



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

## A Message from Fran Sykora



### Inside this issue:

A message from Fran Sykora	1
Calendar of Events	2
Chippewa County HCE Information	2
Executive Board Minutes	3
In Memory of...	3
Club News & Highlights	4
Cultural Arts	4
Special Interest	4
Wisconsin Bookworms™	5
Scholarships	5
Membership Info	5
Message from Jeanne	6
Wits Workout	7
Recipe	8
Wits Workout Answer Key	9

It has been a very long time since we have been in contact with each other thanks to COVID-19. I hope you were able to avoid becoming ill and now have your shots and are moving on to getting back to your normal lives. I never dreamed that it would last this long.

Your HCE Executive Board had their first meeting on May 6th. We made plans to move ahead. We normally don't meet in the summer so our first real get together will be a fun meeting in the form of a bingo party. I received a lot of feedback from the one we had just before COVID hit. We ended with a bingo party and thought we would start again with one. (More details inside this newsletter.) We need to plan our activities for 2022 and the board members thought we could do this at the bingo party and that way we could have our yearly booklets ready for the meeting in October. Start thinking about things you would like to learn about and do.

We decided against the fall banquet and instead will have a Fall Get Together at the courthouse on October 14. It will start at 9:30 a.m. and be done by noon. We will have a business meeting, give out the year award pins, bookworm awards and hold a memorial for our six members that passed away. Coffee and goodies will be served

I am sad to report the Unlimited Club has disbanded. We will miss you girls a lot!

As of now, we are down to 55 members. We had to pay our state and district dues, but they lowered the amount we had to pay. Our treasury is really low so we need to think of some good money makers. We planned on having a purse auction at the Salad Luncheon, but that never happened. We did not offer the scholarship this year. However, we did pay the two that we picked in 2020. They each received \$250.00. Hopefully we can raise some money and continue this worthwhile project. We will be collecting dues in November. They are \$6.50 for members and \$7.00 for individuals. They should be sent to Dorothy Kaiser at 106 W. Southridge Ct, Cadott, WI 54727/

Enjoy your summer. Have a good Memorial Day, 4th of July and Labor Day. Hopefully we will see you in the Fall.

Take care and stay healthy.

Fran Sykora



## Calendar of Events 2021



**June**

No Events

**July**

7-11 Northern Wisconsin State Fair

**August**

No Events

**September**

7 HCE Executive Board Meeting, 1:00 p.m., Chippewa County Courthouse

15 HCE Bingo Party, 1:00 p.m., Courthouse Room 3

**October**

14 Fall Get Together, 9:30 a.m.—12:00 p.m., Chippewa County Courthouse, Room 3

## CHIPPEWA COUNTY HCE INFORMATION

**2021-22 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

**2021 CLUB PRESIDENTS**

Albertville	Beverly Harper	715-874-5587
Longview	Julie Brindle	715-874-5443
OK	Jean Cronquest	715-289-3497
Pleasant Hour	Maryann Ludwigson	715-723-1583

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

Jeanne Walsh, Family Living Agent, [jeanne.walsh@wisc.edu](mailto:jeanne.walsh@wisc.edu)  
 Heather Lubs, Administrative Assistant III, [heather.lubs@wisc.edu](mailto: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 6, 2021**

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: Alberta Koneazny, Jean Cronquest, Fran Sykora, Dolores Schryver and Dorothy Kaiser.

Secretary's report was read and approved.

Treasurer's report was read and approved.

The treasurer said that the state wants a small amount of money for dues and so does the District. We will take the money out of our account. Regular member dues will be paid in November which are \$6.50 for clubs and \$7.00 for individuals.

Two Scholarships were paid out at \$250 each.

## REPORTS

Jean Cronquest said that there hasn't been any reading of books for Head Start. Books ordered for 2020 were given to the Head Start locations and teachers gave them out to the children. The books for next reading period have been pick out and ordered. Jean hopes we can read in the fall of 2021.

## UNFINISHED BUSINESS

Several people had called Fran about having another HCE Bingo Party. So another one has been scheduled for September 15 in Room 3 of the courthouse at 1:00. Snacks will be provided.

## NEW BUSINESS

There will be a Spring District meeting at Turtle Lake in the park on May 20<sup>th</sup>. In October the Fall Banquet will take place at the Courthouse with coffee and dessert.

Next Executive Board meeting will be September 7<sup>th</sup>.

