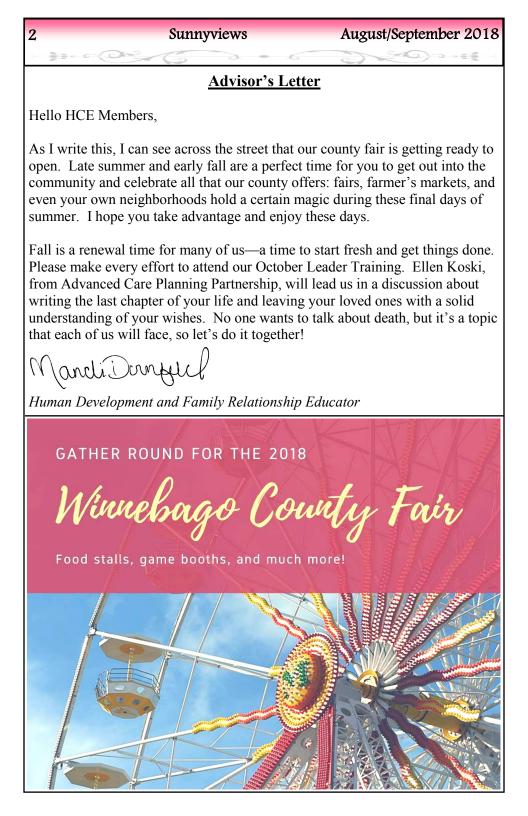
Winnebago County Home and Community Education

August/September 2018 Sunnyviews

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Letter from Mary Nortman	7	categories needs to have their registration to Kathy Wuest before the August 1 st deadline.
Recognition for Keepsake Club	8—9	At our July Executive Board Meeting, we set
Wash Your Hands, Not Your Poultry	10	the following dates for 2019: Spring Banquet on May 2 nd at the Coughlin Center and
2018 WAHCE Conf. Info & Registration	11—14	Annual Meeting on October 14 th at the Coughlin Center. The board also decided to
Safe Substitutions When Canning	15—16	try something for 2019 and do all the Leader Trainings on one day (date has yet to be
The Best Way to Quickly Clean Your House	17	decided). We will do 2 morning sessions, have a catered lunch, and then finish with 2 afternoon sessions. Please talk with your club
Summertime Food Safety	18—19	members for ideas for trainings to bring to the Annual Meeting on October 8 th at the
Love Y <mark>our Fridge</mark>	19	Coughlin Center.
Avoiding Summertime Colds	20	We have a Special Interest Training on October 8 th at 11:00am (before the Annual
How to Clean Your Summer Gear	21	Meeting) on Advance Care Planning. This will also be open to the public. Hope to see
Find Simple Pleasures in Your Day	22	everyone there!
It's House Buying Season!	23	Your President,
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A Note from Amy

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Hello everyone! Some time ago, a decision between HCE and UW-Extension was made that the UWEX office would no longer mail out reminders for each HCE meeting/training due to the changes in the UWEX office and the time requirements involved. We've been hearing feedback that members really appreciated getting those reminders in addition to the ones already in the *Reach & Teach* and the *Newsletters*. So we came up with an idea! For any members who have email, we can send out a quick email reminder for these events.

If you'd like to receive email reminders about HCE events, please send an email to me at: <u>ahendrickson@co.winnebago.wi.us</u>

Amy Hendrickson



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HCE Dates to Remember

August 1 st	Cultural Arts Registrations due to Kathy Wuest
August 1 st —5 th	Winnebago County Fair
August 2 nd	Stitches of Love Workshop
August 15 th	WAHCE Conference Registrations Due
September 15 th	Submissions due for Oct/Nov HCE Newsletter
September 17 th —19 th	WAHCE Conference—Pewaukee
October 3 rd	Our Day—Green Lake County
October 8 th	11:00am Leader Training: Advance Care Planning 12:00pm Annual Meeting —Host: UNO/Oshkosh Center
October 31 st	Due to UW-Extension Office: • Club President Card • Updated Club Membership List (with Signed Photo Release Permission) • Civil Rights Form
November 1 st	Opening day for 2019 meeting room reservations at the J.P. Coughlin Center
November 4 th —10 th	HCE Week

IT'S ALWAYS TOO SOON, UNTIL IT'S TOO LATE:

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Introduction to

Udrance Care Maning

The Winnebago County HCE and Advance Care Planning Partnership invite you approach some of the difficult conversations surrounding health care decisions, to learn about how you and your loved ones can prepare and

especially in the event you could not communicate or speak for yourself.

J.P. COUGHLIN CENTER (625 E. COUNTY RD. Y, OSHKOSH) **MONDAY, OCTOBER 8, 2018** 11:00 A.M. - 12:00 P.M.

