to 3 p.m. hosted by Portage  
County HCE at the Jensen Center, Amherst

### **Monday, April 24**

HCE Executive Board Meeting 10:30 a.m. – Noon Manawa City Hall,  
500 S. Bridge Street

### **Monday, April 24**

Special Interest Program 1:00 – 2:30 p.m. Manawa City Hall “Your  
Right to Direct Your Future Health Care” WAHCE 2023 Program  
Focus

### **Wednesday, May 17,**

Waupaca County Spring Meeting, Cultural Arts Contest, Banquet and  
Awards Program, Crystal Falls Conference Center, New London

**Program Cancellations or Corrections:** In the event of inclement  
weather or hazardous roads, listen to WDUX Radio 8:30 AM and 92.7  
FM or WIMQ 92.3 for cancellations and possible rescheduling.

Check the most recent **ACCENT** newsletter for the latest activity  
updates, change of date, time or place updates from your Program  
Booklet (included with this mailing).

## A MESSAGE FROM YOUR HCE PRESIDENT

Hello HCE Friends and Happy Winter---soon to be spring!

It has been an unusual couple of months weather wise. Let's see---snow, frost, rain, ice, and fog! We lost a large amount of heavy pine tree limbs due to heavy snow, freezing rain, and ice. Right now there is soupy mushy ice on my lake which seems dangerous to me.

I am homebound for a few months due to my total knee replacement surgery. I am healing at home watching movies, reading, and embroidering. Oh yes--and exercising my new knee. Staying inside is good--I cannot afford a fall!

Be sure to mark your calendar with the activities happening in March and April. I encourage you to attend as many activities that you are able. And remember---May brings us our first flowers of the season!

Stay safe--stay well!

*Lynn Marchs*

Waupaca County HCE President



## WISCONSIN BOOKWORMS

The Wisconsin Bookworms Early Reading Program is underway at three sites in Waupaca County. Volunteers are reading books to children in Clintonville, New London, and Waupaca. Featured reading selections include "*There's Only One You*" by Kathryn Heling & Deborah Hembrook for March and "*Bird Builds a Nest*" by Martin Jenkins for April.

At the conclusion of the Head Start school year, this means each child has received 7 books for their own home/family library. What a great gift!

And, we send a big thank you to our readers for the 2022-2023 school year. Marilyn did double readings at New London and Clintonville since Lynn was laid up healing from her total knee replacement. Thanks Marilyn!

Happy Reading!  
Wisconsin Bookworms Co-Chairs  
*Lynn Marcks and Diana Bonikowska*

## CENTRAL DISTRICT UPDATE 2023

The Central District meeting is scheduled for Tuesday, April 18, 2023 from 9:00 am to 2:30 pm at the Jensen Center in Amherst. Our friends at Portage County HCE are hosting this fun and educational day.

Plans for the day include:

9:00	welcome, registration, and breakfast
9:30	general meeting
11:45	hot lunch & conversation
12:30	a little stretching time
12:45	educational speaker
1:30	finish any business/planning
1:50	live auction
2:30	drawings and door prizes



We will have a **live auction this year**---just like our live auction we have in the fall. Members are invited to bring ONE item for the auction. No rummage sale items. Yes to homemade items, plants, gardening tools, baked goods and such.

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

*Lynn Marcks*

Central District Director

## MEMBER CONTRIBUTION REPORTS

At the WAHCE state board meeting in January, the leadership team voted to discontinue the collecting of data from members for volunteer services. However, individual counties and districts may choose on their own to continue collecting the volunteer hours data. Waupaca County has decided to continue collecting data from members. Please continue recording your volunteer hours on the contribution report matrix through May. I will put our data together in early June. Remember last year? Waupaca County had the most volunteer hours of any HCE county in the state! We are awesome!

