



## A Message from Jeanne Walsh and Fran Sykora



Volume 41, Issue VII

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I love to have a touch of green and fresh in my meals this time of the year, especially with it snowy and cold outside. I am sad to report that sprouts are no longer a safe option for “green and fresh.” Barb Ingham posted some serious news about sprouts and Salmonella on her FYI blog. Further information about keeping safe and healthy by preparing foods at home, can be found on Barb’s blogsite at <https://fyi.uwex.edu/safepreserving/>.

At least two cases of illness in Wisconsin have been linked to a possible outbreak of disease from **Salmonella**.

Symptoms of **Salmonella infection** may include headache, muscle aches, diarrhea, vomiting, abdominal cramping, chills, fever, nausea and dehydration. Symptoms usually appear 6 to 72 hours after ingesting the bacteria, but it can take longer for them to develop. Most illnesses resolve on their own and do not require treatment other than drinking fluids to stay hydrated. Anyone who experiences persistent or severe symptoms should contact a healthcare provider. **Salmonella** bacteria live in the intestinal tracts of humans and other animals. **Salmonella** can contaminate almost any food. There is a long history of foodborne illness outbreaks associated with sprouts.

**Here are some facts from Foodsafety.gov that you should know about sprouts.**

**Do sprouts carry a risk of illness?** Like any fresh produce that is consumed raw or lightly cooked, sprouts carry a risk of foodborne illness. Unlike other fresh produce, seeds and beans need warm and humid conditions to sprout and grow. These conditions are also ideal for the growth of bacteria, including **Salmonella**, **Listeria**, and **E. coli**.

**Have sprouts been associated with outbreaks of foodborne illness?** Since 1996, there have been at least 30 reported outbreaks of foodborne illness associated with different types of raw and lightly cooked sprouts. Most of these outbreaks were caused by **Salmonella** and **E. coli**.

**What is the source of the bacteria?** In outbreaks associated with sprouts, the seed is typically the source of the bacteria. There are a number of approved techniques to kill harmful bacteria that may be present on seeds and even tests for seeds during sprouting. But, no treatment is guaranteed to eliminate all harmful bacteria.

(continued on page 3)

## Calendar of Events 2018

### February

- 6 Executive Board Meeting**, 1:00 p.m., Extension Office, Courthouse Room 13  
**8 HCE Breakfast**, 9:30 a.m., Chippewa Family Restaurant  
**14 Valentine's Day**  
**19 President's Day**  
**\* Special Interest "Valentine & Mardi Gras Party"**



### March

- 6 Executive Board Meeting**, 1:00 p.m., Extension Office, Courthouse Room 13  
**8 HCE Breakfast**, 9:30 a.m., Chippewa Family Restaurant  
**11 Daylight Savings Time** - Spring ahead one hour  
**17 St. Patrick's Day**  
**22 Special Interest "Recycle and Upcycle"**, Courthouse Room 16  
**30 Good Friday**

**Reminder:** As per HCE Association membership rules, individual members may be called upon to assist coordinating special county events.

## CHIPPEWA COUNTY HCE INFORMATION

### 2017-8 EXECUTIVE BOARD MEMBERS

President: *Fran Sykora (715-288-6859)*  
 President-Elect: *OPEN*  
 Vice President: *OPEN*  
 Secretary: *Alberta Koneazny (715-226-1991)*  
 Treasurer: *Dorothy Kaiser (715-289-3279)*

### Educational Program Chairmen

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

### 2018 CLUB PRESIDENTS

Albertville	Donna Benson	715-874-5245
Cadott		
Happy	Helen Bowe	715-288-6595
Longview	Julie Brindle	715-874-6716
OK	Jean Cronquest	715-289-3497
Pleasant Hour	Maryann Ludwigson	715-723-1583
Trout Creek		
Unlimited	Janell Bromeisl	715-723-7926

### **UW-Extension Office, 715-726-7950**

*Jeanne Walsh*, Family Living Agent, [jeanne.walsh@ces.uwex.edu](mailto:jeanne.walsh@ces.uwex.edu)  
*Heather Lubs*, Administrative Assistant III, [heather.lubs@ces.uwex.edu](mailto: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.*

**Are homegrown sprouts safer?** Not necessarily. If just a few harmful bacteria are present in or on the seed, the bacteria can grow to high levels during sprouting, even under sanitary conditions at home.

**What can industry do to enhance the safety of sprouts?** In 1999, the FDA provided the sprout industry with guidance on reducing the risk of contamination of sprouts by harmful bacteria. The FDA and other Federal and state agencies continue to work with industry on detecting and reducing contamination and keeping contaminated sprouts out of the marketplace.

