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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

## November 2013

### In This Issue:

- B2HC
- From the Director
- Did You Know?
- Tips for Boosting Your Energy
- Stakeholder Article
- Celebrate Writing
- ScrabbleBee
- Holiday Hours
- Annual Report
- Wish List

### From the Team at Literacy Volunteers



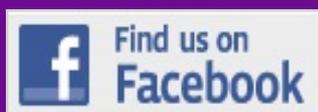
The staff of Literacy Volunteers would like to wish you and your family a Happy Thanksgiving! We are grateful for all you do.

### Bridges to Healthcare (B2HC)

Do you know someone who may be 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, including 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 CPR & First Aid Certifications.

The next Healthcare Academy will be held at Chippewa Valley Technical College in Eau Claire at the Health Education Center January 6-15 from 9:00am to 4:00pm daily. Apply by going to [www.workforceresource.org](http://www.workforceresource.org) and clicking on job seekers application. 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.

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### **From the Director: Never Too Late**

Last week we had several students stop by our office to find out how they did on their GED tests. I love the opportunity to get out of my office and away from my desk to talk to our students about what they have accomplished, whether it be passing a test, gaining citizenship or getting a job. I was struck by this particular student story because it reminded me that it is never too late for learning! She said,

"I had dropped out of high school after my eleventh year to get married and have a baby. Years go by and four children later I was too busy to think about it. Later, when my children were grown, I took a Nursing Assistant course at the Rice Lake Tech. A high school diploma was not required."

"My husband's job relocated us to Eau Claire. I applied at a local hospital for a nursing assistant position. I was told they were not hiring assistants at that time. They had a position open in Food and Nutrition. I took the job and worked as a cashier and caterer for 24 years until I retired. I enjoyed my work, but was always disappointed with myself for not getting my diploma."

"A year later I decided to go back and work part-time. It was then I found out the policy had changed. No one was hired without a high school diploma or GED. That was the last straw. I'm getting my GED. I made some calls from the yellow pages and was referred to Literacy Volunteers."

"Thanks to them for all their help and encouragement, at 68 years old I have my GED. I plan to enroll at the Tech to get my Nursing Assistant Certificate. I have a sense of accomplishment that makes me happy. I know I can do anything if I try. There is no age limit on learning."

I hope that each of you to continue to learn something new everyday! Happy Thanksgiving!

- MaryJo VanGompel, Executive Director

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### **Did You Know ?**

We are open on Thursday nights until 8:00 p.m. at our Banbury Place office. We have several student/tutor rooms available. Sign up now!

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### **8 Tips for Boosting Your Energy RIGHT NOW**

It's hard to feel happy when you're dragging around. Simple tasks seem overwhelming, people seem annoying, and nothing seems fun. Lots of good results flow from having plenty of energy. Life just seems more manageable. Also, studies show, you're more likely to feel good about yourself, and not only that, being considered an "energizer" makes you more likely to win a positive work evaluation. For long-term energy, it's most important to A) get enough sleep and B) get some exercise. But that doesn't help you if you need some energy RIGHT NOW. If you're desperate for an immediate boost, try these tips:

1. **Go outside** into the sunlight; light deprivation is one reason that people feel tired. Research suggests that light stimulates brain chemicals that improve mood. For an extra boost, get your sunlight first thing in the morning. And while you're outside...

2. Go for a **brisk walk**. One study found that even a ten-minute walk was enough to supply a feeling of energy and decreased tension.

3. **Act with energy**. We think we ACT because of the way we FEEL, but often we FEEL because of the way we ACT. Trick yourself into feeling energetic by moving more quickly, pacing while you talk on the phone, and putting more energy into your voice.

4. Listen to your favorite **upbeat song**. Hearing stimulating music gives an instant lift and is one of the quickest, most reliable ways to affect your mood and energy level. I'm always surprised by the effectiveness of this strategy.

5. **Talk** to an energetic friend. Not only do we gain energy from interacting with other people, we also — in what's called emotional contagion — “catch” their emotions. Instead of infecting others with your draggy mood, try to lift yourself by catching the energy of a boisterous friend.

6. Tackle an item on your **to-do list**. Unfinished tasks weigh us down. So if you feel bad about never having had a skin-cancer check, or not having completed an over-due report, or not having faced this month's bills, force yourself to tackle one thing that's nagging you. It's tough, but you will feel a HUGE rush of energy when you cross it off your list.

