



Waunakee Neighborhood Connection

APRIL 2011

# THE CONNECTION

A Publication of the Waunakee Neighborhood Connection

## IMPORTANT DATES

### Easter Meal Distribution Day

Saturday, April 16th, 2011

Waunakee Village Center

Assembly Shift 11:45am-12:45pm

Delivery Shift 12:30pm-1:30pm

Don't forget—advance sign-up is required for participation.

**Donations Needed** see the front page article.

**Bowlathon**, SUN, April 10th, 2011,

1:00– 3:45 p.m., WaunaBowl.

Pledge now!

### EFFECTIVE IMMEDIATELY:

Genna Eaton's email address is [genna@waunakeenc.com](mailto:genna@waunakeenc.com). Please update your contact information!

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## Easter Meal & Spring Cleaning Buckets



**We'll distribute a record number of spring cleaning buckets in 2011!**

We are in need of 10" diameter plastic buckets or larger (ice cream buckets are too small). We need 100 cloth grocery bags (like the green ones at Piggly Wiggly). In addition we need the following cleaning supplies: paper towels, all purpose cleaners -32 fl oz (409, Pine Sol, or generic brand), glass cleaner - 32 fl oz (Windex or generic), dish washing soap (45 fl oz -Dawn), vinegar. Please drop your donations at WNC during open hours (please see calendar). Thank you!

## YOUR DONATIONS COUNT!



**Breaking another record!**

**We will distribute over 235 Easter Meals this year!**

We are able to continue the Easter Meal and Spring Cleaning Bucket program because of your generous donations. We rely on the generosity of our community to support the expenses for this and all other programs. Please consider contributing \$25, or more for your donation.

Please see the flyer (pg. 7) or go to our website and donate online via credit card through PayPal. Thank YOU!



## PARTNERS MAKE IT HAPPEN!!

Thank you to our community partners who help make the Easter Meals and Spring Cleaning Buckets happen. Thank you to: **Waunakee SHARE, Senior Center, State Bank of Cross Plains, Peace Lutheran Church, Meffert Oil, and the Waunakee Community School District.**

**Store Address:** 1001 Arboretum Dr., Suite 120 Waunakee, WI - **Phone:** (608) 849-5740 - **Email:** [info@WaunakeeNC.com](mailto:info@WaunakeeNC.com)

**Mailing Address:** 215 S. Century Ave., #316, Waunakee, WI 53597 - [www.WaunakeeNeighborhoodConnection.com](http://www.WaunakeeNeighborhoodConnection.com)

# Uniek®

## your unique style

**Uniek** has just completed their second effort in The Community Weight Loss Challenge (CWLC), supporting local efforts to promote wellness within organizations and the Waunakee Community. The 10 week program was a friendly competition among local businesses with the team with the highest percentage of weight lost earning the infamous **Trophy Of Fat**.



For **Uniek**, who was the 2010 winner, victory is more than winning a trophy. It's about giving back to the community and inspiring their staff to implement long lasting lifestyle changes to improve their wellness. Their commitment to community is exemplified by their enthusiastic support of **Waunakee Neighborhood Connection!**

**Team Sliiek** established 4 goals for the competition:

- Build self-esteem and confidence to foster a sustainable lifestyle change
- Pursue good fellowship through camaraderie to strengthen teamwork
- Create positive reinforcement through rewards to increase motivation
- Educate! Knowledge is crucial to self-awareness and improvement



To meet the goals, **Team Sliiek** leadership outlined a plan for success that was inspired by the company's culture of innovation. As **Uniek** chairperson **Katie Adler** comments, "Last year we saw amazing transformations and learned to empathize with the struggle of others. We knew this year that we had to brainstorm to add innovative ways to motivate the team!"

Team members raised pledges for their weight loss. Thank you to **Peter, Donna, Dave, Jean, Panyia, Olga, Jami and Katie** for putting in the extra effort for the benefit of Waunakee Neighborhood Connection.



## The Winners

**Lupe Devicente** was the Grand Prize winner! **Mike West** came in second! Congratulations! Sliickers had to raise at least \$50 to donate to the **Waunakee Neighborhood Connection**.