CALL (920) 232-1973 T0 REGISTER

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J.P. Coughlin Center Meeting Room Scheduling for 2019

Who is eligible to reserve the meeting rooms?

The J.P. Coughlin Center (JPCC) provides meeting spaces available to government and nonprofit entities at no charge. Meeting rooms are for educational, informational, and civic purposes. Meeting rooms may not be used by individuals, groups, or businesses for profit or personal use. Groups using the JPCC meeting rooms are expected to comply with the policies outlined in our *Winnebago County JPCC Meeting Room Policies* brochure (available online at <u>https://winnebago.uwex.edu/meeting-rooms/</u>, by email, or at the UWEX office). Failure to comply with meeting room policy will result in the loss of privileges to use the rooms.

If you have questions regarding eligibility to reserve the meeting rooms, contact UWEX staff at (920) 232-1970.

How can reservations be made?

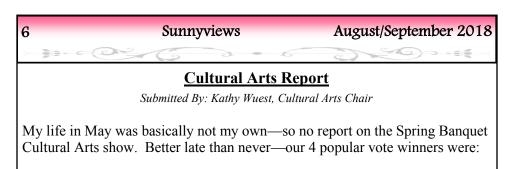
All meeting room reservations must be made through the Winnebago County UW-Extension (UWEX) office at (920) 232-1970. Meetings may be scheduled up to twice per month beginning November 1st for the following calendar year (January 1, 2019—December 31, 2019). Reservations will be made in the order in which they are received. Additional reservations may be made within 7 days of your requested date. All cancellations must be reported to the UWEX office as soon as possible.

Meeting rooms are available between the hours of 7:00am—11:00pm, each day of the week. Meetings scheduled outside of regular building hours (8:00am—4:30pm, Monday—Friday, excluding holidays) require a key check-out from the UWEX office. Keys may be checked out 1—3 days in advance during the business hours of 8:00am—4:30pm, Monday—Friday, excluding holidays.

When making a reservation, please provide the following information:

- Name of meeting
- Start & end times of meeting (to be displayed on the Schedule)
- Set-up & clean-up times needed
- Contact person for scheduling & during meeting: name, phone, & email
- List of any equipment you will need to check out, or accommodations needed (microphones, projector, laptop, slide advancer, extension cords, etc.)

Start planning your 2019 now!



- Judy Fleck
 Kathy Wues
- Lap quilt made of tiny, multi-colored squares
- Kathy Wuest Appliquéd floral lap quilt
- 3. Mickey Rohan Quilted wall hanging
- 4. Jane Anton Crocheted table piece

We are entitled to enter 12 items in the state competition. Our gals have the information and I've asked them to return it to my by July 15th if they would like their item to go to state.

On another note, I am very interested in the traditional arts, crafts, and recipes of the different nationalities in Winnebago County. Would you be willing to share that information with me? My address and phone number are in the *Reach & Teach*, or you may email me at <u>ksw72@hotmail.com</u>. I'd really appreciate any information you will share. I would put it together and share with all of you.

Kathy Wuest Cultural Arts Chair

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Update from Jackson County

Submitted By: Mary Nortman, former International Chair & Winnebago County HCE Member

Hello to my Winnebago County HCE friends! The move to Jackson County has been smooth. The first year passed quickly.

Jackson County population is much smaller than Winnebago County, but HCE membership is about the same, around 100 members. I thought it might be interesting to contrast your Spring Banquet with our Spring Meeting.

The age of HCE members is about the same: 70's—90's. A club or two is assigned to put on (provide) the food, which is held at a church. The hosting club makes sandwiches and deserts and provides condiments, chips, and beverages. The hosting club is given half of the money earned from registration. Attendance was 45 people at \$4.00 a head. Not a fancy banquet, but food was good, and everyone was satisfied.

The Cultural Arts portion is conducted differently. All entries were due to the UW-Extension office two weeks prior to the event. There were 36 entries. Entries are judged in like-groups as set by the state and in a previous newsletter. For example, there were photographs entered in five different categories. One from each category was selected to go to state. More than 10 items are being sent from Jackson County. I had one photograph and a grouping of Christmas angel ornaments chosen for the 2018 WAHCE Conference Cultural Arts competition.

The night of the meeting, a Peoples' Choice award was chosen. If a member does not want an item considered for state, they may bring it the night of the meeting to be exhibited. There were about 14 items displayed.

A dairy recipe contest was held in conjunction with the dinner meeting. Entrants did not have to be HCE members. The category for 2018 was Quick Breads. Cash prizes and gift certificates for Wisconsin dairy products were awarded to the top 6 entrants. Prizes are sponsored by Jackson County Dairy Promotions.

long time to grow

It is fun sharing with you. I keep up with Winnebago County HCE through the newsletter and friends!

