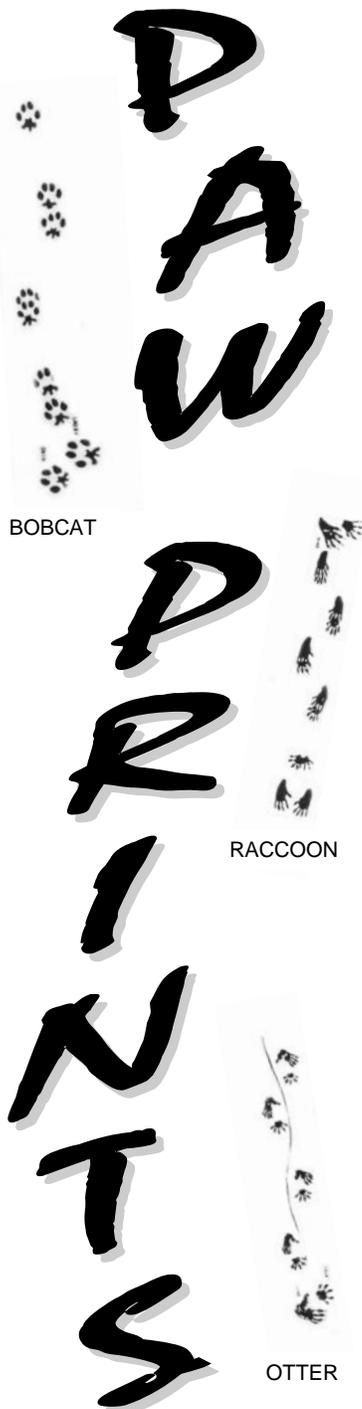


President's Corner



JANUARY 2012



Happy New Year! As I write this on New Years Day the snow is finally coming down and the winter sports enthusiasts are cheering. December in the northwoods was a rather warm dry month with little opportunity to ski, snowshoe or ice fish. Last month I covered our November Meeting and December Christmas Party so this is a perfect opportunity to recognize some of the people that help keep the club going month after month. These are the workers that if we had a sign-up clipboard for their jobs their names would always be on it.

First to update you on some club news items -- we have received thank you letters from the Vilas county Food Pantry for our Donation of food and cash from our members as well as the Club's donation of \$500 last month. Also, we received a thank you card from Warm the Children for our \$500 donation to provide warm clothing to less fortunate children. Remember, we are now registered at Trigs in Eagle River for community dollars. Our number is 69S. So... Remember to put 69S on your grocery receipt and put it in their bin and we will receive a percentage based on the dollars spent. This is similar to the program we participate in at Camps in St. Germain. The Club logo shirts/sweatshirts have been ordered and will be available for pickup at the January meeting.

Now to acknowledge those silent workers of the club- I will start by thanking Cora Mollen and Anne Small the authors of our ever-popular "Birds, Animals and Other Wild Things" newsletter section. Each month they inform us and entertain us with those great features about those often unnoticed creatures of the northwoods. Anne is also our newsletter editor and most recently our membership chair. Cora has recently taken over as club historian as well. I can assure you that meeting a deadline each month and coming up with new material is not necessarily an easy chore. Anne has helped us to streamline the newsletter and reduce publishing time and costs. Ellen Finch recently handed over the membership duties after many years of aptly handling the job. Thank you Ellen for keeping our rolls straight all these years. (We recognized Ellen with a Lifetime membership last year.) Thanks to Dick Banks our Adopt-A-Highway pick up crew chief for coordinating this project 3 times a year. Thanks to Linda Polaski (the cart lady at every meeting) and Terrie Beier for keeping the kitchen stocked.

