President’s Letter

Dear HCE Members,

Spring is here! Time for us to gear up for our many activities!

The executive board meeting is April 13th at 1:00pm. Please be sure to have someone present from each club. Allenville Center is planning for the Spring Banquet, and we have the Spring Central District meeting in Amherst on April 21st, with reservations due by April 7th. Scholarship applications are due to Vida Allen by April 15th.

Anyone interested in hostessing for the State Conference in Stevens Point on September 14th, 15th, or 16th, let me know. We need help. You can do all three days, one day, or even half a day. Joan Bestler and I are staying, so we will have a room available. State Conference wants to recognize all 55-year members with a photo and article. Please let us know who you are.

It’s been a long, cold winter, so I am looking forward to seeing everyone this spring.

Sincerely,
Susan Berg, President
**HCE Dates to Remember:**

March 24, 2015 – Leader Training POOL Topic: Raising a Money Smart Child  
– JP Coughlin Center  
April 13, 2015 – HCE Board Meeting – JP Coughlin Center  
April 15, 2015 – Deadline for Scholarship Applications  
April 21, 2015 – Central District Meeting - Amherst  
May 6, 2015 – HCE Banquet - Robbins  
May 21, 2015 – Stitches of Love Workshop – JP Coughlin Center

**Advisor Letter:**

Dear HCE Members,

I spoke too soon at the Annual Meeting....we were fully staffed that day....

January 2, Melody Piper retired from her position with UW-Extension  
January 9, Kristi Cutts resigned from her position to start at UW-Oshkosh as the Executive MBA Program Advisor  
March 10, Matt Welter, our 4-H Youth Development Educator moved to an assignment in Manitowoc County

However as those colleagues moved on...  
February 9, Tory Kemp started as an intern with the Family Living programs  
February 17, Amy Timm started as the Administrative/Family Living Secretary  
March 10, Mandi Dornfeld started as the Family Living Educator  
March 11, Sarah Thompson added 4-H programming to her position

That pretty much sums up what I have been doing since December, along with the regular programming – yes a full plate!

As these positions have opened and filled, we’ve had some tearful goodbyes and some new opportunities. Learn more about Tory, Amy, Mandi and Darrell McCauley, our new Agriculture Agent in this newsletter.

I look forward to seeing you at the events listed above and till later, take care!

Chris
Introducing – Mandi Dornfeld, Family Living Program Educator

Hi Everyone!

My name is Mandi Dornfeld, and I am the new Winnebago County UW-Extension Family Living Educator. I am thrilled to be the newest member of such an amazing team. I am just learning all that our programs have to offer and every day I am more excited to be a part of this organization.

I have a long history with family education as I worked with Parent Connection for more than 16 years primarily working with teen parents and providing community-based workshops and family events. I love being in the community and supporting individuals and families as they discover their strengths and nurture them. I am completing my Master of Science in Educational Leadership this May at the University of Wisconsin Oshkosh.

Personally, I have been married to my husband Dave for almost 19 years and we have two daughters; Hannah and Callah. We have lived in Little Chute for the past 16 years.

I am so excited to meet each of you and begin this important work together.

Mandi

Introducing—Amy Timm, Administrative & Family Living Support Staff Secretary

Hello everyone!

My name is Amy, and I am the newest Support Staff member for the UW—Extension office. I will be providing administrative support for the office and for the various Family Living programs affiliated with UW Extension.

Previously, I worked as an administrative and operational supervisor for a retail organization in the Fox Valley and additionally as a receptionist in a health care setting. My educational background consists primarily of human/social service courses related to sociology, psychology, and counseling. I enjoy interacting with people and assisting them in improving their lives. I also enjoy providing administrative support to help programs and organizations run effectively, and I am very excited to be a part of the UW—Extension team. I look forward to learning more about the various programs available for helping individuals and families in the community, and I am excited to be partnering with the HCE and Family Living programs that serve Winnebago County.

I look forward to meeting and working with all of you!