Mary Nortman



Recognition for Keepsake Homemakers Club

Submitted By: Joan Bestler, on behalf of the FCC Social Justice, Women's Fellowship, and NGS Heart Group

Dear Vicky and members of the Homemakers Group,

Members of First Congregational Church Women's Fellowship Group and Social Justice Ministry Group thank you for your generosity, talent, and ongoing support of our outreach to the Oshkosh Area Community.

Over the past 3+ years, you have created amazing fabric bags, which have been filled with hygiene items and a "You Matter" tag attached to each bag. These bags reminded homeless people and those struggling that they do matter! Neenah High School Heart Group filled some of the bags for homeless students there at Christmas time.

We have compiled a list of the places that the bags have gone (see the next page). There you will see the people who have been touched by your hand-made, beautiful bags filled with personal hygiene items. Thanks for those you saved and shared as well. Without you, we could not have accomplished this important outreach. We are forever grateful for your unselfish kindness.

We have donated \$100.00 toward the HCE Scholarship fund in hopes that it will help you with your cause. All of this started with your gift of time and heart. We are most grateful. You are all talented and generous. Your stitches have reached far.

Jody Harrell

FCC Social Justice, Women's Fellowship, and NHS Heart Group



Congregation will fill cases and family sized hygiene items and Food cards, personal hygiene & bedding- FCC Social Justice Servapolooza-Social Justice Servapolooza-Social Justice Heart Group- Neenah High return at Christmas time. Filled with Hygiene items personal hygiene items bedrolls in pillowcases items, Christmas gifts Members of the FCC Filled with by Hygiene Items-FCC welcome kits-FCC mittens and hats Social Justice At risk students and homeles: Traffickinng treatment facility Immigrant families entering Homeless men and women people served by these Homeless adults at the Made by Homemakers Group, and filled by FCC or NHS in Oshkosh Shelters women leaving Sex the US to Oshkosh People Served organizations students shelter You Matter Bags Pastor Harris's Men& Wimnen's Shelters Christine Ann, OAFP, Animal Shelter Homeless students and at risk Day-by-Day warming shelter Damacus Road Project-Neenah High School-Teacher's Closet, Exodus Bags Donated to 2yr. 2x50=100 -Welcome kit World Relief 3 yrs. Dec. 50 drawstring # of You Matter bags cloth bags-3x 50=150 Women's Fellowship 100 Pillow cases for FCC reverse advent 50 cloth Drawstring 35 cloth drawstring You Matter Bags for Family sized items You Matter Bags. Christmas bags 3 yrs x 25=75

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Wash Your Hands, Not Your Poultry (or Other Meat)

<u>Authored By:</u> Barb Ingham, 608-263-7383, <u>bhingham@wisc.edu</u>

Poultry (chicken, turkey, duck) and other meat should NOT be washed before cooking. Washing poultry and other meat spreads germs to other areas of the kitchen, and is not effective at removing bacteria that may be present. A study published in the International Journal of Food Microbiology illustrates why it's a bad idea to wash meat and poultry. Researchers inoculated chicken pieces with a human pathogen, *Campylobacter jejuni*, and tried to rinse the bacteria off with water. The inoculated pieces were individual middle-sections of a chicken wing. Even after rubbing each segment by hand for 2 minutes, almost no bacteria were removed from the surface – and they were working on a pretty small area and scrubbing, not rinsing. Over the years, research has shown that bacteria readily stick to poultry meat and skin and can hide in the many cracks and crevices on a poultry carcass, making it difficult to remove any type of bacteria from poultry just by rinsing [Park et al. 2002. International Journal of Food Microbiology. 72:77-83].

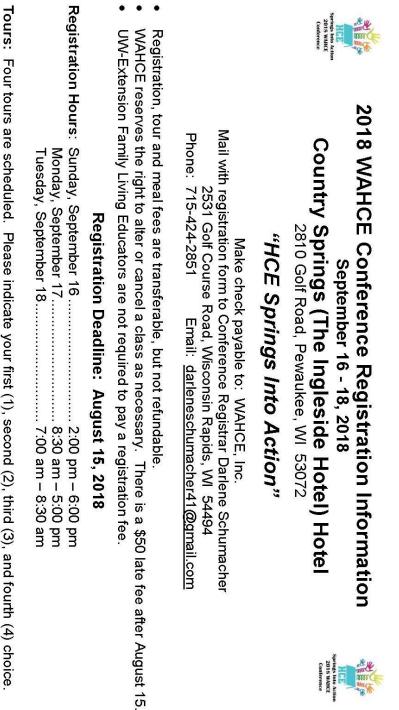
The 2015 Dietary Guidelines for America noted: "Raw seafood, meat, and poultry should not be rinsed. Bacteria in these raw juices can spread to other foods, utensils, and surfaces, leading to foodborne illness."

