



ACCENT

May / June 2024

Waupaca County Association for Home and Community Education

CALENDAR OF EVENTS

Tuesday, May 14, **Waupaca County HCE Spring Business Meeting**, Cultural Arts Show and Awards Banquet honoring member achievements. 9:15 a.m. – 2 p.m. Waupaca County Courthouse, UW-Extension Meeting Rooms. Pre-register with Treasurer, Donna Pruetz.

Wednesday, May 15 **UN International Day of Families**

July, **HCE Tour** including luncheon, Organ Recital and Tour of Butterfly Gardens, Appleton

August 1 – Articles for **September-October ACCENT** newsletter due to HCE Secretary Marilyn Herman

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 welcome to spring!

Now that the spring season is here-- we will be more inclined to go outdoors and enjoy the spring weather as we move to the summer season. We have had some crazy weather this past winter-- so let's hope Mother Nature has some calming weather coming our way!



Our Spring business meeting, banquet, and cultural arts show will be held on Tuesday, May 14 at the Courthouse in Waupaca. We begin at 10:30 and end by 2:00 pm. I am looking forward to viewing all the cultural arts projects. As for my own projects---I am not sure if I will be able to complete them in time. I have expanded my "Lynn's Music Studio" and I am now working pretty much every day.

Plan on a great summer outing! On the visit, there will be an organ recital, lunch outing, and a tour of the butterfly gardens. Let your friends know---they are welcome to join us!

The WAHCE state conference will be held on September 16, 17, and 18 at the Hilton Paper Valley in Appleton. This is close to home for us so hopefully you will plan on representing Waupaca County at the conference. The theme is "Experience the Magic of HCE." Complete information about the conference will be in the May issue of the *Update*. I will be presenting my sectional titled "Let's Have a Hootenanny" on that Wednesday morning.

We are seeking several HCE members to fill some open positions on the Executive Board. Positions that we are seeking to fill include Coordinator for Family and

Community; Clintonville/New London Center Chair; and Cultural Arts chair. If you are interested in volunteering to serve in one of these positions, please let me know.

Stay safe---stay well!

Lynn Marcks



Waupaca County HCE President

MORE CORRECTIONS TO 2024 HCE PROGRAM BOOKLET

Please take out your green 2024 HCE Program Book and make the following changes to the printed information.

Pg. 17 – HCE Treasurer Donna Pruett’s phone number is (213) 700-7395. Her email was incorrect in the Green Program book and the March ACCENT corrections.

Her correct email is: dkpevanston@hotmail.com

WISCONSIN BOOKWORM EARLY READING PROGRAM

We have received a \$1,000 check from the Victor and Christine Anthony Family Foundation to purchase books for our Waupaca County Wisconsin Bookworm early reading program. We will be purchasing sets of eight books for the 2024-2025 school year. Our program provides books for children and their families at three Head Start sites in the county: Waupaca, Clintonville, and New London. Volunteer readers from our HCE share stories one time a month with children. What fun for our readers and for the children!

Lynn Marcks & Diana Bonikowske

Co-Chairs Wisconsin Bookworm



2024-2025 WISCONSIN BOOKWORMS BOOK LIST

After School Sports Club, Let's Go Skating by Alyson Heller

The kids in the After-School Sports Club are going on a field trip to the local ice rink. Everyone is excited to learn how to skate, except Alyssa. Emphasis on learning something new and feelings.



Down on the Farm by Merrily Kutner

The three R's – rhythm, rhyme, and repetition – are harvested abundantly in this story about farm animals. Horses say “nay, nay, nay,” geese go “honk, honk, honk”, etc. Look closely at the pictures and notice a little mouse on each page.

Dozens of Dachshunds by Stephanie Calmenson

A Counting, Woofing, Wagging Book. A lively stream of dachshunds, cleverly dressed as hot dogs, dinosaurs, birds, bees, books and more, parade across the pages to join together for Dachshund Day fun. How many dogs can you count on each page?

Gus Grows a Plant by Frank Remkiewicz

Spring is here, and Gus wants to grow a plant. All he needs is seeds, water, sun ... and a little bit of love. A good book to read at the end of spring.

Little Nita's Big Idea / La gran idea de la pequeña Nita by Anna W. Bardaus, Translated by Marta Nunez ** TOLD IN ENGLISH AND SPANISH **

Little Nita wants to make the world's largest fruit salad. This contemporary, urban tale takes on "Stone Soup" qualities. A celebration of community and diversity, with a nod toward fresh, healthy foods. What is your favorite fruit? Which of the fruits in this book have you never eaten before?

