



Extension
UNIVERSITY OF WISCONSIN-MADISON

Chippewa County
Courthouse, Room 13
711 N. Bridge Street
Chippewa Falls, WI 54729



A Message Fran Sykora



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The air is cool, school is starting soon and I seen my first tree starting to change colors which means fall is approaching. Hope you all had a good summer.

Your Executive Board met in August to make plans for the rest of 2019. Our books for Bookworms will be coming the end of August. I will contact the presidents to let them know when we will assemble them. That is a big job, so please plan to have some club members come and help.

Looking at the surveys that came back, you want the Chippewa County HCE Association to continue. We have a planning session for 2020 scheduled for September 3rd at 10:00 a.m. in Room 16 of the Courthouse. That is right across from the Extension Office. Please rack your brain and come up with some new and interesting programs. Each club should be represented at this meeting—not just the Executive Board. Following that session, we will have our September Executive Board meeting. You are all welcome to stay and see what we do at our meetings.

The HCE breakfast is on September 12 at 9:30 a.m. at Chippewa Family Restaurant. We have a lot of catching up to do since we didn't meet during the summer. Hope we have a good turnout.

Our special interest for September is *Exercise for Seniors* given by our own Jeanne Walsh. It will be held on September 26 at 1:00 p.m. in Room 3 of the Courthouse. Wear comfortable clothes. It should be fun.

Our Fall Luncheon is scheduled for October 19 at Christ Lutheran Church in Chippewa Falls. The OK, Trout Creek and Starlite Clubs are in charge of it. There is a reservation blank in this newsletter to send in to Dorothy Kaiser, 106 Southridge Court, Cadott, WI 54727. We will have a memorial for three of our members who passed away this year. If you have been in HCE for 25, 50, 60, 65, or 70 years, please call me and let me know.

Your Executive Board decided to put the fleece blanket project on hold for now until we see what is happening with the Legacy Center in Chippewa Falls. If someone has another place that we can donate these to please call me at 715-288-6859.

We made up the personal bags with all the items that you donated. We have 48 complete bags and others that need a few items yet. Thanks for all your donations.

I made two club visits this summer. The OK Club invited me to their May meeting which was an ethnic brunch at Betty Vilaks. Very tasty meal and fun time at their meeting. I attended the annual picnic of the Unlimited Club at Irvine Park in July. They had a garden club member talk about the work that is being done in Irvine Park with the native wild flower gardens. We walked through the gardens and saw all the planting they have done. I would enjoy attending one of your club meetings. Please call me to see if I'm available to come.

Have a good fall, Happy Labor Day, Happy Halloween, Happy Thanksgiving and a Merry Christmas.

Fran Sykora

Calendar of Events 2019

September

- 3** **2020 Program Planning Meeting**, 10:00 a.m., Courthouse, Room 16
- 3** **Executive Board Meeting**, Immediately following the Program Planning Meeting,
Courthouse, Room 16
- 12** **HCE Breakfast**, 9:30 a.m., Chippewa Family Restaurant
- 26** **Special Interest**, 1:00 p.m. - Exercise for Seniors, Courthouse Room 3

October

- 1** **Executive Board Meeting**, 1:00 p.m., Courthouse, Room 16
- 10** **HCE Breakfast**, 9:30 a.m., Chippewa Family Restaurant
- 19** **Fall Banquet**, 12:00p.m., Christ Lutheran Church



November

- 3-9** **HCE Week**
- 5** **Executive Board Meeting**, 1:00 p.m., Courthouse, Extension Office Board Room
- 14** **HCE Breakfast**, 9:30 a.m., Chippewa Family Restaurant
- **** **Bakeless Bake Sale**

December

- 3** **HCE Executive Board Christmas Party**, Bridgewater Restaurant

CHIPPEWA COUNTY HCE INFORMATION

2019-20 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*

2019 CLUB PRESIDENTS

Albertville	Beverly Harper	715-874-5587
Cadott		
Happy	Marian Michels	715-288-6891
Longview	Julie Brindle	715-874-6716
OK	Jean Cronquest	715-289-3497
Pleasant Hour	Maryann Ludwigson	715-723-1583
Trout Creek		
Unlimited	Roberta Culbert	715-723-7538

Extension Office, 715-726-7950

Jeanne Walsh, Family Living Agent, jeanne.walsh@wisc.edu
 Heather Lubs, Administrative Assistant III, heather.lubs@wisc.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
Courthouse
May 7, 2019**

The meeting was called to order by Fran Sykora with the Pledge to the Flag, followed by the Creed. Roll call was taken by the secretary with the following present: Fran Sykora, Alberta Koneazny, Jean Cronquest, Dolores Schryver and Jeanne Walsh. Secretary's report was read and approved. Treasurer wasn't at this meeting.

