

Chamber January 2019 Volume 9, Issue 1

Clintonville Moose Lodge Is Under Construction!





Aquaman Movie – Clintonville Trailer

Xventure is super stoked to welcome Jason Momoa - prideofgypsies, from the AquamanMovie, into their #XVENTUREfamily! They delivered this kitted out #XV2 trailer to him to pull behind his EarthRoamer. James Baroud General Tire Black Rhino Wheels Alu-Cab: Ultimate Overland Products Line-X Extreme Coating of Clintonville.



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Monday - Thursday 9 am - 4 pm

NEW Friday 9 am – 2 pm

> Saturday and Sinday Closed

Chamber Connection

Officers

President Wendy Pringnitz Bank First

Past - President Sara Mullen-Hornung Cambridge Design & Print

President Elect
Kim Manteuffel
FVTC Clintonville Regional Center

Treasurer Brian Lange KerberRose SC

Directors

Amy Goerlinger Walker Forge

Erica Hundertmark A & W Restaurant

Nathan Sproat Green Tree Rehab.

Gladys Schultz Trophies & Treasures

Steve Schutt Schutt Industries

Staff

Interim Executive Director Elena Kowalkowski

Board Meetings
2nd Tuesday of the Month
7:30 a.m. at Chamber Office



Dear Members,

Our Executive Director, Suzanne Wittman accepted a new position in Appleton. During her time at the Chamber, she has grown our membership, worked with the city, collaborated with our schools, built business partnerships, grown events, and more. We wish Suzanne the best on her new endeavor.

Thanks for doing business with us.

Sincerely,

Elena Kowalkowski

Office Assistant/Event Coordinator Clintonville Area Chamber of Commerce

1 S. Main Street Phone: 715-823-4606





State Farm Insurance Ribbon Cutting

Congratulations to Kelly Trebus - State Farm Insurance Agent for taking over our local State Farm Agency! Thank you to everyone who came to the ribbon cutting! They are located at downtown Clintonville at 40 S Main Street or 715-823-5115 or www. kellytrebus.com





Chamber Connection

Design & Layout courtesty of





- Graphic Design
- Printing
- Web Design
- Social Media Marketing
- Invitations
- Apparel
- Promo Items
- Photo Restoration

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Started over 31 years ago by Tim Schley, Schley Buildings is dedicated to providing you with the highest quality post-frame buildings in the Midwest. By using glued-laminated columns instead of poles, top quality steel, and the best doors and windows available at a fair price, Schley buildings provides quality that lives up to expectations. In over 31 years of operation we've never had a building fall! Give us a call at 715-823-6109 or visit our website, schleybuildings. com, to learn more about having Schley Buildings get you the building you need.



Give Chamber Bucks

Chamber Bucks are great gift for your friends, family, co-workers, employees and more! Give them for birthdays, anniversaries, employee incentives, and more!

Chamber Bucks start at \$25. Chamber Bucks are not redeemable for cash. They are available for purchase at our Chamber Office Monday - Thursday 9 am - 4 pm and Friday 9 am - 2 pm. We are located at 1 S. Main Street, Clintonville, WI 54929. Call ahead and we can have them ready for you! 715-823-4606



Tickets On Sale Beginning January 14 For Broadway Quality Show February 15, 2019 at 7:00 p.m. Clintonville High School Auditorium

BIG SONG. BIG DANCE. BIG BAND. BIG ENTERTAINMENT!

Tickets available locally at B&H Fashionwear, Tadych's Econofoods, Clintonville High School Office, Marion Advertiser

Available online at eventbrite.com (except Family tickets)

Note: If still available, tickets purchased at the door will be \$2.00 more for Adult and Student and \$5.00 for Family Pack.

Tickets:

Adult (age 19 & above)	\$10
Student (age 18 & under)	\$5
Family (2 adults & up to 4 students)	\$25

Show is sponsored by the Clintonville Lions in partnership with the Clintonville High School Music Department







Sexual Abuse and Exploitation: What do you need to know?

Sexual abuse, pornography, and trafficking are rampant all across the nation in communities just like ours. These interactive sessions will raise awareness and provide tools to spot and stop the devastation of sexual abuse and exploitation in our community. This three part informational series is open to all community members*.