*Lynn*



## Plastic Cap Collection Project Update

The New London Senior Center held a plastic cap



cleaning and sorting day on January 25 and 26. Several HCE members, including Karen Euhardy and Marilyn Herman lent a hand to the

effort. Doris Budwit reported that a truckload of plastic caps have been collected, cleaned and sorted from donations and a truck will be loaded to deliver them to the processing plant in Indiana. Thanks to a generous donation to the City of New London and the Senior Center, the cost for the truck, gas and overnight lodging is being covered by a local company. Many hands and hearts make this project a successful one. We should have enough plastic collected to have 4 - 6 park benches made.

*~Doris Budwit, Programs Coordinator'*

## Central District HCE Meeting Coming in April



The Portage County HCE has invited the counties in the Central District to the Spring Meeting on Tuesday, April 18<sup>th</sup> at the Lettie Jensen Memorial Community Center in Amherst, Wisconsin. The meeting format is one general session, with no breakout sessions. Registration and refreshments start at 9 a.m. Business Meeting will follow. The guest speaker after lunch will be Laura Naylor Colbert

speaking on “Behind the Uniform: The Untold Truths About Veterans.” She will also have copies of her book, “Sirens: An

Alarming Memoir of Combat and Coming Back Home”.

A Live Auction will be held to raise funds for our District Treasury. Each person attending is asked to bring ONE quality item for auction. Items may include baked goods, syrup, honey, garden plants, herbs, or books in good shape or a favorite recipe. Everyone is welcome to attend and Waupaca County Officers will have their registration of \$15.00 covered. All registrations should be made with Waupaca County Treasurer Judy Long by March 27<sup>th</sup>.

## International Dinner Featuring Iceland



Iceland is our featured country this year for International Day on March 26<sup>th</sup>. The flyer is enclosed with details. Our guest speakers are Eric and Kelsey Marcks who had the pleasure of visiting and enjoying the

cities and countryside of the area. They will touch on the culture, family life and special places they encountered. Iceland is known for its active volcanos, geothermal pools, and magnificent view of the Northern Lights.

Considering the lack of ingredients in Iceland, with the land being barren and infertile, Icelanders have always had to get creative when it comes to cooking.



With just fish, meat, dairy, root vegetables, some herbs and berries, however, they managed to create a cuisine that still brings delight to the taste buds.

You, your family and friends are invited to register for the program and meal.

Please send your check for \$12.00 per person to Karen Stuhr by March 20<sup>th</sup> for the event hosted on Sunday, March 26<sup>th</sup> at the Bear Creek Town Hall.



Anyone willing to prepare a bread or dessert recipe should let Karen Stuhr (920) 982-3607 or Marilyn Herman (920) 596-3594 know. Copies of all the recipes will be available at the February 27<sup>th</sup> Executive Board Meeting for review.

## **April Program on Health Care will Feature Tiffany Iliadis**

Tiffany Iliadis the Waupaca County UW-Extension Educator in

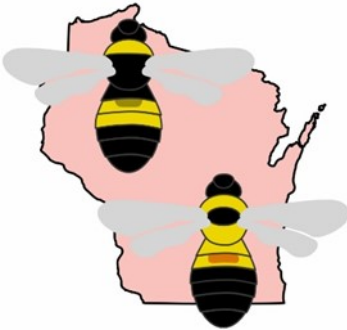
Lifespan and Financial Security will be bringing us the WAHCE statewide educational program “Your Right to Direct Your Future Health Care”. This session will be held on Monday, April 24<sup>th</sup> from 1 – 2:30 PM at Manawa City Hall. Please bring any family members, neighbors or friends as your guests.



Did you know that you have the right to make decisions about your health care? This includes the

right to accept or refuse medical or surgical treatment. You also have the right to plan and direct the types of health care you may receive in the event you become unable to express your wishes. You can do this by making an "Advance Directive". Addressing these issues may be difficult but it is necessary if you want others to follow your wishes. Participants will learn the types of Advance Directives in WI and how to access and file them.

## Get Your Creative Juices Going for the 2023 WAHCE Cultural Arts Contest



It's time to put your artistic touch into your entries for this year's WAHCE Cultural Arts Contest. The 2023 entry form is included with this newsletter. Please look over the categories carefully as some items have been combined or changed to keep up with our crafting interests. If you have questions about how to enter your project please contact Mary Fenske,

Cultural Arts Chair. One form will need to be filled out per entry at our Spring Meeting and Cultural Arts Show.