Blessings,

Amy
Introducing—Darrell McCauley, Winnebago County Agriculture Agent

Hello,

I am Darrell McCauley, the new Agricultural Agent for Winnebago County. It is my pleasure to begin serving the agricultural community in the county for UW-Extension. I grew up on a 50 cow dairy farm near Reedsburg, WI and participated in 4-H and FFA. To further my education, I attended UW-Madison with a double major in Dairy Science and Meat & Animal Science. My work experience includes 12 years as the Green Lake County Agricultural Agent and working in agribusiness for a number of years. I also recently had the opportunity to serve as interim 4-H agent in Green Lake County.

I am excited to begin educational programming here in Winnebago County and carry on some of the other popular programs and activities that Winnebago County UW-Extension has offered in the past. As I begin, it will be necessary for me to collect and learn about the educational needs that are important to you and everyone in the agricultural community. I believe in forming strong working relationships with the other agricultural agencies, farm organizations, producer groups, local government and my colleagues in the UW-Extension office, including youth groups involved in 4-H and FFA. I am also looking forward to working with the active Master Gardeners organization in Winnebago County.

Again, I am excited to begin and get the chance to meet you. I look forward to learning more about Winnebago County and serving as the Winnebago County Agricultural Agent.

Best Regards,
Darrell

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Introducing—Tory Kemp, Family Living Program Intern

Hello!

My name is Victoria Kemp. I am an intern working with the Family Living Program here at UW-Extension. My educational background is that I am a senior at UW-Oshkosh and will be graduating in May with a major in Human Services Leadership and a Minor in Communication Studies.

During my time here I am not only working with the Family Living Program, but also working with the Agriculture and 4-H departments as well. I am passionate about creating change and making a difference in the people’s lives around me. I am working hard to bring to the table new ideas and innovative services to the people in Winnebago County. I am very excited to see what the upcoming months have to offer and look forward to meeting you all!

Best Regards,
Victoria
2015 Winnebago County HCE
Spring Banquet

Where: Robbins Restaurant
1810 Omro Road
Oshkosh, WI

When: Wednesday, May 6, 2015
5:00pm—6:00pm Registration
Check in items by 6:00pm
6:15pm Banquet

Cost: $18.50 Includes Dinner and Program

Dinner: Family Style Meals:
Honey Roasted Chicken with Dressing, Beef Tips, Home-style Mashed Potatoes, Rivera-Blend Vegetables, Dinner Rolls, Beverage, Dessert

Featuring:
Cultural Arts Exhibit and Voting
50-Year Member Recognition
Scholarship Presentation
Scholarship Fundraiser

Program: “Downton Abbey” Exhibit
Laura Fiser, Paine Art Center

Registration Deadline:
April 30, 2015

This event is being hosted by the Allenville Center
Send reservations with payment by April 30, 2015 to:

Joan Bestler
7588 Center Rd.
Neenah, WI 54956
### 1. Paintings/Drawings
- **Framed or Wrapped**
  - A. Oil
  - B. Acrylic
  - C. Water Color
  - D. Other

### 2. Photography (note Rule #10)
- A. Color – Landscape
- B. Color – Waterscape
- C. Color – Plants
- D. Color – Animals
- E. Color – Skyscape
- F. Black and White
- G. Other

### 3. Sewing
- A. Children’s Wear
- B. Adult Wear
- C. Original Design
- D. Wearable Art
- E. Kitchen Items
- F. Purses
- G. Pillows
- H. Sewn item made from Recycled materials
- I. Other

### 4. Knitting
- A. Wearable Item
- B. Afghan
- C. Other

### 5. Crocheting
- A. Wearable Item
- B. Dolly/Dresser Scarf
- C. Afghan
- D. Other

### 6. Hand Stitching
- A. Plastic Canvas
- B. Embroidery
- C. Counted Cross Stitch
- D. Other

### 7. Crafts (note Rule #12)
- A. Cards–paper only- 6
- B. Cards–mixed media-6
- C. Scrapbooking
- D. Craft made from recycled materials
- E. Other

### 8. Heritage Skills
- A. Hardanger
- B. Tatting
- C. Woodworking
- D. Basketry
- E. Spinning/Weaving
- F. Felting
- G. Swedish Weaving
- H. Rug Making
- I. Original published book
- J. Other

### 9. Bed Quilt
- (Larger than 60” x 80”)
- A. Tied
- B. Hand Quilted
  - **Machine Quilted By You**
  - C. Pieced
  - D. Appliquéd
  - E. Embroidered
  - **Machine Quilted Professionally**
  - F. Pieced
  - G. Appliquéd
  - H. Embroidery
  - I. Any other Bed Size