Session One: Thursday, January 17- 6:30 PM-8:00 PM At Mission of Hope House, New London

Broken or Beautiful:

One survivor's journey out of the darkness of chronic sexual abuse and exploitation.

Session Two:Thursday, January 31-6:30 PM-8:00 PM At Mission of Hope House, New London

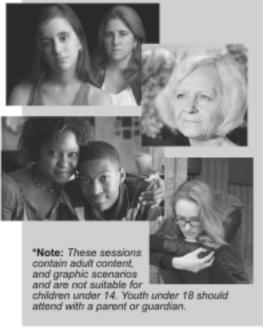
Sexual Abuse and Exploitation 101:

Understanding the statistics, definitions, and trends in our community.

Session Three:Thursday, February 7- 6:30 PM-8:00 PM At Mission of Hope House, New London

Reconnecting with Hope:

Raising awareness about myths, signs of sexual abuse and exploitation, and how to take action in your community.



Sponsored by:





Classes are free, but registration is required. Register by calling (920) 249-4705, or email class.signup.mohh@gmail.com



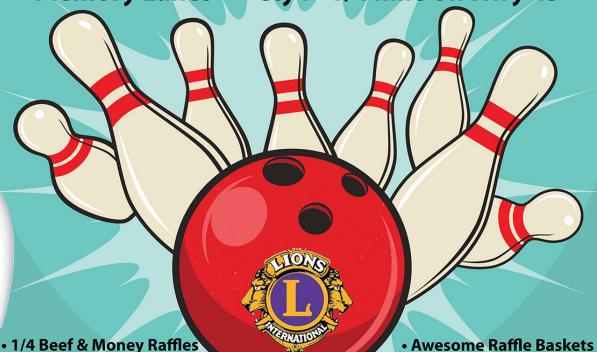
Broken or beautiful? Our presenter spent a lifetime trying to answer that question after surviving a volatile life of violence and chronic sexual abuse in her childhood and young adult years. Her survivor story is relatable to our hurting world and offers a path to healing for survivors and those who care for them. Trish Propson enthusiastically serves sexual abuse and exploitation victims, care givers, and first responders as a licensed crisis response chaplain and certified counselor. She is a speaker, author, and teacher devoted to raising awareness about sexual abuse and the impact it has on survivors.

201941th Annual

BEAR CREEK LIONS CLUB 9 PIN TAP TOURNAMENT

Fri., Jan. 25th 7:00pm • Fri., Feb. 1st 7:00pm Sat., Feb. 2nd 7:00pm

Memory Lanes • Cty I - 1/4 mile off Hwy 45



SQUAD LEADERS - Bring in a squad of 16 bowlers, receive 1 FREE Entry!

Bowl 4 Games

Bowling \$6 Prize Fund \$8 Tournament Fee \$6 Total Per \$20

Bowlers Only Event

MAXIMUM HANDICAP MEN 40 • WOMEN 50

MEN 40 • WOMEN 50
Per game 80% of the difference

between bowlers average & 200

HANDICAP

2017-2018 AVG. RULE

Highest year end average of 21 or more games (If no average, men 175 scratch, women 145 scratch)

Improved Ticket Raffle Gifts

10 PIN RULE

9 Pin is a strike! Colored Head Pin/Natural Strike - \$1 Drink Ticket

PRIZE RATIO

1 in every 6 will receive PRIZE MONEY! Bowl a 300 game and receive one Hamburger Basket from Memory Lanes.

Call Memory Lanes to reserve your bowling time. 715-823-6555

For more information, call Carl Aschliman 715-853-4775



The Art of Japanese Water Marbling: Suminagashi Class

Saturday, February 9th at 10 am – 12 pm Navarino Nature Center

Join us for a morning of meditative art-making as Ally Wilber instructs on the ancient art of suminagashi, "floating ink" or water marbling. Open to everyone regardless of age or experience level.

