



ACCENT

September / October 2023

Waupaca County Association for Home and Community Education

Calendar of Events

Wednesday, August 23 – Sunday, August 27 Waupaca County Fair, Weyauwega, WI

Monday, August 28 10:30 a.m. - Waupaca County HCE Executive Board Meeting, 500 South Bridge St. Manawa City Hall.

Monday, September 18 - Wednesday, September 20 WAHCE State Conference, Wisconsin Dells “*Driftlessly Dreaming of HCE*”

Monday, September 25 - 10:30 a.m. Waupaca County HCE Executive Board Meeting, 500 South Bridge St. Manawa City Hall

Monday, September 25 - Special Interest Meeting, “*Fire Prevention and Home Safety*” Manawa Fire Department. 1 p.m. – 2:30 p.m. Open to the Public.

October 1 – Articles for November – December ACCENT newsletter due to HCE Secretary Marilyn Herman

Thursday, October 12 - 9:30 a.m. to 2:30 p.m. HCE Fall Business Meeting, Potluck Lunch and Fundraising Auction, Bear Creek Town Hall

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

A MESSAGE FROM YOUR HCE PRESIDENT

Hello HCE Friends and Happy Garden Time!

It is a wonderful time of year! We will soon be entering the fall season which is our signal to get ready for---you know--- the holidays. My vegetables that are all growing in pots are fantastic! However, the flowers that are growing in pots are not doing that well. It was a strange and unsettling summer to try to garden like we usually do. One interesting thing happened this past week---I found happy little monarch caterpillars on my milkweed plants. And one funny thing that is happening is watching the cute chickadees take their daily baths in my water fountains rather than the bird bath. Such excitement!

Congratulations to everyone for your beautiful and unique Cultural Arts entries. Lots of blue ribbons were awarded at our spring/summer meeting. Some talented and creative members will be entering items in the state judging happening at state conference. Thank you Mary Fenske and Sharon Wepner for your work getting this cultural arts event together!

Our WAHCE state conference is approaching quickly. The dates of the conference are September 18-20, 2023. The location is the Clarion Hotel & Suites and the Wintergreen Conference Center. Southwest District has chosen the conference theme of "Driftless Dreaming with HCE." A great conference has been planned so please consider joining all HCE friends in the southwestern part of the state!

In this *Accent* is the information and registration for Waupaca County's Fall membership meeting. There will be a business meeting; potluck lunch; voting and

installation of officers; and a live auction! Come join the fun!

Stay Safe---stay well!

Lynn Marcks

Waupaca County HCE President



All Welcome for Special Interest Meeting “Fire Prevention and Home Safety”



Invite friends and family to attend the Monday, September 25 session at the Manawa Fire Department on Fire Prevention and Home Safety. The Manawa fire chief, Josh Smith, will be showing us how to set up a home fire escape plan, learn strategies for burn prevention and treatment, share the latest on smoke alarms and practice putting out a fire with a fire extinguisher. Please bring any fire extinguisher you may have at home to check if it is still usable. We will tour the Manawa Fire

Department and Ambulance Service during the program. Please invite friends, family, neighbors to this free program sponsored by Waupaca County HCE. A poster is included with this newsletter for you to post in your community.

From Our Treasurer: Opportunity Available

I wish to thank all who helped me do the job of Treasurer for Waupaca County HCE, however I have had this position since 2014 and feel it is time for me to step down.

This is your chance to become more involved in this great organization and learn about the important work HCE does in the community, as well as programs that are offered and the many fellowship opportunities that are available.

Please contact a board member or myself if you are interested in

taking on this rewarding position.

The county has invested in the Quicken program which is currently being used to do the accounting. This program is very easy to work with and could be installed on your computer. However if you have another program preference you could set this up however you wish. I am more than willing to assist anyone interested to help them get started.

~ Judy Long, Treasurer Waupaca County HCE

Thank You from Clintonville Headstart Students

Thought you would enjoy seeing the thank you note the children of the Clintonville Headstart Center sent to Waupaca County HCE for the fleece or knit hats, mittens and scarves they received from us. This will put a big smile on everyone's face. Remember to donate unused yarn or fleece to our winter crafting efforts so children can play outdoors.



Sturm Library and HCE Team Up to Comfort Children

On Monday, July 31 HCE members Myrtle Kutchenritter and Marilyn Herman volunteered at the Sturm Memorial Library in Manawa to work with 8 teens to make Linus Project Blankets to give to children experiencing trauma or health crises at the Waupaca Hospital. Eight comfort quilts were cut and tied by the summer program youth as their final summer library project

The Appleton Project Linus program coordinates donated fleece comfort blankets for distribution to local hospitals and police departments.



Raffle Basket for the WAHCE Conference

Waupaca County is putting together a special basket for the silent auction raffle at the WAHCE Conference in September. The basket will consist of items and treasures that represent Waupaca County. If you have a special item to include in our raffle basket, contact Helen Heise @ 920.982.4586.