### 10. Lap/Baby Quilt
- (Smaller than 60” x 80”)
- A. Tied
- B. Hand Quilted
  - **Machine Quilted By You**
  - C. Pieced
  - D. Appliquéd
  - E. Embroidered
  - **Machine Quilted Professionally**
  - F. Pieced
  - G. Appliquéd
  - H. Embroidery
  - I. Any other lap quilt

### 11. Wall Hanging (no Frames)
- 1 item only no longer than 50 inches
  - A. Hand Quilted, fabric
  - B. Machine Quilted, fabric
  - C. Other ie. - collage of assembled materials or mixed media

### 12. Table Topper/Runner
- A. Hand Quilted
- B. Machine Quilted
- C. Other

### 13. Jewelry
- A. Bracelet
- B. Necklace
- C. Other

### 14. Miscellaneous #1
- A. Ceramics, Clay, Pottery
- B. Handcrafted Toy, Doll
- C. Glass
- D. Other

### 15. Miscellaneous #2
- A. Painting on china, glass
- B. Painting on Fabric
- C. Painting on other than A or B

Poem, Essay, Short Story/Play must accompany this form. Include 3 copies, stapled individually if multiple pages. Do not count “a”, “an”, and “the” for either essays or short stories.

(Refer to Rule #7 on Guidelines.)

### 16. Poem

### 17. Essay
- Original, 1 topic; 250-500 words

### 18. Short Story/Play
- Original that has beginning, middle and end
- 3,000 words or less

### 19. Bonus Category – Something Sparkly
Read details on next page.
## 19. Bonus Category—Something Sparkly

For the past three years our “Bonus” contest has been greeted with a lot of excitement and participation. We decided to do it again with another theme. This year we’re celebrating with **Something Sparkly**.

*The bonus category is just for fun!! Must be pre-registered in category 19.*

Note: There is a size restriction—No larger than 10” x 10” x 10”

Here are the rules to enter:

1. The display you use for your creation is of your choice.
2. You can use any media to construct your entry.

As with any Cultural Arts entries, your entry should be judged in some way at the County level. Please bring only one entry from each county. The entry will be turned in with your other Cultural Arts entries and will be put on display somewhere in the conference center. This will not be a judged category. Instead, the Something Sparkly will be voted on by those attending the conference. Each person will receive a “vote slip” in their packets when they register for the 2015 WAHCE State Conference. Then, it will be up to all attending to choose the best-looking entry.

We hope all counties will like the idea and join in the fun!

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All work must be done by entrant and completed after last year’s show. It must receive a first place at this year’s county show or fair. All items must be clean or laundered or will be disqualified by the judge.

1. Poems, essays and short stories/plays must accompany the registration forms. **Must not be framed or in book form. Staple a cover sheet with the category/title which is to be centered on the entry. Name should appear only on the back side.**

2. All entries in categories 17, 18 and 19 must be typed. Use plain paper and 12 pitch font. Author must sign permission form if they agree to have their piece printed in HCE *Update*.

3. Kits and patterns may be used as long as entrant does all the work.

4. Photography must be an 8” x 10” photograph -- unmatted only -- put into a non-glare 8½” x 11” plastic sleeve – slip in tag board or cardboard behind picture. Double-sided tape will hold picture to your tag board. **Photographs matted or framed will be disqualified.**

5. 6 Cards without envelopes must be mounted as a group on a flat sturdy display board no larger than 24” x 30” or will be disqualified. Fronts must show on cards.

6. WAHCE is **NOT RESPONSIBLE** for any loss or damage of items on display.
2014 Stitches of Love Annual Report

The HCE Stitches of Love project, which began in January 2002, is proud to be completing its 12th year of service. The mission of Stitches of Love is to make headwear, free of charge, for local cancer patients and distribute them through four treatment centers. In 2014, the following four regional cancer centers received our knit, crocheted, and sewn hats:

- The Martha Siekman Cancer Center at Appleton Medical Center
- The Vince Lombardi Cancer Center at Aurora Medical Center in Oshkosh
- The Michael Wachtel Cancer Center at Mercy Hospital in Oshkosh
- The St. Agnes Cancer Center in Fond du Lac

Stitches of Love holds four workshops each year at the Coughlin Center as well as two workshops at the Calumet County Courthouse in Chilton. In past years, the ladies from Chilton drove to Oshkosh to participate in our workshops. However, the drive had become more and more challenging over the years, so in 2014 Stitches of Love again came to them – one workshop in the spring and one in the fall. The workshops were so successful, they have now become part of the regular workshop schedule.

