



Waupaca County Association for Home and Community Education

Calendar of Events

November 2 – 8 HCE Week

Monday, November 24, **Waupaca County HCE Executive Board Meeting**, 10:30 am – Noon.
Manawa Municipal Center (City Hall) 500 S. Bridge Street, Manawa. Lunch on your Own

Monday, November 24, **Special Interest Program** Open to the Public, 1:00 – 2:30 pm “What’s
Your Legacy?” Manawa Municipal Center (City Hall) 500 S. Bridge Street, Manawa

Friday, October 31 and Saturday November 1, **Coats, Hats, Mittens for Kids Distribution** 10 am
– 4pm Clintonville Community Center sponsored by Goodfellows – Salvation Army

December 1 – Deadline for **HCE ACCENT** articles and program booklet for January - February,
2026 sent to HCE Secretary Marilyn Herman.

December 1 – Deadline for Waupaca County HCE 2026 Membership Dues to Judy Long,
Treasurer.

September through April: **Wisconsin Bookworms** Volunteer Readers read selected book each
month at Headstart Centers in Waupaca, New London and Clintonville for the HCE Program

Special Notice

Check the most recent **ACCENT** newsletter for the latest activity updates, change of date, time or
place updates from your Program Booklet

Program Cancellations: 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.

A Message from Your HCE President

Hello HCE Friends and Happy Late Fall/Early Winter!

It is a wonderful time of year! Sometimes it is hard to see the beauty around us as we transition from fall to winter. Just take a look---it's there! This is also the time to celebrate holidays with family and friends.

I want to say thank you to Kathy Manske for taking over and leading the October Fall Membership meeting. Her help is greatly appreciated.

And, thank you to Diana Bonikowske for counting, packing, and distributing the Wisconsin Bookworm reading selections for 2025-2026 reading season.

Stay Safe---stay well!

Lynn Marcks

Waupaca County HCE President

Waupaca County Wisconsin Bookworms Report

The Wisconsin Bookworm Early Reading program has been in full swing in Waupaca County since October. We are reading to ages 2,3,and 4 year olds this year at three Head Start reading sites including Clintonville, New London, and Waupaca. The reading selections are varied encouraging young children to experience a variety of picture books. And, as part of the program, each child receives the same story book to take home for their own family library.

Lynn & Diana

Co-Chairs of Wisconsin Bookworm

WAHCE State Conference

Waupaca County was represented at the WAHCE State Conference by five of our members. Attending the conference were Marilyn Herman, Diana Bonikowske, Barb Dain, Kathy Manske, and myself. All members were kept busy attending meetings, workshops, and banquet dinners. I had a fun time presenting my Hootenanny workshop. It was a great time to meet up with HCE friends!

Lynn Marcks

Thank You to Helen and Karen

Although Helen and Karen were not able to attend the WAHCE state conference this year, I want to say thank you to both members for stepping up and heading up two initiatives for the state conference. Helen put together our silent auction raffle basket and Karen put together our "Shoe Box" of items for the Nicaragua project. We were informed at the last minute that we should not bring the Shoe Boxes to the conference at this time because of shipping issues. Both of these projects support International initiatives.

WAHCE State Conference Highlights

HCE members from across the state enjoyed ourselves with the September 15-17th WAHCE Conference and Business Meeting held at the Tundra Lodge in Green Bay. This year's theme was "Going Wild with HCE".



Diana Bonikowske and Kathy Manske enjoyed getting to know the Tuesday Evening Banquet entertainer, Kenneth Yahnke who performed a Johnnie Cash and other Country Entertainer's music for the crowd. Kewanee County Sheriff, Matt Joski gave us a new perspective on Resiliency and how we can practice this every day. A wide variety of workshops were held including Brain Health, Phone Tips and Tricks, Food Safety, Saving Lives from Suicide, Seed Saving, Costs of Caregiving, Hootenanny, Wisconsin Light Houses to name a few. Treasurer's, Membership, Cultural Arts and Wisconsin Bookworms had update session to better serve our various county roles.

The Silent Auction to benefit our WAHCE International programs stretched over many tables with a full range of 141 interesting items to bid on that garnered \$2669 in donations for a variety of our approved outreach projects. Pennies for Friendship cash donation was \$641 to benefit Ventures in People – Haiti efforts. WAHCE has partnered with the Wisconsin/Nicaragua Partnership for 60 years (1965 to 2025) and we look forward to supporting our "Home and Community Learning Centers" there in the future.