**What can consumers do to reduce the risk of illness?**

- \* Children, the elderly, pregnant women, and persons with weakened immune systems should avoid eating raw sprouts of any kind (including alfalfa, clover, radish, and mung bean sprouts).
- \* Cook sprouts thoroughly to reduce the risk of illness. Cooking kills the harmful bacteria.
- \* Request that raw sprouts not be added to your food. If you purchase a sandwich or salad at a restaurant or delicatessen, check to make sure that raw sprouts have not been added.

Barb Ingham, UW Extension Food Preservation & Food Safety Specialist

## Club News & Highlights

**Happy:** In December the annual Christmas Party was held at Bresina's. Secret pals were revealed. Gifts were exchanged and a good time was had by all.

**Longview:** At the January meeting, the member list was updated and secret pal gift suggestions were handed out. Members questioned the lack of newsletter from the county. Cathy Kelly gave a presentation on how to prevent falls and what to do if you do fall. January Birthdays/Anniversaries wishes were extended. Members exchanged jigsaw puzzles.

**OK:** The November meeting was held with old business discussions on the Craft & Hobby Workshop. New business discussions included Christmas Party on December 18th, donation from club to the Cadott Food Pantry. Club dues will be collected in January. Club officers will remain the same for another year.

**Pleasant Hour:** Old business discussions during the November meeting included a thank you from the Family Support Center for the donation of the club's "Love Money". This month members brought hats, mittens, socks, gloves and scarves which will be donated within the community. New business included the election of officers: Maryann Ludwigson will serve as President and Secretary and Beth Cripe will serve as Treasurer. Articles were read from the newsletter. Next meeting will be December 12th to fill out program booklets.

**Unlimited:** During the December meeting the club hosted their Christmas party. Members brought Christmas cards and signed them to give to residents at the nursing home. Secret pals for the year were revealed. The holiday celebration will continue at the January meeting. Election of officers took place and names were drawn for 2018 secret pals.

The January meeting was held at Avalon. The program booklets were filled out and plans made for each month. Next meeting will be at the China Buffet and Valentine treats will be exchanged.

## Cultural Arts

Our Cultural Arts & Spring Conference will be approaching soon. Chippewa County always has 12 entries to be judged at the State Conference so we all will be looking forward to seeing all our talents at the Spring Conference in April.

Dolores Schryver,  
Cultural Arts Program Chair

Greetings in the New Year from Jean (and Wiggly),

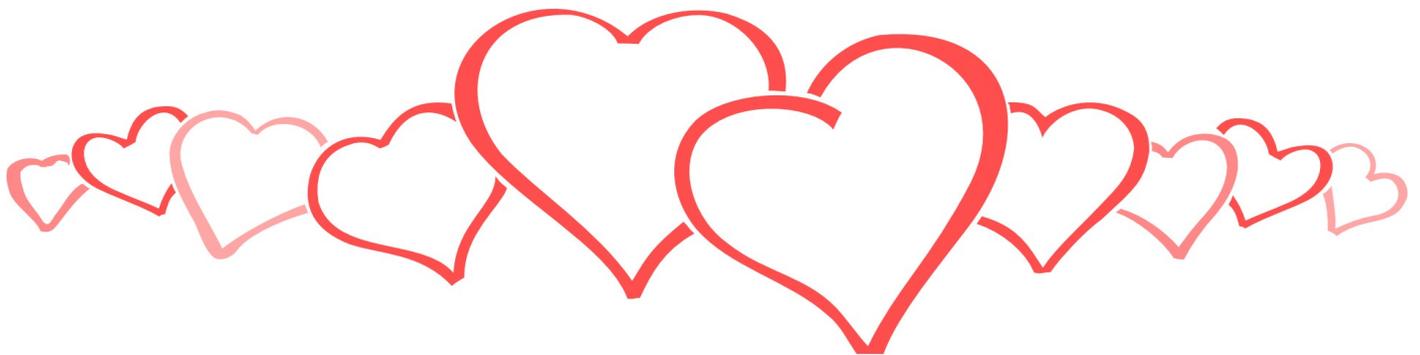


Since Wiggly will be in hibernation until Spring, I need to let you know that our Fall reading session went very well. The children had a lot of fun listening to our books and doing the activities. The Head Start teachers do a great job of coming up with activities to go along with our stories. The second book that we read was "The Shape of Things" by Dayle Ann Dobbs and illustrated by Julie Lacome. It introduced the children to basic shapes and shared some fun ideas on how to turn those shapes into interesting objects and pictures. Our third book was "Turtle Splash! Countdown at the Pond" by Cathryn Falwell. It is a counting book and nature tale that begins with "Ten timid turtles lounging in a line." The turtles decrease in number as various creatures send them scuttling off their log for cover. Clues are tucked into the pages, identifying the next offender as well as introducing the children to some of the creatures that live in or near the pond. Our last book is our English/Spanish book: "A Cat and a Dog" (U Gato y un Perro) by Claire Masurel and illustrated by Bob Kolar. In the beginning of the book, the dog and cat live in the same house but do not get along. A simple act of kindness turns them into friends. This book is an excellent introduction to ways that children can learn to help each other and get along. It brings out the idea that words can be kind or hurtful as well.

