

June/July 2018

Sunnyviews



INSIDE THIS ISSUE:

President's Letter 1

Advisor's Letter 2

A Note from Amy 3

Dates to Remember 3

HCE Member Activities 4—6

2018 Winnebago County HCE Scholarship 7

50+ Year Members 8

International Announcement 8

2018 NVON Conference Info & Registration 9—10; 15—16

2018 WAHCE Conference Info & Registration 11—14

Check Your Credit Campaign 17—18

Making Healthier Meals 19—20

Take Care of Your Furry Friends on National Pet Day 21

Keep Triggers at Bay on World Asthma Day 22

Find Joy at Your Feet 23

Staff List 24

President's Letter

Dear HCE members,

As I am writing this, the orioles are impatiently waiting for their turn at the grape jelly feeder. It is so relaxing to see and hear the birds flying under the tree canopy and taking a bath at the bird bath.

On May 10th we celebrated our accomplishments for 2017-2018 at the Coughlin Center. The Spring Banquet, hosted by UNO Center, was a showcase of our members' special talents in the Cultural Arts exhibit. I hope many of these items will go to State Conference. Congrats to our two scholarship winners: Payton Rahn, granddaughter of Mickie Rohan (Keepsake), and Kameron Neumann, granddaughter of Shirley Neumann (Independent). To support our Scholarship Fund, we had a successful basket raffle and donations. Carol Kaufmann generously donated the funds for evening entertainment: the Golden Tones: a group of volunteer vocalists at the Oshkosh Senior Center, directed by Paula Steinert. Thank you UNO Center and the Chairs for making our Banquet a success.

Did you know we have 10 members with over 50 years of HCE membership, for a combined total of 562 years? See page 8 for more details.

I hope to see everyone at our Special Interest: Human Trafficking training on July 9th at 1:00pm at the Coughlin Center. See page 3 for more events.

Also noteworthy, Merry Moppettes has disbanded and joined with Gillingham Club.

Your President,

Sue Berg

Advisor's Letter

Dear HCE Members,

I wanted to take a moment to say thank you to everyone who has adjusted to the new leader training requests about RSVP. Amy and I are both grateful for your flexibility as we work to adjust to the internal and external changes within our office.

I recently taught a lesson on recasting tough situations in order to grow our *RESILIENCE*. There are three steps that I have found incredibly useful as I continue to navigate the daily changes in my professional life. If you find yourself in a challenging situation try following these steps to help make sense and find meaning in your challenges. I promise it will help!

Recasting:

How do you feel about this challenge? Sit with your thoughts for a bit and name as many feelings as you can. This will help you to put a name to what is happening.

Meaning: What meaning can you find in this challenge? How can you use this challenge for growth, to help others, or make a change in your own life? What can you control? What is out of your control?

Opportunity: What opportunities have come from this challenge? What have you learned? What can you learn?

I hope you find this as helpful as I have. I wish you all the best this summer. I hope it is filled with growth, sunshine, a picnic or two, and time with those you love.

Mandi Dunspeet



A Note from Amy

Happy FINALLY spring everyone! I am so grateful for the nicer weather and for all the work you do. I just want to share a couple of key points with you all:

The **HCE Healthy Lifestyle Survey** forms (due June 15th) should be mailed to:
Veronica Sustar, *WAHCE V.P. for Family & Community Life*
N2894 Overgaard Rd.
Mauston, WI 53948

The **HCE Club Member Contribution Report** forms (due June 10th) should be submitted to:
Bernice Labus
5716 County Rd. R
Oshkosh, WI 54902

The registration info and forms for both the NVON Conference (July) and the WAHCE Conference (September) are included with this newsletter. For more information about the tours and workshops available at these events (or for copies of the forms listed above—also included in the 2 previous newsletters), visit the WAHCE website at: <http://www.wahceinc.org/>.

HCE Dates to Remember

June 1 st	Start tracking Impact of HCE hours for 2018-2019
June 10 th	Impact of HCE hours for 2017-2018 due
June 15 th	Healthy Lifestyle Survey due
June 15 th	NVON Registration due
June 30 th	Memorial Leadership Scholarship applications due
July 9 th	1:00p Special Interest Meeting: Human Trafficking 2:00p Executive Board Meeting 3:00p Annual Planning Meeting
July 15 th	Submissions due for June/July HCE Newsletter
July 16—18 th	NVON Conference —Pewaukee
August 1 st	Cultural Arts Registrations due
August 1—5 th	Winnebago County Fair
August 2 nd	Stitches of Love Workshop
August 15 th	WAHCE Conference Registrations Due





HCE Member Activities:

A special thanks to Bernice Labus for taking photographs at these events and sharing them for the newsletter!