Wisconsin Bookworms

The Wisconsin Bookworms Early Reading Program is underway at three sites in Waupaca County beginning in October. We are seeking volunteers to read at all three sites to children in Clintonville, New London, and Waupaca. Let Diana or Lynn know if you can help out with this early reading project!

Happy Reading!
Wisconsin Bookworms Co-Chairs

Lynn Marchels and Diana Bonikowska



The Shoe Box

Again this year, counties are encouraged to put together a Shoe Box of items as part of the International project to aide Nicaragua and Honduras. Only one shoe box consisting of items may be provided by each county. The shoe box should be tied tightly together. A label listing the items in the shoe box should be taped to the box cover. The shoe box will be brought to the state conference in Lake Delton. Thank you to Karen Stuhr for putting this together!

The following is a list of items you may want to include in the shoe box:

sewing machine needles	garden gloves	wooden spoons	combs
spools of thread	garden clippers	measuring spoons	brushes
scissors	garden string	measuring cups	hair clips
cutting wheels	garden markers	cupcake papers	barrettes
bias tape/lace	buttons	spatulas	rollers
measuring tapes	pins/needles	barber scissors	

Plastic Caps & Covers to Benches Update



July 25th, the Senior Center of New London received 8 benches from Indiana for the 1500 pounds of plastic that the volunteers had sorted & cleaned earlier this summer. Some benches are 4 feet, others are 6 foot long. Hilker Trucking provided the full transportation costs for this second trip to take down the plastic and return with finished benches. This time

the benches are blue, the first batch of benches or parking stops were Irish green or red.

New London Senior Center was awarded \$3,100 by Theda Care's Community Fund to cover expenses for the Plastic Caps to Benches recycling program. For this second trip the Senior Center purchased benches for New London's Hatten Stadium dugouts and another for the center itself, as a display sample. That leaves \$2,000 in the fund to pay for transportation expenses and lodging in Phase Three.

Lori Schneider, Senior Center Director who is in charge of this project, wants to do another collection of plastics to be sorted on September 26 & 27 from 9-4 pm by volunteers.

I appreciate all the plastics our HCE organization has been collecting. I'm hoping you all will continue to collect these plastics. I will clean and sort them whenever you bring them to our meetings. Doing this project helps eliminate plastics from going into the landfills and makes the community a more inviting place to get out into nature.

~ Doris Budwit, Program & Project Chr.

Spring Business Meeting Highlights

May 17th was a busy day for HCE members in Waupaca County. The Spring Business Meeting, Cultural Arts Show and Recognition Banquet was held at Crystal Falls in New London. The mood matched our theme of "Bright as a Button" a phrase that means clever, smart, crafty, cheery, energetic and upbeat. Our thanks to the Manawa-Weyauwega Center Clubs and Individual Members that worked with Marilyn Herman to make the arrangements for this end-of-HCE year event.

Melody Urban, from Denmark WI and a member of Brown County HCE and her guest were the luncheon speakers with the topic "*Buttons! What DO you DO with them?*" We all enjoy a good button jar and most of us spent many hours playing and sorting with mom's or grandma's button jar in our childhood. The world of button collecting and a wide range of buttons were displayed and featured by our guests.

The Cultural Arts Contest was organized and led by our Cultural Arts Co-Chairs, Mary Fenske and Sharon Wepner. This year we were delighted to have daughters of HCE members work with the judge so our Co-Chairs could participate in the Business Meeting.

Highlights of the Business Meeting included:

Motion passed to have Honorary Members receive free registration for all Waupaca County HCE sponsored events.

Two High School Senior Scholarships of \$1000.00 were awarded to a student in Waupaca studying Political Science another in New London attending Pharmacy School.

We currently have five HCE clubs, 11 Individual Members and 7 Honorary Members.

We will not be participating in the New London Family Festival this fall and there will be no Fall Learn-In with Shawano County HCE.

Congratulations to our Honored Members. LaFaye Ireton, Variety Pak for 67 Years of membership. The 50 Year Members were, Mary Kautz from Modern M & M's and Myrtle Kutchenriter and Barbara Peters from Chat and Chew Club and now Individual Members. Our 45 year member was Lois Hoffman from Think Young Club. Our 35 year member Lorraine Latza, Sugar Bush VIP's is now an Honorary Member.

Here are a few pictures from the day for you to enjoy.



HCE President Lynn Marcks shares information from UPDATE on the upcoming State Conference in Wisconsin Dells.



Coordinator for Family and Community Life, Myrtle Kutchenriter shares a list of ten county locations that received over 300 sets of fleece or knit Winter Hat, Scarf and Mitten sets from our organization this past year.



Wisconsin Bookworms Co-Chair Diana Bonikowske highlights one of the books we will be reading and providing to our three Headstart Centers in Clintonville, New London and Waupaca next year in the seven months of the next school year.



