



September



Volume 40, Issue V

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WELCOME BACK TO HCE !

As I am writing this letter, I am on my way to Hot Springs Village, Arkansas to visit my new 7th great grandson. Zayden is 2 weeks old.

I look back and wonder where the summer went. I accomplished a lot and got one more thing off my bucket list. I started and finished my first pieced quilt that has been on my list since I retired 10 years ago.

Our Chippewa County FLE, Mary Geissler, retired and much to our surprise we have a new full-time Family Living Educator, Jeanne Walsh. Looking forward to working with you Jeanne. To Mary, I want to say **THANK YOU FOR EVERYTHING YOU DID FOR US THE MANY YEARS YOU WERE IN CHIPPEWA COUNTY.** We enjoyed working with you and best of luck in your retirement and also your new adventure you are undertaking.

I hope everyone is ready for a busy fall. We are having our 2016-2017 program planning meeting on September 6th at the Extension Office and that will start at 9:30 a.m. I would like at least one representative from each club to attend and come with some new ideas for our four special interest meetings this coming year. Anyone can attend this meeting. That same afternoon we are having our monthly executive meeting in the same office at 1:00 p.m. You are welcome to attend that meeting also.

Most of your board members will be attending the State HCE Convention in Eau Claire September 12-14, 2016. Anyone can come for a day if they want or just come to view all the Arts and Crafts exhibits. Call me at 715-288-6859 if you want to register for a day. Dolores has details in her article about the hours that you can come and view the Arts and Crafts exhibits.

September 20th will be another busy day for us. Jean Cronquest, our Bookworm Chairman, has scheduled to put the books together that day for our Bookworm program beginning at 9:00 a.m. Please try and come and help. The more hands the faster we get done. At 1:00 p.m., Mary Rudd from the Chippewa County Aging Office will present a program on Medicare information and also on new scams that are going around. This will be held in Room 16 across from the Extension Office. Should be interesting hearing all the new changes that are coming up. Hope to see you there.

Our monthly breakfast is September 8th at the Family Restaurant at 9:30 a.m. Been awhile since we met, so we have a lot to catch up on.

Fall is coming and so is our banquet. It will be held October 8th. Details and registration are in another part of this newsletter. Remember, each club is responsible for their own nametags.

We are looking for members who are celebrating 25, 50, 60, and 65 years in HCE. Discuss this at your meetings and let Heather at the Extension Office know. Her phone number is 715-726-7652. Our records are not up-to-date. If you belonged to several clubs like I did, add those years altogether.

Frances Sykora, Chippewa County HCE Board President

Calendar of Events 2016

September

- 5 **Labor Day**
- 6 **2016-2017 Program Planning Meeting**, 9:30 a.m., Extension Office, Room 13
- 6 **Monthly Executive Board Meeting**, 1:00 p.m., Extension Office, Room 13
- 8 **Monthly HCE Breakfast**, 9:30 a.m., Chippewa Family Restaurant
- 11 **State Board Meeting**, Plaza Conference Center, Eau Claire
- 12-14 **State WAHCE Conference**, Plaza Conference Center, Eau Claire
- 20 **Bookworms® Kit Assembly**, 9:00 a.m., Extension Office, Room 13
- 20 **Special Interest Event**, 1:00 p.m., Courthouse, Room 16
- 29 **Registration due for Fall Banquet**

October

- 8 **HCE Fall Conference & Banquet**, 11:30 a.m. registration, 12:00 p.m. lunch, Christ Lutheran Church, 457 Colome Street, Chippewa Falls
- 20 **Cultural Arts Craft & Hobby Workshop**, 1:00 p.m., Courthouse Room 3
- 27 **District Fall Meeting**, Menomonie

CHIPPEWA COUNTY HCE INFORMATION

2016 EXECUTIVE BOARD MEMBERS

President: *Fran Sykora (715-288-6859)*
 President-Elect: *OPEN*
 Vice President: *OPEN*
 Secretary: *Alberta Koneazny (715-726-9537)*
 Treasurer: *Dorothy Kaiser (715-289-3279)*