During all our workshops, we cut out fabric hats which are then taken home by volunteers to sew. We also have a number of volunteers who knit and crochet hats at home. In 2014 we donated 2,217 hats with the time and talents of 30+ volunteers. These 2,217 items were lovingly made with over 5,500 hours of volunteer time. In 2014 we also held two additional workshops to cut out and sew walker caddies that are available through ThedaCare at Home for a $10 donation – a major source of revenue.

Two years ago we learned that we have a second Stitches of Love group of volunteers in Dubuque, Iowa. The Dubuque group has been in existence since 2004 and is coordinated by Jane Petersen. During 2014, the Dubuque Stitches of Love ladies made and 171 hats with a total of 990 volunteer hours.

Stitches of Love revenue primarily comes from donations along with the walker caddies available through ThedaCare at Home. In 2014 we also received $350 in gift cards from the Appleton Medical Center Foundation – a very nice surprise! If all goes well, their support will continue in 2015. Finally, we are also very thankful for the support given to us by the staff at the Coughlin Center – Chris, Mel, Sarah, and Michelle along with a great facility for our workshops.

And finally, a big Thank You to Winnebago County Home and Community Education for supporting this most worthwhile cause!!

Lynn Mozingo, Coordinator
MozingoL@uwosh.edu
Stitches of Love
(920) 428-6947
2015

Stitches of Love Workshops

Winnebago County Home & Community Education
at the J.P. Coughlin Center
625 County Road Y, Oshkosh, WI
(across from the Winnebago County Fairgrounds)

9:00 am – 3:00 pm, Meeting Rooms A and B
On the following dates:

Thursday, May 21, 2015
Thursday, August 20, 2015
Thursday, October 22, 2015

We welcome all volunteers, sewers and non-sewers, to help cut out hats -- come for as little or as much time as you can spare. You are also welcome to come and observe and see all our finished products before they are taken to the 4 cancer centers we support. Bring a sack lunch if planning to stay over the lunch hour.

If you have questions, please contact:
Lynn Mozingo (920) 428-6947, MozingoL@uwosh.edu.

“Real generosity is doing something nice for someone who’ll never find it out.”
- Frank A. Clark
1. The Winnebago County Association of Home and Community Education (WCAHCE) Higher Education Scholarship is available to graduating high school seniors, who desire to pursue higher education in any field of endeavor, or to a WCAHCE member who plans to further his or her education. All applicants must be a resident of the state of Wisconsin. To qualify, the high school recipient must also be a child, grandchild, niece or nephew of a current Association of Home and Community Education member.

2. Applicants must begin their full-time studies in the summer/fall of 2015. The Winnebago County Association of Home and Community Education Scholarship of $500.00 will be awarded at the beginning of the recipient's second year of full-time study.

3. Each applicant must submit the following items: application form, Criteria statement, Essay on “Future Education Plans”, Academic record and two letters of reference. These items are due by April 15, 2015 to:

   SCHOLARSHIP COMMITTEE  
   c/o Vida Allen  
   3063 Shadow Lane.  
   Oshkosh, WI 54901

   Late and/or incomplete applications will not be considered.*

4. The selection of the recipient and two alternates will be made by the Scholarship Committee by April 24, 2015.

5. The Treasurer of the Winnebago County Association of Home and Community Education will award the scholarship when she is notified that the recipient has successfully completed one year of full-time study and is registered to begin their second year of full-time study. If the scholarship winner does not continue their second year of full-time study within one year of completion of their first full-time year of study, the scholarship will be given to an alternate. Alternates must have met the same requirements.

6. Applications are available at:

   Winnebago County Cooperative Extension Office  
   625 E. County Road Y, Suite 600,  
   Oshkosh, WI 54901-8131.