Each student will take home a stack of their very own hand-made suminagashi pieces (perfect for cards, gifts, tags, and even wrapping paper!). At the end of the class Ally will also be teaching some paper folding techniques. Feel free to bring your own papers, however a variety of paper will be provided for the class.

Cost: \$25 Members/\$30 Nonmembers

There are limited spots open, so RSVP as soon as possible!

RSVP by calling 715-758-6999 or register online at www.navarino.org call 715-758-6999



2019 Clintonville Area Chamber Calendar

- Caps & Corks March 30
- 8th Grade Career Fair April 10
- Girls Go Crusin' May 1
- Chamber Golf Outing June 13
- Sidewalk Sales Aug. 2-3
- Fall Frenzy Sept. 21
- Moonlight Madness Oct. 24
- Annual Banquet Nov. 7
- Small Business Sat. Nov. 30
- Christmas Parade Dec. 2
- Community Tree Lighting Santa Meet & Greet – Dec. 6
- Chamber Board 2nd Tuesday 7:30 am at Chamber Office

Home Sweet Home - Painting

Thursday, January 31st at 6 pm – 8 pm No Boundaries Nutrition

Join us for our Home Sweet Home painting event with Pam. Healthy smoothies, New Energy Mixers and make and take craft included.

Come have FUN, as Pam leads us in creating these super cute shelf sitters! You will be making BOTH the plaid house cutout AND the "Home Sweet Home" cutout!

Bring a friend or two. ** Limited to 12 people** Cost is \$42 that includes a shake combo of your choice!

Call 715-460-3600 to save your spot! Our paint classes always fill VERY QUICKLY!!!



SERVING THE CLINTONVILLE COMMUNITY

12 W. Madison Street, Clintonville Wisconsin

6 I www.clintonvillewichamber.com

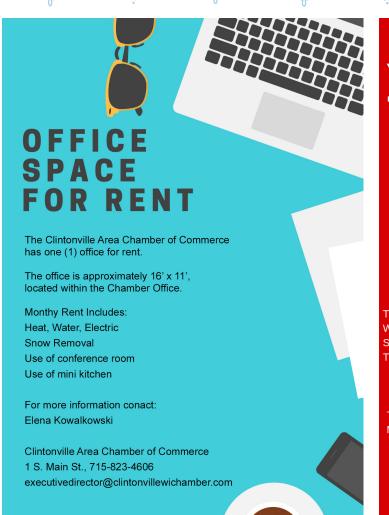
Congratulations!

January Business Anniversaries

Greentree Health & Rehab Center - 1965 54 Years Erickson Home & Medical Equipment - 1962 Years Clintinville Area Ambulance Service - 1980 39 Years D. Mitchell Interiors, Inc. - 1989 30 Years Thedacare Foundation - New London - 2003 16 Years Faith Lutheran Church - 2010 9 Years







💼 LEARN CPR. 💼 YOU COULD SAVE A LIFE.



BLS Healthcare Provider CPR / CPR Update

Class Fee: \$27.27 (Age 62+ \$14.35)

Thursday, January 17, 2019 Wednesday, February 13, 2019 Saturday, March 16, 2019 Tuesday, April 9, 2019

Heartsaver CPR, AED, and First Aid Class Fee: \$47.48 (Age 62+ \$27.35)

Thursday, January 31, 2019

5:00pm-10:00pm Class #62844 5:00pm-10:00pm Class #62843



CLINTONVILLE **REGIONAL CENTER** 525 S. Main Street Clintonville, WI 54929

Call: 715-823-1555 or 800-321-7133 www.fvtc.edu/NewLondonClasse Email us at: clintonville@fvtc.ed

Fun & Frosty Fest at Klein Automotive

Santa and his friends arrived from the North Pole on Saturday, December 15th! Families visited with Santa, Frosty the Snowman, decorated cookies with Mrs. Claus, and played festive games. The elves had a fun craft prepared, for all the little ones, and a special goodie bag to take home.





Yoga at **No Boundaries Nutrition**

Saturday, February 2nd, 9th and 16th 9am - 10 am

Join Join us at No Boundaries Nutrition for Vinyasa Flow Yoga Class with Instructor, Tracy Hoffman!