The Bonus Category this year is "Build A Beehive". Our WAHCE State Conference Theme is "Driftless Dreaming". Note the size restrictions but you can use any media to construct your entry.

*~Mary Fenske and Sharon Wepner, Cultural Arts Committee*

## Mark Your Calendar for HCE's Spring Meeting

Wednesday May 17 will be the Waupaca County HCE Spring Business Meeting, Cultural Arts Contest, Banquet and Awards



Ceremony. This year it will be held at Crystal Falls Conference Center in New London. More details and a registration form will be in the next ACCENT for you. Our guest speaker at lunch is traveling from Brown County and will bring some of her button collection for us to look at while she shares comments about how buttons made fashion and fitted clothes possible. Looking forward to seeing everyone “Bright as a Button” meaning clever, smart, crafty, cheery, energetic and upbeat.



## 2023 WAHCE Conference Information

### “Driftless Dreaming with HCE”



Southwest District will be hosting the 2023 State Conference at the Wintergreen Conference Center in Wisconsin Dells September 18<sup>th</sup>-20<sup>th</sup>. They have a nice array of sessions lined up. There is an assortment of tours to choose from. Come and renew your friendships at the 2023 WAHCE Conference.

### Hotel Information:

Clarion Hotel & Suites and Wintergreen Conference Center is located in Wisconsin Dells, Wisconsin, just off Interstate 90-94 in Lake Delton next to the Outlets at the Dells. Please make your own room reservations. There are rooms reserved for Sunday September 17, if you wish to arrive that day. There are more rooms reserved for Monday and Tuesday, September 18<sup>th</sup> and September 19<sup>th</sup>. Room rates will vary from \$75 per night for a single, \$85 per night for a double, \$90 for a triple, and \$95 for a quad. A tax of 12.25% (subject to change) will be added until a tax exempt form is provided when you register. A credit card will

hold your room and a 24 hour cancellation applies. Room types are double queens, double queens with a sofa, king with a pullout couch, king whirlpool with a pullout couch, and single kings. Room check-in time is 4:00 PM and check-out time is 11:00 AM. Deadline for room reservations is August 27<sup>th</sup>, 2023.

**Contact:**

Clarion Hotel & Suites and Wintergreen Conference Center, 60 Gasser Rd, Wisconsin Dells, Wisconsin 53965. Call 1-800-648-4765, press 1 to reserve a room and ask for the WAHCE Annual Conference Block. Details and Registration for our 2023 WAHCE Conference will be in the May Issue of UPDATE or on the website [www.wahceinc.org](http://www.wahceinc.org) after May 1, 2023. Questions, please call or email: Shirley Steinhorst, Chair at 1-608-477-0875 [shirleysteinhorst@yahoo.com](mailto:shirleysteinhorst@yahoo.com). Donna Kohnke, Co-chair at 1-920-210-5037 [kohnke@centurytel.net](mailto:kohnke@centurytel.net).

## Sunflowers and Pollinator Health Update

One of the distractions from the cold weather is to thumb through the seed catalogs and plan this year's gardens and flower beds. A few years ago Waupaca County HCE members took a trip to an Amish farm and walked or rode through a Sunflower field. It was breathtaking.

Sunflowers are sunny and optimistic plants! Sunflowers—along with corn, beans, peppers, potatoes, and cotton—are native to the Americas, likely cultivated more than 3,000 years ago by the indigenous people of Mexico and the Southwest. It was these farmers, archaeologists believe, who changed the sunflower from a runty, multi-branched wildflower to the giant grown in fields and gardens today. The Spanish conquistadors brought the sunflower to Spain, from there it spread through Europe as an ornamental. Peter the Great, Czar of Russia came across sunflowers in 1697 in Holland. He sent sunflowers home and in doing so, changed the Russian economy.