**Kevin Monroe of Monroe Real Training and Clayton McCaulley owner of Waunakee's Fitness For Success**, were instrumental in supporting team members to reach their fitness goals. These fitness professionals are passionate about educating, motivating, and helping individuals reach their fitness goals. It's no wonder why Clayton was awarded the **best** personal trainer and having the **best** fitness club in town.



## Colleen's Contemplations

This month I wanted to share a brief story with you - a good reminder of why we do what we do. I helped a new client recently, a single mother of two boys. (The youngest turned 1 the week before their visit.) They, like far too many others, left an abusive situation with just what they could get into the car. She was looking for clothing, dishes, and bedding. She was excited to find a mattress topper to make the couch cushions she is currently sleeping on more comfortable. Currently, her older son is sharing a bed with his Grandmother. We even had a high chair with no padding. (We weren't sure we should have kept this - good that we did!) You would have thought it was Christmas for the family! Our new client had much shopping to do and was busy for more than an hour.

The older boy tried to entertain the younger one by playing music in the car. When the mother went to turn on the car, it wouldn't start. She was unsure if it was out of gas or if the battery was dead. She was in tears as she had no one to call and had no money. By now the 1 year old needed a diaper change, wasn't feeling well, and was crying. I think we all know what it's like when our kids are beyond comfort and we are among strangers. My heart ached as I listened to the mother and older boy quietly singing to the youngest child, trying to comfort him. I called my husband who came with jumper cables and a can of gas. Thankfully, the car started right up. Happy and relieved, we assembled an emergency bag (shampoo, soap, cleaning supplies, diaper rash cream, etc.) to add to the other items. We also gave her a birthday gift for the baby, along with a cake mix. (They had left on the child's birthday, so there had been no celebration.) Our new client left feeling blessed, befriended, and a bit more in control.

Tonight, when you add this young mom to your prayers, remember that everything we do is possible because YOU support us! Thank you!

Colleen Woerner, WNC Store Manager



**Updike Chiropractic** has created their first annual 8 week walking program called *Walk It!* We are pleased that Updike Chiropractic is partnering with WNC to host this healthy event. Grab your shoes, and a couple of friends to make a team and have some fun!

Start walking on **April 4th and continue through May 29th.**

For \$5.00 you get a T-shirt AND Updike will donate **\$2.00 of every registration to WNC!**

Registration and tracking forms are available on the Updike Chiropractic website at

[www.updikechiropractic.com](http://www.updikechiropractic.com). Sign up by April 1st to guarantee your desired t-shirt size!

Spring is in the air and it's a great time to join the fun, get healthy, and support WNC at the same time. You can monitor team progress through Updike's website and Facebook page . Be sure to take advantage of this great opportunity!



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# Thank You

**Rachel Rydzewski and 7th grade homeroom students** at Waunakee Community Middle School for the creative and lovely birthday cards!

**Brandon Volley** for donating Shrine Circus Tickets for a WNC family to attend and have fun!

**Third grade students** at Country Day School for making awesome birthday bags!

**Pay It Forward** from Waunakee Community High School for the bright birthday bags!

## Just Between Friends

**Just Between Friends (JBF)** will once again partner with WNC for Garage Sales Days! **JBF** helps families turn clutter into cash by selling new and gently used children's and maternity items that families have outgrown. Families sign up as consignors and price their own items. Also, consignors are given the opportunity to donate any unsold items to WNC. Last year, over 1400 items were donated to us! That helped many area families! Please consider shopping the event to purchase WNC needs list items. You'll find great deals on children's and maternity clothing, baby equipment, furniture, DVDs, toys and more. The event is May 5th - May 7th at the Waunakee Village Center Gym (downstairs). Please see the JBF website at [www.jbfsale.com](http://www.jbfsale.com) to sign up as a consignor or for more information.

**What:** Garage Sale Event! WNC and JBF Partnership  
**When:** May 5th: 7 a.m. - 6 p.m., May 6th: 9 a.m. - 6 p.m., May 7th: 9 a.m. - 12 p.m.  
**Where:** Waunakee Village Center Gym (downstairs)



### *WNC Mother's Day Gift of Gratitude*

Mother's Day is a time when we acknowledge the contributions mothers make to our lives. We want to help recognize over 200 mothers in our community on this special day. Help us to let every mother know that she is loved and appreciated. We ask that you help create a happy, lasting memory for a community member on Mother's Day by donating to a **Gift of Gratitude!**

Being a **WNC Gift of Gratitude** sponsor on Mother's Day is a great way for you to honor your own mother and make the day special for a mother in the Waunakee area. A donation of \$10 will provide one woman with a collection of items that will make her feel pampered for the day. The **Mother's Day Gifts of Gratitude** include the following pampering items: chocolates, books, candles, lotion, nail polish, a special trinket, and more - all inside a wonderful bag handmade by **Dane County RSVP**.