We will be meeting Saturday, February 2nd, 9th, and 16th.

** Space is Limited - Reserve your spot today!

Cost: \$10 a class and they will fill up

Nutrition Bar will be open 10:00 am - 2:00 pm on Saturdays for a Fast, Healthy Meal on the go following the

Try our brand new "Mega" Energy drinks!

35 South Main St., Clintonville 715-460-3600 or Facebook @noboundariesclintonville



NOTICE

FOR SCHOOL CLOSINGS

PLEASE TUNE IN THE FOLLOWING



RADIO STATIONS: WFCL 1380 AM / WJMQ 92.3 FM WTCH 960 AM / WOWN 99.3 FM WTAQ 1360 AM / WIXX 101.1 FM / Y100 100.3 FM / JackFM 94.3 / DukeFM 93.5 /WNFL 1440 AM WDUX 800 AM / 92.7 FM

> WLUK-TV CH 11 WFRV-TV CH 5 WBAY-TV CH 2 NBC-TV CH 26

PLEASE, DO NOT CALL

RADIO STATIONS, POLICE DEPARTMENT, SCHOOLS OR BUS GARAGE THEIR LINES MUST REMAIN OPEN TO RECEIVE EMERGENCY INFORMATION



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Calendar of Events – Jan. / Feb.

• Marion Public Library - Page 13

MONDAY, JAN. 21

Board of Education, Middle School IMC Rotary Club, Mathew's Supper Club - Not Meeting

TUESDAY, JAN. 22

Bible Study, The Living Room Coffee Shop, 8:30 a

WEDNESDAY, JAN. 23

Senior Dining, Senior Center, 11:30 a Parables Study, Family of Christ, 6:30 p

THURSDAY, JAN. 24

Senior Day, Erickson's Pharmacy Men's Bible Study, The Living Room Coffee Shop, 7:00 a Movie: Small Foot, Marion Public Library, 1:00 - 3:00 p Senior Dining, Senior Center, 11:30 a Chess Club Family of Christ, 4:00 - 6:00 p Community Meal, UCC, 5:30 - 6:00 p Zumba, UMC, 5:30 p

FRIDAY, JAN. 25

Book Club, The Living Room Coffee Shop, 9 - 10:30 a Hot Bingo, Senior Center, 10:15 a Senior Dining, Senior Center, 11:30 a Bowling, Bear Creek Lions, Memory Lanes, 7:00 p Canvas & Corks, Winemaker's Daughter, 6:30 - 8:30 p - Winter Deer

SUNDAY, JAN. 27

Frozen Polar Plunge, CHS Rec Center, 12:30 - 4:30 p

MONDAY, JAN. 28

SCRABBLE, The Living Room Coffee Shop, 9:00 a Rotary Club, Mathew's Supper Club - Noon - 1:00 p

TUESDAY, JAN. 29

Bible Study, The Living Room Coffee Shop, 8:30 a

WEDNESDAY, JAN. 30

Drop-In Playgroup, Marion Library, 10:00 - 11:00 a Senior Dining, Senior Center, 11:30 a Parables Study, Family of Christ, 6:30 p Canvas & Corks, Winemaker's Dauhgter, 6:30 - 8:30 p - Rope the Moon

THURSDAY, JAN. 31

Senior Day, Erickson's Pharmacy Men's Bible Study, The Living Room Coffee Shop, 7:00 a Senior Dining, Senior Center, 11:30 a Chess Club Family of Christ, 4:00 - 6:00 p Community Meal, UCC, 5:30 - 6:00 p Zumba, UMC, 5:30 p Sexual Abuse Part 2, Mission of Hope, 6:30 - 8:00 p Painting w/ Pam, No Boundaries Nutrition, 6:00 - 8:00 p

FRIDAY, FEB. 1

Book Club, The Living Room Coffee Shop, 9 - 10:30 a Hot Bingo, Senior Center, 10:15 a Senior Dining, Senior Center, 11:30 a Wine Weekend, Winemaker's Daughter, 4-9 p Bowling, Bear Creek Lions, Memory Lanes, 7:00 p