7. A certificate of recognition and scholarship details will be awarded to the recipient in late April or May.
Page left blank—back of scholarship application form
Please Type or Print. Return by April 15, 2015

Return To: SCHOLARSHIP COMMITTEE
c/o Vida Allen
3063 Shadow Ln.
Oshkosh, WI 54901

Name: _______________________________________________________________________________

Address: _____________________________________________________________________________

City: ________________________________________________________________________________

Birth date: ____________________________________________________________________________

High School: ______________________________________ Date of Graduation: ___________________

Parent or Guardian’s Name: ____________________________________________________________________________

School or Institute You Plan To Attend: _____________________________________________________

Proposed Area of Study: ________________________________________________________________

Submit the following information on a separate sheet(s):

- Criteria Statement: special talents, leadership roles, community service (activities and hours served) and goals, High School activities and organizations, your out-of-school activities and organizations (e.g. Church, 4-H, Scouts, etc.).

- Essay of 150-200 words on "My Future Education Plans".

- Academic record.

- List two references (names, addresses, and phone numbers) who will be submitting letters of recommendation that support information in your criteria statement. Applicants who are high school seniors must have one of the two references be from your High School Principal or Guidance Counselor. None may be a family member.
Address: ______________________________________________________________________________

Name of WCAHCE Parent, Grandparent, or Aunt: ____________________________________________

Address: ______________________________________________________________________________

School or Institute You Plan To Attend: _____________________________________________________

Proposed Area of Study: __________________________________________________________________

Submit the following information on a separate sheet(s):

- Criteria Statement: special talents, leadership roles, community service (activities and hours served) and goals, High School activities and organizations, your out-of-school activities and organizations (e.g. Church, 4-H, Scouts, etc.).

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- List two references (names, addresses, and phone numbers) who will be submitting letters of recommendations that support information in your criteria statement. Applicants who are high school seniors must have one of the two references be from your High School Principal or Guidance Counselor. None may be a family member.
Page left blank—back of scholarship application form
Cook it Quick

Corn Chowder  Makes 7 Servings

_Nutrition information can be found on the USDA What’s cooking website._

1/2 cup onion (chopped)
1/2 cup celery (chopped)
1/2 teaspoon thyme (if you like)
1 tablespoon margarine
1 medium potato (peeled and diced)
2 cups low-fat milk
1 can low-sodium corn (drained, 15 1/4 oz can)
1 can low-sodium cream-style corn (14 3/4 oz can)

In a medium saucepan, cook onion and celery (and thyme if using) in margarine until tender. Add potato; cook and stir for 2 minutes. Add low-fat milk. Cover and simmer on low heat 15 minutes or until potato is tender. Stir in both cans of corn; heat through. Serve warm.

A message from Alice Henneman—University of Nebraska Lincoln Extension Educator...

One of the staples I keep in my refrigerator is shredded cheese. Shredded cheese is a tasty way to add calcium to foods. An added bonus is it often adds an extra splash of color, such as in this soup.

Other foods I enhance with a sprinkle of cheese include:

Salads
Omelets
Bean dishes
Baked potatoes
Nachos
Tacos
Casseroles
Pasta

Shredded cheese comes in several varieties and is available in both regular and reduced fat versions.

So ... if you're looking for an easy way to kick up the flavor, nutrition and color of foods, just SAY CHEESE!
Crockpot Clusters

At the leader training session on Crockpot Cooking, I mentioned a crockpot recipe my sister-in-law Jean had shared over the holidays – peanut clusters. Easy to make and very good - enjoy!

Crockpot Clusters  from Jeanne Kniep

16 oz. unsalted peanuts (or dry roasted peanuts)
16 oz. salted cocktail peanuts
1 (12-ounce bag) semisweet chocolate chips
1 (12-ounce bag) milk chocolate chips
2 (10-ounce bags) peanut butter chips
2 (16-ounce packages) white almond bark or vanilla candy melts

Layer all of the ingredients in order in a large slow cooker. Start with the peanuts. Cover and cook on low for 2 hours.

Remove the lid and stir to combine. Replace lid and leave for 30 minutes.

Spoon onto wax paper. Allow to harden for 1 hour.

Healthy habits can save you money

We know that not smoking, being active and making healthy food choices are good for our bodies. But what about our wallets?

