



ACCENT

JANUARY / FEBRUARY 2024

Waupaca County Association for Home and Community Education

CALENDAR

2nd and 3rd Week of January (Ways to Welcome) and February (The Caring Me I Want to Be), **Wisconsin Bookworms Reading with HCE** members at Waupaca, Clintonville and New London Headstart

January On Your Own HCE Lesson “*Living On A Fixed Income*” Included in this issue



February On Your Own HCE Lesson “*What Causes Hearing Loss*” Included in this issue



Monday, January 22 10:30 a.m. - Noon, Waupaca County **HCE Executive Board Meeting**, Sturm Memorial Library, 130 N. Bridge Street, Manawa.

February 1 – Articles for **March – April 2024 ACCENT** newsletter due to HCE Secretary Marilyn Herman



Monday, February 26 10:30 a.m. – Noon, Waupaca County HCE Executive Board Meeting, Sturm Memorial Library, 130 N. Bridge Street, Manawa

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 Winter!

Now that the winter season is here-- we will be more confined to indoor activities and projects! I have been planning ahead for these cold and snowy winter months. I have been stocking up on books to read and DVD's and videos to watch. It does not really matter what the book or the movie is about--I am just stocking up like a store where I go and "shop" for what I want to read or see. We also have a stock pile of puzzles (mostly for my husband Steve) and another couple of baskets and totes with handcrafted items to create or to finish for me.

What a great time of year to create your own/or try-out some new recipes. For just Steve and I, it is difficult to make casseroles and hot dishes and soups and chilis for two people. I have been freezing these dishes and that has really come in handy when I wonder what to make for dinner!

You have received the 2024 Waupaca County HCE Program booklet. Take time to read through each month and highlight our activities and meetings. We have a fun and exciting year of HCE planned. Please join in as many activities and meetings that you are able.

Stay safe--stay well!

Lynn Marcks

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. For January, volunteers read "Ways to Welcome" by Linda Ashman. This book features a hidden blue butterfly on every page. And, in February volunteers read a Mary DePalermo book titled "The Caring Me I Want to Be." This rhyming book teaches young readers about being kind every single day.

Waupaca County continues to give each child a copy of the read storybook so that they can "read" the story to their parents, grandparents, siblings, pets, and of course their Teddy Bears! The book becomes part of the child's home library.

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



CENTRAL DISTRICT UPDATE 2024

The Central District meeting is scheduled for Wednesday, April 17, 2024 from 9:00 am to 3:00 pm at The Woodland in Gresham. Our friends from Shawano 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 |



Please mark your calendars to join the Central District HCE members for our yearly event! A registration form will be coming our way in late January/early February. More details to follow!

Lynn Marcks

Central District Director

WAHCE 2024 Call for Nominations

A call for Nominations for officer and chair positions serving on the WAHCE state Board has been sent to all district directors. Information is shared with all county presidents. The February Update has extensive information for all HCE members to read about.

The WAHCE Board is seeking members to fill the following positions:

- International Chair
- Treasurer-Elect (serves one year and then serves as treasurer)
- Wisconsin Bookworms (now an elected position)
- Central District Director
- Southeast District Director
- Southwest District Director

The district director positions are elected by members of each district. Planning ahead, at the Central District meeting in April, 2024, members are to elect a new director. (The position that I currently hold).

If you are interested in any of these positions, please contact me at 715.701.1620. (new cell number for me)

Lynn Marcks

WAHCE Nominating Chair



2023 Winter Wear Distribution (Hats, Mittens and Scarf Sets)

Each year, Waupaca County HCE partners with Oshkosh Correctional Institution to make sure our youngsters in Waupaca County have warm hats, mittens and scarves to play safely and enjoy the winter weather. HCE Community

Outreach chair, Myrtle Kutchenriter collects yarn and fleece donations on behalf of this ambitious project. HCE has partnered on this project for the past 23 years, leading the effort for the last 20 years. We deliver the yarn several times throughout the year and in October we



return to get the completed winterwear sets from the volunteer knitters and crocheters at the prison. This year we received 200 sets, added another 50 sets that Myrtle and her daughter made from fleece and met our goal. Here is where this year's hats, mittens and scarves went:

- Clintonville Headstart (50 Fleece sets)
- New London Headstart (50 knit sets)
- Manawa Food Pantry (25 knit sets)
- Manawa Grade School (25 Knit sets)
- New London UCC Church and Angel Tree (25 sets)
- Waupaca County Health Department (25 sets)
 - Women's, Infants and Children Program
 - Health Beginnings Home Visit Program
 - Early Intervention Home Visit Program



During COVID, Creative and Caring Hands from the Waupaca Area teamed up with Waupaca County HCE to provide addition items for community distribution. This year this donation included:

Emmanuel Lutheran Church Angel Tree (26 hats and 11 fleece scarves)

Clintonville and Marion Meals on Wheels (20 lap blankets and carry bags)

Comfort Kits of soft animals, stuffed toys, small blankets in a carry bag for the police departments of Manawa, Marion, Clintonville, New London, Iola, Weyauwega and Waupaca (10 kits per department). Now that gives a warm feeling to all of us.

Bee-utiful Treats - Cooking with Honey

The November study lesson featured honey; including tricks to switch honey for other sweeteners in baking, cooking, freezing fruit or making jam. We taste tested several recipes to round out the program.