Pete the Cat's Train Trip by James Dean

Kids will love reading about Pete the Cat's train ride to see Grandma. Pete learns all about the train and meets some new friends on board.

There's Only One You by Kathryn Heling and Deborah Hembrook

This book rejoices in the specialness of each person's beauty and ability. Diversity.

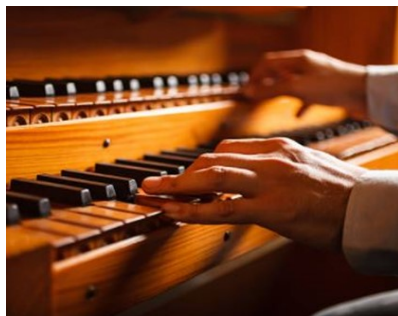
(A "repeat" book from 2022-2023, but always a good message for the kids to feel good about themselves.)

Peek, Otter! by Shira Evans **** EIGHTH BOOK ****

Learn about the adorable river otters as they go about everyday life. See how they teach their young.

SUMMER TOUR IN FINAL PLANNING STAGE – MUSIC, FOOD AND BUTTERFLIES

We are planning a summer tour in the Appleton area. Date to be announced but the plan is to meet for a late breakfast or early lunch, then attend one of the Lunchtime Organ Recitals over the lunch hour hosted by the NE Wisconsin American



Guild of Organists. This is the 19th year of these weekly summer organ recitals that travel around to various churches with special guest organists. We will finish with a tour of the Butterfly Gardens of Appleton on Highway 47. Details and registration will be available at the Spring Meeting on May 14th. We will plan to carpool to Appleton.

WAYS WITH SUMMER VEGETABLES WAS MARCH PROGRAM FEATURE



Whether we are planning a garden, a trip to the grocery store or farmer's markets this summer we got great tips on selecting, storing and using the freshest of recipe ingredients. Christi Gabrielska and Hailee Paul, Waupaca County FoodWise Nutrition Educators helped us get new ideas to improve our meals in the coming months. We enjoyed the recipes, pamphlets and draining colander we received as part of the lesson.

Our March Special Interest session *"New Ways with*

Summer Vegetables” brought 15 HCE members, library patrons and friends together for great conversation, recipes, and taste testing.

Our speakers stressed:

Buy as local and in-season as possible for best nutrition and shelf life of produce.

Fresh produce is picked just prior to peak color and maturity to stand up to shipping.

Frozen produce is picked at the peak, flash frozen and packaged for peak nutrition.

If canned fruits or vegetables are the best price option, drain and rinse to remove added salt or sugar if low-sodium vegetables or fruit packed in water or juice is not an option.

If a full garden is not an option for you consider growing vegetables like tomatoes, peppers, or herbs in containers or pots.

Follow timing and amount of fertilizer recommendations carefully to insure that they are no longer added to the soil prior to harvest to insure they are not active in the fresh produce.



Here is a copy of the recipe Hailee Paul prepared for us as Christi shared information about the Senior Food Share coupon program available at several Waupaca and Outagamie County Farmer's Markets. Details about this fresh produce program will be available at the May Spring HCE Business Meeting.



Bell Pepper Nachos

4 bell peppers

1 cup salsa

2 tsp. seasoning (mixture of chili powder, garlic powder, ground cumin, black pepper)

2 cups cooked and shredded meat or drained canned pinto or chili beans or tofu

¾ cup shredded or crumbled cheese



Directions

Wash hands with soap and water.

Wash bell peppers, remove seeds and cut into bite-sized pieces. Arrange in a single layer on a large baking sheet.

In a medium bowl, combine salsa, seasonings and meat or canned and drained beans. Heat together in frypan until bubbly. Spoon over pepper pieces. Top with grated cheese or fresh cilantro, diced fine.

Serve. Refrigerate leftovers within 2 hours.

2024 CALL FOR NOMINATIONS

The 2024 WAHCE Nominating Committee is in search of qualified candidates for the following positions on the WAHCE State Board for the service years of 2025-2028:

International Chair Treasurer-Elect Wisconsin Bookworms

The positions of Central District Director, Southwest District Director, and Southeast District Director will also be elected in 2024. The candidates from Central, Southwest, and Southeast Districts will assume their positions as a District Director on January 1, of 2025.

