



Volume 41, Issue I

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A Message From your Family Living Educator

Letting In the New Year

I'm dreaming of sitting on a beach with the warm sun on my face; listening to the sounds of waves as they crash onto the shore....

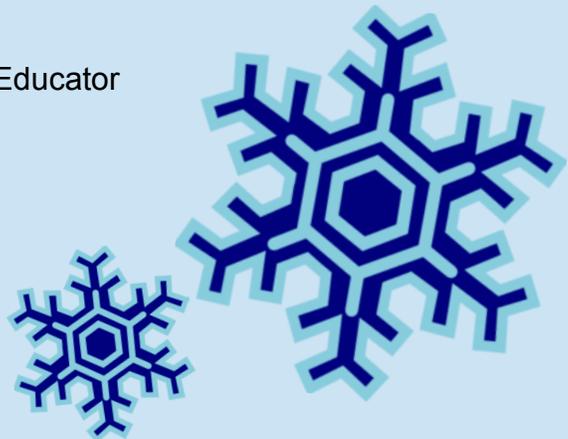
This time of year I seem to spend a lot of time wishing it was warmer, wishing it was lighter, and wishing I didn't have to go outside and travel on snowy and ice covered roads. I like to travel to my happy place and spend a few minutes meditating. Usually, that short mind travel is enough to rejuvenate me- at least for the rest of the day!

Where is your happy place? How do you rejuvenate yourself? Do you spend time reading, being with family, listening to the radio, volunteering in the community, and/or getting together with friends?

About a year ago, I had the opportunity to listen to Larissa Duncan, Ph.D., who is the Healthy Minds, Children, and Families Specialist for UW-Extension. She talked to a group of us about well-being, and shared some daily practices that have been found to cultivate positive emotion in our daily lives.

I encourage you to try one or more of these 8 skills, which can be found on page 7 of this newsletter, and let me know which ones you like the most. I also challenge you to share this list with others in your circle of friends and family. If you have questions, or would like further information on wellness, let me know.

Jeanne Walsh
Chippewa County Family Living Educator



Today it got to 1 degree for a high. Baby's It's Cold Outside! Why do we love Wisconsin???

I hope you and your families had a very good Christmas and a happy start to 2017.

We will NOT have a breakfast in January because it always seems we have to cancel on account of the weather. Our next breakfast will be February 9th to celebrate Valentine's Day.

Our January special interest session will be our Hawaiian Luau at the courthouse, room 3 on January 19th. We will make a lei, play some games and eat good food. Maybe even do a little hula dancing, who knows!

Our Christmas Executive Board party was cancelled, but we sent a check from the Chippewa County HCE Association to Feed My People.

Don't forget to start looking for items for the Nicaragua packing. The date of packing will be announced later. Also, when you are cleaning those closets box up some good stuff for the white elephant auction at the Salad Luncheon.

The "One the Move and In the Groove" forms will be available soon for you to start keeping track of your minutes. We have to send them in by the first part of June.

Try and keep warm!

*Frances Sykora,
Chippewa County HCE Board President*



The HCE Executive Board voted to donate hygiene products to the Chippewa Valley Alternative School for one of our group service projects. We are asking each club to set their March meeting as their collection date. We are asking for soap, shampoo, toothpaste, toothbrushes, combs, deodorant, towels, lotion, women's personal items, etc. Travel sizes are accepted as well. Once collected please bring them to the Spring Conference on April 9th at the Faith Lutheran Church. The board will see that everything is delivered.





Calendar of Events 2017

January

- 3 Executive Board Meeting**, 1:00 p.m., Extension Office, Courthouse Room 13
19 Special Interest, Hawaiian Luau, 1:00 p.m., Courthouse Room 3

February

- 9 HCE Valentine Breakfast**, 9:00 a.m., Chippewa Family Restaurant
16 Special Interest Session, 1:00 p.m., Courthouse Room 3



2017 Salad Luncheon: The Happy, Unlimited and Starlite Clubs will be coordinating and handling the registration for the Salad Luncheon this year.

2017 Fall Banquet: The Pleasant Hour and Trout Creek Clubs will be coordinating the Fall Banquet.

Reminder: As per HCE Association membership rules, individual members may be called upon to assist coordinating special county events. With the recent disbanding of two clubs this year and our aging population, it is necessary for us to request the assistance of our individual members this year for coordinating the Salad luncheon and Fall Banquet.