We will begin reading again in March, hopefully after the majority of snow has fallen.

Wiggly and I hope that your Christmas was Merry, your New Year was joyful, and wish you the best in 2018.

Sincerely,  
**Wiggly and Jean Cronquest**, Wisconsin Bookworms Chair



### **WHAT IS AN INDIVIDUAL HCE MEMBER?**

An individual HCE member is an individual who wants to belong to the County Home, Community and Educational Association but does not belong to a specific club. They pay \$7.00 for yearly dues and can attend all HCE functions that we have - the special interest meetings, spring conference, fall banquet, craft and hobby workshop, salad luncheon and enter projects they have made in the County Arts and craft contest.

They receive our monthly newsletters and can request our yearly program book from the Extension Office.

They are also eligible for the yearly awards we give out for 25, 50, 60, and 65 years of being a HCE member. If they would like to visit a club meeting, they can call the president or another member and ask permission to attend their meeting. If the County Executive Board needs help with a project we can call on the individual members to help us out.

## Arts & Crafts Corner

### Homemade Hand Warmers

What you need to make your own homemade hand warmers or heating pads:

1. Bag of rice
2. Felt/flannel/other material desired
3. Needle and thread



#### Instructions

1. Cut two pieces of material of choice out, any shape, that are the same size.
2. Sew around outside of your shape leaving about 1/4" edge, and leaving about 1.5" opening at one end to pour your rice into.
3. Turn your shape inside out so the seams are now on the inside or you can leave as is, to give a different look.
4. Use a small funnel to pour your uncooked rice into the hand warmer and fold your material in where the opening was using a pin to keep it closed so it looks good.
5. Use a needle and thread to close the opening so rice won't escape.
6. Enjoy!

Project instructions courtesy of: <https://temeculablogs.com/make-homemade-hand-warmers/>



Photo courtesy of: <https://www.hometalk.com/post/950375/media?id=181082>



<https://www.everythingetsy.com/2015/11/21-plaid-inspired-diy-gifts/>

### Tick Illness and Prevention

**Kristen Keilm**

Kristen earned a Bachelor's of Science in Nursing from Winona State University in 2009. She has been employed with Chippewa County Public Health for five years. In her spare time she enjoys family, camping, and college sports. Kristen will review tick diseases that have been reported in Wisconsin, prevention strategies, tick illness trends, and treatment and diagnosis.

### Weather & Climate Determines What We Can Grow & and How Well It Grows

**Jerry Clark**

Jerry is a UW-Extension Crops and Soils Educator. This session will look at changes in weather and climate and how it affects us as gardeners.

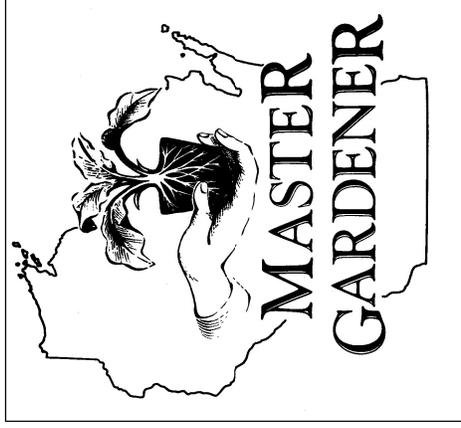
### Eau Claire's Trees – Past, Present, and Future

**Matt Staudenmaier**

Matt has been an arborist for the City of Eau Claire since 2000 and is currently the Forest Supervisor. He graduated from UW-Green Bay and chose arboriculture as a career. Eau Claire maintains 35,000 boulevard trees and 10,000 trees in city-owned open spaces. Matt will cover early reforestation of the city after the lumber boom, the Dutch Elm crisis, and then the inherited problems of a lack of diversity. He will be happy to answer any questions.

### Repotting Orchids (Demonstration) Mary Stewart

Thirty years of experience has taught Mary the do's and don'ts of repotting orchids. Learn basic repotting skills that will encourage orchids to grow, prosper, and bloom. Step by step handouts will be included. As a vendor, Mary will have any supplies that orchid growers need to repot plants.



