



University of Wisconsin-Extension  
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### Inside this issue:

Message From your Family Living Educator	1
President's Letter	2
Calendar of	3
Chippewa County HCE Information	3
Executive Board Minutes	4
Club News & Highlights	4
Special Interest	5
Wisconsin Bookworms <sup>TM</sup>	5
Cultural Arts	6
Arts & Crafts Corner	7
Leader Telegram Article	8
What's Cooking?	9-10



## A Message From your Family Living Educator

Welcome to apple pies, cinnamon smells, leaves falling, and all those wonderful smells and sights that signify fall is here! What smells come to mind when you think of fall? What memories come forward when you see harvested fields, apples being picked, and pumpkins? Just taking the time to remember sights, sounds, smells, and feelings, help keep your brain and memory strong.

My last month has been a delight! I attended and presented at the WAHCE Conference in Eau Claire, began financial coaching with drug court participants, and connected with more Chippewa County community members and organizations.

I am enjoying getting to know you! I am especially excited about the great line-up of monthly programs that were put together at the 2016-2017 Program Planning Meeting. I will be presenting two of the programs this year, one on canning updates, and one on Pinterest- what it is and how to use it.

I also get to teach a program at your Cultural Arts Craft & Hobby Workshop coming up October 20<sup>th</sup>. My co-worker from Sauk County gave me her presentation, and I will be sharing with you the unique ways to use mason jars. It is also a make-n-take, so everyone will be taking something home! I hope to see you -and remember to bring a pint jar with you for your project.

Jeanne Walsh  
Chippewa County Family Living Educator

**Come said the wind to the leaves one day,  
Come o'er the meadows and we will play.  
Put on your dresses  
Scarlet and gold,  
For summer is gone and the days grow cold.**

George Eliot

## SUMMER'S GONE!

Fall is here and we have a busy few months ahead of us. I hate to think of it, but they are already putting out the Christmas items in the stores. OH MY GOSH!!!

Six HCE members and our FLE, Jeanne Walsh, attended the 2016 State Convention in Eau Claire. Jeanne also presented a workshop this year. We had another apple basket for the convention silent auction and received \$75 for it. This money goes for water filters in Nicaragua. Congratulations to all the winners in the Arts and Crafts contest. Statewide there were 418 entries. Our entries will be on display at the fall banquet and also at the Chippewa Falls Library during HCE Week, November 6-12.

Our Fall Festival banquet will be held October 8 at the Christ Lutheran Church in Chippewa Falls. Hope to see you all there.

Our program for 2017 is planned and our books for the Bookworm™ program are all ready delivered. With just a FEW people we managed to get them done in one day! THANKS JEAN for all your work to collect the money to pay for them, getting the readers, setting up the reading schedules and delivering the books to the three locations. Everyone should be marking down all the hours you donate to HCE activities and report them in May. You would be surprised how they add up. This past year, the state HCE members donated 135,709 hours and donated \$136,484 to HCE projects.

For our November special interest meeting, Mary Rudd, from the County Aging Office, gave a presentation on Medicare and scams which was very interesting.

Some of your HCE Executive Board members will be attending the Northwest District meeting in Menomonie on October 27.

Our annual Arts and Craft workshop will be held in Room 3 of the Courthouse on October 20<sup>th</sup>. Dolores has all the details in her article in this newsletter.

Our monthly breakfast will be October 13 at the Family Restaurant. Hope to see you there!

We are planning on doing the Nicaragua Packing again this year, so when you are doing your fall house cleaning start that box to put in the many things you haven't used for awhile and donate them in May. They take kitchen supplies along with sewing supplies. Those of you that are making the privacy quilts keep doing it. They are badly needed. We will find out how many they collected at the state convention in the next issue of the Update. The table was heaped where they had them. Thanks to all of you in Chippewa County who are doing this.

See all of you on the 8<sup>th</sup>!