A study summarized in the UW-Extension handout Wash Your Hands: Not Your Poultry suggests that bacteria can fly up to 3 feet away from where the meat is rinsed, contaminating the sink, clean dishes, counter tops, and other surfaces. A YouTube video from New Mexico State University shows the distances that germs can fly in your kitchen when washing poultry and, instead of washing, promotes the safe cooking of chicken. Recipes for lemon roasted chicken, oven-fried chicken, and chicken-mole, and videos showing how to prepare each, are posted to YouTube from New Mexico State. Cooking

poultry to an internal temperature of 165° F is a great way to help ensure that the food that you feed to your family is safe. A paper towel can be used to dry the surface of meat or poultry, or to remove small spots of congealed blood – then discard the paper towels.

After handling meat and poultry (raw or cooked) be sure to wash your hands for 20 seconds in warm soapy water. Remember, wash your hands, but not your meat or poultry! Stay food safe!





you do not go on a tour, you may drive to Paint & Sip with Chris or stay at the hotel and play games information on your registration form so we can make arrangements to provide a handicap accessible bus. Tours: Four tours are scheduled. Please indicate your first (1), second (2), third (3), and fourth (4) choice Include the tour fee with your registration. If you need special bus accommodations, please indicate that ₩

11:00am. Judging will begin at 1:00pm on Monday. Cultural Arts: Items may be brought in Sunday (9/16) from 6:30 - 8:00 pm or Monday (9/17) from 8:00 am -

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2018 WAHCE

Conference HCE A REAL

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cion HCE HCE	•		State Zip				ms and publications, web sites and promotion		rm to Conference Registrar: 54494. Phone 715-424-2851 Idline: August 15, 2018	oreference 1, 2, 3, 4, 5**	September 19th, Wednesday Workshop Session #4: 8:30 – 9:30 401 Memory Wire Bracelet (\$10 fee paid to instructor) 402 Hug In A Mug 403 Let's Have a Hootenanny! 404 Membership Workshop 405 She Came from Kansas 406 Serving Wisconsin's Aging Population 407 The Power Of Protein
2018 WAHCE Conference Registration September 17-19, 2018 The Country Springs (Ingleside) Hotel, 2810 Gdf Road, Pewaukee, WI 53170	Attach Mailing Label here -	District	City	E-mail address	State District County Specific Office held	Special Dietary Needs	opyright my image for educational progra		Make check payable to WAHCE, Inc. and mail with registration form to Conference Registrar: Darlene Schumacher, 2531 Golf Course Road, Wisconsin Rapids, WI 54494. Phone 715-424-2851 E-mail: <u>darleneschumacher41@gmail.com</u> . Registration Deadline: August 15, 2018	Tours ** Please number in order of preference 1, 2, 3, 4, 5^{**}	No See
HCE* 2018 \ HCE*	Name	County	Address	Telephone (including area code)	Officer or Committee Chair (circle one) State	First Time Attendee? Yes No	I grant the WAHCE, the right to use, publish, and copyright my image for educational programs and publications, web sites and promotion	of the WAHCE programs. PLEASE SIGN:	Make check payable to WAHC Darlene Schumacher, 2531 Golf E-mail: <u>darleneschumach</u>	Workshops & Tours **Ple	September 17th, Monday Tours\$ 41.0#1 Ten Chimneys, (Lynn Fontanne House)\$ 41.0#2 Milwaukee County Zoo\$ 30.00#3 Historic Greendale (Test Kitchen and Tours)\$ 46.00#4 Wisconsin Quilt Museum and Cedar Creek\$ 23.00#5 Paint and Sip with Chris (fee of \$24 paid at door – NO BUS)

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September 18th, Tuesday

Workshops Session #1: 8:30 – 9:45 AM

- 101 WAHCE Annual Business Meeting (Note: 8:00 Start)
 - 102 American Sign Language Today
- 103 Art on Sea Gass (material fee paid to instructor)
 - 105 Look! My Feet Are Straight! Lifelong Gardening 104 L
- Sleep Issues: What You Need to Know 106

Workshop Session #2: 10:15 – 11:30 AM

- 201 American Sign Language Today
- 202 Caring Connections Having Better Visits
 - With Loved Ones in Nursing Facilities
 - Fun with Fermentation 203 204
- International Workshop Roundtable Perennials with Purpose 205 F
 - 206 WTMJ Weather Storm Chasing
- Wisconsin Bookworms: Explore the 2018-19 Books 207 \
- After lunch, there will be a Conference Planning Roundtable