2025 HCE Cultural Arts Show Brought So Much Talent



Ten Entries went to state competition from Waupaca County HCE. Results were as follows:

Helen Heise: Lambs in Black and White Quilt (RED)

Judy Long: Diamond Dot Highland Cow (BLUE)

Marilyn Herman: Mosaic Painted Picnic Basket (RED) and Diamond Dot Hummingbird at Work (BLUE)

Lynn Marcks: Fall Decorated Sprinkling Can (BLUE) and Denim Decorated Wreath (BLUE)



Diana Bonikowske: Hot Air Balloon Photo (RED)

Kathy Manske: Button Flowers in a Vase (RED)

Mary Kautz: Purple/Teal and Black Knit Afghan (BLUE) and Crocheted Green Prayer Shawl (BLUE)

There were 335 entries in this year's Cultural Arts Show from 37 counties. The largest number of entries was in the quilting division. Lynn Marcks and Marilyn Herman volunteered to assist the judge for Knitting, Crochet, Recycling and the All Other categories. Lynn lent her creative talents to display our section entries so attractively.



What's Your Legacy? Is Monday, November 24 Study Topic



So many places, people and ideas have made a difference in our lives. We will have fun making a creative collection of our highs and lows in life, share what is important to us now and what life lessons we wish to pass on to others.

Bring a friend or family member and explore ways to wrap your legacy in love during the upcoming holiday season.

Join in Monday, November 24 from 1 to 2:30 pm at the Manawa Municipal Center. Please share the enclosed program poster with others and post in your community.

2026 Member Survey and Enrollment Form

Enclosed with this issue of ACCENT is the membership enrollment form for 2026. Please complete and send in by December 1 to our County Treasurer, Judy Long. All persons enrolled will then get the January newsletter with the 2026 Program Booklet enclosed. Also, Doris Budwit, Program Chair is looking forward to your thoughts on 2026 education programs, cultural arts day, possible tours as well as your preferred days of the week and times to host our program offerings. Bring your Program Survey to the Fall Business Meeting or mail by the end of October to her.

State Newsletter UPDATE Subscription to Increase in 2026

At this year's WAHCE Conference it was approved at the Business Meeting to increase the cost of the UPDATE Subscription starting in 2026. If you want to get a new or renew a subscription do so by December 31. The current rates and where to send your check are below. ACT FAST!

Update Subscriptions (\$8.00) ____ One Year or (\$15.00) ____ Two Year

____ New Subscriber ____ Renewal UPDATE

Send Name: County Address: City: State: Zip: +4 and Check # made payable to: WAHCE, Inc. Mail to: Marcelline Protheroe, Editor N6131 22nd DR Wild Rose, WI 54984

Yarn Donation Thank You to Waupaca County HCE

I am writing to thank you for your generous donation of knitting yarn 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 donation. Your generosity is appreciated.

Sincerely,

Brian Cahak, Warden

(This was our third trip to Oshkosh this year with a carload of yarn each time).

Prevent Falls and Getting Up Safely was September Program



John Hartenberger, longtime physical therapist and retired from Orthopedic Spine Therapy joined us on Monday, September 22 for this HCE Special Interest Program.

At every age we need to maintain good balance and strength. Regular exercise, simple home safety improvements and the need to be aware of potential hazards all add up to safely getting around. And if we do fall, John demonstrated the safest way to get yourself up again.

Strengthen the front of your upper legs by leaning against a wall, feet firmly in front of you about a foot. Slowly slide your back down the wall as far as you feel comfortable, slowly slide back up. Repeat 10-20 times twice a day. John also encouraged taking off your shoes while seated and place a towel under your foot. Practice rolling up the towel with your toes. This is very helpful exercise for stiff feet or plantar fasciitis.

John cautioned that if you fall it may not be a good idea to get up until you catch your breath, calm down and consider if you hurt anywhere or are bleeding. Getting up may actually injure you further. If you feel confident you are



unhurt, crawl on knees or roll onto your butt and scoot over to a sturdy chair, railing or steps if you can. Get your feet under you as you pull yourself up.


It's important to work on your balance so even if you stumble you can keep yourself upright. Use a door jam for protection. Put your arms against the jam and lift up one leg at the knee, Balance

on the one leg for 5 to 20 seconds. Repeat on the other leg. As your ankles and calves get stronger, try balancing on one leg without the arms against the door jam. Catch yourself as needed. Repeat with the other leg.

Strong Bodies

UW-Extension in Waupaca County is hosting a Strong People: Strong Bodies virtual program this winter. Register for the Zoom Class below. Other programs, like Silver Sneakers are available.

Check your local Senior Center for more exercise program options.



Join us for the StrongBodies Program!

StrongBodies has been shown to increase strength, muscle mass, and bone density. Classes are held twice weekly and include progressive resistance training, balance training, and flexibility exercises.