University of Wisconsin-Extension

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**715-726-7950**

**THINK SPRING GARDEN SEMINAR**  
Saturday February 17, 2018  
8:00 A.M. – 3:00 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!

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

# Think Spring Garden Seminar

Saturday  
February 17, 2018



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

## REGISTRATION

Name \_\_\_\_\_  
Full Address \_\_\_\_\_  
\_\_\_\_\_  
Phone \_\_\_\_\_  
Email \_\_\_\_\_

### Registration Fee

\_\_\_\_\_ \$30 Early Bird Registration – before Feb. 7  
Includes Lunch

\_\_\_\_\_ \$35 Registration – after Feb. 7  
Includes lunch

Non-refundable after 2/7/18

\_\_\_\_\_ \$25 Workshop Fee. Please write a  
separate check for this workshop to CVMGA.  
(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

10:00 AM \_\_\_\_\_ 11:15 AM \_\_\_\_\_

A. \_\_\_\_\_ A. \_\_\_\_\_

B. \_\_\_\_\_ B. \_\_\_\_\_

C. \_\_\_\_\_ (\*additional \$25 fee)

1:30 PM

A. \_\_\_\_\_

B. \_\_\_\_\_

C. \_\_\_\_\_

## PROGRAM GUIDE

8:00 Registration opens, coffee bar  
8:30 Welcome Jim Beardsley  
8:45-9:45 Keynote Ten Commandments of  
Growing Roses  
10:00-11:00 – Breakout sessions  
A. Unwanted visitors: Emerald Ash Borers  
& Other Invasive Pests  
B. Successfully Growing Orchids  
C. Succulent Workshop

11:15-12:15 – Breakout sessions

- A. Chemical Safety for Gardeners
- B. Tick Illnesses & Prevention

12:15-1:15 – Lunch

1:30-2:30 – Breakout sessions

- A. Weather & Climate Determines  
What We Grow
- B. Eau Claire's Trees: Past, Present,  
Future
- C. Repotting Orchids Demonstration

## KEYNOTE

### Ten Commandments of Growing Roses

Jim Beardsley

Jim is a retired Environmental Health & Safety Manager for 3M Aerospace Division. He started growing roses in 1980 while studying Chemistry and Horticultural Science at the University of Minnesota. He is a Master Rosarian and Horticulture Rose Judge for the American Rose Society. He has grown over 200 varieties of roses, but his gardens now are more diversified to include other species attractive to pollinators. In his presentation, Jim will share ten or so rules to help gardeners grow roses successfully.

## Unwanted Visitors: Emerald Ash Borers & Other Invasive Pests PJ Liesch

PJ is an Extension entomologist and director of the UW Insect Diagnostic Lab. He is a regular guest on Wisconsin Public Radio and is involved with the WI-First Detector Network. He has a blog about insects (labs.russell.wisc.edu/insectlab/blog) and is on Twitter @WiBugGuy. Emerald Ash Borers can significantly change our landscape over the next decades, and other newcomers to the state also pose significant concerns. PJ will review basic biology of these species and their management.

## Successfully Growing & Maintaining Orchids

Mary Stewart

Mary Stewart who owns Going to Pot Orchids in Neenah, Wisconsin has been growing orchids for 30 years. She shares her passion through seminars, workshops, and trunk shows. This lively, educational session will share the secrets for successfully growing and blooming orchids.

## Split Log Succulent Garden Workshop

Faye Ryszkiewicz

Faye is the owner of Fryszki's Country Gardens, a long-time vendor at Think Spring, and an authority on succulents. A Split Log Succulent Garden has room for a variety of succulents planted in the log. The project will be embellished with moss and a choice of miniatures. A sample will be posted at the Extension website. The cost of the workshop is \$25.00 payable by separate check to CVMGA.

## Chemical Safety for the Garden

Jim Beardsley

The session is a guide to keeping gardeners safe when handling chemicals in the garden or around the home.

Chippewa County UW-Extension Office  
Courthouse, Room 13  
711 North Bridge Street  
Chippewa Falls, WI 54729

University of Wisconsin-Extension, U.S. Department of Agriculture and Wisconsin counties cooperating.

UW-Extension provides equal opportunities in employment and programming, including Title IX and ADA.

To ensure equal access, please make requests for reasonable accommodations as soon as possible prior to the scheduled program or activity. If you need this material in another format, please contact the Extension Office at (715) 726-7950; TTY #1-800-947-3529.

# **CHIPPEWA COUNTY ASSOCIATION FOR HOME AND COMMUNITY EDUCATION NEWSLETTER**

## **HCE Mission Statement:**

- . Learning in a Social Setting**
- . Sharing what we learn**
- . Caring to make a difference in our homes, communities and the world**