Workshop Session #3: 3:00 – 4:15 PM

- 301 Early Readers Literacy Takes Young Minds Anywhere
 - 302 Fun With Fermentation
- 303 Hogs for Heroes: Road Therapy for Injured Veterans
- Education Program: Learning About Childhood Trauma -Adverse Childhood Experiences (ACEs) 304
- Old Fashion Christmas: A Heartwarming Look at the Past 305
 - Rock County Barn Quilts Treasurer's Workshop 306 307

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- 501 Holiday Deco-Mesh Wreath (material fee paid to instructor) 502 Human Trafficking in Wisconsin
- 503 Education Program: Keep Your Credit Report in Check My Life with the Green & Gold, 20 Years of Sports 504
 - Reporting
 - Preparing Your Home 505 F
- 506 Raising Backyard Poultry
- Taking Care of You, Mind, Body and Spirit 507

Each County Bring Tay 10 Number Shoot for Untolk Full Registration Fees:

"Each County Bring Lax ID Number Sheet for Hotel"	Number Sheet for Ho	itel"
WAHCE Member or spouse Non-member	\$50.00 \$55.00 \$	
UW-Extension	No cost \$ FI	FREE
Late Fee (after August 15)	\$50.00 \$10.00	
I Utal Meal Package (4 meals)		
One Day Fees:		
Tuesday Registration	\$30.00 \$	
Wednesday Registration	\$20.00 \$	
Monday Evening Meal	\$30.00 \$	
Tuesday Lunch	\$25.00 \$	
Tuesday Banquet	\$30.00 \$	
Wednesday Lunch	\$25.00 \$	22
Tour Fee	\$	
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open to all conference attendees. Voting delegates (County Presidents and WAHCE Board members) are required to attend. All voting delegates will sit in assigned seating. This meeting begins at 8:00 am Business Meeting: President Joan Staffon will preside at the WAHCE, Inc., Annual Business Meeting which is

Second, third, fourth and fifth choices are needed in case your first choice is filled. Omitting the second, third, Workshops: Indicate your first (1), second (2), third (3), fourth (4), and fifth (5) choice in each time period fourth and fifth choice will not insure placement in your first choice

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Family and Community Life (or a substitute) attending these sessions. All are welcome Educational Programs. Every county should have their Vice President of Program and/or Vice President of (ACE) (Tuesday at 3:00 pm) and Keep Your Credit Report in Check (Wednesday at 10:30 am) are the Education Program Workshops: Learning About Childhood Trauma – Adverse Childhood Experiences

Meals: The cost of the meal package is \$110.00 (including gratuity). The meal package includes a light any special meal requirements on the registration form. continental breakfast, Monday night dinner, Tuesday lunch and dinner, and Wednesday lunch. Please indicate

Room Reservations: Reservations must be made directly with the Country Springs Hotel (The Ingleside Hotel). Reservations can be made by calling (262) 547-0201. State the dates September 16 – 19 or WAHCE.

will be released on August 11th. Check in time is 4 pm – check out time is 11:00 am. available. They will charge your credit card for one night when you make your reservation. The room block Room rates are \$99.00 per room (1-2 persons). Each additional person is \$10. There are a few suites

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will be charged sales tax. Please ask your County President for the letter required by the hotel Wisconsin Sales Tax Exemption: Unless you are being reimbursed by your county HCE organization, you

Conference Chair: Donna Zarovy E-mail: <u>zarovy@frontier.com</u>

Co-Chair: Chris Werner E-mail: <u>iwernerfamily@msn.com</u>

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Safe Substitutions When Canning

Authored By: Barb Ingham, bhingham@wisc.edu

The safety of the food that you preserve for your family and friends is important! The University of Wisconsin-Extension supports using up-todate, research-tested recipes so that you know that the food that you preserve is both safe and high in quality. Here are a few quick tips on changes and substitutions that are acceptable when using tested/approved recipes for canning fruits, meat, and vegetables that will keep your homepreserved food safe to eat.

Canning Fruits. Sugar is added to canned fruits help preserve color, help firm texture, and for flavor.

- Choose a light fruit juice such as white grape juice for canning if you wish to reduce sugar in home-canned fruit.
- You may safely eliminate sugar altogether when canning fruits at home, if you prefer. However, fruit canned in water is generally considered unappealing and will spoil more quickly once opened.
- There are no tested recipes for using sugar substitutes such as Sucralose in home canning. Refer to the manufacturer for directions for home canning using a sugar substitute.

Canning Meat. Meat is low in acid and must be canned in a pressure canner.