Educational Program Chairmen

Family & Community Outreach: *OPEN*
 Scholarship: *Helene Anderson (715-874-5207)*
 Historian: *Diane Hayes (715-874-6145)*
 Cultural Arts: *Dolores Schryver (715-874-5920)*
 Membership: *Winnie Joos (715-835-8991)*
 WI Bookworms™: *Jean Cronquest (715-289-3497)*
 International: *Grace Kruetzfeldt*

2016 CLUB PRESIDENTS

Albertville	Donna Benson	715-874-5245
Cadott	Helen Roberts	715-289-3866
Creswood	Vlasta Falkenberg	715-289-3886
Happy	Carol Bohl	715-723-0247
Longview	Veronica Knudsen	715-874-5634
OK	Jean Cronquest	715-289-3497
Pleasant Hour		
Trout Creek	Arlene Hakes	715-723-3140
Unlimited	Sue Plourde	715-723-1919

UW-Extension Office, 715-726-7950

Mary Geissler, Family Living Agent, mary.geissler@ces.uwex.edu
Heather Lubs, Administrative Assistant III, hlubs@co.chippewa.wi.us

Newsletter Deadline

Information for the HCE Newsletter is due by the 15th of the month, for the next month's newsletter.

Please forward your club paperwork to the Extension Office for updates on any Club Information.

Executive Board Minutes

Chippewa County Association Home and Community Education Executive Board Meeting May 3, 2016 Courthouse, Room 13

The meeting was called to order by Fran Sykora with the Pledge to the Flag, followed by the Creed.

Roll call was taken with the following present: Fran Sykora, Alberta Koneazny, Dorothy Kaiser, Diane Hayes, Dolores Schryver, Jean Cronquest and Mary Geissler.

Secretary's report was read and approved.

Treasurer's report was read and approved. Bills were paid

Mary Geissler reported on workshops she has done on end of life and final affairs. She also talked about plans for her group home which she will run when she retires later this year.

Jean Cronquest said that Bookworm readings have ended for the year. She thanked everyone who read or crocheted bookworms for the program. Jean talked about the stuffed animals that she gives out at the fair in a drawing each day.

Dolores Schryver read off the names of the women who won first place and their arts which will be going to state for Cultural Arts. Also with the winner in the Bonus Category.

There were 50 women at the Salad Luncheon and everything went well.

For International Night, no students were available, but Sharon Daniels gave a talk about her trip to Italy.

Grace Kruetzfeldt talked about her trip on the Hur-tiguten.

Chippewa HCE is giving out two \$400 scholarships, one to Saige Sikora of Cadott and the other one to Alyssa Pake of Bloomer.

Fran Sykora, Alberta Koneazny and Dolores Schryver attended the Spring Northwest meeting in Poplar. The state will not give any money to the Bookworm program. Clubs that attend the meeting reported on what activities they were doing. Also, there was talk of the quiltlets that various clubs were making as mentioned in the February Update and May HCE Newsletter.

It was noted that Alberta wasn't receiving her Update yet.

The Fall Conference will be held Oct. 8, 2016 at Christ Lutheran Church. A speaker has been reserved.

Fran said there will be a breakfast on May 19 at the Chippewa Family Restaurant. This is the last one until fall.

Mary Rudd, Elderly Benefit Specialist will talk in September for our special interest program "Advice to seniors".

State Convention will be in Eau Claire, this year at the Plaza Hotel. The dates are Sept 12-14.

HCE week will be Nov. 6-12. A display will be up at the Chippewa Falls Library that week. We will continue giving gifts to the first baby born that week.

It was briefly mentioned that the Craft and Hobby Workshop will be in October.

Submitted by:
Alberta Koneazny, Secretary

Club News & Highlights

Longview: The members of Longview met to enjoy coffee and fellowship this summer.

**Chippewa County Association
Home and Community Education
Executive Board Meeting
Courthouse Room 13
August 2, 2016**

The meeting was called to order by Fran Sykora with the Pledge to the Flag, followed by the Creed.