Research shows that healthy habits can also save money. Gayle Coleman, nutrition education specialist with the University of Wisconsin-Extension, offers 10 tips for increasing your health—and wealth—in 2015.

1. Stop (or don’t start) smoking. Simple math reveals big savings. For example, if you smoke a pack of cigarettes a day at $8 per pack and quit smoking, you could save around $240 per month or close to $3,000 per year. Smokers who quit also are more likely to save money on health care such as treatment for upper respiratory illness.

2. Take a brisk walk for 30 minutes (or more) each day. Research shows that people who get regular physical activity are less likely to have heart disease, Type 2 diabetes, osteoporosis and some cancers. Being physically active helps people manage their stress, blood pressure, blood sugar and body weight. Studies show that average out-of-pocket spending for individuals with at least one chronic medical condition such as diabetes was $655 annually per person. For individuals with three or more chronic conditions it was $1,865 annually. Compare these costs to the cost of a pair of comfortable walking shoes.
3. Enjoy your food but eat less. Choosing smaller portions of food often means consuming fewer calories and maintaining a healthy weight, especially if you’re cutting back on desserts, high-fat meats and sugary beverages. And reducing portion sizes to lose weight is more cost-effective than participating in a weight loss program that may charge $20 to $50 a month.

4. Wash your hands. Lathering up with soap and water, and scrubbing your hands for 20 seconds is key to preventing illnesses such as colds and flu. Staying healthy could also save wages. For example, an employee making $10 per hour without the benefit of sick leave would lose $80 per day by missing work due to illness or to care for a sick child.

5. Drink water in place of sugary beverages. Replacing sugary beverages with water can save hundreds of dollars a year. For example, if you spend $1 per day on soda and replace it with tap water, you could save $30 per month or $365 per year.

6. Eat fruit in place of sweet snacks. Fruits are loaded with nutrients, low in calories and can reduce the risk of developing chronic disease. The cost of a piece of fruit might be about the same as a candy bar, but when you look at potential cost savings for preventing illness, fruit is the better bargain.

7. Munch on raw veggies in place of snack chips. Vegetables are another nutrition bargain. The cost of a bag of baby carrots is less than the cost of a similar size bag of snack chips--but the carrots could save you money through better health and lower health care costs.

8. Plan and prepare low-cost meals. A few hours a week spent planning your shopping and preparing meals can save your family hundreds of dollars a year. Include foods that are a good buy, such as in-season produce or lean meat that is on sale. Planning a weekly menu also increases the chances that food you purchase will be used before it spoils. For example, you might save $5 per week by bringing two lunches from home rather than eating out, which adds up to $20 per month or $240 per year.

9. Read labels and follow directions on medications. Not following directions on over-the-counter or prescription medications can be a costly mistake. Ask your doctor or pharmacist if directions are confusing or you have questions about taking your medications. Research indicates that the cost of low health literacy to the Wisconsin economy is in the range of $3.4 billion to $7.6 billion annually.

10. Prevent illness. You’ve probably heard the phrase “an ounce of prevention is worth a pound of cure.” The same thing applies to health care costs. Getting a flu vaccine at the local drugstore might cost $30 a year. But you save on the costs of medications, lost work, doctors’ visits and even hospitalization to treat the flu if you get sick. Similarly, early detection and treatment of diseases such as heart disease, diabetes and cancer through low-cost screenings, could save you the expense of more extensive treatment down the road.

Here’s to health and wealth in 2015!
Small Steps can be More Effective to Improve Diet

Eating healthier is a goal many Americans put at the top of their list of New Year’s resolutions. But as the year goes on, are people likely to stick to their goal?

In a recent study, researchers compared grocery receipts from a group of households at three different times: for a few months before the winter holidays; during the holidays; and for a few months afterward. They had previously found that household grocery receipts were related to the amount of food consumed in those homes.

Not surprisingly, the comparison showed that the amount of unhealthy food purchased increased over the holidays. After the holidays, purchases of healthy foods grew—again no surprise knowing that many people made New Year’s resolutions related to health. But researchers also found that purchases of unhealthy food did not drop back down to preholiday levels.

These findings, combined with earlier studies showing that many people gain- and retain—a small amount of weight over the holidays, suggest that New Year’s resolutions related to healthy diets might not be all that effective.