*Frances Sykora, Chippewa County HCE Board President*



Picture of apple themed basket auctioned at the State Convention

## Calendar of Events 2016

### **October**

- 4     **Executive Board Meeting**, 1:00 p.m., Extension Office, Courthouse Room 13  
 8     **HCE Fall Luncheon**, 11:30 a.m. registration, 12:00 p.m. lunch, Christ Lutheran Church, 457 Colome Street, Chippewa Falls  
 13    **HCE Breakfast**, 9:30 a.m., Chippewa Family Restaurant  
 20    **Cultural Arts Craft & Hobby Workshop**, 1:00 p.m., Courthouse Room 3  
 27    **District Fall Meeting**, Menomonie

### **November**

- 1     **Executive Board Meeting**, 1:00 p.m., Extension Office, Courthouse Room 13  
 6-12   **HCE Week**  
 10    **HCE Breakfast**, 9:30 a.m., Chippewa Family Restaurant  
 \*     **Bakeless Bake Sale**



**Cookbooks are still available for purchase. Please contact your club president for any books you may need or stop by the Extension Office.**

## **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		
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**

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.**

**Chippewa County Association  
Home and Community Education  
Executive Board Meeting  
September 6, 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 Helene Anderson, Dolores Schryver, and Jean Cronquest and Jeanne Walsh

Secretary's report was read and approved.

Treasurer's report was read and approved.

Helene Anderson was paid for the picture frames and Jean Cronquest receive a check for Bookworms.

Jean talk about getting the bookplates at the conference.

The upcoming Fall Banquet was discussed. There will be two 25 year and one 70 year members being recognition for years in HCE.

Three board members are planning on going to the Fall NW District meeting in Menomonie on October 27, 2016.

The apple basket for the State Convention is being assembled.

Three different craft ideas will be presented at the Craft and Hobby Workshop on October 20, 2016.

Breakfast will be held on October 13, 2016 at Chippewa Family Restaurant.

Next Executive Board meeting is October 4, 2016.

Meeting close with the Prayer Creed.

Enjoy the Fall colors and cooler temperatures.

Submitted by:  
Alberta Koneazny, Secretary



## Club News & Highlights

**Happy:** The club attended the September Special Interest Session on Medicare Updates and Scams. Important take aways from this meeting were: making sure your family knows your wishes by talking to them. Put in place a Living Will which describes the type of care wanted and provides information directly for your physician and does not appoint an agent to make decisions for you. For example, you can desire not to be resuscitated if your illness is at a certain stage. Or that certain treatments should not be administered under any circumstances.

**Longview:** The group voted to make a donation to Feed My People which will also include the club's "Christmas Donation". Dolores and Helene reported on the Program Planning for 2017. Clubbers were reminded of several upcoming HCE events. The clubbers then toured the Feed My People warehouse. (Newspaper article is included in this newsletter)

**OK:** Our club is co-hosting the Fall Banquet. Discussion at this month's meeting focused on planning for the Fall Banquet. Crochet bookworms are needed for this coming year.

**Pleasant Hour:** The September meeting reviewed the Convention recently held in Eau Claire. Winnie reported there were over 420 cultural arts projects on display. The club participants then enjoyed an activity related to a recent Color Books for Adults session Winne attended. Maryann provided an overview of the recent Special Interest session regarding Medicare Updates and Scams. The meeting closed with a reminder of upcoming events and the collection of cleaning buckets to be donated to Beth's church for those in need.

**Unlimited:** The September meeting discussed the newsletter and upcoming events. Janell B will make the nametags. Donna D. and Evie S. celebrated birthdays. Raffle was provided by Sue P. and won by Evie S. Next meeting will be in November.

**Craft and Hobby Workshop**  
**Thursday, October 20, 2016**  
**1:00 p.m. - 3:00 p.m.**  
**Chippewa County Courthouse, Room3**

Come join us for a fun afternoon of crafts and fellowship.

**Jeanne Walsh**, FLE, will show us many ways to use a Mason Jar. If you will be participating in this project, please bring your own pint size mason jar. A small fee will be associated with this craft project for supplies.

**Jane Kragness** will show us a clever way to make aprons.

**Fran Sykora** will be demonstrating how to make a microwave holder for your bowls.

Coffee and treats will be served and door prizes will be given.

Registrations can be made by contacting Dolores Schryver at 715-874-5920.

**Wisconsin Bookworms™**

Greetings from Wisconsin Bookworms and Wiggly,

Since Fire Prevention week is in October, it is a perfect time to read a story about Clifford, the big red dog. The book is called, "Clifford, The Firehouse Dog", and is written by Norman Bridwell.

The story tells about Clifford's visit with his brother, Nero, who is a firehouse dog. It gives Clifford the chance to help fight a fire as well as give some helpful rules regarding fire safety. The illustrations are really cute and the book will be fun to share.

While attending our HCE State Conference, we were given some updated information as to the status of Wisconsin Bookworms in the state of Wisconsin. This is the 18<sup>th</sup> year of the program, and since its beginning we have given away a total of 800,000 books! We have 38 counties participating, and this year have ordered 8404 sets of eight books. We are making a difference!