The following board members are recognized for their numerous contributions. Dave Zielinski, our treasurer, has kept our books and paid our bills in a very timely and accurate manner for many years. Judy Schell has performed the secretary duties for the club, which involves the time consuming task of the monthly minutes and a multitude of other necessary duties that most people don't know about. Our program duo of Marlene Rakowski and Jane Keithley has done an outstanding job of keeping our programs interesting, entertaining and wildlife related. We thank our board member and newsletter contributor, Frank Klamik for imparting his fishing knowledge each month. Frank catches lots of fish -- heed his advice! Board members Stan Rakowski, Mac McCormick, and Rich Polaski have been major contributors and mainstays on the board. All of these positions along with those already mentioned above require discipline to get the job done month after month.

Above all, thank you to all of the members who sign those clipboards and volunteer to help out on our many projects and activities all year long.

Our next meeting will be on January 26th at 2 p.m. and will feature Mark Naniot, of the Wild Instinct Rehabilitation Center. Note this is the first meeting on our winter schedule of meeting in the afternoon.

Bob Schell, President

NEXT MEETING

Thurs., January 26th
2:00 pm

St. Germain Community Center

PROGRAM

Wild Instincts Rehab - Mark Naniot has opened a new animal rehab facility in the Rhinelander area. You might remember Mark as the long-time rehab specialist at the Northwoods Wildlife Center in Minocqua. So what does it take to open such a facility - enclosures, supplies, land, and all those government regulations! Mark Thursday, January 26 at 2 p.m. on your calendar for a special talk by a special person. ~Jane Keithley

REFRESHMENT COMMITTEE

Gloria Olson &
Need one more volunteer

RAFFLE TICKET SALES

Ken & Ellyn Dahnke

BOARD MEETING

Thurs., January 26th
1:00 pm

St. Germain Community Center

Remember to write our club # on grocery receipts and deposit them at Camp's SuperValu & Trigs in Eagle River.

Use the following #'s:

Camp's = CD14 Trigs = 69S



Above: Jerry Wyckoff of the Vilas County Food Pantry receiving lots of Food & a \$500 Check from the Club . Judy Schell representing the Club.



Above: Presentation of \$500 check to Trees for Tomorrow. (l-r) Frank Klamik, Judy Schell, Maggie Bishop -Director at Trees for Tomorrow, Bob Schell, Marlene Rawkowski (Stan Rakowski is taking the photo.)



SUNSHINE REPORT

- Best wishes to Mike Pergolski who is recovering from a fall and his wife Lori who is recovering from foot surgery.
- Wishes of a speedy healing to Clyde Owens who underwent surgery recently.

Please call Linda Polaski, 479-4718, if you know of any members who need a card of sympathy, cheer, encouragement, etc.

15th ANNUAL SNOWFLAKE DANCE - Saturday, Jan. 14th at 7 p.m. ~ St. Germain Community Ctr

A great opportunity to enjoy an evening of socializing while listening to or dancing to the live music by — THE BILL HASSEY ORCHESTRA. This is a COMMUNITY DANCE sponsored by the St. Germain PrimeTimers. There is no cover charge. Food and beverages will be served. **Everyone** is welcome!

Birds, Animals & Other wild Things



On cool winter days, I really enjoy having a piping hot cup of tea to warm the soul. While there are a wide variety of teas for sale at the grocery stores, I enjoy collecting wild plants to create my own interesting and healthful teas. During the summer months, there are many different wild plants that can be gathered and dried for later use in teas, but there are also a number of plants that are available outdoors during the winter which are fun to sample.



One of my favorite and easily available plants to use for winter tea is white pine. A large bunch of needles simmered for 15 to 20 minutes makes a mild, nicely flavored drink. The needles are high in vitamin C and were used by credited in saving many of the early explorers and pioneers from the ravages of scurvy. Native Americans used white pine needle teas for centuries for treatment of sore throats, sinus problems and headaches.

Balsam needles can also be simmered for tea. The vapors from the steeping tea are helpful in breaking up congestion, while the tea itself has been used to cure colds and flu. This tea is very fragrant and is tasty with a teaspoon of honey added.