So should we give up on the idea of resolving to turn over a new diet leaf? Beth Olson, University of Wisconsin-Extension/UW-Madison nutrition specialist says maybe New Year’s resolutions don’t always result in a healthier diet, but they do show people have awareness and interest in eating healthier—even if only for a limited time.

Olson says that goals for the new year are no different than other resolutions people make throughout the year to change their behavior—it may require more than one try. “People may consider change many times before they succeed in actually making that change,” says Olson.

Taking baby steps, such as learning how to read food labels or adding more fruits and vegetables to recipes, may not feel as overwhelming as making a big change in eating patterns, says Olson. “Over time, small changes may contribute to a longer term healthy habits.”
A Rite of Spring

Spring-cleaning strategies to reduce triggers for allergies and asthma

Spring cleaning is now in full bloom—and it’s a particularly important rite for anyone who suffers from asthma. In the U.S., that number is more than 22 million, and nearly six million of them are children.

Asthma attacks are triggered by tiny airborne particles called allergens. These allergens lurk in dust mites, animal dander, cockroaches and their droppings, mold, mildew, and pollen. Good cleaning practices can reduce the amount of allergens in the home. Nancy Bock, Vice President of Education at The Soap and Detergent Association, shares some allergen-reducing cleaning strategies:

Move It Out
The more stuff you have around, including piles of mail, stacks of paper grocery bags and a cache of newspapers, the more places there are for dust and its allergens to accumulate—and for mold, mildew, and cockroaches to live and grow. Clean them out. Then take a hard look at the other things you own. Recycling old belongings and collectables or donating them to charity will cut down on dust throughout the house, which makes cleaning easier.

Put It Away
Items that are out of sight are less likely to become magnets for dust and mold.
- Keep small items, like CD’s, tapes, DVD’s, books, figurines and stuffed animals in enclosed storage containers, drawers or closed cabinets.
- Develop a system for handling the build-up of mail. Open the mail over the wastebasket or recycle bin so the unwanted stuff doesn’t linger in the house.
- If you hold newspapers and magazines for recycling, keep them in a closed container or store them in the garage.

Dust It Off
The goal is to reduce dust, not distribute it into the air. If the person doing the cleaning suffers from asthma, he or she should keep the house well-ventilated while cleaning or ask someone else to vacuum while he or she is out of the room. Be aware that dust particles can remain in the air for up to two hours.
- Choose a dusting product or a special cloth that attracts dust.
- Use an upright vacuum or a canister style with a power nozzle. They pick up two to six times as much dust from a rug as canisters without a power nozzle.

Change It Out
Spring Cleaning is a good time to make some changes in your home that will lessen the influence of allergens.
- Special dust mite-proof covers, sometimes called “allergy impermeable” covers, will help keep dust from going through the pillows and mattresses. Wipe covers with a damp cloth every week.
- Exchange heavy draperies for lightweight, washable curtains.
- Replace open-shelf storage with drawers and closed cabinets.

SDA has useful cleaning tips for households with family members who suffer from asthma or allergies. See www.cleaning101.com for additional information.
Recycling Guidelines

**Plastic**

**ACCEPT**
- All Food, Beverage & Household Bottles
- Jars & Jugs
- Dairy Containers & Lids
- Deli, Bakery & Produce Containers & Lids

**DO NOT ACCEPT**
- Plastic Bags, Wrap or Film
- Motor Oil Bottles
- Styrofoam

Empty and rinse all bottles and containers. Remove and discard all plastic screw caps.

**Paper**

**ACCEPT**
- Newspapers & Inserts
- Cardboard & Paperboard (food boxes)
- Junk Mail & Catalogs
- Office & School Paper
- Milk, Juice & Soup Cartons
- Phonebooks, Books & Magazines

**DO NOT ACCEPT**
- Paper Contaminated with Food or Grease
- Tissue paper
- Gift Wrap

Place shredded paper in a paper bag and staple shut. Flatten and cut boxes to 3 ft x 3 ft or smaller.

**Metal**

**ACCEPT**
- Aluminum Bottles & Cans
- Steel, Tin & Bi-metal Cans
- Empty Aerosol Cans

**DO NOT ACCEPT**
- Aluminum Pans or Foil
- Empty Paint Cans
- Large/Bulky Scrap Metal Items

Empty and rinse all bottles and jars. Metal jar caps and lids are also recyclable.