Happy Halloween,

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

## Cultural Arts

### 2016 State Conference Cultural Arts Results

**Frances Sykora** (Happy) - 3rd Place - Acrylic painting of a cardinal sitting on a birch tree branch

**Pat Dietz** (Albertville) - 1st Place - Colored photography of redwoods

**Pat Dietz** (Albertville) - 1st Place - Black & White photo of winter scene

**Pat Dietz** (Albertville) - 1st Place - Recycled wood sunflower wall hanging

**Jean Cronquest** (OK) - 1st Place - Colored photo of kitten in ice cream pail

**Jane Kragness** (Longview) - 2nd Place - Knitted burgundy shawl

**Bernadine Jackson** (OK) - 2nd Place - Turquoise, multi-colored afghan

**Donna Diermeyer** (Unlimited) - 1st Place - Crocheted southern belle doll

**Deone Jorstad** (Individual) - 1st Place - Recycled water bottle flowers on a glass tray

**Dorothy Kaiser** (OK) - 2nd Place - Hardanger print

**Grace Kreutzfeldt** (OK) - 2nd Place - Machine quilted bird table topper

Bonus "Let's Make Music" - **Unlimited Club**

The Cultural Arts will be on display at our Fall Conference on October 8th. The entries will also be on display at the Chippewa Falls Library during HCE Week, November 6-12th.

*Dolores Schryver, Cultural Arts Chairman*





## DIY Pumpkin Terracotta Pots

Here's what you'll need:

- Terracotta pot and corresponding lid
- Acrylic paint in cream, orange and brown
- Adhesive (such as Weldbond)
- Wooden knobs
- Coiled floral wire
- Wire cutters
- Paint brush
- Sand paper

And the steps:

1. Paint your terracotta pots and lids with a rough layer of cream paint. You don't have to make sure there is complete coverage as you'll be painting over the cream...this is just for layering for later on in the process!
2. Once dry, paint your terracotta pots and lids with your orange acrylic paint. You might have to paint a few layers (allowing them to dry in between) to get the coverage you're looking for.
3. While your pots are drying, paint your small wooden knobs with brown acrylic paint and let dry.
4. Once lids, pots and knobs are dry, you'll want to glue your wooden knob in the middle of the "bottom" of the lid. For this craft we'll be inverting the terracotta lids to act as actual jar lids. Let that glue dry.
5. Now comes the fun part! Now you are going to "rough up" the jar with a little piece of sand paper. Distressing painted jars always adds fun and character! And because you painted on a cream base first, you'll see those edges and areas really highlighted.
6. Last but not least, once the knob is firmly affixed to the top of the lid, cut a length of coiled floral wire and twist around your finger to add a little curly stem to the top of your jar. Simply wrap the wire around the knob to hold in place

Project courtesy of Real Housemoms: <http://realhousemoms.com/diy-pumpkin-terracotta-pots/#comment-348542>



# LEADER-TELEGRAM

Serving Eau Claire, Wisconsin, and surrounding communities

## Packing for a cause: Program feeds schoolchildren in need on weekends

### Weekend Kids Meal program expanding to meet growing need of schoolchildren living in poverty in Eau Claire and Chippewa Falls

posted: September 14, 2016 12:11a CST

by / Eric Lindquist. [bio](#) | [email](#)

Volunteers worked their way up and down the "pack line" Tuesday morning at Feed My People Food Bank filling lunch bags with apples, bananas, cereal, canned corn, granola bars and other healthy food items.

It was the first of four weekly lunch-packing sessions that provide weekend meals for needy students from preschool through high school age in Eau Claire and Chippewa Falls.

The Weekend Kids Meal program will deliver food to more hungry students than ever this fall, as Feed My People is expanding the effort to more 4-year-old kindergarten and pre-Head Start programs. The program reached nearly 2,100 students at 38 sites last year, and those numbers are expected to rise by an undetermined amount as a result of the expansion, said Suzanne Becker, assistant director of the Eau Claire-based nonprofit agency.

"There is an additional group of kids out there we really want to reach," Becker said. "It's really important in those early years that kids get the nutrition they need."

More than 40 percent of students in west-central Wisconsin qualify for the federal free and reduced-price lunch program, and many of those children go home uncertain about how much food they will have access to over the weekend when school meals aren't available. Students who receive Weekend Kids Meal bags get food for two breakfasts and two lunches, including fruits and vegetables, to take home for the weekend.