The qualifications for Executive Committee and Committee Chair candidates shall be as follows:

1. Each candidate for office shall give written consent.
2. All candidates shall be notified when they have been nominated.
3. All candidates must have served, or are currently serving in a WAHCE leadership position at the county, district, or state level

A brief list of duties for these positions follows. A more complete description is in the manual for each position. Candidates' resumes will appear in the *UPDATE* prior to the Annual Association Meeting.

Candidates for these positions will be elected at the Annual Business Meeting during the 2024 WAHCE State Conference in Appleton, and their terms will begin January 1, 2025.

If you are interested in any of these positions or know another HCE member who is interested, **please contact Lynn Marcks** with names of potential nominations by **April 1, 2024**. (715.701.1620)

Lynn Marcks, WAHCE Nominating Committee Chair.

READING PILLOW PROJECT NEARS COMPLETION

Waupaca County HCE is partnering with the Waupaca Pieceful Hands Quilt Guild to make “Reading Pillows” for all 91 Headstart children enrolled in our Wisconsin Bookworms Reading Program. The New London, Clintonville and Waupaca Headstart Programs will receive these handmade gifts for the little one’s graduation ceremony this spring. Pieceful Hands members sewed and filled the pillows while Waupaca County HCE provided the books slid into the pockets and will be responsible for delivering these gifts. Waupaca County HCE Wisconsin Bookworm Program co-chairs Lynn Marcks and Diana Bonikowske show off the first 30 of our reading pillows. This is a great community partnership with several Waupaca and Portage County HCE members involved in both civic groups.



HCE SHARES LOST ARTS ACTIVITY AT STURM MEMORIAL LIBRARY

On March 9th, families and youngsters were invited to a free workshop “*Making Pom Poms and Tassels*”. Waupaca County HCE provided the instructor, Marilyn Herman along with library staff members. Yarn for the event was provided by the estate of Myrtle Kutchenriter, our past Family and Community Programs Coordinator. This was the last program Myrtle set up on our behalf. We had 26 participants with hands flying and scissors trimming! So many crafts we learned as children are “new” to this generation. What a fun Saturday morning!

~ Marilyn Herman



Plastic Bench Recycling Project Update

Volunteers at New London Senior Center sort plastic caps for the purpose of providing recycled plastic benches to places throughout New London. This month during two sorting days, 12 volunteers sorted metal, dirt and debris from 155 pounds of caps. In February they sorted 210 pounds of caps. We now has 1,235 pounds of caps to transport to the recycling plant in Indiana. That could yield up to 6 benches. When the caps are dropped off in Indiana, pre-ordered benches are loaded for the return trip. The Senior Center staff is always appreciative of volunteers and encourage folks to spend a few hours helping out. The last sorting days before summer break



are April 24 and 25, and May 29 and 30 from 9 am to 4 pm at New London Senior Center, 600 W. Washington Street. Come for an hour or two, or come for the day. For more information, call Lori Schneider at 920-982-8522. If you are interested in saving caps, please stop by for a list of acceptable caps, or check your past ACCENT articles as not all caps are created equal.

~ Doris Budwit, Program Chair





Karen Euhardy, Doris Budwit and Marilyn Herman join other volunteers to sort and clean plastic caps each month at the New London Senior Center.

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 Appleton.

- 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 | |

Please bring your items to the May 14 Spring Business Meeting. Karen Stuhr is leading this project. Questions? Call Karen @ 920.982.3607.

INTERNATIONAL “SHOEBOX COLLECTION ” PROJECT



WISCONSIN/NICARAGUA
PARTNERS *of the* AMERICAS

The objective of the Learning Center Program is to provide and promote opportunities to develop skills that will improve vocational options, income, self-sufficiency and empowerment for people living throughout Nicaragua.

The training opportunities empower women/people with skills that can be put in practice from their own home or other community outlets. For example, sewing, hair care, tailoring and culinary specialties such as cake decorating and specialty baking are in demand. With minimal training, these types of skills can be immediately applied as a personal or commercial service. The results have been astounding as women and men acquire skills and an inspirational level of self-determination.

If you have small items to include in our Waupaca County Shoebox that can be used for sewing, hair care, baking, or school supplies please bring them to the Spring Recognition Event or get them to our International Coordinator, Karen Stuhr before this event. It is amazing what Karen has been able to pack into our shoebox to be sent with boxes from each HCE county in Wisconsin for use at the Learning Centers in Nicaragua.