Questions? Contact Jen Whitty at jennifer.whitty@wisc.edu


Virtual StrongBodies - Fall 2025 Series

Dates: October 7 - December 18, 2025

Time: Tuesdays and Thursdays, 9:00 – 10:15 am

How to Sign Up: Register online at <https://go.wisc.edu/en2v26>

A welcome email with the Zoom link to join class will be sent in the week prior to the series or within 3-5 days if registering after October 1st, 2025



An EEO/AA employer, University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming, including Title VI, Title IX, the Americans with Disabilities Act (ADA) and Section 504 of the Rehabilitation Act requirements.

FREE Program Open to the Public

What's Your Legacy?

Wrap Your Legacy with Love



***Monday, November 24,
2025***

1:00 - 2:30 p.m.

Manawa Municipal Center
500 S. Bridge Street
Manawa, WI 54949

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

Program Highlights:

- Remember places, people and ideas that made a difference for you
- Share your life lessons
- Your legacy is a gift that provides peace of mind and love
- Explore creative ways to capture your personal values, actions and accomplishments

Questions?? Call Marilyn Herman, (920) 596-3594

Waupaca County 2026 HCE Program Member Survey

Program ideas have been collected from members for next year's Leader Training, Special Interest Sessions, Newsletter articles and Tour. Cast your vote by putting them in order from the one that is most interesting (#1) and down (#2,3,4 etc,) in each category. * is a statewide HCE lesson. Thank You!

Return to: Doris Budwit, Program Coordinator at Fall Business Meeting or mail by October 30, 2025 to 409 Partridge Drive, Apt. 309, New London, WI 54961



I prefer:

___ lessons in newsletter or ___ in person

___ Morning ___ Afternoon ___ Eve. Programs for in-person meetings

___ Best days of the week to meet?

HOME AND FAMILY

___ Organize and Inventory Your Home

___ Antiques, Traditions and Memories

___ Protecting Your Personal Identity

___ Surprising Uses for Home Supplies

___ Your Idea

HEALTH

___ *Meaningful Memories: Brain Health

___ Auto Immune Diseases

___ Aches and Pains: Finding Relief

___ Allergies

___ Dealing with Common House Pests

___ Your Idea

FOOD

___ Coffee and Caffeine

___ Cooking with Oils

___ Cooking for One

___ Update Your Canning Methods

___ Counting Carbs

___ Your Idea

COMMUNITY

___ Flowers to Attract Birds, Butterflies

___ Revive Your Spirit with Nature

___ International Program - Germany

___ *Ask a Question – Suicide Prevention

___ Climate Change and Your Health

___ Your Idea

CRAFT DAY PROJECTS

___ Spring or ___ Fall?

___ Felting Projects

___ Wine Cork Trivets and crafts

___ Crafted Gnomes

___ Flower Pot Painting

___ Suncatchers from Found Objects

___ Your Idea

TRIPS OR TOURS

___ Visit Greenhouse for Easter

___ Rehabilitation of Birds of Prey

___ International Fair (Appleton)

___ Your Idea

It's Time to Enroll in HCE for 2026!

Send this form and check for 2026 dues to Judy Long, HCE Treasurer N2464 Reek Road, Weyauwega, WI 54983 Questions? Please call Judy at (920) 867-2888 or Marilyn Herman, Secretary 920-596-3594

_____ Club Member \$15.00
_____ Individual Member \$15.00
_____ First Year Member FREE Membership
_____ Honorary Member FREE Membership

2026 MEMBERSHIP ROLL & PHOTO RELEASE

Waupaca County HCE: _____ Club Name or _____ Individual Member

1) Provide your current contact information.

2) SIGN the photo release section (Photos cannot be printed in newsletter, etc. without signature. UW-Extension is NOT given permission to release your name, telephone number and address to the public as part of a record or list. *"I grant permission to the Wisconsin Association for Home & Community Education (WAHCE) to use my photo and comments in WAHCE reports, articles, and publications designed for educational, informational, and HCE promotional purposes. I understand some of these materials may be posted online for a period of time."*

Signature: _____

NAME OF MEMBER

First Name _____ Last Name _____

Street Address _____ City _____ Zip Code _____

Home Phone _____ Cell Phone _____

Email address _____

2026 Club Office Held _____ 2026 District Office Held _____

2026 State Office Held _____

Total Enclosed \$ _____

Affirmative Action Information

Male _____ Female _____ Age _____ Race _____

Please circle Yes or No: Single Parent Y or N _____ Handicapped Y or N _____

Residence: Rural-Farm _____ Rural-Non-Farm _____ Urban _____