7. **Clean up**. I'm not sure why tidying makes such a huge difference, but when I feel like I can't face the day, I just tidy up my desk, and I perk right up.

8. **Eat** — if you're hungry. If you're actually hungry, eating makes a huge difference to your energy. Both my children become very droopy and crabby when hungry, and I've learned the hard way to pay close attention to this; I suffer from it myself. During the workday, my husband will go far too long without eating, so I try to remind him to eat enough, as well. However, it can be tempting to eat a snack to try to get an energy boost even when you're not hungry. If food isn't the problem, other strategies to boost your energy may be healthier.

“Exuberance is beauty,” William Blake wrote, and it's surprising how much sheer energy level can affect the quality of the happiness of a day. What have I overlooked? Do you have any great short-term energy-boosting strategies?

## We Are All Stakeholders

Thanksgiving give us the chance to slow down in life and not only be thankful, but also show appreciation for the things we are thankful for — family, friends, good health, jobs, our abilities, our successes... the list could go on and on.

My name is Dustin and through the CVTC work study program, I have the most amazing opportunity to become part of Literacy Volunteers Chippewa Valley and pursue my passion of helping people. I want to thank everyone that contributes to success of this organization and also share what I find to be a strong measure of success. The following words were written in 1904 by Stanley Harvard and were based on words he heard from his grandmother Bessie Anderson Stanley.

“To laugh often and love much; to win the respect of intelligent persons and the affection of children; to earn the approbation of honest citizens and endure the betrayal of false friends; to appreciate beauty; to find the best in others; to give of one’s self; to leave the world a bit better, whether by a healthy child, a garden patch or a redeemed social condition; to have played and laughed with enthusiasm and sung with exultation; to know even one life has breathed easier because you have lived — this is to have succeeded.”

Based on this measure of success, Literacy Volunteers Chippewa Valley is successful and those who contribute are successful. Together, we will continue to be successful because of our desire to leave the world a bit better. I cannot speak for those who we help, but I want to let each and every one of you know that I breathe easier because of you. Thank you for sharing your success and enabling me to find my own success.



### About the Author

*Dustin is a transplant from Green Bay WI arriving in Chippewa Valley about a year ago. He is a student at Chippewa Valley Technical College finishing up his associates in business management and will graduate this spring.*

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## Celebrate Writing

Each year students are given the opportunity to be published in a book of student writings. You and your student(s) will each receive a copy at *Celebration of the Stars* that will be held May 20, 2014. Please encourage your student(s) to participate!

**“The Happiness Interview”** is the theme for this year’s book. It ties into a United Way Funding Initiative – Total Health and Well-Being. Part of our United Way funding is to demonstrate that our tutors and students report greater satisfaction and happiness as a result of their involvement with Literacy Volunteers Chippewa Valley. United Way works with health and human services agencies, businesses and volunteers on improving lives. They are a partner in making the Chippewa Valley a stronger healthier, more compassionate community.

For more on celebrate writing please follow the link below  
<http://www.lvcv.org/celebrate-writing>

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### **Save the Date for SCRABBLE BEE!**

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

Would your company like to sponsor our event or a team?



Interested in volunteering to be a Word Waiter? Please contact [mjvangompel@lvcv.org](mailto:mjvangompel@lvcv.org).

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

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### **Holiday Hours**

Literacy Volunteers Chippewa Valley will be closed on the following days:

- December 24th Christmas Eve
  - December 25th Christmas Day
  - December 31st Closing at noon
  - January 1st New Years Day
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### **Annual Report**

Our Annual Report for [fiscal year 2012-2013](#) is now available!

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## Wish List

Literacy Volunteers Chippewa Valley has a wishlist on the [Amazon website](#). Other items that we could use for our tutor programs and classes include:

- **Special Projects:** We need fleece and/or sweatshirt fabric for a special holiday project at Family Literacy.
  - **First class postage stamps:** Because many of our learners do not have digital literacy (access to email, voicemail, websites, etc) we rely on old-fashioned mail to communicate with them.
  - **General classroom or office supplies:** Post-it notes, dry-erase markers, spiral notebooks, pens, pencils, copier paper, envelopes, etc. are always appreciated.
- Special Student Celebration:** Items such as plastic forks, spoons, paper plates and styrofoam bowls.

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