- You may add a small amount of seasoning, onions, or garlic when home-canning meat using a tested recipe without changing the processing time.
- Canned meat products must never be thickened with flour or cornstarch; rice, pasta, or barley must never be added; and fat must not be added any of these changes can result in an unsafe product.
- Only add meat when called for in a tested recipe. For example, don't add meat to spaghetti sauce unless the recipe allows this addition.

Canning Vegetables. Vegetables are also low in acid (unless they are pickled) and must be canned in a pressure canner.

• You may create vegetable mixtures as long as there is a tested recipe

for each vegetable that you are combining and you follow the processing time for the vegetable that has the longest time listed.

- You may add a small amount of garlic (up to 1 clove per jar) to canned vegetables without impacting the processing time in an approved recipe.
- Do not thicken canned vegetables with flour or cornstarch or add rice, pasta, or other starchy ingredients an unsafe product will result.

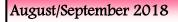
Recommended recipes for safe canning of fruits, meats, or vegetables are available from the University of Wisconsin (<u>https://fyi.uwex.edu/</u><u>safepreserving/recipes/</u>) or the National Center for Home Food Preservation (<u>http://nchfp.uga.edu/</u>).

In addition to fruits, meats, and vegetables, additional safe substitutions are available for canned salsa and other tomato products, homemade pickles and relishes, and tested/approved jam and jelly recipes. A full list of safe substitutions can be found in Play it Safe (<u>https://fyi.uwex.edu/safepreserving/files/2017/10/Play-it-Safe.pdf</u>).

Safe preserving!

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Guest Blogger: The Best Way to Quickly Clean a House

Originally published October 24, 2017 <u>https://cleanandhappynest.org/wpd/guest-blogger-the-best-way-to-quickly-clean-a-house/</u>

If you are trying to get the house ready for guests or just want to tidy up at the end of the day, you need a good plan for cleaning a house quickly and efficiently. How about a couple simple and easy speed cleaning shortcuts you can use today? Start with #1 and work your way through this list, and before you know it you'll have a clean house!

Gather Your Tools: Keep your favorite cleaning tools and cleaners in a caddy or container so you can grab them and clean anytime. My must-have caddy tools? Feather duster (faux or microfiber), microfiber cloths, a lint roller, your favorite all-purpose and disinfecting cleaners, cleaning wipes, and window/mirror cleaner.

Set a Timer: If you only have 15 minutes, set the timer and see how much you can get done. The most realistic timeframe for speed cleaning the entire house is 30-60 minutes. Of course this will vary depending on what condition your home is in.

Start with a Laundry Basket & a Garbage Bag: Start by collecting anything that can be tossed and throw it in the garbage bag. Items that need to be relocated and put in their proper places, can go in the laundry basket. Once the room is clean you can stash the laundry basket in a closet if you have someone dropping by, if not, take a couple minutes to return the items to their proper places. You can focus on main living areas or extend this into bedrooms as well.

Do a Quick Dust: A feather or microfiber duster is a great tool to quickly dust surfaces. Replace your duster when it looks dirty.

Wipe Surfaces: Spray down any hard surfaces (counters, toilets) and wipe clean with a microfiber cloth or paper towels. Take care not to cross-contaminate by using the same cloth on multiple surfaces. For example, don't wipe the toilets and then wipe the counters. Disinfecting wipes also work great for quick cleaning.

Wipe Mirrors: A quick spray with your glass cleaner on your cloth and wipe the bathroom mirrors. Clean mirrors definitely make the bathroom look cleaner with very little effort. Don't miss this step!

Quick Vacuum: If your floors need to be vacuumed, concentrate on high traffic areas, corners, and visible dirt. If you just vacuumed your floors or they look good, just check under the kitchen table for crumbs and sweep or vacuum.

Fluff Pillows & Straighten Throw Blankets: A quick tidy and straightening up of pillows and throw blankets will give your room a completed and clean appearance.

Put Out Fresh Towels: Don't under estimate the look of fresh towels. Replace your kitchen and bathroom towels with clean towels as you're making your final sweep.

With a little effort you can easily speed clean your home in under an hour. Try it the next time you have guests coming over, and you can relax and enjoy knowing you have a clean home to welcome them.



Summertime Food Safety (Interview Transcript)

Originally published July 27, 2018 https://fyi.uwex.edu/news/2018/07/27/summertime-food-safety/

Lorre Kolb: Summertime food safety. We're visiting today with Barb Ingham, Extension Food Safety Specialist, Department of Food Science, University of Wisconsin-Madison/Extension, in the College of Agricultural and Life Sciences, and I'm Lorre Kolb. Barb, what are some tips for keeping food safe for picnics?

