



INSIDE THIS ISSUE:

President's Letter 1
Advisor's Letter 2
Note from Amy & Dates to Remember 3
Advance Care Planning 4
2019 JPCC Meeting Room Scheduling 5
Cultural Arts Report 6
Letter from Mary Nortman 7
Recognition for Keepsake Club 8-9
Wash Your Hands, Not Your Poultry 10
2018 WAHCE Conf. Info & Registration 11-14
Safe Substitutions When Canning 15-16
The Best Way to Quickly Clean Your House 17
Summertime Food Safety 18-19
Love Your Fridge 19
Avoiding Summertime Colds 20
How to Clean Your Summer Gear 21
Find Simple Pleasures in Your Day 22
It's House Buying Season! 23
Staff List 24

President's Letter

Dear HCE members,

I hope everyone is enjoying their summer. My garden is flourishing now that we have had some rain and cooler temperatures.

State Conference registration is due by August 15th and anyone who won in the Cultural Arts categories needs to have their registration to Kathy Wuest before the August 1st deadline.

At our July Executive Board Meeting, we set the following dates for 2019: Spring Banquet on May 2nd at the Coughlin Center and Annual Meeting on October 14th at the Coughlin Center. The board also decided to try something for 2019 and do all the Leader Trainings on one day (date has yet to be decided). We will do 2 morning sessions, have a catered lunch, and then finish with 2 afternoon sessions. Please talk with your club members for ideas for trainings to bring to the Annual Meeting on October 8th at the Coughlin Center.

We have a Special Interest Training on October 8th at 11:00am (before the Annual Meeting) on Advance Care Planning. This will also be open to the public. Hope to see everyone there!

Your President,
 Sue Berg

Advisor's Letter

Hello HCE Members,

As I write this, I can see across the street that our county fair is getting ready to open. Late summer and early fall are a perfect time for you to get out into the community and celebrate all that our county offers: fairs, farmer's markets, and even your own neighborhoods hold a certain magic during these final days of summer. I hope you take advantage and enjoy these days.

Fall is a renewal time for many of us—a time to start fresh and get things done. Please make every effort to attend our October Leader Training. Ellen Koski, from Advanced Care Planning Partnership, will lead us in a discussion about writing the last chapter of your life and leaving your loved ones with a solid understanding of your wishes. No one wants to talk about death, but it's a topic that each of us will face, so let's do it together!

Manchi Danyiel

Human Development and Family Relationship Educator

GATHER ROUND FOR THE 2018

Winnebago County Fair

Food stalls, game booths, and much more!



A Note from Amy

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: ahendrickson@co.winnebago.wi.us



Amy Hendrickson

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: <ul style="list-style-type: none"> • 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:

Introduction to
Advance Care Planning

The Winnebago County HCE and Advance Care Planning Partnership invite you to learn about how you and your loved ones can prepare and approach some of the difficult conversations surrounding health care decisions, especially in the event you could not communicate or speak for yourself.

MONDAY, OCTOBER 8, 2018

11:00 A.M. - 12:00 P.M.

J.P. COUGHLIN CENTER (625 E. COUNTY RD. Y, OSHKOSH)

CALL (920) 232-1973 TO REGISTER

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 <https://winnebago.uwex.edu/meeting-rooms/>, 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!

Cultural Arts Report

Submitted By: Kathy Wuest, Cultural Arts Chair

My life in May was basically not my own—so no report on the Spring Banquet Cultural Arts show. Better late than never—our 4 popular vote winners were:

- | | |
|-----------------|---|
| 1. Judy Fleck | Lap quilt made of tiny, multi-colored squares |
| 2. 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 ksw72@hotmail.com. 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



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.

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

Mary Nortman

It takes a
LONG TIME
to grow
old friends

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

Thank
You

You Matter Bags

Made by Homemakers Group, and filled by FCC or NHS

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

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

Authored By: Barb Ingham, 608-263-7383, bhingham@wisc.edu

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!





2018 WAHCE Conference Registration Information

September 16 - 18, 2018

Country Springs (The Ingleside Hotel) Hotel

2810 Golf Road, Pewaukee, WI 53072

“HCE Springs Into Action”

Make check payable to: WAHCE, Inc.

Mail with registration form to Conference Registrar Darlene Schumacher

2531 Golf Course Road, Wisconsin Rapids, WI 54494

Phone: 715-424-2851 Email: darlenschumacher1@gmail.com

- Registration, tour and meal fees are transferable, but not refundable.
- WAHCE reserves the right to alter or cancel a class as necessary. There is a \$50 late fee after August 15.
- UW-Extension Family Living Educators are not required to pay a registration fee.