Meeting closed with prayer creed

Submitted by:  
Alberta Koneazny, Secretary

In loving memory for those we have lost since our last banquet:



Carol Pæck  
Margaret King  
Jean Polzin  
Helen Bowe, Leatrice Dirks  
Joan Schaller  
Karen Klingenberg



We will have a memorial service at the Fall Get Together to remember our dear HCE friends that have passed.



## Club News & Highlights

**Longview:** Our last meeting was held in March 2020 and we haven't been able to meet in our homes. Veronica Knudson organized Zoom meetings for members to communicate on their computers. Four of our members are 90 years young. Congratulations to Norma Ausman, Marie Hayden, Arlene Harrison & Janet Nuenke. Fran Sykora was spotted at a coffee and our newest member, Kayla Perkovich was spotted at a coffee with her 3 month old, little girl Emily. We all are looking forward to meeting in our homes again.



## Cultural Arts

When COVID-19 arrived in 2020, we all were so disappointed that all our HCE events had to be cancelled, including our Cultural Arts—but the good news will be that our projects you were working on or completed in 2020 and 2021 will be accepted in 2022 for judging in our Cultural Arts Contest in 2022. That is a relief. Looking forward to seeing all of you again!

*Dolores Schryver, Chair  
Cultural Arts*

## Special Interest



**BINGO Party**

September 15 at 1:00 p.m.,  
Chippewa Courthouse Room #3

We will play bingo, have snacks and refreshments. Just a fun time to celebrate that we can meet again. We are asking everyone who attends to bring a wrapped \$1.00 prize. Come join us for a fun afternoon.

**Fall Get Together**

On October 14, 2021, we will meet in the Chippewa Courthouse Room #3 at 9:30 a.m. for our fall meeting.

We will have committee reports, give our year pins for those who have been HCE members for 25, 50, 60 and 65 years! If you qualify for one of these, please call Fran at 715-288-6859.

## Wisconsin Bookworm

Greetings from Jean and Wiggly

Unfortunately this year we were not able to read to the children because they didn't want any people in the schools that weren't ABSOLUTELY necessary. Not exactly an ego booster.

We did deliver the books for the teacher's to read to the children and enough to give each of them their own books to take home. It was the best we could do this year.

I was involved in choosing books to read for the next school year. Hopefully we will be able to read in the classrooms by next Fall. I want to thank all the readers that were involved in the program last year and hope that they will want to continue. You will be hearing from me when there is some new information to share. Wiggly has been hibernating too long and hopes that he will be able to see the children soon.

I also want to share with you the fact that I am getting older and its harder for me to do some of the work for Bookworms that needs to be done. I have been doing Bookworms for eleven years and would really like to find someone willing to help carry on this project, as it does a lot of good for the children involved in Head Start in Chippewa County. Please consider this and feel free to contact me if you have any questions or are willing to help. It would be sad to see they program end.



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

## HCE Scholarship



Two deserving High School students were awarded a \$250 scholarship from HCE for their continued education. Selected youth were Rachel Smiskey of Chippewa Falls and Kayli Solberg of Elk Mound. Congratulations to them and best wishes on their continued education.

### 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.

### Member's Pledge:

1. I will treat others in a respectful manner.
2. I will assume the best of others.
3. I will listen and make an effort to understand and respect other's point of view.
4. I will accept assignment(s) with an open mind, a willingness to learn, and be mindful of deadlines.
5. I will be dependable, recognizing the commitment and responsibility to my volunteer assignment(s).
6. I will speak and act in a way that does not demean or offend others.
7. I will be respectful of our leadership

The sun is out, and Spring is here! It has been so good to see so many of you the past few weeks. I am planting, Spring cleaning, and planning for our summer vacation. With our Covid numbers going down around Wisconsin, and the changing COVID policy at the courthouse, I'm spending more time back in my Chippewa County office. All the county educators with UW-Madison, Division of Extension will return to our offices beginning July 1. We are all looking forward to in-person programming, Farm & Technology Days, the Chippewa County Fair, and time to learn, share, and program with each other.

Thank you to all that completed the survey for the Staying Safe at Home. I appreciate your feedback! With HCE returning to action, I will make sure to include Wits Workouts and timely topics for all of you in your HCE newsletter.

With planting season here and canning season just around the corner, here are a few changes and gentle reminders: Recommended jars. Regular and wide-mouth Mason-type, threaded, home-canning jars with self-sealing lids are the best choice. Glass canning jars are available in a range of sizes from ½ pint to ½ gallon sizes. Use only the size of jar recommended in a tested recipe. With careful use and handling, Mason jars may be reused many times, requiring only new lids each time. When jars and lids are used properly, jar seals last through storage and jar breakage is rare.