2018 WAHCE Central District Meeting “HCE is Like a Box of Chocolates”

This meeting was held on April 17, 2018 in Berlin, WI and was hosted by Green Lake County.



(Pictured left) Joan Bestler, Sue Berg, Rosemary Pionke, and Kathy Wuest attending Central District.

(Pictured right) the Central District banner.



(Pictured left) Rosemary Pionke discussing International with a fellow WAHCE Central District Meeting Attendee.



(Pictured above) Cultural Arts projects.



(Pictured left) A fellow WAHCE Central District Meeting attendee and Kathy Wuest crafting during Cultural Arts.

(Pictured right) Rosemary Pionke, Kathy Wuest, and Joan Bestler are looking over Bookworm books.



(Pictured left) Sue Berg makes truffles under the guidance of the workshop leader.

Leader Training: Super Foods, Healthy You

On April 9, 2018, Winnebago County HCE had a lesson entitled "Super Foods, Healthy You", taught by Mandi Dornfield.

The Executive Board Meeting followed the lesson.

(Pictured below) Rosemary Pionke, Vicky Rowe, Kathy Wuest, Vernita Green, Barb Mueller, and Dorothy Felda.



2018 Winnebago County HCE Scholarship Winners

Submitted by: Carol Kaufmann, Scholarship Chair

It is my pleasure to announce the 2018 Winnebago County Association of Home and Community Education Scholarship recipients, who will each be receiving a \$500 scholarship to be presented upon enrollment in their sophomore year in college.

Our first recipient is a student from Appleton North High School who plans to attend UWO in fall to study Business. She has been involved in the National Honors Society through which she volunteered at Century Oaks Nursing Home once a week. She has also tutored 6th grade at-risk youth from Ferber Elementary School, where she helps them with homework every Thursday. She has also volunteered with the Fox Valley Brain Tumor Walk, serving in many different places from the food tent to running the silent auction. Overall, she has over 200 hours in her high school career. Those that she works with describe her as ‘reliable, conscientious, self-disciplined, a great work ethic, and a team player.’ I am pleased to present the granddaughter of Shirley Neumann, Miss Kameron Neumann.

Now, let me tell you about our second recipient. She plans to attend Ripon College and her studies will include: English and Criminal Justice—Pre-Law with a Spanish minor. She will be pursuing the Ripon College Pre-Law Scholars Program, which will allow her to complete her undergraduate degree in only three years with a guaranteed acceptance into law school. She has been a student at Omro High School, where she has a 3.97 GPA and is ranked 7th in the class. She has been on Math Team, Academic Bowl, Peer Tutor, National Honors Society, Spanish Club, History Club, and participated in basketball, cross country, soccer, and track. She’s been a youth coach and helps at youth clinics and tournaments, and refereed youth games. Those who know her say she has the attitude, the willingness to work, and ability to learn from mistakes which are three correlations to success in life. I am pleased to present Miss Payton Rahn, the granddaughter of Mickie Rohan (Keepsake Homemakers).



Winnebago County 50+ Year Members

Congratulations to the following Winnebago County HCE members who have reached 50 or more years of service!

<u>Year Joined</u>	<u>Name of Member</u>	<u>Club of Membership</u>
73 yrs	Betty Kromm	Utica
57 yrs	Barbara Kempen	Gillingham
57 yrs	Betty Bradley	Utica Club
56 yrs (36 Active)	Carolyn Mafreidas	Keepsake Homemakers
55 yrs	Margie Muttart	Progressive
54 yrs	Fran Hart	Gillingham
54 yrs	Shirley Neumann	Individual
53 yrs (52 Winnebago)	Janet Dehn	Gillingham
52 yrs	Mary Davis	Progressive
51 yrs	Vida Schmidt	Gillingham

**CONGRATULATIONS
&
THANK YOU!!!**

International Announcement for 2018 WAHCE Conference

*Originally published in the May 2018 WAHCE UPDATE newsletter
Authored by: Lylene Scholz, International Chair*

We will be having a Silent Auction at the 2018 WAHCE Conference in Pewaukee in September. It will benefit the *Ventures in People Scholarship* program in Haiti (we are supporting six students at this time), the *Wisconsin Nicaragua Partners Learning Centers*, and the *NVON Water Around the World* project.