Registration Deadline: August 15, 2018

Registration Hours: Sunday, September 16 2:00 pm – 6:00 pm
 Monday, September 17 8:30 am – 5:00 pm
 Tuesday, September 18 7:00 am – 8:30 am

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 information on your registration form so we can make arrangements to provide a handicap accessible bus. If you do not go on a tour, you may drive to Paint & Sip with Chris or stay at the hotel and play games.

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





2018 WAHCE Conference Registration

September 17-19, 2018

The Country Springs (Ingleside) Hotel, 2810 Golf Road, Pewaukee, WI 53170



Name _____ Attach Mailing Label here →

County _____ District _____

Address _____ City _____ State _____ Zip _____

Telephone (including area code) _____ E-mail address _____

Officer or Committee Chair (circle one) _____ State _____ District _____ County _____ Specific Office held _____

First Time Attendee? Yes No Special Dietary Needs _____

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 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: darlenschumacher41@gmail.com. Registration Deadline: August 15, 2018

Workshops & Tours **Please number in order of preference 1, 2, 3, 4, 5**

September 17th, Monday Tours

- ___ #1 Ten Chimneys, (Lynn Fontanne House) \$ 41.00
- ___ #2 Milwaukee County Zoo \$ 30.00
- ___ #3 Historic Greendale (Test Kitchen and Tours) \$ 46.00
- ___ #4 Wisconsin Quilt Museum and Cedar Creek \$ 23.00
- ___ **Need handicap access on bus**
- ___ #5 Paint and Sip with Chris (fee of \$24 paid at door – NO BUS)

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

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 Glass (material fee paid to instructor)
- 104 Lifelong Gardening
- 105 Look! My Feet Are Straight!
- 106 Sleep Issues: What You Need to Know

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
- 203 Fun with Fermentation
- 204 International Workshop Roundtable
- 205 Perennials with Purpose
- 206 WTMJ Weather Storm Chasing
- 207 Wisconsin Bookworms: Explore the 2018-19 Books

— { 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
- 304 Education Program: Learning About Childhood Trauma – Adverse Childhood Experiences (ACEs)
- 305 Old Fashion Christmas: A Heartwarming Look at the Past
- 306 Rock County Barn Quilts
- 307 Treasurer's Workshop

Workshop Session #5: 10:30 – 11:30

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

Full Registration Fees:

Each County Bring Tax ID Number Sheet for Hotel

WAHCE Member or spouse	\$50.00	\$
Non-member	\$55.00	\$
UW-Extension	No cost	\$ FREE
Late Fee (after August 15)	\$50.00	\$
Total Meal Package (4 meals)	\$110.00	\$

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	\$

Tour Fee

	\$	\$
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Total Enclosed:

	\$	\$
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Business Meeting: President Joan Staffon will preside at the WAHCE, Inc., Annual Business Meeting which is 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.

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

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

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

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

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

Conference Chair: Donna Zarovy

E-mail: zarovy@frontier.com

Co-Chair: Chris Werner

E-mail: iwernerfamily@msn.com

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-to-date, 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 home-preserved 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 (<https://fyi.uwex.edu/safepreserving/recipes/>) or the National Center for Home Food Preservation (<http://nchfp.uga.edu/>).

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 (<https://fyi.uwex.edu/safepreserving/files/2017/10/Play-it-Safe.pdf>).

Safe preserving!



Guest Blogger: The Best Way to Quickly Clean a House

Originally published October 24, 2017

<https://cleanandhappynest.org/wpd/guest-blogger-the-best-way-to-quickly-clean-a-house/>

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 underestimate 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 its 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

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.



Avoiding Summertime Colds

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<https://cleanandhappynest.org/wp/avoiding-summertime-colds/>

Because you don't get a cold from being in cold weather (think germs!), you gotta stay vigilant to avoid runny noses, coughs, and sore throats that could keep you and your family out of the sun and fun. The best preventative? Hand washing!

According to the Centers for Disease Control and Prevention, regular handwashing is one of the best ways to remove germs, avoid getting sick, and prevent the spread of germs to others.

So, clean your hands:

- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone who is sick
- Before and after treating a cut or wound
- After using the toilet
- After changing diapers or cleaning up a child who has used the toilet
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal feed, or animal waste
- After handling pet food or pet treats
- After touching garbage
- Or just when your hands are dirty



Pass it on!

How to Clean Your Summer Gear

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<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 $\frac{3}{4}$ 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!



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

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<https://cleanandhappynest.org/wp/its-house-buying-season-is-your-home-ready/>

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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