REPORTS

Jeanne Walsh gave a report on what she was involved with since last meeting. Jean Cronquest reported that the Head Start books have been ordered. There hasn't been a date setup for putting the books together yet. Dolores Schryver talked about the Craft and Hobby workshop, may be having it a different month in the year. No decision made on this yet. Fran mention that she got some surveys back that were in the newsletter.

UNFINISHED BUSINESS

Board members talked about the Salad Luncheon. Special Interest "Bee Happy" will be held on May 8th at 1:00, Room 13 of the Courthouse. Our last breakfast until Fall will be on May 9th at 9:30 at Chippewa Family Restaurant.

NEW BUSINESS

On Sept 3rd at 10:00 in the morning we will have Program planning for the coming year, at the Extension Office. This will be followed by the Executive Board meeting. Fall Banquet is schedule for Oct. 19, 2019. Special Interest for September is Exercise for Seniors on September 26 at 1:00. Next Executive Board Meeting is August 6, 2019 at 1:00. Meeting closed with Prayer Creed.

Submitted by;
Alberta Koneazny, Secretary



**Chippewa County Association
Home and Community Education
Executive Board Meeting
Courthouse
August 6, 2019**

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

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

Secretary's report was read and approved.

Treasurer's report was read and approved.

A bill was paid.

REPORTS

Jeanne Walsh gave a report on what she has been involve in. She has been holding Parenting Classes in the jail for four weeks. Four weeks of men and

then the women. On Aug 26 from 6 to 7 Jeanne will be at the Chippewa Community Garden talking about what to do with vegetables that you grow. The Extension Office will be a part of UW Madison now, many changes coming.

Jean Cronquest reported that the Bookworm books will be shipped at the end of August. Book plates will be shipped to us. There will be no Head Start in Cornell this year. Cadott will have a 3 year program, but it is undecided if we will read to them. No books had been ordered for them.

Dolores Schryver-- nothing was decided about Craft and Hobby workshop.

Helene Anderson thought that the Executive Board should read the scholarships and decide the winners.

UNFINISHED BUSINESS

The September Executive Board Meeting will be held September 3rd.

(continued on next page)

NEW BUSINESS

Special Interest for September is "Exercise for Seniors" this will be held September 26 at 1:00 on Room 3.

Program planning for 2020 will take place September 3 at 10:00 in Room 16 of the Courthouse.

The date for the Fall Banquet is October 19 at 12:00 at Christ Lutheran Church. The cost this year will be \$9.00.

There is a hold on the making of the fleece blankets.

The Executive Board Christmas party will be held December 3rd at Bridgewater Restaurant. We will donate a gift to Feed My People.

Meeting close with Prayer Creed.

Submitted by:
Alberta Koneazny, Secretary



Club News & Highlights

Longview: Nineteen members met at the Wheaton Township Fire Station shelter. Meeting was hosted by Cathy Kelley and Veronica Knudson. We all were very happy and surprised to see Nan "McFaul" Helfman at our May meeting as she has moved to Bowie, Maryland. Jan Draais passed away. She was a member of HCE for 35 years and resided at the Neighbors in Menomonie for the past 5 months. The following members will be celebrating milestone memberships at the Fall Banquet: Norma Ausman - 65 years and Jane Kragness - 50 years.

OK: The April meeting welcomed a new member. The treasurer collected bakeless bake sale money and it was given to Dorothy. We paid Dorothy for the basket that was auctioned off at the Salad Luncheon. We discussed recent events; Spring Conference and Salad Luncheon. The Fall Luncheon will be at Christ Lutheran Church on October 19, 2019 at 12:00 p.m. Registration cost is \$9.00. OK Club is one of the hosts. Jean talked about the changes made by state to HCE. There will be a survey in next newsletter. For our May outing we are going to China Buffet and maybe a movie.

Unlimited: The May meeting was held at Bridgewater. Sue Plourde hosted and brought cookies. Newsletter discussed. We talked about how interesting the bee info session was, we all learned a lot from the informative presentation and what to plant to attract them. Our picnic will be July 18 at Irvine Park. We hope to have Muriel Shervey guide us on the wild flower trail. Donna Diermeyer brought the raffle won by Sharon Rowan. After the meeting we had our annual white elephant sale.

The July meeting was held at Irvine Park for annual potluck on July 18. Fran Sykora, HCE President, was invited as our special guest. Muriel Shervey's friend, Virginia Weisman, of the Garden Club gave us a tour of the Wildlife flowers in the park. It was a perfect day for a picnic in the park with full attendance of our members. We exchanged secret pal gifts. The raffle brought by Sharon Rowan was won by Robert Culbert.

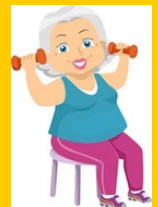
Program Planning

Our 2020 program planning meeting will be held September 3rd at approximately 10:00 in Room 16 of the courthouse. Please come with new ideas for the coming year.