Barb Ingham: Oh, there's some great tips. The first would be to use an insulated cooler, either filled with ice or those handy frozen gel packs, those will keep food at the right temperature before you get to the picnic. Foods that need to be kept cold include things like raw meat, poultry, seafood, deli/luncheon meats that might be great for sandwiches, summer salads, tuna salad, chicken salad, and egg salad. Interestingly, fruit and vegetables, especially those that are cut, also need to be kept cold; and of course dairy products. A full cooler actually will maintain it's cold temperature longer, so avoid opening the cooler once you have it filled so that the foods stay cooler longer. Finally, if you're going to be returning leftovers home, make sure that you stop for ice so those leftovers also stay cold.

Lorre Kolb: What should you think about when you're cooking out?

Barb Ingham: We want to make sure that we use separate cutting boards and utensils or plates if we have raw meat and ready to eat items like vegetables or bread so we don't spread germs from raw meat to other foods. We keep perishable food cold until it's ready to cook, this includes foods that you're marinating prior to grilling. After things are off the grill or if you're thinking about whether they're ready, use a food thermometer to make sure meat and poultry are cooked thoroughly to their safe minimum internal temperature. Beef, pork, lamb, and veal need to reach 145 degrees Fahrenheit and hold there for at least three minutes. Ground meats, like hamburgers, need to reach 160 degrees. If you've got poultry on the grill, chicken or poultry breasts or ground poultry need to reach 165 degrees. Always use a fresh, clean plate when you're serving cooked foods, so don't reuse that plate that touched the raw meat when you're taking the food off the grill.

Lorre Kolb: What should you think about when you're serving food outside?

Barb Ingham: Well, you actually have to think about how long it's going to stay out. Perishable food (either raw food before it's cooked or even food after it's cooked) should not sit out for more than two hours; that actually drops to one hour when the temperature outside is 90 degrees or higher. So have plenty of coolers available and plan your meal time so that you don't have food sitting out on a picnic table for a long period of time. If you want to keep food cold, a good way to do it is to serve it in small portions and to keep the rest in the cooler. After

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cooking meat and poultry, make sure you keep it hot until it's served. Keep food hot by keeping it on the grill (not directly over the coals) - that's a great way to keep food that's supposed to be hot warm enough that it will be safe until the family is ready to gather. Follow those steps, and you'll be ensured that you'll have a safe and healthy picnic for your family.

Lorre Kolb: We've been visiting today with Barb Ingham, Extension Food Safety Specialist, Department of Food Science, University of Wisconsin-Madison/ Extension, in the College of Agricultural and Life Sciences, and I'm Lorre Kolb.



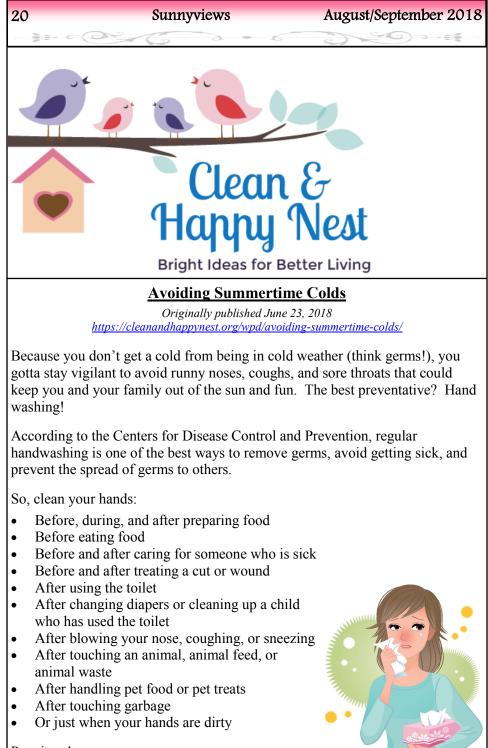
Love Your Fridge!

Originally published June 6, 2018 https://cleanandhappynest.org/wpd/love-your-fridge/

There's never ever a bad time to clean out your fridge. It only takes a few minutes to get rid of food that's gone bad, wipe up sticky spills, and squash the odors that ensue. Here's how!

Inside Your Fridge: Empty the contents of the entire fridge shelf by shelf, and toss anything that's past its prime or that you don't use. Slide out the drawers and clean them with a sponge, warm water, and liquid dish soap. Spray the empty shelves with a multi-surface spray and wipe down the walls and shelves. Using an old toothbrush is a great way to clean the nooks and crannies, too. When restocking, try putting the taller items in the back and the smaller items in the front so you can better see what's in there! Place a small box of baking soda in the door or in the back of the fridge to keep odors at bay.

Outside Your Fridge: Unplug the fridge and slide a duster under the unit's kick plate to remove dust build-up. Dip a soft cloth in warm water mixed with a mild dish detergent. Wipe the surface, rinse the cloth, and wipe again. Dry it with a towel to prevent water spots.