You can donate to this important and rewarding activity. WNC makes it easy for you to donate online with a credit card through PayPal. Please consider donating \$10 or more to make this Mother's Day activity happen!

Donate



## FAMILY-FRIEND PARTNERSHIP MAKE A DIFFERENCE - BECOME A FAMILY FRIEND

Are you interested in making a real and lasting difference in the lives of families in need? If your answer is YES, consider becoming a **Family Friend**.



**Safe Families for Children** of the Greater Madison Area is partnering with WNC to offer this unique opportunity. Many struggling families feel isolated and overwhelmed. That's how **Family Friends** can help. A Family Friend can be anyone who is willing to support and strengthen another family so they may thrive. Your entire family can participate - from young children to grandparents. Singles and couples with no kids or grown children are also welcome. You won't be alone as other **Family Friends and a Safe Families** "coach" will support you.

### Family Friends may -

- Listen and offer genuine long-term friendship & support
- Spend time together - at a park, home or at a community or church event
- Share & teach skills such as budgeting, cooking, resume writing or home repair
- Provide support through babysitting, transportation or other practical help
- Connect families to a resource network of services and material goods when needed

The possibilities are as varied as the needs you encounter and the gifts you have to share. We're sure that you will receive far more than you give through this incredible opportunity to make a deep and substantial difference in the life of a local family. Interested? Call **Safe Families** at [608-658-5317](tel:608-658-5317) for more information. If you want to become a Family Friend, we'll send you an application and set up an orientation time. Or check us out at [www.safe-families.org](http://www.safe-families.org).

## GOOD THINKING!!



Thank you to **Jan Summerton** for her initiative. Due to Jan's good thinking there will be two large drawstring garbage bags in the spring cleaning buckets!

Thank you Jan!



Our thanks to our own **Colleen Woerner** and her daughter **Sarah** for their work at the Waunakee Health and Energy Fair!

## Reduce. Reuse. Remachines.com

WNC is excited about a new partnership we've formed with Nate Sperleon of ReMachines in Madison. Nate takes in old computers, wipes them clean and uses the parts to create working systems. He then offers these new systems either free to our clients or at a very low cost. Some of our clients have already benefited from his work. On Nate's website, www.Remachines.com, he points out that although your current system might be too slow or small for you, it could be the best system someone else has ever received.



WNC has agreed to be a drop off site for computers. Nate can use parts from all machines, even the older ones. What he does not use, he wipes clean and recycles appropriately.

Computers must be dropped off **ONLY at WNC Store and ONLY during donation hours**. Please **do not** take computers to the police station or leave in front of store when unattended. This necessary service will continue to put computers in the homes of families in need – how cool is that?!!



## PROM DRESSES, JEWELRY, SHOES... REPURPOSE FOR A GOOD CAUSE!

**Shelley Murphy, of Ooh La La Resale Boutique and WNC have made a date!**

**WNC and Ooh La La** invite you to join your friends and bring gently used prom dresses to Ooh La La at 124 W. Main St. Waunakee. Jewelry and shoes are also welcome donations! Let the staff at Ooh La La know that you are

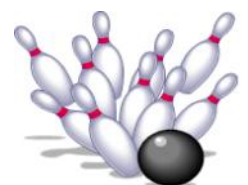
donating your items for WNC. Proceeds from the sale of the donated items will go directly to WNC. What a great way to bring smiles to beautiful young women and help a great cause!



## DON'T MISS THE BOWL\*A\*THON!

**Our first annual Bowl-a-Thon will be Sunday April 10th at Waun-a-Bowl from 1:00-3:45 p.m.** Each team of 5 bowlers has set a goal to earn at least \$500 in donations. We are eager for you to pledge. Prizes will be awarded to the top Individual and team fundraisers! Support bowlers with your pledges.