Special Interest

SEPTEMBER SPECIAL INTEREST

Our September special interest is "Exercise for Seniors". This will be held on September 26 at 1:00 p.m. in Room 3 at the Courthouse. Please wear comfortable clothes.



I hope everyone's summer has been terrific! I have had a wonderful summer of playing with grandchildren, being on the water, and spending time with family. I am sad to see the weather slowly become cooler and the children returning to school.

The month of September has me gearing up for county financial education workshops, continuing my work with the Chippewa County Recovery Court, and teaching parenting classes in the Chippewa County Jail. I will also be helping out at the 12th Annual Chippewa Valley Farm-City Days, which will be at Denmark Dairy LLC in Colfax this year. The community is welcome to attend the Farm-City Day on September 7th please look for the flyer within this newsletter for additional information. At the end of the month, I will be traveling to Hershey, Pennsylvania for the National Extension Association of Family and Consumer Sciences. I will be receiving a national award for the financial program my colleagues and I have done with "Small Savings Builds Big Dreams".

September 26 from 1:00-2:00 I will be presenting the HCE monthly program "Workouts to Go." We will meet at the Chippewa County Courthouse in Room 03, and will talk about the importance of exercise and physical activity, **and** try out some exercises from the National Institute on Aging. There will be a variety of exercises to try- some sitting down; some standing- and you will be free to try the ones that feel safe for you. Please wear comfortable supportive shoes and clothes you can move freely in.

I look forward to spending time with all of you soon!

Wisconsin Bookworm



Greetings from Jean and Wiggly, our Bookworm mascot,

Our Fall season for reading to our Head Start children will be starting soon. We can set up a schedule soon after school reopens. We are looking forward to another year. We will probably start the year with a book that all the children are familiar with, "We're Going on a Bear Hunt" written by Michael K. Rosen. It is a story set to music, and guides the children on a search to find a bear, and what happens after they actually find one. Another book we will be reading is "Mouse Paint" by Ellen Stoll Walsh. This book tells about what happens when primary colors are mixed together to make new colors. The illustrations are really cute.

I am still hoping to find someone willing to help assist with this Bookworm program. Please consider it.

Best wishes to all,
Wiggly and Jean Cronquest, Wisconsin Bookworms Chair

Cultural Arts

The HCE Executive Board Members were unable to attend the state HCE Convention in Manitowoc, WI. The cultural art winners will be on display at the Fall Conference on October 19. I am currently communicating with the Chippewa Falls Public Library to have our cultural arts on display during HCE Week in November. More to come on this. Mark your calendar and I will call the presidents to confirm the date for the Hobby & Craft Workshop for November 14, 2019. We will be crafting unique Christmas crafts.

Dolores Schryver, Chair
Cultural Arts

Invisible danger for pets and humans: Salmonella

Published on **August 19, 2019** by [BARBARA H INGHAM](#)

Image courtesy of Food Safety News.



Federal public health officials have repeated warnings about **pig ear treats for dogs** as **human illnesses** related to the multi-branded products **have sickened 127 people in 33 states in a multi-drug resistant *Salmonella* outbreak**. Thirty percent of humans affected (26) in the outbreak have required hospitalization, many of them children younger than 5 years old.

FDA and Centers for Disease Control and Prevention (CDC) are **advising consumers to avoid all pig ear pet treats**. Retailers nationwide have been urged to stop selling the item. Public health officials are **urging consumers to check their homes for pig ear pet treats and throw them away** in secure containers so no animals can get to them. **Anything used to store or serve the pig ear pet treats should be cleaned and sanitized**, including countertops, food bowls, and storage containers. **Multiple brands of product are affected by this recall**.

***Salmonella* can affect animals** eating the pig ears, and there is a **further risk to humans** from handling contaminated pet products, especially if they have not thoroughly washed their hands after having contact with the products. Any surfaces or utensils such as feeding bowls exposed to these products could be contaminated and should be cleaned and sanitized.

Individuals infected with *Salmonella* should monitor for some, or all, of the following symptoms: nausea, vomiting, diarrhea or bloody diarrhea, abdominal cramping, and fever. Anyone exhibiting these signs after having contact with this product should contact their healthcare providers.

Pets with *Salmonella* infections may be lethargic and have diarrhea or bloody diarrhea, fever, and vomiting. Some pets will have only decreased appetite, fever, and abdominal pain. Infected but otherwise healthy pets can be carriers and infect other animals or humans. The FDA and the CDC urge individuals with a pet that has consumed pig ear treats and exhibits symptoms of illness to contact their veterinarian. Updates on the investigation will be posted to the [CDC's website](#). Help keep your pet (and your family) healthy and food-safe! Barb.

nubites™

nutrition tips for today's families

No. 331



zucchini stir fry

Heat 1 tablespoon of vegetable oil in a large skillet. Add 2 cups chopped zucchini and 2 cups chopped tomatoes. Stir and fry for 4 to 5 minutes. Season with garlic powder, salt and pepper and Italian herbs.

