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Transforming Lives, One Person, One Family, One Job & One Community at a Time.

The Chalkboard

A monthly update brought to you by Literacy Volunteers - Chippewa Valley

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December 2013

From the Desk of Director

I had lunch with students, tutors and staff at Family Literacy December 19. What a celebration of diversity and cultures! One of our instructors said, "Raise your hand if you are a student." Sixty hands enthusiastically flew up



in the air. "How many of you are tutors?" The tutors humbly raised their hands. Afterwards we shared a meal with food brought by our tutors, students and staff. We ate Mexican tamales, sweet Lebanese delicacies, Hmong egg rolls... too many delicious things to even begin to name!

Afterward I had a chance to talk with Bob, a retired math professor from UWEC who is one of our tutors. Talking with him reminded me that too often our tutors/teachers

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Holiday Office

Hours

December 31, 2013

New Year's Eve

Closed

January 1, 2014 New

Year's Day Closed

GED Honor Roll

Congratulations to students receiving GED credentials!

Jodi C.

Jenna G.

Sandra S.

Nathan

Jeremiah

Semaj

Brandy

...that I often find myself thinking about my teachers here. I don't give themselves enough credit for the wonderful things that they do in helping our students succeed. I had a flashback to my experience with algebra in high school. When my husband and I went to Hawaii for our 25th wedding anniversary we ran into a couple from Wisconsin. The conversation went something like this...

Me: "Where are you from?"

"I'm from Appleton"

Me: "Me too!"

"Where did you go to school?"

Me: "I went to Appleton West..."

"Oh, my husband was a math teacher at Appleton East. He's retired now."

Me: "Oh, what's his name?"

"Pike"

Me: "Oh my gosh, I took a summer school algebra class from Mr. Pike. He was the best teacher I ever had. I still remember to this day, he said, "Math is just a game. All you need to do is to remember the rules."

Mr. Pike cried; I cried. I will never forget Mr. Pike and the impact he had on my life.

Tutors, please remember, you are Mr. Pike. Thank you for what you do! We could never, ever, do this without you!

Happy Holidays! Wishing you and your families a wonderful 2014!

Lifting Every Voice - Celebrating Connections

A Martin Luther King Jr. Day Event will be held January 20, 2014 at the First Congregational United Church of Christ located at 420 Wilson Avenue in Menomonie.

- Readings from the Creative Writing Class, taught by LVCV volunteer tutor Mary Riordan in the Dunn County Jail
- Music
- Refreshments

Sponsored by:

- LVCV
- Red Cedar Peace Initiative

HSED

Congratulations to HSED recipients!

Cortez

Wall of Citizens

Congratulations to students becoming U.S. citizens!

Pai

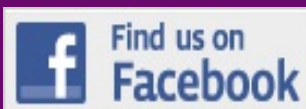
Irene

Simeon



Wish List

Literacy Volunteers Chippewa Valley has a wishlist on Amazon.com.



- UW-Stout Ally Initiative

Free will offering to benefit our literacy programs

Save the Date for SCRABBLE BEE!

Mark your calendars! The 13th annual ScrabbleBee will be held April 24th, 2014 at 29 Pines.



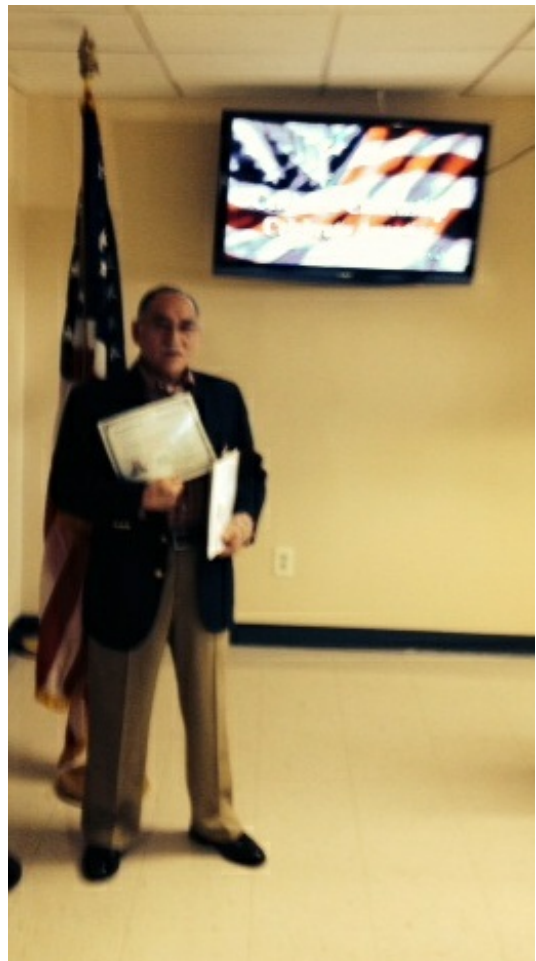
Is your company interested in sponsorship opportunities? Please contact mjvangompel@lvcv.org.

Or for more information on ScrabbleBee please visit our website: <http://www.lvcv.org/scrabble-bee>

45 Years Later

Simeon achieved a personal goal that he set when he was 19 years old — to one day become a US Citizen. Forty-five years later his dream became reality.

On Friday, November 22, I drove Simeon, his wife Maria, and Jimmy (one of his 3 sons) to the USCIS Office in Bloomington, MN for his 9:30 am appointment for his Citizenship



Interview and Test. His test lasted roughly 15 minutes. He handled questions about his N-400 application and did very well on the Civics test. What made it a very special

experience was that at 2 pm, in the same USCIS building, everyone who passed their Interview and Exam participated in the Naturalization Ceremony and received their Certificate of Citizenship.