Roll call was taken with the following present: Fran Sykora, Alberta Koneazny, Dorothy Kaiser, Helene Anderson, Diane Hayes, Dolores Schryver, Jean Cronquest, Mary Geissler and Jeanne Walsh.

Secretary's report was read and approved.

Treasurer's report was read and approved

Helene Anderson is going to submit an expense for the picture frames.

Jean Cronquest talked about the Bookworms at the fair. It all went well, but attendance was down. Six boxes of books were given away. No date was set at the meeting for putting the Bookworm books together. It will be in September sometime.

We have a new Family Living Educator. Her name is Jeanne Walsh, she comes to us from Washburn Co.

Dolores Schryver is getting the Cultural Arts crafts together to take to the State Conference.

Grace Kruezfeldt wasn't at the meeting to discuss International Night.

OLD BUSINESS

Alberta is getting the Update now.
The Fall Banquet is set for October 8, 2016 at 12:00 p.m. at Christ Lutheran Church in Chippewa Falls. The speaker and caterer have been reserved.

Mary Rudd, Elderly Benefit Specialist will be the speaker for the September's Special Interest. No topic or date has been set yet.

Four executive board members are going to the State Conference in Eau Claire. Paying for mileage was discussed.

NEW BUSINESS

Program Planning for 2016 - 2017 will be September 6, 2016 at the courthouse.

October 20th is the date set for the Craft and Hobby Workshop.

The NW District Fall Meeting will be October 27, 2016 in Menomonie, WI.

The Chippewa Family Restaurant HCE breakfast will start again on September 8, 2016 at 9:30 a.m.

HCE Week will be November 6 - 12, 2016. A HCE display will be set up at the Chippewa Falls Library that week.

Also the first baby born that week will receive a basket of goodies from HCE.

Meeting close with Prayer Creed.

Submitted by:
Alberta Koneazny, Secretary

A Fond Farewell...

Dear Friends;

It doesn't seem that long ago I submitted my first greeting to you all in the HCE Newsletter, way back in 1999. It is such a pleasure to think back on the many wonderful women I've known through HCE that have been so faithful to their clubs and in their service to the HCE and community. I have always admired your amazing abilities to face life with such grace, humor and optimism.

Thank you all for allowing me the honor of being your advisor for so long. And, as you get to know Jeanne Walsh, the new Family Living Educator for Chippewa County, you will learn to appreciate her expertise and knowledge on so many topics. She is anxious to meet you and share some of her background experiences. I know she will be as respected and supported as I have been!

Thank you, again, for all your kind words and support to me through the years. I treasure your friendships and I know that this is not goodbye—we will still have the wonderful Extension connection that will keep me in the loop of all your activities!

Fondly,
Mary A. Geissler
Family Living Educator



A Sweet Hello...

Hello HCE! My name is Jeanne Walsh, and I am pleased to be your new Chippewa County Family Living Educator. I have been able to meet with a few of you since I started on July 25, and I look forward to meeting and working with all of you!

I make the beautiful drive each day to Chippewa from Sarona, where I live on a hobby farm with my husband Pat. I have 4 children that are college-aged or older and a 3 ½ year old grandson. I love being outdoors, spending time with my family, cooking and preserving, and working on crafts. I have a wonderful little hobby room that my husband built for me, and I spend many hours quilting, scrapbooking, and sewing. I also love reading all types of books. Right now my favorite genre is Cozy Mysteries.

I have both my Masters of Science and Bachelors of Science in Education, and hold state licensures in Education Administration, Elementary Education, and Adult Basic Education. I have worked with adults and families for the past 25 years in many different environments, from the correctional setting to youth groups. The past two years I have been with UW-Extension, programming in the areas of parenting and financial education in Washburn County.