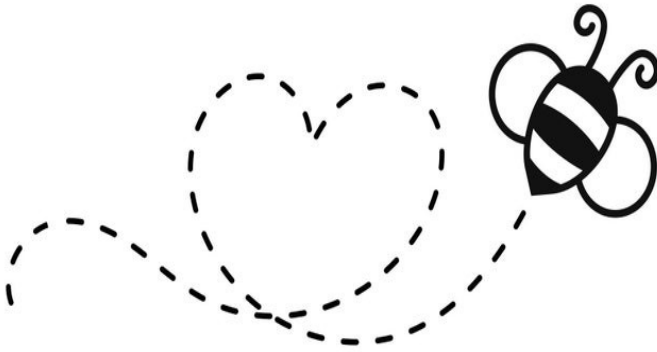
Sunflowers have circadian rhythms – a 24 hour internal clock that determines their east to west and back again daily motion. Sun-facing flowers are visited by five times as many pollinating bees as flower that do not face the sun. All that back and forth sun-tracking behavior does not last forever. It only happens with young sunflowers. Once a sunflower reaches adulthood and can tower over 10 feet tall with a flower up to a foot across, the flower stops waffling and stays put.

Bumblebees and other pollinators face many threats, including pesticide exposure, climate change, habitat loss due to agricultural methods and development, and diseases that ravage multiple species. But a recent finding may help lighten their environmental load.

Previous studies have shown sunflower pollen can work like a medicine for bumblebees afflicted by a parasite called *Crithidia bombi*, a single-celled organism that takes up residence in the bee's gut. But scientists couldn't explain how sunflower pollen vanquished *C. bombi*—did it boost the bees' immune function, or perhaps poison the parasite directly?



Sunflowers make bees poop—a lot. Here’s why that’s good. The flower’s pollen works like a medicine for bumblebees afflicted with a nasty parasite. An article in the National Geographic, December 2022 issue summarized research on bee health. The common eastern bumblebee gathers pollen in a field of yellow sunflowers, plants whose pollen helps the insects expel parasites. Research published in the *Journal of Insect Physiology*, shows the answer is quite simple. “Sunflower pollen makes bumblebees poop a whole lot,” says lead author Jonathan Giacomini, which flushes the parasite out.



## 10 Surprising Causes of Back Pain

According to a November article by AARP there are plenty of life-style habits that can improve how our back feels...

1. You aren’t drinking enough milk
2. The muscles in your midsection are weak
3. You have a new grandchild
4. Your bedroom isn’t dark enough
5. You sit and sit some more
6. Your legs are not the same length
7. You smoke cigarettes
8. Your mattress is too old or too soft
9. Your shoes don’t have enough support
10. Your stress is eating at you

# International Day— Iceland

**Sunday,  
March 26, 2023**

**Bear Creek Town Hall**  
E9107 Silver Creek Road  
(west off Hwy. 45) Between  
Bear Creek and Clintonville, WI

**Buffet: 12:00-12:30 p.m.**  
**Program: 12:30-2:00 p.m.**

**\$12.00 Per Person**



*Sorry....  
registrations are  
transferable,  
but not refundable*

*Sponsored by: Waupaca County Association for  
Home and Community Education (HCE)*

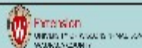
We will be joined by Eric and Kelsey Marcks. Hear about their experiences with the culture, family life and special places visited in Iceland. Iceland's active volcanos, geothermal pools, magnificent views of the Northern Lights and hearty people make it a country to remember.



**Menu:** Baked Fish  
Lamb Soup  
Icelandic Hearty Breads  
Icelandic Yogurt with Fruit  
Choice of Icelandic Desserts  
Beverage Choice



**Make Checks Payable to:**  
**Waupaca County HCE**  
Mail Registrations by March 20 to:  
Karen Stuhr, W9824 Hanke Road  
New London, WI 54961  
920-982-3607



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# EXTENSION SCENE...

## 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.



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

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UNIVERSITY OF WISCONSIN-MADISON  
WAUPACA COUNTY

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