Pass it on!



How to Clean Your Summer Gear

Sunnyviews

Originally published August 10, 2017 https://cleanandhappynest.org/wpd/how-to-clean-your-summer-gear/

We don't want to admit it either, but summer is coming to an end. Cooler nights and shorter days are right around the corner (sniff!).

Before you store all that summer gear to make room for back to school supplies, make sure they are clean and ready to be put away. You'll thank yourself next spring! Here are some tips for getting everything in storage condition.

Beach towels: wash them in the hottest water that the fabric can handle, and add fabric softener to the final rinse. Run them through the dryer until they are thoroughly dry.

Sleeping bag: turn it inside out, let it air out, and then clean it according to the care label's instructions.

Muddy sneakers: bang the soles together to get rid of dry mud, then scrub the remaining dirt with an old toothbrush and a solution of warm water and dishwashing liquid. Wipe with a damp sponge and let them air dry.

Outdoor furniture: remove all loose debris, use a mild detergent and water, or you may need to use something stronger (abrasive cleaner or bleach if safe for the surface) if there is mold present or if your furniture hasn't been cleaned for a while.

Outdoor cushions: spot clean acrylic, polyester, and cotton fabrics with a solution of liquid dishwashing detergent and lukewarm water. Rinse with clear water and air-dry.

Pool toys: Mix ³/₄ cup of chlorine bleach per gallon of water and soak the toys for 5 minutes. Rinse and air-dry them, then store them in a closed container.

Anytime you use bucket of cleaning solution, keep the little ones away! Now on to that fall wardrobe...







Find Simple Pleasures in Your Day

Originally published July 24, 2017 https://cleanandhappynest.org/wpd/find-simple-pleasures-in-your-day/

Life is busy. Do you ever feel like the day flies by, and you've barely even looked up? We know we should be savoring and finding joy in our lives, but who has time for that?

You do.

Here are some very quick ways to find simple pleasures in your day, no matter how busy you are.

- 1. Find beauty in your commute. Find a view that you like, or a tree whose leaves you can track through the year. Notice it every time you pass it.
- 2. Text a different friend every day, and let them know what you appreciate about their friendship.
- 3. Buy a scented candle when you're on vacation, and light it for 20 minutes every day.
- 4. Vacuum a room, and enjoy the clean floor.
- 5. Put your phone down and read something besides emails over lunch to give your mind a break.
- 6. Fire up your playlist, and find a song you don't know by heart.
- 7. Put on lip gloss.
- 8. Pet your pet.
- 9. Go outside at night, and really look at the stars and the moon.
- 10. Write a hand-written thank you note to a friend or colleague.

See, it's not that hard!





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It's House Buying Season! Is Your Home Ready?

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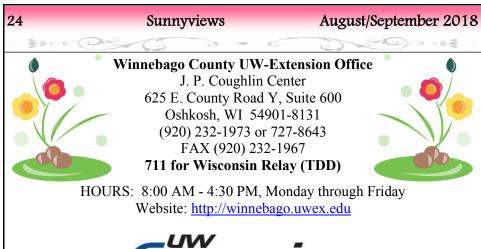
Are you putting your house on the market this season? Now's the time to get it ready for sale. A clean, bright home will attract more buyers, leading to more offers.

Here are some tips for getting your house ready for an open house:

- 1. Clear out the clutter! You want your home to look spacious, neat, and clean for potential buyers. Many people can't see through clutter to the house's potential and will walk away. Start by purging the house of everything that you don't need and won't be taking with you.
- 2. Clean the house. Focus your attention on the rooms that get the most traffic: kitchen, living room, dining room, and bathrooms. Look objectively at the house: what will a potential buyer notice first? Then clean each room top to bottom, left to right. Make sure you're using the right products: abrasive products are good for extra cleaning power on some hard to remove stains and soils, but liquid and gel cleaners may be less coarse and better on countertops and other surfaces. Spray cleaners work well on small areas such as countertops, while powders or liquids mixed in a bucket are best for larger surfaces like floors and walls. Be sure to use a non-rinse product on the floor to avoid a cloudy look.
- 3. Focus on mold and mildew in bathrooms. Buyers will be on the lookout for mold, so use liquid household bleach or cleaners containing bleach to remove mildew stains from areas like shower stalls, shower curtains, and grout. Use a non-streaking glass cleaner on shower doors and mirrors, and remove water spots from faucets. Don't forget to clean the entire toilet including the lid, tank top, and base.
- 4. Wash windows, vacuum carpets, and dust throughout the house with a dusting tool that helps trap and removes dust.
- 5. Clean fingerprints off of walls with a non-abrasive, all-purpose cleaner after testing a small section of the wall first.

You're ready!





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