SATURDAY, FEB. 2

Wine Weekend, Winemaker's Daughter, 4-9 p Bowling, Bear Creek Lions, Memory Lanes, 7:00 p Fairy House, Navarino Nature Center, 9:00 a - 2:00 p

SUNDAY, FEB. 3

Open, Clintonville Area Hist. Society, Museum on Main 1:00 - 4:00 p

MONDAY, FEB. 4

Rotary Club, Mathew's Supper Club - Noon - 1:00 p

Mobile Security by Cellcom

Your mobile device is subject to a wide array of scams through calls, text and emails. Being aware of what's true and what's not plays a large part in being a responsible citizen of the digital world. At Cellcom we're constantly monitoring for scams and will alert customers to widespread threats, but it's important to be cautious.

Never give out your personal information to an incoming caller. This includes your social security number, credit card number, passwords or banking information. A legitimate business, including Cellcom, will not initiate a call and ask for this information.

Don't trust the caller ID. Spoofing scams are commonplace and can make calls appear to be from a local, familiar number. If you don't know the number and are not expecting a call, it can be helpful to screen calls by letting them go to voicemail. If no voicemail is left, we advise to not call the number back as the owner of the number is not the one originating the phone call and the owner of the number will have no knowledge of the call.

If you receive an "urgent" voicemail, text or call about an account, defer to the phone number on your statement to check your account status. Do not call the number that is in the message or provided by the caller. If you're on a call and have suspicions, ask for a call back number and investigate further online before continuing the conversation. Learn to recognize the signs of telemarketing fraud.

Telemarketers must provide the following information:

Identify it as a sales call;

The name of the seller;

What are they selling (before they make the pitch). If a caller doesn't give you this information, say, "no thanks," and get off the phone. Also, the law only allows telemarketers to call between 8 a.m. and 9 p.m. If you receive a call outside of these hours, it may be a red flag for telemarketing fraud.

Register your phone number. To avoid telemarketers and potential scammers from calling, you can register your phone number on the National Do Not Call Registry by going to donotcall.gov.

Limit exposure of your mobile phone number. Think carefully before posting your mobile phone number to a public website. Attackers can use software to collect mobile phone numbers from the web and then use those numbers to target attacks.

Block phone numbers. If you continue to receive unwanted calls from a recurring phone number, consider blocking the number on your iPhone or Android. Do not follow links sent in suspicious email or text messages. Such links may lead to malicious websites. Do not open attachments that you are not expecting or from unknown sources. These attachments can contain harmful viruses.

You can report phone scam attempts to the FCC. Remember, these scam attempts can affect all types of phone lines on any carrier. Scammers constantly find new ways to circumvent systems in place, so it's important to be alert to new and changing threats.





Family of Christ Church Parables of Jesus



- The Sower Four **Different Soils**
- · The Mustard Seed
- The Hidden Treasure & The Pearl of Great Price
- The Laborers in The Vineyard
- The Wedding Feast
- The Talents
- The Good Samaritan
- The Lost Sheep
- The Prodigal Son
- The Rich Man and Lazarus
- The Persistent Widow

Wednesdays 6:30 PM 10-12 WEEKS 600 S. Main St. Clintonville, WI

13 Reasons Why Libraries Are Holding Us All Together Author, Tiffany King

The library has been one of my favorite places in the world ever since I first sat cross-legged on the floor, turning pages of picture books in the children's department of Morrison-Reeves Library. My dream of writing a book first sparked to life in the library. The other day someone shared with me that her library had ordered my cookbook, Eat at Home Tonight, and I got so excited to know that my book will have a place on the library shelf!

It's not only the library books that have been important in my life, but the place itself has carried meaning for me. I met several of my good friends for the very first time in the library. My kids have met interesting people and learned about all kinds of topics through library programs. During summer programs my kids and their friends were able to get an up-close look at wild birds, make paper by hand, tie-dye material and more. Libraries provide a place for communities to gather and grow.

In essence, libraries are truly holding us all together in ways that we often take for granted.