Lid selection. The common self-sealing lid consists of a flat metal lid held in place by a metal screw band during processing. The underside of the lid contains an applied sealing material that, when heated during canning, softens and flows slightly to cover the jar-sealing surface while still allowing air to escape from the jar. The sealing compound then forms an airtight seal as the jar cools. Unused lids, if stored in a cool, dry location, may often be used for up to 5 years from date of manufacture. To ensure successful jar sealing, buy only the quantity of lids that you will use in a given year. Metal lids are 'one trip' they may be used once and are not designed to be reused. The metal screw bands, if handled properly, many be reused many times.

Do I have to sterilize jars before I use them? Not usually. Jars and lids should be cleaned and washed before use, even jars and lids right out of the box. Use mild soapy water for cleaning, followed by a rinse in clean water. Jars should always be warmed before filling, but they usually don't have to be sterilized. Starting with warm jars will help ensure that jars seal on canning. When the processing time is short, less than 10 minutes, tested recipes recommend filling into pre-sterilized jars. Jars are sterilized by boiling for 10 minutes. Many experienced home canners keep jars hot (or sterilize them) in the canner that they will use for processing.

Is it best to boil lids before I use them? NO! Perhaps 10 years ago the companies that manufacture home canning lids changed the sealing compound in the lid. Now information on the packet of lids will instruct the consumer to wash and dry the lids — that's it! Boiling newer lids may destroy the sealing compound and lead to seal failure. Warming the sealing compound before you apply the lids will not harm the lids and may help jars to seal. [I generally warm jars and lids together in a separate pot.] Be sure that any unused lids are dried before storing them for your next canning session.

Why did my jar lids buckle? The most frequent cause of buckling of jar lids is that the screw band was applied too tight. Screw bands should be applied 'finger tip tight.' The screw band holds the metal lid loose enough so that air can escape from the jar during canning and firm enough so that the lid drops in place to form a seal with the jar rim as the jar cools. If the screw band is applied too tight, air trying to escape from the jar during canning may push against the lid forming a buckle. If the band is applied as tight as possible, the bottom may 'blow out' of the jar as the air expands and struggles to escape.

Do I invert jars once they are done processing and I have taken them out of the canner? This is an unusual question from some callers and is not a good idea. Inverting jars will force the contents against the lid, often forcing the seal to 'break.' Inverting jars may also cause liquid or food to foul the sealing surface, resulting in seal failure.

Do I leave the screw band on when I store my jars in the pantry? At the end of a successful canning process and once jars are cool, remove the bands and rinse jars with warm soapy water and dry. Label jars with the date and name of the recipe. Store in a cool, dry location. Removing the bands helps prevent rust from forming and allows you to notice if the jars become unsealed.

The jar sealed, is the food safe? This is a frequent question during the canning season. Unfortunately, the answer is, 'Not necessarily.' Just because a canning jar seals does not mean that the food inside is safe. The amount of heat needed to seal a jar is far less than the amount needed to destroy pathogens and spoilage organisms and to ensure shelf stability.

Be well,  
Jeanne Walsh  
Human Development & Relationship Educator

# Asian Mango Chicken Wraps

Sweet and juicy ripe mangos are the perfect balance for the savory ingredients in this Asian wrap. Dinner's ready in 30 minutes, or make ahead for a tasty portable lunch.

Makes 4 servings

Prep time: 30 minutes



## Ingredients

- 2 ripe mangos (peeled, pitted, and diced)
- 1 1/2 cups chopped roasted chicken breast
- 2 green onions (sliced)
- 2 tablespoons fresh basil (chopped)
- 1/2 red bell pepper (chopped)
- 1 1/2 cups shredded Savoy or Napa cabbage
- 2 medium carrots (grated)
- 1/3 cup fat-free cream cheese
- 3 tablespoons natural creamy peanut butter (unsalted)
- 2 teaspoons low-sodium soy sauce
- 4 whole-wheat tortillas (8")

## Directions

1. Cut mangos, vegetables, and chicken. Place in a mixing bowl and toss until well mixed.
2. In a small mixing bowl, whisk together cream cheese, peanut butter, and soy sauce.
3. To assemble: lay out tortillas on a flat surface. On each tortilla, spread 1/4 of cream cheese mixture and top with mango, vegetable, and chicken mix. Roll up tightly, tucking in ends of tortilla. Secure with toothpicks.
4. To serve, cut each wrap in half.
5. If not serving immediately, refrigerate; keeps well overnight.

## Notes

**Serving Suggestions:** Serve with an 8 oz glass of non-fat milk.

Source:

Produce For Better Health Foundation