If you have any roses in your yard or are in an area of wild roses, you usually can find a good quantity of rose hips still on the bush. A small handful of rose hips should be collected per cup of tea, then covered with boiling water and allowed to steep for 10 minutes. Rose hips contain vitamins A, B, C, E and K. In fact rose hips have more vitamin C than oranges. This tea has been used to treat and prevent urinary tract infections, rheumatic fever, colds and flu.

Yellow birch twigs make a sweet, wintergreen flavored tea. Collect several twigs and boil until the water has an amber coloration. Native Americans used this tea to treat urinary tract infections as well as joint problems like arthritis and rheumatism.

One final wild tea that is interesting to mention is that made from the chaga mushroom (*Inonotus obliquus*). Chaga, also called Clinker Canker, is found growing on dead or dying birch trees. It looks like a black, charred mass extruding from the bark of the tree trunk. Chaga is a very woody fungi, but a chunk can be harvested and boiled for 15 to 20 minutes. While not the most flavorful tea, it has been used for centuries as a folk remedy for gastritis, ulcers and even cancer. Modern science has only recently latched on to this old remedy and studies show it to be very promising in cancer prevention.



These are just a few of the many wild foods available in the winter in our local woodlands. If you are looking for something different to drink this winter, try experimenting with some of these 'wild' teas.

~ Anne Small

BOARD OF DIRECTORS

OFFICERS

Bob Schell, President	715-542-2321
Rich Polaski, President Elect	715-479-4718
Judy Schell, Secretary	715-542-2321
Dave Zielinski, Treasurer	715-479-1401

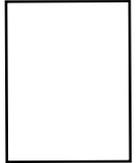
DIRECTORS

Marlene Rakowski (1 yr.)	715-542-3201
Mac McCormick (1 yr.)	715-892-4400
Jane Keithley (1 yr.)	715-542-2078
Stan Rakowski (2 yrs.)	715-542-3201
Frank Klamik (2 yrs.)	715-892-2924

Phone #s are included so that you may pass along any information, questions and concerns you may have regarding the club.

COMMITTEES

ADOPT-A-HIGHWAY	Dick Banks	715-542-3687
BIRDS & ANIMALS	Cora Mollen	715-892-1375
	Anne Small	715-614-3711
HISTORIAN	Cora Mollen	715-892-1375
KITCHEN COORD.	Terrie Beier	715-479-9339
LAKE IMPROVEMENT	Bob Schell ch	715-542-2321
	Frank Klamik	715-892-2924
	Dave Zielinski	715-479-1401
MEMBERSHIP	Anne Small	715-614-3711
NEWSLETTER	Anne Small	715-614-3711
PROGRAMS	Jane Keithley	715-542-2078
	Marlene Rakowski	715-542-3201
SCHOLARSHIP	Clyde Owens ch	715-479-7032
	Geri Shambo	715-542-4074
	Dick Banks	715-542-3687
SUNSHINE	Linda Polaski	715-479-4718
CLOTHING	Bob & Judy Schell	715-542-2321
LICENSE PLATE FRAMES	Stan Rakowski	715-542-3201



Frank's Fishing Report

Last year's January Report suggested to watch other fishermen to pick up their tricks and techniques. Remember speed, size and color in that order are keys to catching panfish through the ice. Duplication of speed is a must, next is size of your jig and last is color. Fish with one jig pole and a lot of concentration.

Many of the Gulp Baits and plastic ice fishing tails are all that is needed for bait. I also use a bait called a Purist, often size 12 and 14 hooks work good. Live bait like wax worms, spikes and wigglers are always good.

Frank Klamik



CLUB PLEDGE

- ✓ I pledge to protect and conserve the natural resources of the state of Wisconsin—especially of the Sayner-St. Germain area.
- ✓ I promise to obey all rules and regulations governing the harvest of wildlife and plant material.
- ✓ I promise to educate future generations so that they may become the caretakers of our water, air, land and wildlife.