- 1. Libraries are actual, physical buildings where we can meet real people face-to-face and hold books in our hands. Because we come to the library frequently, we often see the same people, allowing friendships to grow.
- 2. Librarians and library patrons do more to foster a love of reading than any other group of people. More children fall in love with books and ideas in libraries than anywhere else in the world. Books simultaneously bring comfort, security, adventure and openness to children and adults alike.



- 3. You can learn almost anything through the library. From computer courses to Lynda.com access, to foreign language and ESL classes, your local library offers so much to the community.
- 4. Having fun isn't hard when you've got a library card. (Bonus points if you know that the character who said this got his start in picture books.*)
- 5. An afternoon spent wandering the stacks can bring calm and peace to anyone.
- 6. Nowhere else in life are you encouraged to take as much as you can, but you can walk out the library door weighed down by bulging book bags or struggling to see around the tower of books balanced in your arms. This is the best kind of indulgence.
- 7. Library programs such as story time, book clubs, classes and more foster true friendships between people. Book Buddies programs for homebound adults and community programs in nursing homes and assisted living facilities bring library benefits (and human connection) to those who can't get out anymore.
- 8. Because there's no commitment to purchase or store the books, library patrons are free to explore

any topic or author that strikes their fancy. I'm unlikely to buy a book on mushroom hunting or modern art or how to build a backyard deck, but I'd happily check out any of these from the library.

- 9. The Dewey Decimal system brings an order to the world that inspires us to also bring order our lives. Okay, so maybe that's a stretch, but there's something lovely about categorizing all the topics in the world into a neatly numbered system.
- 10. The biography section is full of life lessons we can apply, both what to do and what not to do for success and happiness.
- 11. There's beauty in a book that has been passed along and read by many people.
- 12. Signing your name for your first library card is the first right of passage into being an active member of society.
- 13. Libraries hold local history, artifacts, and stories as well as being a resource for current local activities.

Libraries are the unsung heroes of our communities. Everyone who plays a part in making libraries possible is also making the world a better place. Carry (and use) your library card proudly!

Thanks Marion Pubic Library for sharing this article with us!



Marion Public Library

	1-5368 Look us up on		uary 2019		onpubliclibrary	
Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat
	Winter Reading Program Jan. 14—Feb. 22 "Cozy Up & Read"	Library closed	2	Festival of Sleep Day—Make a No-Sew Sleep Mask today Chess Club 3:15	4	5
6	7 Coloring Craze— Snow (all day, all ages) Something Cool After School— 3D snowflakes	8	9 Drop- <u>I</u> n Playgroup 10-11am	10 Chess Club 3:15	11	12
13	"Cozy Up & Read" Winter Reading Program begins today!Celebrate Something Cool After School— "Snow" (marshmallow) Forts	D.I.Y. Craft Day—Clay Art (all day, all ages) Winnie the Pooh Day	16 Drop-In Playgroup 10-11am & A.A. Milne's birthday	Adult Book Club (1:00-2:00) w/ Pooh Bear activities Chess Club 3:15	18 Popcorn Day Get popcorn w/ a DVD checkout! all week long!	19
20	\$21 \$quirrel Appreciation Daymake a pine cone \$quirrel Something Cool After School— pine cone squirrels	22	23 Drop-In Playgroup 10-11am	\$\frac{24}{\text{Special showing of SMALLF00T}} \text{(1:00-3:00)} \text{Chess Club 3:15}	25	26
27	28 National Kazoo Day Receive a kazoo @ Checkout (while Supplies last) Something Cool After School—	29 National Puzzle Day Can you help us finish a puzzle?	30 Drop-In Playgroup 10-11am	31 Chess Club 3:15	Have you signed up for the Winter Reading Program yet? Cool prizes for	



Movie Event: Smallfoot

Saturday, January 24th at 1 pm – 3 pm Marion Public Library

Y'all yeti for this?! A great family movie.

Rated PG for some action, rude humor, and thematic elements. Running time: 96 minutes.