We look forward to the great participation we have from our members for this event.

REGISTRATION

(Deadline - June 15, 2018)

Registration and tour fees are non-refundable, but transferrable after June 15, 2018.

Full Registration \$140.00 \$ _____

One Day Registration

Monday, July 16 \$65.00 \$ _____

Tuesday, July 17 \$65.00 \$ _____

Wednesday, July 18 \$65.00 \$ _____

Late Fee (postmarked after June 15, 2018)..... \$10.00 \$ _____Tours (open to all attendees) *Lunch is not included in the fee for any tours!*Monday Tours

Old World Wisconsin - \$40.00 Fee \$ _____

Wisconsin Museum of Quilts and Fiber Art - \$25.00 Fee \$ _____

Tuesday Tour

Harley Davidson Museum & Lakefront Brewery** \$30.00 Fee \$ _____

Wednesday Tour

Milwaukee Art Museum** \$25.00 Fee \$ _____

Total Workshop Fees Included: \$ _____

****List Special Dietary Needs** _____*Meals included in registration fee are Monday evening, Tuesday lunch and evening and Wednesday lunch and evening. Tuesday and Wednesday tours have been reduced \$10 as a credit for lunches included in the meal package.*

2018 NVON Conference Registration
 NVON - Learning, Leading, Serving
 Enhance Leadership Skills

July 16 - 19, 2018

The Country Springs Hotel (Soon to be Ingleside) -Pewaukee, Wisconsin

Name (one form per person) _____

Address _____

City _____ State _____ Zip _____ Telephone (include area code) _____

E-mail address _____

Member _____ Guest _____ First Time Attendee _____ E-mail Registration Confirmation _____ Y _____ N _____

Include a self-addressed stamped envelope if you would like a written registration confirmation.

I grant the WAHCE/NVON, the right to use, publish and copyright my image for educational program and publications, web sites and promotion of WAHCE and/or NVON programs.

Signature _____

Choose a seminar/craft class you would like to attend by placing a 1, 2, or 3 in the space before the selection. Omitting the 2nd or 3rd choice does not guarantee placement in 1st choice. Tours and seminars will be filled as registrations are received. **Fees for craft classes are not included in the registration. You will pay the instructor when you attend the class.**

TOURS - Tours are open to anyone.
(Lunch is NOT included in tour cost.)

HERITAGE SKILL CLASSES
 9:00 - 10:00 am ***
 ___Chicken Scratch

Monday, July 16



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

Meals included in registration fee.

I will be attending the following:

- _____ Monday, July 16, Wisconsin Night/ Dinner
- _____ Tuesday, July 17, Lunch
- _____ Tuesday, July 18, Dinner
- _____ Wednesday, July 19, Lunch
- _____ Wednesday, July 19, Banquet

Make Checks Payable to WAHCE, INC.

(Registration due by June 15, 2018)

(Late fee after June 15, 2018 of \$10.00.)

Mail Check or Money Order with Registration form to:

Darlene Schumacher
2531 Golf Course Road
Wisconsin Rapids, WI 54494
darleneschumacher41@gmail.com

Any Questions, Contact:

Donna Zarovy, Conference Chair
262-857-7502

zarovy@frontier.com

OR

Yvonne Belonga, Conference Co-Chair
ydbelong@centurytel.net



To make reservations for The Country Springs Hotel (soon to be The Ingleside Hotel) 2810 Golf Road, Pewaukee, WI 53072. Reservations can be reached 24 / 7 at 262-547-0201.

Room Rate is \$99 (1-2 occupants) \$10 each additional occupant. Double check the bed size if you plan to have more than two in the room. There are executive suites available, too. When making your reservation, they are requesting a credit card and processing a payment for the first night's stay.

(2)

Check Your Credit Campaign

Authored By: Peggy Olive, polive@wisc.edu, 608-262-6766



Federal law gives everyone the right to request three free credit reports each year—one each from the three credit bureaus: Equifax, Experian, and TransUnion. There are three ways to order your free credit report: through the mail, by phone toll-free, or at the official website AnnualCreditReport.com. The University of Wisconsin-Extension “Check Your Free Credit Report: 2/2, 6/6, 10/10” campaign seeks to make the process of remembering to order a free credit report as easy as possible. Anyone can sign up to receive an email reminder from UW-Extension three times a year—on 2/2, 6/6, and 10/10—on the campaign’s website: fyi.uwex.edu/creditreport. While you can order all three reports at the same time, the Winnebago County UW-Extension office recommends that you view one report every four months so you can be sure that the information is up-to-date and accurate year round.