Thank you for your careful counsel and encouragement to both Simeon and myself over the past year! Beginning last November, Simeon and I met 44 times. Since Simeon's wife, Maria, and all three sons have become naturalized US citizens, the whole family is now celebrating Simeon's achievement with great pride and joy! Simeon and I hope you and your family have a happy New Year!

Written by Tutor, Chuck Gavin

Bridges to Healthcare (B2HC)

Interested in pursuing a career in healthcare? A **FREE** two week B2HC Healthcare Academy is designed to provide students an introduction to healthcare career options



through hands-on and applied learning opportunities in the classroom, as well as tours of local health-related facilities, healthcare education and training facilities. Participants will also learn healthcare industry expectations, working conditions, demand and compensation opportunities. In addition, students will receive training in medical terminology, and obtain CPR & First Aid Certification.

The next Healthcare Academy will be held at Chippewa Valley Technical College in Eau Claire at the Health Education Center, **January 6-15 from 9:00 am - 4:00 pm daily or February 3-13 at Chippewa Valley Technical College in Chippewa Falls.** Apply by going to <http://www.workforceresource.org> and clicking on job seekers application, then click on the Bridges2Healthcare logo and complete the application. You will be contacted by Workforce Resource staff to set up an appointment to register. Questions? Contact Sue Lane at 715-723-2248.

Family Literacy Celebration

LVCV's Family Literacy Program ended its fall semester on December 19th with a potluck celebration. Highlights of the morning included gifts for all Family Literacy students that were



provided through the generosity of Charles Ivey, a volunteer who has tutored LVCV students for more than 20 years. Santa surprised the families' pre-school children with a visit, giving each child a gift-wrapped book donated by the Friends of the Eau Claire Library. More than a dozen volunteer tutors joined literacy students and staff for a lunch featuring traditional dishes prepared by students from Laos, Thailand, Mexico, and several African countries.

12 Tips for Staying Motivated to Exercise

I keep myself motivated to exercise by reminding myself of all the benefits. Personally, I find I'm more motivated by short-term gratifications like "I'll feel more cheerful" or "I'll sleep better" than long-term considerations like "I'll live longer" or "If I have surgery, I'll recover quicker."

1. Remember, exercise for SANITY not VANITY. If you're exercising only to lose weight, it's easy to get discouraged. Exercise for other reasons, and you're more likely to stick to it. And it is true that people who exercise regularly tend to be far more successful at maintaining weight loss.

2. Exercise boosts energy. It took me a long time to notice that I'd drag myself to the gym, work out for forty minutes, and leave feeling far more energetic than when I went in.

3. Exercise provides an outlet for feelings of pent-up hostility, irritation, and anger. I always find that I'm more even-tempered on days when I've exercised. Negative emotions require a lot of energy.

4. The consistent, repetitive motion of exercises like walking and running brings a serene mood and clarifies thinking. I've had all my best writing ideas when walking or running, and sometimes assign myself a particular problem to think over during a walk.

5. Yoga is relaxing and calming. I do yoga regularly, but must confess I don't empty my mind, meditate, or find it a particularly spiritual endeavor. But I know that many people find those aspects of yoga the most valuable.
6. Sticking to an exercise regime raises your self-esteem for the very fact that you're sticking to an exercise regime.
7. Exercise offers a chance to be alone and uninterrupted—a relief if, like me, you're often surrounded by distractions. Of course, it also offers a chance to get together with other people.
8. When you experiences stress, your body prepares for “fight or flight” with a huge number of biochemical reactions. A stressful event these days, however, is more likely to require a phone call than a sprint uphill. The potentially damaging byproducts of the stress response, such as cortisol, nevertheless continue to pump through the body. Regular exercise helps to ameliorate these effects.
9. Some people get a “runner's high,” but even those who, like me, never get quite that euphoric nevertheless get a huge boost in mood from frequent exercise.
10. Exercise helps you fall asleep more easily and sleep more deeply.
11. People who exercise handle old age better: they move more easily and energetically. I think a lot about how to set myself up now to be in good shape much later.
12. I make exercise more satisfying by considering the pleasure of being able to work out easily and without pain—no wheelchair, no crutches, no brace, no trick knee or bad back.

Taken from The Happiness Project author Gretchen Rubin

Welcome New Tutors

Recently we completed our second round of fall tutor training. Joining our ranks as new tutors are:

Dottie Chambless
Kathy Emmons
Robb Jirschele
Mary Jurmain
Chris Lace

Mary Ryberg
Dustin Steinbrecher
Cindy Tate

Staff are happily making pairs, small groups, and program placements through and after the holidays. Thank you, new tutors!

Interested in our winter tutor training? contact:
Cheryl Sutter @ 715-834-0429 or visit the website
<http://www.lvcv.org/tutor-training>

Spotlight On Support

Newly trained tutor Shirley Lynn and her daughter Nicole Kelm have an ongoing tradition of baking holiday cookies and offering



them to co-workers for a donation. Shirley and Nicole have generously chosen LVCV to receive \$95 of baking goodness. We are as pleased as punch (and cookies) for their fun and giving activity. Thank you, Shirley and Nicole (and your wonderful co-workers)!

Green Thumbs Wanted

Volunteer wanted to re-pot plants in the Eau Claire Office at Banbury Place. Contact Cheryl Sutter @ 715-834-0429 or csutter@lvcv.org

Faith Partners

Thank you to Faith Partners for raising \$30,000 by December 1st. Their efforts were matched by the Jessie Ball duPont Fund for a total of \$60,000. This funding provides care and education for children of adults participating in our Family Literacy program.

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