Cultural Arts Co-Chairs Sharon Wepner and Mary Fenske announce the winners of this year Cultural Arts Contest with 12 items selected from all the entries to represent Waupaca County at the State Cultural Arts Contest in September.



Melody Urban explains themes for various button displays and how collections are put together for judging. We enjoyed the variety and rarity of her award-winner items. The State Button Show took place in Appleton in July which was a great event to learn about button history, display and judging.

We Are Better for Having Known These Strong Women



LaFaye Ireton

LaFaye Ireton, 96, went to her heavenly home on May 24th, 2023.

LaFaye Steck Ireton was born on February 16th, 1927 as the second daughter to the late Beryl and Bessie (Howard) Steck. LaFaye married Allen (Bud) Ireton in Riverside, CA on August 28th, 1943. They farmed in Lind Center, WI, raised three children, and retired from farming in 1969.

LaFaye lived life to the fullest, spending time with family and friends, especially her 6 grandchildren and 13 great-grandchildren. She was an active member of First Presbyterian Church, volunteered at the Weyauwega food pantry and middle school, read books for Head Start, was involved with the Waupaca County HCE homemaker's club for 50 years, and served on countless other committees. She loved square dancing with Bud, golfing, camping with friends, and playing cards with everyone, winning every time.

LaFaye is survived by her daughters, grandchildren. She is further survived by her sister, sisters-in-law, and many nieces and nephews.

The celebration of life for LaFaye was held on Saturday, June 3rd, 2023, at First Presbyterian Church Weyauwega, WI).

LaFaye's certificate recognizing her 67 years as a Waupaca County HCE member was awarded to the family and put on display at her funeral.



Dorothy M. White

Dorothy, age 89 of the Township of Belle Plaine, Shawano County, passed away Monday June 19, 2023 at her home surrounded by family, after a courageous 7 year battle with cancer.

Dorothy “Dottie” Mae White was born August 31, 1933 in Antigo, WI daughter to the late Herbert & Viola (Miller) Dickman. She attended school in Birnamwood, WI and graduated in 1951, working as a telephone operator in Wausau for a time. Dottie was united in marriage to Karl E. White on September 19, 1953 in Birnamwood. They started a family and lived in Mattoon for a time, moved to Clintonville in 1956, and finally moved out to Cloverleaf Lakes in 1957 where they have lived since. She then started working for Urban Telephone for 25 years until they closed, at which point she went back to school and earned her CNA license at the age of 59. Dottie’s compassion really helped her succeed in the field as she loved to help people and took great pride in her work. She worked for D.E.N. Home Health Care, Waupaca County, and volunteered for home hospice through Shawano Hospital, later ThedaCare Shawano. Dottie retired at the age of 73. In 2012, Shawano County awarded her with Volunteer of the Year. She was very active with the Modern M and M’s HCE Homemaker’s Club, working with young children’s reading programs where the kids affectionately called her “Grandma Bookworm.” It was a fitting name for someone who consistently read over 200 books every year; she had read over 130 books in 2023 alone. Taking part in the Wisconsin Homemaker’s Friendship Choir was something she greatly enjoyed, traveling around most of the United States and many countries in Europe. She also achieved the highest authority within the Order of the Eastern Star as Worthy Matron. Dottie cherished the memory of going up in a hot air balloon in New Mexico, and even helped with launch and landing. She journaled every day as a way to look back on past days and now her family can also enjoy reading the things she wrote. Watching the wildlife in her yard on the lake, especially the birds, was always a wonder to behold. Dottie will be remembered for her love of family, her insatiable appetite for books and learning, the empathy she had for her fellow human and her 33 years of HCE membership.

LAUGHTER IS GOOD FOR YOUR BODY & SOUL

***Humor:** Funny stories can keep you smiling & laughing all day long, give you a good dose of humor that will lift your spirits, keep you smiling, and boost your physical and mental health. A story should give you a good chuckle. Because laughter matters. Studies show that regular laughter is good for your health—both your physical and your mental health*

- **Laughing puts your body at ease.** When you laugh, your body relaxes its muscles and releases stress.
- **Laughing makes you feel good.** When you laugh, endorphins get released and deliver you the feel-good status you deserve.
- **Laughing helps you fight diseases.** When you laugh, your immune system is boosted as disease-fighting cells increase, improving your ability to fight infections and to ward off all types of diseases.
- **Laughing can protect your heart and even help you lose weight.** Sounds crazy? Not really! When you regularly laugh, you get better blood flow which can help protect your entire cardiovascular system. Plus, laughing burns calories—so when you regularly laugh, you could shed a few pounds over a year’s time.
- **Laughing makes you happy.** When you laugh with others, you can avoid stressful situations and conflict—and laughing can help free you from harboring grudges that just make you feel bad.
- **Laughing might even help you live longer!** One study found that those battling cancer lived longer and happier lives when blessed with regular doses of humor and laughter.





Extension

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