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*

2017 CLUB PRESIDENTS

Albertville	Donna Benson	715-874-5245
Cadott	Helen Roberts	715-289-3866
Creswood		
Happy	Helen Bowe	715-288-6595
Longview	Julie Brindle	715-874-6716
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

Jeanne Walsh, Family Living Agent, jeanne.walsh@ces.uwex.edu
Heather Lubs, Administrative Assistant III, heather.lubs@ces.uwex.edu

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.

**Chippewa County Association
Home and Community Education
Executive Board Meeting
November 1, 2016
Courthouse, Room 13**

The meeting was called to order by President 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, Dolores Schryver, Jean Cronquest, Helene Anderson and Jeanne Walsh.

Secretary's report was read and approved.

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

Jean Cronquest reported that the fall reading for Bookworms is finished. Later this month Jean will be making the schedule for the spring reading.

Fran Sykora sent a report to the state office about what the Chippewa HCE had done for the year. Fran talked about the Hawaiian Luau which will take place January 19 at 1:00 at the courthouse.

The Update newsletter has been renewed for board members.

New Business:

Jeanne Walsh talked to parents and teachers of Head Start about having a Holiday budget and ways of

keeping it.

The board members talked about a community service project for all of our clubs. In March we are asking each of our members to bring a personal item to their club meeting (toothpaste, toothbrush, shampoo, soap etc.). These can be in trial sizes. We are going to donate them to the Chippewa Valley High School (Alternative School). Some of the students there are homeless and could certainly use these items.

There will not be a breakfast in January.

We set up a club schedule for the 2017 Salad Luncheon and Fall Banquet events.

On the Move and in the Grove will start February 28 to May 27, 2017. This activity is for members to keep track of their activity. In addition, the HCE Impact Paper will be due which members report their volunteer hours done with their clubs.

The Executive Board members were given a tracking sheet to complete.

A club trip was discussed, but no action was taken.

Meeting closed with the Prayer Creed.

Submitted by:
Alberta Koneazny, Secretary

**January Special Interest
January 19, 2017
Courthouse, Room 3
"Hawaiian Luau"**



Come join us in the peak of winter for a little Hawaiian Luau. We will make a lei, play some games and eat good food. Maybe even do a little hula dancing!

We are sure to have a good time thinking of warm weather fun during a cold Wisconsin January day!

Club News & Highlights

Happy: Discussion was held on the future of the club. The December Christmas party will be postponed and held in conjunction with the January meeting. All officers will remain the same for 2017. Names were drawn for secret pals for 2017. Reminder to bring paper products for the food pantry. This month a discussion was held on canning venison. Door prizes were awarded.

Longview: In December we celebrated Christmas. We meet to have dinner, play games, open gifts and drew names for our 2017 Secret Pals.

OK: The group decided to put the service project for Cadott Library on hold for now. Officers for next year will remain the same. There will not be a formal meeting in December; however, we will go out to eat. The meeting concluded with Dolores and Jean reading humorous poems about farming and exercise.

Pleasant Hour: Election of officers took place. Our club celebrated 70 years with a cake. Congratulations to current members and past members. Winnie will host our Christmas party. Beth delivered the Human Society items collected. This month's collection was hats, mittens and scarves all take to Beth's church.

Unlimited: The December meeting was held celebrating Christmas. Everyone brought cards pre-signed by "Santa" to be given to the residents at a local nursing home. Secret pals were revealed. The Christmas party will be continued in January by playing poker with traveling prizes. Election of officers was held and names drawn for secret pals in 2017.



Wisconsin Bookworms™

Greetings,

Happy New Year from Wiggly & Jean. Although Wiggly, the Wisconsin Bookworm, has gone into hibernation until March. We both want you to know that we had a very successful Fall reading session, and we are looking forward to Spring. We will be setting up our Spring schedule when our schools are using their 2017 calendars.



The last book that we read in the Fall was "Snow Happy" written by Patricia Hubbell and illustrated by Hiroe Nakata. It describes in poem form some of the fun things children (and adults) can do in the snow, such as skiing, sliding, making snow angels, and helping with snow shoveling. For example: "We're shoveling out the sidewalks, making brand-new wide walks, Gramp and Grammy look – Snow Happy!" At the time we read this book there was no snow on the ground, but it gave the children something to look forward to. Now that we have a beautiful covering of fluffy white stuff, they can look in the book for different ways to enjoy the snow and keep warm at the same time. The illustrations were colorful and pictured the enjoyment of the snow very well. It was a great book to share with the children, one that they can enjoy all winter.