Compliments of Chippewa County



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<http://chippewa.uwex.edu/>

12th Annual Chippewa Valley Farm-City Day

Visit Farm-City Day!

- ☒ Learn about agriculture and dairy farming
- ☒ Guided wagon tours
- ☒ Enjoy the petting zoo
- ☒ Kid's play area
- ☒ Lunch available for purchase
- ☒ Admission is FREE!!!

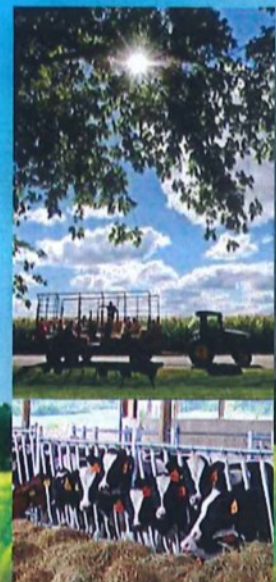
HOSTED BY DENMARK DAIRY LLC
Owned by Dennis & Mary and Karl & Mandy Kragness

09.07.19

Saturday, September 7th, 2019
Join us from 10:00am - 2:00pm
www.farmcityday.com

**E7455 County Rd B
Colfax, WI 54730**

Directions: Take exit 61 from Hwy 12/29 near Elk Mound and turn North onto Hwy 40. After 6 miles, turn left onto County Rd B for 2 miles.



Special thanks to the
Compeer Financial
Fund for Rural America
Grant Program!



f Chippewa Valley Farm-City Day
www.farmcityday.com

CARROT CAKE JAM

Preserving Method: Water Bath Canning

[Makes about 6 \(8 oz\) half-pint jars](#)

Sweetened with crushed pineapple and spices, this sunny fall jam tastes just like carrot cake. It makes a perfect gift for any occasion.

YOU WILL NEED

- 1-1/2 cups finely grated peeled carrots
- 1-1/2 cups chopped cored peeled pears
- 1-3/4 cups chopped pineapple, including juice
- 3 Tbsp lemon juice
- 1 tsp ground cinnamon
- 1/2 tsp ground nutmeg
- 1/2 tsp ground cloves
- 6 Tbsp [Ball® RealFruit™ Classic Pectin](#)
- 6-1/2 cups sugar



DIRECTIONS

1. Prepare boiling water canner. Heat jars and lids in simmering water until ready for use. Do not boil. Set bands aside.
2. Combine carrots, pears, pineapple with juice, lemon juice, cinnamon, nutmeg, and cloves in a 6- or 8-quart saucepan. Bring mixture to a boil over high heat, stirring frequently. Reduce heat, cover and boil gently for 20 minutes, stirring occasionally. Remove from heat and whisk in pectin until dissolved. Bring mixture to a full rolling boil that cannot be stirred down, over high heat, stirring frequently.
3. Add sugar all at once and return to a full rolling boil, stirring constantly. Boil hard for 1 minute, stirring constantly. Remove from heat. Skim foam if necessary.
4. Ladle hot carrot cake jam into hot jars leaving 1/4 inch headspace. Wipe rim. Center lid on jar. Apply band and adjust until fit is fingertip tight. Place jar in boiling water canner. Repeat until all jars are filled. Process jars for 10 minutes, adjusting for altitude. Turn off heat; remove lid and let jars stand for 5 minutes. Remove jars and cool. Check lids for seal after 24 hours. Lid should not flex up and down when center is pressed.

Shared from <https://www.freshpreserving.com/carrot-cake-jam-br1248.html>

Chippewa County

2019 HCE Fall Luncheon

“Falling Leaves”

Saturday, October 19, 2019

Christ Lutheran Church

457 Colome Street, Chippewa Falls, WI 54729

Registration at 11:30 a.m., Lunch at 12 noon



- **Lunch Includes:** meal, beverage and dessert
- **Name Tags:** Each club is asked to make their own
- **Entertainment:** To be determined
- **Registration Deadline (by Club):** September 28, 2019
- **Cost:** \$9.00 per person. Transferrable, but not refundable
- **Make checks payable to:** Chippewa County HCE
- **Questions:** Please contact a member of the OK, Trout Creek or Starlite clubs
- **Handicap Accessible**
- **Directions:** Christ Lutheran Church is located east from RCU, turn from Woodward Avenue to Colome Street.

2019 HCE Fall Luncheon
Saturday, October 19, 2019
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: Dorothy Kaiser
106 W. Southridge Court
Cadott, WI 54727

Registration Deadline:
September 28, 2019