THANK YOU MESSAGES TO HCE FROM COMMUNITY GROUPS

The following message was sent to Waupaca County HCE from one of the groups that received our donations this year.

Waupaca County Association for Home and Community Education,

I am writing to thank you for your generous donation of knitting yarn donated to Oshkosh Correctional Institution. As we are under a very tight budget, donations of this sort are of great value to the institution.

With this donation, our special needs inmates have a way of giving back to the community. It is meaningful work for participants, many who have been productive workers throughout their lives before coming to prison. We have been able to provide hats, mittens, blankets, etc. to many needy organizations because of your donations.

Your generosity is appreciated.

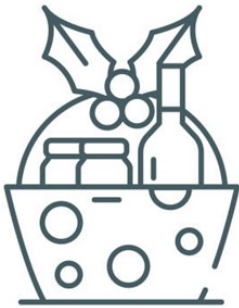
Sincerely,

Cheryl Eplett, Warden
Wisconsin Department of Corrections



*** (Three full van loads of yarn have been donated so far in 2024)*

WAUPACA COUNTY AUCTION FOR STATE CONFERENCE AUCTION



For the past few years Waupaca County HCE has gathered a basket of items from Waupaca County to be auctioned off at the State WAHCE Conference to benefit our International Programs. This can include homemade items, crafts, locally produced foods etc. Bring items to the Spring Meeting so Helen Heise has time to assemble and decorate our basket of goodies.

GARDENING WITH KIDS



Do you have some heartwarming or funny stories about kids in the garden? Here are some the things about gardening and time spent in nature helps youngsters with:

- **Building confidence**—it boosts their self-confidence when they spend time outdoors and learn about gardens and nature.
- **Promoting creativity and imagination**—children get more creative and find solutions to challenges when interacting in the garden.
- **Building confidence**—it boosts their self-confidence when they spend time outdoors and learn about gardens and nature.

- **Promoting creativity and imagination**—children get more creative and find solutions to challenges when interacting in the garden.
- **Teaching responsibility**—give a child a chore in the garden, and let that kid “own” it. It’s a great way to build responsibility *and* accountability.

Providing a healthy environment—with lots of children glued to screens these days, being out in the garden is a great way to promote physical activity and reduce stress. And adults benefit, too, by spending time in the garden with children. Master Gardeners report it boosts their cognitive capabilities and their emotional and physical health when you interact with young people in the garden! If you tend a flower, vegetable or fruit garden invite neighbor children, grandchildren or a young family to join you in the work and pleasure of gardening.



UPCOMING EXTENSION PROGRAMS

This free online program focuses on the research and



 Extension
UNIVERSITY OF WISCONSIN-MADISON
HORTICULTURE PROGRAM

Establishing a Bee Lawn

Current Research and Practical Techniques

Thursday, April 25
Noon-1 p.m.
Zoom Webinar



practical methods behind bee lawns. Topics include optimal timing for planting, whether to overseed an existing lawn or start from scratch, and other establishment practices. Learn recommendations for different sites and

information about purchasing pre-made bee lawn mixes or mixing your own. This webinar is a must-attend for those looking to make their outdoor spaces more pollinator friendly. There is no cost to attend, but registration is required at <https://go.wisc.edu/843810>



Rent Smart

Taught by Extension Educators

Helping to make renting a great experience for you!

2024 Winter/Spring Online Class Dates & Times:

February: 7, 9, 14, 16, 21 & 23 – Wednesdays & Fridays 9-10 am

March: March 9, 16 & 23 – Saturdays 9-11:30 am

April: 1, 5, 8, 12, 15 & 19 - Mondays & Friday 1-2 pm

May: 14, 16, 21, 23, 28 & 30 - Tuesdays & Thursdays 9-10 am

June: 10, 12, 17, 19, 24, and 26 - Mondays & Wednesdays 7-8 pm

Location: Online, live instruction via Zoom; links will be sent after registration

To register, use this link OR scan the QR Code:

<https://go.wisc.edu/Rentsmartregister>



Cost: ***FREE!***

What you will learn:

- Planning for and meeting monthly expenses
- Tips for finding and maintaining affordable housing
- How to complete an application and why landlords screen applicants
- Strategies for building positive relationships with landlords and neighbors
- Responsibilities and rights of landlords and tenants
- **Participants must complete all 6 modules to earn the Rent Smart certificate**
- **For more information, please contact todd.wenzel@wisc.edu (920-232-1982)**

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