Signed with wishes for safe travel in this winter season of snow and slippery roads,

Sincerely,

Wiggly and Jean Cronquest, Wisconsin Bookworms Chair

Skills for Cultivating Positive Emotion

Practice mindfulness. Spend some time using meditation or relaxation. Be mindful and notice what you are eating and how you are moving.

Notice positive events. Recognize your small joys, the beauty of nature, and kind acts from others.

Capitalize on those Positive Events. After noticing positive events, tell someone about them. Share with others through posting on social media or by calling a friend.

Keep track of gratitude. Make a mental note. Before you go to bed, or once you awaken, list 1 or 2 things that you are grateful for. Keep a written journal or calendar to jot down your gratitude list. It can be fun to look back and see all the things you are grateful for!

Note personal strengths. We all have positive qualities. What are some attributes that you possess that can help you or others during hard times?

Engage in acts of kindness. Helping someone else can take our mind off of our own worries. Smile at others. Smile at yourself. Smiling changes physiology, and affects our moods and the moods of others.

Set smart goals. Set a goal for YOU. It must be something that is specific, realistic and achievable. Set a date or time to complete your goal.

Positive reappraisal. Look for the “silver lining” of things. Try to find meaning, or give meaning to what has happened. Use it to better yourself or to help others.

Hawaiian Straw Toppers

Items needed:

- Scissors
- Cupcake liners
- Paper straw
- Hot glue gun
- Washi tape

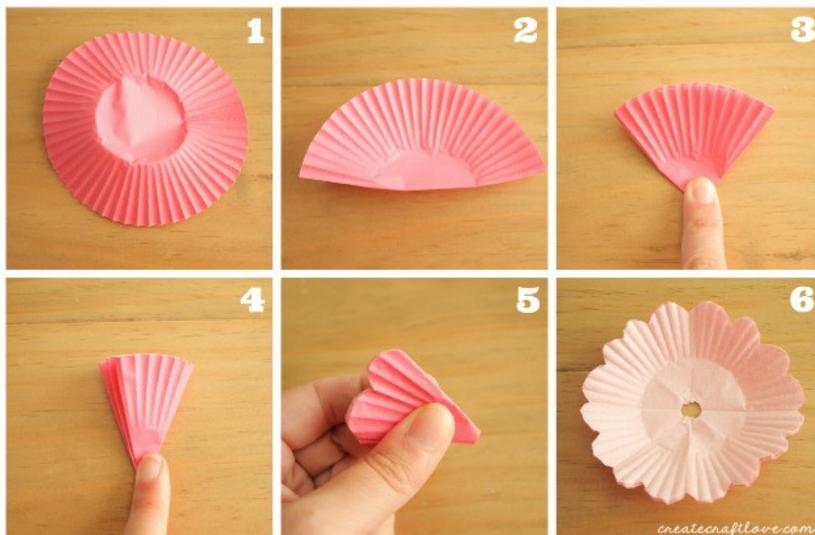
Instructions:

1. Flatten out three cupcake liners.
2. Fold in half.
3. Fold in half again.
4. And again.
5. Cut the top to look like a heart. (This will give the flower a scalloped edge.)
6. Cut the tip off.
7. Open cupcake liner flower back up.
8. Glue around the straw (about third of the way down).
9. Insert straw through hole in the cupcake liner flower. Hold cupcake liners while glue dries.
(Careful: May be hot)
10. Add washi tape around the straw at the bottom of the flower to secure in place.



Project courtesy of Pinterest:

<http://www.the36thavenue.com/crafts-diy-straw-toppers/>



A Kinder, Friendlier Garden: Beatrix Potter's Legacy – Mary Jo Fleming, a Chippewa Valley Master Gardener Volunteer with a degree in biology, grew up with the tales of Beatrix Potter, the exploits of Mole and Mr. Toad, and the antics of Disney's chipmunks. As gardeners, we have welcomed birds, butterflies, and pollinators, but what about other critters who find our landscapes attractive? Learn a little about these small mammals, and how they impact our environmentally friendly gardens.

***Succulents in a Teacup – Faye Ryszkiewicz**, is the owner of Fryszki's Country Gardens in Caryville. As part of the Think Spring's English Garden theme, Faye will cover basic care of succulents and help workshop participants plant a teacup garden. Participants are able to bring their own teacups or buy one from Faye and are also encouraged to bring any embellishments to add to their design. The cost of the workshop is \$12.50, and if participants choose to buy a teacup at the seminar, the price will be between \$6-8. Please check the box on your registration if you plan to buy a teacup at the event. *Please make out a separate check for \$12.50 to CVMGA for this session.