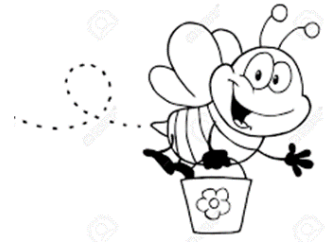
Some Amazing Bee Facts

- Honey Bees Can Fly Up to 6 Miles in Search of Nectar
- Nectar from 2 Million Flowers is Needed to Make 1 Pound of Honey
- Honey Bees Beat Their Wings 200 Times per Second
- Female Honey Bees Have Stingers
- One Bee will Produce 1/12 of a Teaspoon of Honey in its Lifetime
- Honey Never Spoils
- World Bee Day is May 20th
- Like Bees – “Work Hard and Stay Bumble”



Honey Substitution Rules

1. Reduce liquid when substituting honey
 - 1/4 cup less liquid if substituting half the sugar for honey
 - 1/2 cup less liquid if substituting all honey
2. Combine honey and liquid before blending into recipe
3. Reduce oven temperature by 25 degrees
4. Honey is an equal substitute for Molasses
5. Add 1/3 to 1/2 teaspoon baking soda if substituting honey
6. Add an extra dash of salt
7. Measure honey carefully



Honey is an equal measure substitute in:

Puddings and Custards
Pie Fillings
Candied and sweet or Sour Vegetables
Salad Dressing
Baked Apples
Cinnamon, Raisin and Yeast Bread or Muffins



What if Honey Crystallizes?

Cloudy honey is more likely to crystallize

Cloudiness is often pollen

Place honey container in pan of warm water, away from direct heat. Honey will reblend as it warms.

Fall Craft Day Brought Out Our Holiday Spirit

Sharon Wepner, Cultural Arts Co-Chair led us in not one but two holiday projects. The first was painted and decorated clothespin snowflake ornaments. The second was a snowflake wreath made from zip tied and decorated plastic hangers. We worked hard at having a good time and enjoyed having Mary Fenske and her daughter with us for the day. Just like snowflakes in winter, no two hanger snowflakes were decorated the same! It truly was a recycling craft day with a sprinkle of HCE magic added for good measure.







Dedicated and Talented HCE Member Mary Fenske Remembered



Mary Helen (Vander Zanden) (Drephal) Fenske, age 91 of Fremont, WI was greeted by angels and ushered to heaven by the Holy Spirit on November 21, 2023. Mary was born on June 25, 1932 in the Town of Hobart, WI. She married Harvey on June 7, 1975. She was deeply devoted to loving God, her husband, children,

grandchildren and great-grandchildren Mary always wanted a large family and was blessed with four more children when she married Harvey. She liked bike riding, sewing, fishing and dancing, especially Polkas and Waltzes. Mary and Harvey loved working in the garden and preserved or gave away all the produce. Entering her sewing projects in the Waupaca County Fair and winning many Grand Champion Ribbons was always a highlight of the year. She also taught sewing in 4H for ten years and was involved in managing the 4H Food Stand.

Mary was an active HCE member since 1979 (44 years) and served as an officer and committee chair at both the local and state levels. Mary also happily did volunteer work for her church and community. In 2018, she was inspired to sew



pillow case style dresses for charity, one of her favorite volunteer projects. She had a wonderful team to help her. They were Bonnie, Ginny, Sue C., Diane S., Sue K., Cathy N., Ken VZ, Harvey and granddaughter, Ella. To date 1325 dresses are completed. Mary retired from Fox Valley Bank at the age of 62, and after forty years in the cosmetics business, retired at age 79.

To my family, relatives and friends.....I love you and thank you for being a part of my life. May God Bless you all!



HCE Celebrates 35 Years of Reaching Out to New Parents

Thirty five years ago, Extension Home Economist Bernie Mayek asked HCE if they would be willing to volunteer to assemble, fold and mail a monthly newsletter to parents with children from birth to age 4 in Waupaca County. The newsletter gets mailed out the month before their child reached that benchmark, from Month 1 to Month 36. HCE agreed to take on this challenge and while the willing hands of volunteers have changed over the years, our dedication to reaching out to our young families has not waned.

Currently, over 1000 newsletter are mailed monthly with the printing and organizing help of the UW-Extension



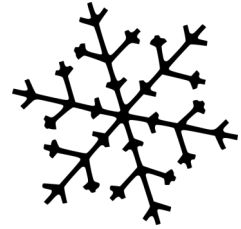
support staff and the mailing volunteers. Current volunteers include Diana Bonikowske and Marilyn Herman, HCE Individual Members, Bev Kirk, Honorary Member and our friend Nancy Walkush. We offered an email version of the newsletter but parents prefer the paper issue each month and the opportunity to share it with family members, caregivers and friends.



HCE Family Day “Fleece Blankets to Warm the Heart”

On May 7th Waupaca County HCE and Sturm Memorial Library hosted a “*Make a Blanket Day*” for teens, which were donated to the children’s wing of the Waupaca Hospital. On November 11 we co-hosted a Family Fleece Blanket Day with 32 attending of all ages. A special thank you to Myrtle Kutchenriter, Helen Heise and Marilyn Herman for helping library staff make these events heartwarming!



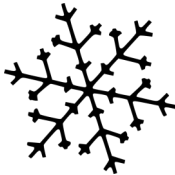




Blankets blankets everywhere! Thank you to Waupaca County HCE volunteers Marilyn Herman and Helen Heise for a wonderful Saturday at the library this November.

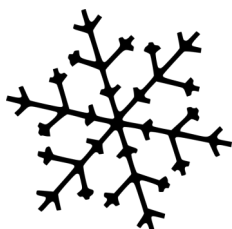


From Sturm Library Staff: Families warmed themselves up by coming to Sturm Memorial Library where all ages were invited to a blanket making program. Experienced HCE helpers had all the supplies and know-how so attendees could create a blanket to take home or donate to a worthy cause.





We had fabric covering every bit of free space in the library as 32 people cut and tied fabric to make cozy blankets ranging in age from 3 months to 83! Thank you to everyone who came out. What a wonderful feeling to have so many gathered together!





Extension

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Extension Waupaca County

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