“There are loads of reasons why we may not keep up with monitoring our own credit,” says Peggy Olive, UW-Extension/UW-Madison Financial Capability Specialist. “Life is busy enough with everyday responsibilities. Our credit report reminder campaign seeks to make managing your credit history that much easier.”

Of course, some people may be thinking about their credit report and credit history but are hesitant to order their free report because they are afraid of what they might find. A credit report contains information about your credit payments and public financial records, such as a bankruptcy or judgment. Negative information can stay on a credit report for 7-10 years, and sometimes longer.

Not all negative information is treated the same, with more serious events pulling down a credit score. A 30-day late payment on a credit card will lower your credit score, for example, but not as much as a 60- or 90-day late payment. An unpaid judgment will lower a credit score much more than a paid judgment. On the plus side, as the negative event gets older, it will lower your score less and less over the years.

Even if you have past negative events on your credit report, there are steps a person can take to begin rebuilding their credit history from today forward. These steps could include:

1. Review your credit report to make sure the information reported is accurate and timely to begin with. Take steps to correct errors or have outdated information removed from your report. For tips on correcting errors, go to fyi.uwex.edu/creditreport.

2. Pay all bills on time, making sure the creditor receives payment by the due date. Even if your creditor doesn't regularly report on-time payments to the three credit bureaus, some creditors make a point of reporting only late payments to the bureaus. Set up automatic payments through your financial institution if that helps you keep up, but only if you know you'll have the money in your account.
3. If you have store or bank credit cards, don't use more than 25-30 percent of your total credit limit. If you have a \$1000 credit limit on a credit card, for example, never carry a balance more than \$300 in charges.
4. Pay more than the minimum due on credit cards, even if it's \$20 or so more than the minimum. Just paying the minimum due can send a message to creditors that money is tight and that you may have trouble keeping up with credit payments. Just over half of all credit card holders pay off their balance in full every month, which helps to avoid finance charges in addition to boosting credit worthiness.

“Some people with troubled credit histories may have trouble even getting their foot in the door in order to rebuild credit,” Olive explains. “There are a few approaches to consider if you're having trouble getting access to credit currently.” Many banks and credit unions offer secured credit cards. These cards require the cardholder to keep a deposit in their account that equals the same amount of the secured credit card's credit limit, such as \$300. Fees and interest rates are typically higher than unsecured credit cards. Make sure the secured credit card reports to at least one of the credit bureaus and ask if the card rolls over to an unsecured account after a year or two. The same rules of positive financial behaviors still apply to unsecured cards in that it's important to make on-time payments and not use more than 30% of the credit limit.

Another option that's more common with young adults is to become an authorized user on a parent's credit card. Not all credit card companies report authorized users to the credit bureaus, so that is something to ask about before adding another person to the account. Note that the credit cardholder is responsible for all charges the authorized user makes on the account, and the authorized user will also be affected by the primary account holder making late payments. An authorized user arrangement is not right for every household and requires upfront communication.

Building and maintaining good credit doesn't happen overnight. It also takes conscious effort to keep up with positive financial habits. In addition to email reminders, the UW-Extension “2/2, 6/6, 10/10” website provides information and links for ordering, understanding, and monitoring your free credit reports.

For more information on credit reports, contact the Winnebago County UW-Extension office at (920) 232-1970 or online at www.winnebago.uwex.edu.

Making Healthier Meals

*Lorre Kolb's Original Interview with Beth Olson, bholson@wisc.edu, (608) 265-2108
<https://fyi.uwex.edu/news/2018/03/23/making-healthier-meals/>*

What makes a meal healthy?

When we look at our meals, we try to make them healthy by including more than one of our food groups in that. So if people go to ChooseMyPlate.gov they can learn more about the food groups that make up a overall healthy diet and that they can use to make each of their meals and perhaps also make their snacks healthier.

What's something someone should include in a healthy meal?