Questions? Call 715-754-5368



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Museum on Main – Hours

The Clintonville Area Historical Society

Feb. 3, 2019 • 1:00 - 4 pm

Apr. 7, 2019 • 1:00 - 4 pm

May 3, 2019 • 1:00 - 4 pm

102 S. Main Street, Clintonville, WI

Chess Club – Everyone Welcome

Thursdays from 4 pm - 6 pm Family of Christ Church, 600 S.Main St., Clintonville, WI (Next to Fleet Farm)



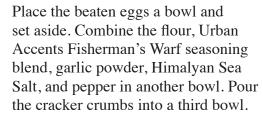
Pan Fried Walleye



Ingredients

4 walleye fillets (really any fish would work, I had walleye on hand but perch would also be delicious!)
2 eggs, beaten
Wild Fernleaf Dill Extra Virgin Olive
Oil, for frying
1 Tablespoon Urban Accents
Fisherman's Warf spice blend
1 teaspoon garlic powder
1/2 teaspoon ground black pepper
1 pinch Himalayan Sea Salt, or to taste
2 cups crushed saltine crackers
1/2 cup all-purpose flour
1 lemon cut into wedges, optional

Directions



Heat the Wild Fernleaf Dill Extra Virgin Olive Oil in a large skillet or frying pan over medium-high heat to 375 degrees (be sure not to heat the oil too high or your coating will burn).

Dip the fillets into the flour mixture, then the eggs, and then the cracker crumbs and set fillets aside on a plate. Carefully lower 2 fillets into the hot oil. Cook until browned, about 3 minutes per side, using tongs to turn the fillets. Transfer to a paper towellined plate and repeat with remaining fillets. Serve with fresh lemon wedges.







The Stock Market 103 S. Main Street Shawano, Wisconsin 715-201-1111

www.shawanostockmarket.com info@shawanostockmarket

The Stock Market is a specialty grocery store with oils, balsamics, spices, seasonings, home, kitchen, vinegars, teas, wine, beer, spirits and gifts.

Rexford / Longfellow Elementary School "The Hour of Code"

Students at Rexford/Longfellow Elementary School took part in "The Hour of Code" during the first week of December, as part of National Computer Science Education Week. "The Hour of Code" started as a one-hour introduction to computer science, designed to demystify computer coding in order to show that anybody can learn the basics, and to broaden participation in the field of computer science. It has since become a worldwide effort to celebrate computer science. Since its inception in 2014, "The Hour of Code" has reached tens of millions of

students in 180+ countries, including right here in Clintonville, Wisconsin.

Vanessa Moran Associate Principal









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Protect Your Health While Shoveling Snow

ThedaCare Provides Tips to Avoid Snow-Related Injury

RIPON, Wis. - In Wisconsin, heavy snowfalls inevitably pay a visit each winter, but with a little extra care, snow-related injuries don't have to be a part of the season.

"Bending and twisting motions during snow shoveling puts you at higher risk for injury," said Dr. Steve Rasmussen, a family medicine physician at ThedaCare Physicians-Ripon. "Taking the time to make sure you're doing it right is the most important thing."

Dr. Rasmussen explains that when shoveling, you should keep good posture, such as a straight back. It's also important to use legs and arms to lift the weight (rather than back muscles) and avoiding jerking or twisting while clearing snow. People with a history of back pain are particularly at risk.

While Wisconsinites like to get a job done well and quickly, it's important to know your limitations. Scooping

loads that are too heavy can also lead to injury, as can the moderate to heavy physical activity that comes with shoveling, particularly when you're otherwise sedentary or unconditioned.

"Heart attacks while shoveling snow can happen to anyone, particularly those who have some risk factors, such as men over 40 who are smokers or have high blood pressure, high cholesterol or diabetes," said Dr. Rasmussen. "Often, they may believe they've pulled a muscle in their chest from shoveling when, in fact, it may be a heart attack."

Anyone experiencing tightness in the chest that radiates to the arm or neck should call 911.

Slips and falls are also common injuries that can be dangerous, particularly for older people. Broken hips and backbones can lead to other complications. There is also the possibility of life-threatening head

and neck injuries from falls.

Those who will spend anytime outside during winter months should also be aware that there may be ice under the snow. Dr. Rasmussen said there is a way to help avoid falling – walk like a penguin. He suggests taking small, shuffling steps rather than large steps that shift the weight distribution.