**WANT TO MAKE A PLEDGE?** You can contact us, donate online on our website (be sure to note that your donation is for the Bowl-a-Thon), or pledge directly to a bowler or team. If you have questions, please contact **Bowl-a-Thon coordinator Billy Van Wie at 219-7621.**



### Appliances

Dehumidifier (4)  
 Dryer (3—1 reg, 2 apt)  
 Freezer (2)  
 Microwave (1)  
 Refrigerator (1)  
 Vacuums (12)  
 Washer (1 apt)

### Furniture

Bed (20)  
 Dressers (7)  
 Coffee/End Tables (5)  
 Chairs (1)  
 Couch (5)  
 Dining Set (6)

### Small Appliances

Blender (1)  
 Crock Pot (1)  
 Toaster (1)  
 Window Fan (1)  
 DVD Player (2)

### Sports Equipment

Women's Bikes (2)  
 Exercise Ball (1)  
 Rt Hand BB Glove (child)

### Store Needs

Postage (Postcard and First Class)  
 Hanging File Folders (Legal)

## April 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 CLOSED No School	2
3	4 Volunteer 8:30am-12:30pm CLIENT Shopping 5-8pm	5 English Grp Class 12:30-2:00pm Volunteer & Donations 5-7pm	6	7 Intermed. Students Volunteer 2:30-4pm	8 Volunteer & Donations 8:30am-12:30pm	9 Volunteer & Donations 9-11am
10 WNC Bowl-a-Thon	11 Volunteer & Donations 8:30am-12:30pm	12 English Group Class 12:30-2:00pm	13	14 Intermed. Students Volunteer 2:30-4pm	15 Volunteer & Donations 8:30am-12:30pm	16 Easter Meal Assembly 11:45am Delivery 12:30-2pm Village Center
17	18 Volunteer & Donations 8:30am-12:30pm	19 English Grp Class 12:30-2:00pm Volunteer & Donations 5-7pm	20 CLIENT Shopping 10am-1pm	21 Intermed. Students Volunteer 2:30-4pm	22 CLOSED No School	23
24 Happy Easter	25 CLIENT Shopping 8:30am-12:30pm	26 English Group Class 12:30-2:00pm	27	28 Intermed. Students Volunteer 2:30-4pm	29 Volunteer & Donations 8:30am-12:30pm	30 Easter Meal Donation Deadline



Waunakee Neighborhood Connection

# Give an Easter Dinner & Spring Cleaning Bucket to a Waunakee Family!

Waunakee Neighborhood Connection (WNC) is partnering with our local SHARE organization, the Waunakee Village & Senior Center, State Bank of Cross Plains, Waunakee Schools, & Meffert Oil to provide spring cleaning buckets, Easter dinners, and car washes to families and seniors in need in the greater Waunakee area. With each donation of \$25.00, you can provide spring cleaning supplies & a bag of groceries for a wonderful meal which will include:



5lb. Honey Ham, Canned Sweet Potatoes & Asparagus, Raspberry Muffin Mix, 8" Lattice Top Peach Pie, Over 9lbs. of Assorted Fresh Fruits & Vegetables, & More

## Donation Deadline is April 30th

You can donate an Easter dinner online or via check. To make an online donation via a major credit card, bank account or PayPal account, visit our website. To donate via check detach and fill out the form below, enclose your check for \_\_\_\_\_ (\$25.00 per meal) made payable to Waunakee Neighborhood Connection, and mail both to the address listed. All donations are tax-deductible, and you will receive a tax donation receipt via mail or email. For more information about WNC, or our programs, please call us at (608) 849-5740, email us at [info@waunakeenc.com](mailto:info@waunakeenc.com) or visit:



[WWW.WAUNAKEENEIGHBORHOODCONNECTION.COM](http://WWW.WAUNAKEENEIGHBORHOODCONNECTION.COM)



Yes, I would love to donate \_\_\_\_\_ Easter dinner(s) and help out my Waunakee area neighbors. I have enclosed my check for \_\_\_\_\_ (\$25.00 per meal) payable to: Waunakee Neighborhood Connection.

Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Address: \_\_\_\_\_

Email Address: \_\_\_\_\_

Please add my email address to your mailing list to receive your monthly newsletter.

Mail to: Waunakee Neighborhood Connection,  
215 S. Century Avenue, #316 Waunakee, Wisconsin 53597

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