**Glass**

**ACCEPT**
- Food & Beverage Bottles & Jars

**DO NOT ACCEPT**
- Window Glass
- Ceramics, China or Drinking Glasses

Place all recyclables in your curbside collection bin loosely; plastic bags can damage sorting equipment and should be recycled at participating retail locations.

For more information visit us at: www.WinnebagoCountySolidWaste.com or call 920.232.1850 – 920.727.2896
Don't miss
Winnebago, Outagamie and Calumet Counties' 2015 Clean Sweep - April 24th & 25th

Household, farm and business* hazardous material will be accepted at locations in Omro, Shiocton, Menasha and Harrison for the upcoming Clean Sweep Event.

Household Hazardous Material Collection Facility

The Winnebago County Household Hazardous Material Collection Facility accepts material from Winnebago County Residents. Scheduled hours of operation run from March through October. The Collection Facility is located at 105 W County Road Y, Oshkosh. No appointments are needed.

April 2015

Wednesday, April 1
Wednesday, April 15
Saturday, April 18
Wednesday, April 29

If you have questions about what qualifies as a Household Hazardous Material or you would like a sneak peak at the upcoming dates of operation check out the 2015 HHM List & Calendar
WAHCE, INC.
Annual conference
Hostess Duties

One of the most important and essential responsibilities at the annual conference is the duty of being a hostess. The success of the conference depends on those attending to be able to find their way around a facility of which they are not familiar. The duties listed below will explain your responsibilities as hostess. Each hostess should receive a copy of these duties and any others, which may be added by the conference committee.

- Need to be identifiable by everyone.
- Be well acquainted with the conference facility to enable them to direct conference participants. Each hostess should have a floor plan of the facility.
- Prepare and place workshop and seminars signs on the meeting rooms.
- Collect tickets or check nametags at the door entrance for all meals, workshops/seminars.
- Introduce speakers at workshops/seminars at which you are hostess.
- Provide a hostess stand and message center.
- Hostess to escort speaker/presenter to their room where class is being held. Offer to assist if the speaker/presenter so desires.
- Appoint one person to disperse checks/gifts.

Please sign the form below and return it to: Hostess Chair: (name) (address)

If you have any questions, please call (name) at (phone)

MAKE A COPY OF THIS FOR YOURSELF

Volunteer Sign Up Sheet

I would be available to help hostess at the ______ (year) Annual conference being held at the (facility name) in ______ (location)

Day 1: (date)
10:00 am to 12: noon
12:00 noon to 3:00 pm
3:00 pm to 6:00 pm
6:00 pm to 9:00 pm

Day 2: (date)
7:00 am to 10:00 am
10:00 am to 12:00 noon
1:00 pm to 3:00 pm
3:00 pm to 6:00 pm
6:00 pm to 9:00 pm

Day 3: (date)
8:00 am to 11:00 am
11:00 am to 1:00 pm

Name: ____________________________ County: ____________________________
Address: ____________________________
Phone: ____________________________
Conference Sponsors: BMO Harris Bank, US Bank, Oshkosh Area School District, Wisconsin Public Service, Money Smart Week, UW-Extension, Veritas, Provident Financial Consultants, DFI, UW Credit Union, United Way Oshkosh, and FNB Fox Valley
Winnebago County UW-Extension Office
J. P. Coughlin Center
625 E. County Road Y, Suite 600
Oshkosh, WI 54901-8131
(920) 232-1973 or 727-8643
FAX (920) 232-1967

HOURS: 8:00 AM - 4:30 PM Monday through Friday
Website: http://winnebago.uwex.edu/

Family Living
Chris Kniep
Family Living Educator/Dept. Head
ckniep@co.winnebago.wi.us

Mandi Dornfeld
Family Living Educator

Nutrition Education
Evan Groth
Educator

Kristine Soper
Educator

4-H/Youth Development
Open
4-H/Youth Development Educator

Youth & Science
Sarah Thompson
Educator

Community Development
Catherine Neiswender
Educator

Chad Cook
Natural Resources Educator

Agriculture and Natural Resources
Darrell McCauley
Agriculture Agent

Kim Miller
Horticulture Educator