While there are risks, Dr. Rasmussen wants everyone to remember to get outside during the winter season.

"There's a danger in packing on the hibernation pounds—make sure you're getting outside and that you're not afraid of the snow."







888-804-8556

January									
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City of Clintonville Pick up Schedule

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Holiday Observance

Jan 1st - New Year's Day

May 27th- Memorial Day July 4th - Independence Day

Sept 2nd - Labor Day

Nov 28th - Thanksgiving Day

Dec 25th - Christmas Day





Canvas & Corks: Winter Deer

Friday, January 25th at 6:30 pm - 8:30 pm Winemaker's Daughter - Manawa

Sip, Socialize, and Create! Spend an evening at the winery while you create your own piece of art. Don't worry, you don't have to be a Picasso to have fun!

The evening includes everything you need to complete these paintings. Drinks and nibblies are extra. Appropriate for ages 12 and older.

Winemaker's Daugther WILL be open to the public during this event

Refund & cancellation policy: Refunds and cancellations are allowed up to 7 days before the class. No refunds or cancellations are allowed withing 7 days prior to the class or for no-shows

Cost: \$40 via Eventbrite

Winemaker's Daughter - 327 S. Bridge Street, Manawa





Canvas & Corks: Rope the Moon

Wednesday, January 30th at 6:30 pm - 8:30 pm Winemaker's Daughter - Manawa

Sip, Socialize, and Create! Spend an evening at the winery while you create your own piece of art. Don't worry, you don't have to be a Picasso to have fun!

Terms listed under the Canvas & Corks: Winter Deer Cost: \$40 via Eventbrite



Come hang out with them February 1-2. Friday 4-9 or Saturday 12-9. Future dates will be March 1-2.



Frozen Fun Open House

Saturday, February 16th at 9 am - 2 pm **Navarino Nature Center**

Come on out to Navarino Nature Center to beat the winter chill and hang out with all the Frozen characters at our Free Frozen Fun Open House! Get warm hugs from Olaf, create fun Frozen crafts, play games, get your face painted (fee), food (fee), and so much more! A great family opportunity to thaw your frozen heart! Don't miss out! Questions? Call 715-758-6999



Fairy House Workshop

Saturday, February 2nd at 9 am – 2 pm **Navarino Nature Center**

Nature Center staff will teach adults and youth 14 and over how to build a fairy house. (Younger may come if supervised by an adult). Participants will leave with a fairy house made of natural and recycled materials for their home or garden. Register online at www.navarino. org(click on events/registration) or call 715-758-6999

Cost: \$30 Members/\$35 Nonmembers

Clintonville Middle School - Music Students Seek Donations

CMS Band/Choir are trying to help raise money for their Experience of a Lifetime in participating in a Dinner Theater. Click here for more information and to donate. Search: https://www.donorschoose.org/project/anexperience-of-a-lifetime/...

These students are thoughtful, joyful, serious musicians who work hard everyday to become better at their craft. These students chose to be a part of their bands, choirs and smaller ensembles and their energy shows when they are playing and singing. Many of our students live in financially distressed situations and do not get opportunities outside of their school activities.

Music is an opportunity for our students to express themselves and use their their talent to influence and illicit emotions in others.

Many of these students have never had the opportunity to see a show of this caliber. These students have shown their dedication and love of music and deserve to experience

how a live performance can impact their lives now and in the future.

Our students are hard working musicians, but they do not know how their talent and hard work will translate into the real world.

Experiencing live performances can increase tolerance, critical thinking, and knowledge.

Giving them the opportunity to experience a show where they can see the singers and the instrumentalists performing could cement their love of music and the arts.

As these students continue in their musicianship, this opportunity could be the catalyst they need to persevere when they feel they could give up. Experiencing live shows is one of the best ways to truly become a part of the arts. As teachers we hope that our students see the impact music can have on our societies.

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Mission Statement: The Chamber is to be the unified voice of the local area businesses. Our job is to retain and attract business by developing and maintaining close relationships with the owners and/or managers of said businesses. We are responsible for cultivating a competitive and positive culture, educating and providing them with necessary connections in order to grow and prosper.