Images:



Staff photo by Dan Reiland - Volunteers, from right, Mike Giedd of Elk Mound, Jane Wood of Eau Claire and Victoria Clemann of Eau Claire help pack kids' lunches Tuesday at Feed My People Food Bank in Eau Claire. The food bank is expanding its weekend meal program for students this fall.



Staff photo by Dan Reiland - Volunteers, from right, Mike Giedd of Elk Mound, Jane Wood of Eau Claire and Victoria Clemann of Eau Claire help pack kids' lunches Tuesday at Feed My People Food Bank in Eau Claire. The food bank is expanding its weekend meal program for students this fall.

Carol Ingersoll, an Eau Claire woman who has volunteered for the program for six years, said teams of 15 to 20 volunteers pack the lunches on Tuesdays, Wednesdays and Thursdays. The crew packed about 200 lunches Tuesday morning before shifting their efforts to repackaging items donated in bulk, such as a gigantic box of Cheez-It crackers from Kellogg Co., into smaller packages.

"It's a way to give back to the community," Ingersoll said. "We know there is a need."

Addressing childhood hunger is a top priority at Feed My People, and Becker said the gratitude expressed by families served by the weekend meal program is extremely touching.

"When any of us are hungry, it's hard to focus, and when you suffer from kind of hunger day after day and year after year, you fall behind continuously," Becker said. "This program is about removing that barrier. We don't want hunger to be the reason any of these kids don't succeed."

Contact: 715-833-9209,  
[eric.lindquist@ecpc.com](mailto:eric.lindquist@ecpc.com), @ealscoop  
on Twitter

# Arroz Con Pollo

**Prep time:** 30 minutes

**Cook time:** 1 hour, 15 minutes

**Makes:** 4 Servings

This stewed chicken and rice dish comes together with tomatoes and traditional seasonings. This one-pan meal is an all time favorite.

## Ingredients

**1 cup** long-grain white rice (uncooked)  
**4** 6-ounce chicken thighs (bone-in, skin removed)  
**1/2 teaspoon** Kosher salt  
**1/2 teaspoon** black pepper  
**1** yellow onion (peeled and chopped)  
**1** bell pepper (cored, seeded, and chopped)  
**3** garlic cloves (peeled and minced)  
**1 teaspoon** ground cumin  
**1 teaspoon** dried oregano  
**1 can** 14.5 ounce low-sodium diced tomatoes (including liquid)  
**2 cups** water  
**1** cube chicken bouillon

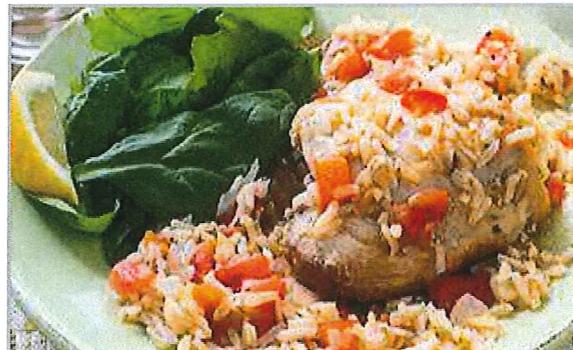
## Directions

### To prepare the rice:

1. Cook as directed on the package.

### To prepare the chicken:

2. To trim the chicken, lay the chicken thighs on the cutting board, skin side up. Push the chicken down a bit so the excess fat is on the cutting board (the excess is the part that isn't right on top of the chicken). Now,



## Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	363	
Total Fat	9 g	14%
Protein	26 g	
Carbohydrates	45 g	15%
Dietary Fiber	5 g	20%
Saturated Fat	2 g	10%
Sodium	580 mg	24%

## MyPlate Food Groups

Vegetables	3/4 cup
Grains	1 1/2 ounces
Protein Foods	3 ounces

using kitchen scissors or a sharp knife, cut off and throw away the excess fat. Pat the chicken dry with paper towels, then throw the towels away.

3. Place the skillet over medium high heat and when it is hot, add the chicken thighs, skin side down and cook until browned, about 5 minutes on each side.
4. Turn the heat off, carefully remove the chicken from the skillet and transfer to the plate. Pour off all but 1 tablespoon fat.
5. Reheat the skillet over low heat and add the onion, pepper, garlic, cumin, and oregano and cook until the onion is softened, about 10 minutes.
6. Add the cooked rice and tomatoes and stir well.
7. Add the water and bouillon cube and bring to a boil over high heat. Add the chicken, skin side down, turn the heat down to low and cover.
8. Cook for 20 minutes and then carefully flip the chicken, so that the skin side is up.
9. Cover and cook for an additional 20 minutes. Serve right away.