One of the things a person could do is look at meals that they make every day. We tend to make some of our favorite meals over and over and over. So if we look at something like breakfast: a lot of people don't get one of the food groups, which is the protein group, at breakfast. A lot of people have a piece of toast with butter perhaps. One of the ways then that they could make that meal a bit healthier and get more of the food group of protein in their diet would be to add a protein food, like peanut butter on their toast or some Greek yogurt or they could sprinkle some nuts on their oatmeal and then they would have added a bit of protein to their meal.

What are some good snacks, what are some snacks to avoid?

Another way they can make their diet healthier is to have healthier snacks. One of the food groups that again we don't get enough of is fruits and vegetables, especially vegetables. We could think about vegetables as snacks. Things like baby carrots that you could dip in hummus or sliced green pepper that you could dip in low-fat ranch dressing. And then we can get more of the fruit and vegetable food group.

How are other ways that you can add fruits and vegetables to your meal?

We could add vegetables by adding it to what we often think of as the starchy part of our meal. So we might have rice with our dinner. We could cook up broccoli and cut it up into small little flowerets and mix that in with the rice and add a little vegetable right in with our carbohydrate that we're having with our dinner. We could also look at fruit and use it as a topping in places that we hadn't thought about, so if we're having a salad for dinner, we could sprinkle something like mandarin oranges over the top of a salad.

How can parents get healthier foods in with their picky eaters?

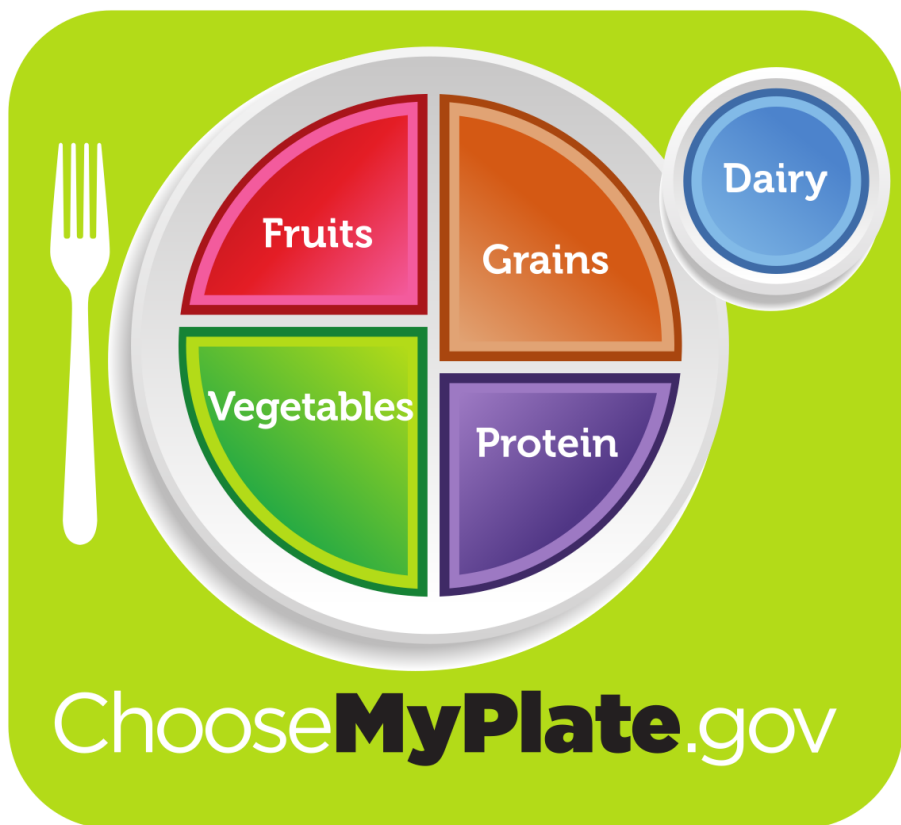
A way that parents can make meals healthier for their children is to add more whole grains. But whole grains sometimes taste a little bit different and

children aren't used to them so we can start out gradually by doing something like making something like spaghetti – a food kids love – but making it half with regular spaghetti and half with a whole wheat spaghetti, so mix the two noodles together and then over time you can add in more and more of the whole grain spaghetti.

Is the only way to get dairy into the diet through milk?

No, although milk is a good choice – particularly a lower fat milk, there are many other ways to put dairy into our diet. So a lower fat yogurt or non-fat yogurt can be used in place of other things. So instead of topping your taco with sour cream add a little bit of a low-fat yogurt. Or instead of choosing a salad dressing, you could make a yogurt-based dressing.