I would love to meet the different clubs that make up Chippewa County HCE. Please let me know when might be a good time to come and visit with your group. Feel free to contact me at 715-726-7953, or through my email Jeanne.walsh@ces.uwex.edu. I leave you with one of my favorite quotes from William Butler Yeats. *“Educating is not the filling of a pail, but the lighting of a fire.”*

International

International Night was held on April 26, 2016. Our first speaker was Sharon Daniels who shared her travel experience to Italy with us. Sharon shared her photos of beautiful scenery in Italy. They traveled through Rome, the Vatican and Florence. During their travels they saw priceless tapestries and paintings. She shared how Venice utilizes canals rather than having highways like the U.S.

I then shared my experience on the Hurtigruten. A Norwegian cruise and freight ship. Some Norwegian people do not have cars; therefore, they ride the Hurtigruten. Hurtigruten has been operating since 1892 with two boats going 24/7. They take good care of you with good food; lots of fish! We boarded in Bergen, Norway and ported in Kirkenes, Russia. This is where we had ice and snow. We flew home from Kirkenes. Quite a journey from Chippewa Falls.

Grace Kreutzfeldt, International Chair



Photo of Kirkenes, Russia port.
Courtesy of Hurtigruten website.

Wisconsin Bookworms™

Greetings from Wisconsin Bookworms and Wiggly,



Our Fall Bookworm season is fast approaching. Our books for the school year have arrived. There is a need for help to put the bookplates, activity sheets, and sponsor labels in each book before they can be delivered to the Head Start centers. Our work day is scheduled for Tuesday, September 20, at 9:00 a.m. in the Extension Office. Any help with this project would be greatly appreciated. The work is easy, the fellowship is great, and with enough help, we should be able to finish by noon. Even if you cannot help the entire time, please come and help as you can.

We were at the Northern Wisconsin State Fair this summer and gave away a lot of books. Thank you to our helpers, Peggy, Ann and Marcie. RCU for sharing their space and Rusty Volk for our free passes. It was a very positive experience.

We also received donations for books in memory of Judy Ritter, an HCE member for many years. We are thankful for these gifts and appreciated this thoughtful way of honoring Judy's years of service to HCE.

We will begin our Fall reading session with "Siesta", our Spanish/English selection, written by Ginger Foglesong Guy and pictures by Rene King Morena. This book introduces colors and other Spanish words as two children prepare for an afternoon of fun by making a tent and filling it with many objects they feel are necessary. It also encourages teamwork and creative thinking.

Sincerely,
Wiggly and Jean Cronquest, Wisconsin Bookworms Chair

Cultural Arts

The HCE State Conference will be held in Eau Claire this year. Everyone is welcome to come view the Cultural Arts entries and bid on silent auction items in the Marketplace on Tuesday, September 13th at The Plaza Hotel in Eau Claire. Viewing and bidding times will be between 7:30 a.m. - 11:45 a.m. and then again from 2:30 p.m. - 5:45 p.m.

Be sure to mark your calendar for the Craft and Hobby Workshop which is scheduled for Thursday, October 20th at the Chippewa County Courthouse. Planning is underway for this upcoming workshop and we hope you will be there to join us for what is sure to be a "crafty" kind of day!

Dolores Schryver, Cultural Arts Chairman

Special Interest

Medicare Updates and Scams September 20, 2016 - 1:00 p.m. Courthouse, Room 003

Mary Rudd with the Chippewa County Aging Office will present a program on Medicare information and the latest scams you may encounter.

This event is open to anyone interested in attending. Attendees do not need to be a member of HCE.



Update from the Nutrition Educator...

Nutrition Facts has a Makeover

This year the FDA (Food and Drug Administration) updated the Nutrition Facts label. No need to fear though, the design did not change too much. The updates are simple to understand and reflect what American's diets and needs are today. Companies have until July 2018 to comply.

What you will now see:

Calorie and serving sizes will be in bold type. This makes it so much easier to find. The servings will be more typical to what we actually eat.

The label will now list the grams and percentage of daily intake of Added Sugars.

The Dietary Guidelines state our intake of added sugar should be less than 10% of our total calories. That is equal to about 200 calories for a healthy adult or about 12 teaspoons. Less than 1 can of pop. Keep in mind that 4 grams of sugar = 1 teaspoon of sugar.