UW
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University of Wisconsin-Extension

715-726-7950

THINK SPRING GARDEN SEMINAR
Saturday February 18, 2017
8:00 A.M. – 3:30 P.M.

Avalon Hotel & Conference Center
1009 W. Park Avenue
Chippewa Falls, WI 54729

Win a door prize!

Visit the vendors with garden themed products
for purchase!

Spend a cold winter day THINKING SPRING
and have loads of fun!

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

Sponsored by
Chippewa County
UW-Extension
And
Chippewa Valley Master
Gardeners Association

Think Spring Garden Seminar

Saturday
February 18, 2017



**Avalon Hotel &
Conference Center
1009 W. Park Avenue
Chippewa Falls, WI 54729**

REGISTRATION

Name _____

Full Address _____

Phone _____

Email _____

REGISTRATION FEE:

_____ \$25 Early-bird Registration (Before February 8, 2017) (INCLUDES LUNCH)

_____ \$30 Registration (After February 8, 2017) (INCLUDES LUNCH)

(Please use one form per registrant.)

Make checks payable to CVMGA and mail to:

Gardening Seminar
Chippewa County Extension Office
Courthouse, Room 13
711 Bridge Street
Chippewa Falls, WI 54729

BREAKOUT SESSIONS:

Check **one** session per section (Refer to program guide for presentations):

10:00 AM 11:00 AM
A _____ A _____
B _____ B _____

2:30 PM

A _____
B _____

*C _____ (Additional \$12.50 fee)

Check here if you plan to buy a teacup at the seminar

Please send this section with payment.
Thank You!

PROGRAM GUIDE

8:00 AM Registration Opens

8:30 AM Welcome

8:45–9:45 AM

Keynote Session

Jeff Epping

Inspirations from English Gardens

9:45 AM Morning Break

10:00-10:45 AM – Breakout Sessions

A. Straw Bale Gardening

B. Garden Pests

11:00-11:50 AM – Breakout Sessions

A. Small Trees with Big Impact

B. Violets and Companion Houseplants

11:30-1:15 Lunch

1:15-2:15 PM

Keynote II

Jeff Epping

Sustainable Gardens: Designs and plants for Greener Gardens

2:30-3:15 PM

A. Produce Preservation

B. A Kinder, Friendlier Garden

C. Teacup Workshop*

Keynote – Inspirations from English Gardens -

Jeff Epping, has been Director of Horticulture at Olbrich Botanical Gardens for more than 20 years. He oversees the horticulture operations and garden designs of more than ten inspirational display gardens. He has visited, studied and photographed gardens throughout the U.S. and Europe. England has some of the most incredible gardens in the world and many are full of innovative design ideas. This garden travelogue will introduce you to some renowned gardeners and their masterpieces as well as some hidden gems.

Straw Bale Gardening – Joy Lancour and Steve Hesselberg, are Chippewa Valley Gardener volunteers who have successfully mastered the art and science of straw bale gardening. They will introduce us to the benefits of above-ground gardening, layout, equipment, conditioning, and planting techniques. They'll be glad to answer questions about what works and what doesn't since every new technique has a learning curve.

Garden Pests – Jerry Clark, Chippewa County Crops & Soils Educator, will help you explore integrated pest management and alternative methods to control those pesky weeds, insects and plant diseases.

Small Trees with Big Impact – Jeff Epping, Director of Horticulture at Olbrich Botanical Gardens, has helped to design and install a variety of display gardens showcasing the best plants for south-central Wisconsin. Jeff will introduce us to top performing, small-scaled ornamental trees that can fit all our needs.

Violets and Companion Houseplants – Faye Ryszkiewicz will talk about African violets, their care and propagation, and suggest creative ways to use violets and other houseplants with similar requirements.

Keynote II – Sustainable Gardens: Designs and Plants for Greener Gardens – Jeff Epping, Director of Horticulture at Olbrich Botanical Gardens, has promoted the concept of sustainable gardens. Green or sustainable gardens are good for the environment and good for gardeners. These beautiful gardens require less time, water, and chemicals to grow, appropriate at a time when busier lives and strained resources impact our landscapes.

Produce Preservation – Dora Wood, A Chippewa Valley Master Gardener volunteer, was raised on a dairy farm and, even as a child, helped tend a very large garden. Since 2015 she has been running a CSA garden located on part of 25 acres. This has encouraged her to introduce new vegetables and learn how to incorporate them into her menus and preserve them while they are abundant. Dora will cover the fundamentals and tools of food preservation using water baths and pressure canning, dehydrating, freezing and keeping a root cellar.