Lorre Kolb: We've been talking today with Beth Olson, Associate Professor and Extension specialist at UW-Madison and I'm Lorre Kolb.





Take Care of Your Furry Friends on National Pet Day

Originally published April 11, 2018

<https://cleanandhappynest.org/wpd/take-care-of-your-furry-friends-on-national-pet-day/>

Being loved, clean, and safe is important to the furry members of your household too. In honor of National Pet Day (April 11, 2018), ACI is sharing tips to help keep your pets clean and happy (and your home free of fur, dander, and pet allergens)!



1. Give your pet a quick brush. If possible, do it outside, away from anyone with allergies. Be sure to clean the brush after each use.
2. Pet-proof your home by tucking electrical cords out of the way and installing safety latches in lower kitchen cabinets to keep nosy pets (and your stuff) safe. And, please keep all liquid cleaning products up and out of site so pets won't be tempted to take a drink.
3. Scrub their food dishes often. Clean bowls are healthier for your pets – and exploring toddlers!
4. Wash their cushions and blankets. Who doesn't love a freshly made bed??
5. Sweep up the shedding. As the weather heats up, your furry friends begin to lose their winter coat and it gets everywhere!
6. Consider giving your pet a bath to remove seasonal pollen and give them a shiny, clean coat!
7. Find more tips here: https://www.cleaninginstitute.org/clean_living/cm_mayjune2011_housecleaning_with_fido_and_friends.aspx

Keep Triggers at Bay on World Asthma Day

Originally published May 1, 2018

<https://cleanandhappynest.org/wpd/keep-triggers-at-bay-on-world-asthma-day/>

The sun is shining, the birds are chirping...and, unfortunately, springtime allergens and asthma triggers have come out to play, too. Our windows are open, and we're spending more time outside which means that pollen (that dogs and cats can track in, too) is making its way inside our homes. One of the easiest ways to reduce asthma and allergy flare-ups from all kinds of triggers – including dust mites, pet dander, mildew, and bugs – is to ... you guessed it – clean 'em up!

So, In honor of World Asthma Day (May 1, 2018), take a moment to read and follow these simple tips for making your home healthier for allergy/asthma sufferers in your household. And, share them with someone in your life who'll benefit from a healthier home.

- When you dust, sweep, or use cleaning products that might trigger allergies or asthma, make sure that the sufferer is out of the room. And, when you use spray products, spray the cleaner on a cloth or sponge first instead of on the surface.
- Spot check areas where pollen can build up like around window sills, on rugs, and on outdoor furniture.
- Please (yes, please) read and follow label directions on cleaning product packages. They give the proper amount of product to use, how to use the product, and safety advice.
- Ventilate areas where you are cleaning – open a door or a window or turn on a fan. Leave the room when you are done cleaning and allow the room to air out.



Find Joy at Your Feet

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Swing open the front door, inhale a fresh scent, and catch gleams of light reflecting from shiny counters and handles. There's nothing like that feeling of returning to a clean home. Knowing your special space is sparkly definitely can give you an instant mood boost. Yet, not all cleaning jobs are created equal when it comes to happiness. According to a past ACI survey, here's what makes us most satisfied:

1. Gleaming floors (21%)
2. Tidy toilets (21%)
3. Clean countertops (20%)
4. Sparkling shower (15%)
5. Crystal clear windows (12%)
6. Spotless sinks (7%)
7. Clean mirrors (3%)



Here are some simple cleaning tips to make your home your happy place:

Cover up: Laying rugs or mats down at room entrances can prevent dirt and grime buildup. For a quick clean, use a dry, electrostatic sheet to grab loose dust. Or you can use an all-in-one mop with cloths that have a cleaning solution on them.

Spot Check: Keep wipes right on the kitchen counter for easy access during cooking. Wipe down counters after preparing raw meat, poultry, or seafood.

Get Handy: Clean smudged mirrors by spraying glass cleaner on a soft cotton cloth instead of directly onto the glass surface.

Flush Dirt Goodbye: Use flushable wipes on toilet rims, tanks, faucets, sinks, and basins. They're designed to be safe for plumbing, septic tanks, and the environment.

Get a Clean Routine: Shampoo, condition, then spray for soap scum. Right after you shower, you can spray a cleaner while the surfaces are still wet.



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