Vitamin D and Potassium are now required to be listed in grams and percentage of daily intake. In the past this was not required, but the FDA indicates that Americans are not getting enough of these nutrients.

Vitamin D is needed for many reasons, including bone health and reducing our risk of chronic diseases. Most adults need about 600 IU of vitamin D daily.

Potassium is needed to help control blood pressure. Most American's are not getting enough, and the primary source is veggies and fruits. Most adults need about 4700 mg daily.

Calcium and Iron will continue to be required on the label, but you will now see them in actual grams, not just as a percentage as in the past.

Vitamins A and C are no longer required to be listed as deficiencies are rare. They may still be voluntarily listed.

Start watching for the changes. These updates will make choosing healthy foods easier.

NEW LABEL / WHAT'S DIFFERENT

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 180mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Servings: larger, bolder type

Serving sizes updated

Calories: larger type

Updated daily values

New: added sugars

Change in nutrients required

Actual amounts declared

New footnote

Vitamin D and Potassium are now required to be listed in grams and percentage of daily intake. In the past this was not required, but the FDA indicates that Americans are not getting enough of these nutrients.

Vitamin D is needed for many reasons, including bone health and reducing our risk of chronic diseases. Most adults need about 600 IU of vitamin D daily.

Potassium is needed to help control blood pressure. Most American's are not getting enough, and the primary source is veggies and fruits. Most adults need about 4700 mg daily.

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Vitamins A and C are no longer required to be listed as deficiencies are rare. They may still be voluntarily listed.

Start watching for the changes. These updates will make choosing healthy foods easier.

Healthy Fall greetings to you all,

Nancy Fastner, Chippewa County Nutrition Educator

Foods High in Potassium



T.P. Roll Pumpkins

Courtesy of Organize & Decorate Everything blog post
<http://organizeyourstuffnow.com/wordpress/>
September 29, 2010

This inexpensive decoration is sure to get you some oohs and aahs.

1. Start with a fat quarter of fabric or cut a piece of fabric to the equivalent size.
2. Lay it wrong side up on a table then add a piece of tissue paper.
3. Add some smaller pieces of tissue paper to help form the bottom of the pumpkin, then place a roll of T.P. in the center.



4. Start by bringing the corners of the fabric into the center of the roll.
5. Gather and bunch the fabric and push it into the center of the roll until it's distributed pretty evenly.
6. Smash the roll down with your hand and it rounds it out a bit.
7. Use 5 inch long branches and stick them down the center of each tube. It will be really snug; therefore, glue will not be needed.
8. Add some raffia to the stem and you are ready to decorate.

Enjoy!



Chippewa County 2016 HCE Fall Luncheon “Fall Festival”



Saturday, October 8, 2016
Christ Lutheran Church
457 Colome Street, Chippewa Falls, WI 54729
Registration at 11:30 a.m., Lunch at 12 noon

- **Lunch Includes:** Salad, chicken (or turkey) casserole, roll, dessert and beverage
- **Name Tags:** Each club is asked to make their own
- **Entertainment:** Debbie Rokenbrodt, “Five Love Languages”
- **Registration Deadline (by Club):** September 29, 2016
- **Cost:** \$9.00 per person. Transferrable, but not refundable
- **Make checks payable to:** Chippewa County HCE
- **Questions:** Please contact Jean Cronquest at 715-289-3497
- **Handicap Accessible**
- **Directions:** Christ Lutheran Church is located east from RCU, turn from Woodward Avenue to Colome Street.

2016 HCE Fall Luncheon
Saturday, October 8, 2016
Christ Lutheran Church, 457 Colome Street, Chippewa Falls

Name _____ Telephone _____

Address _____ Club _____

Number attending _____ Amount enclosed (\$9.00/per person) _____

Transferrable, but not refundable.

Return to: Chippewa County Extension Office - HCE
711 N. Bridge Street, Room 13
Chippewa Falls, WI 54729



Registration Deadline: September 29, 2016