Dear HCE Members,

Summer is here! By now, everyone has their gardens in and the farmers have finally gotten their fields planted. The County Fair will be here before we know it (August 5th - 10th).

Our Spring Banquet, May 8 at Robbins was a success. We enjoyed a program on Tiffany décor / interiors designed for the Sawyer family home which is now the Oshkosh Public Museum. Deb Daubert did a great job presenting. I am planning to revisit the museum with a new look at the architecture.

We had some lovely Cultural Arts entries with the winners, Diane Egan, Sue Soule and Gwyneth Robbins invited to send their entries to State Conference at Cable, Wisconsin, September 8th - 10th.

Bernice Labus and I set up a table at the Black Wolf Farmers Market on June 24 from 4pm - 7pm. I took some perennials and Bernice brought baked goods. Kathy Wuest sent aprons she has sewn and we had dishcloths and coaster donated by Vida Allen and Joan Radtke. All money is being donated to Wisconsin Bookworms™ fund. Anyone interested in doing this on a Tuesday evening, give Bernice a call.

I look forward to seeing club presidents and county chairperson at the July 14, Executive Board meeting, 1:00 pm at the Coughlin Center.

Sincerely,
Susan Berg, President
Upcoming Leader Trainings

August 26, 2014 - 7:00 PM—Cooking for One or Two

September 23, 2014—9:30 AM Navigating Life’s Journey

October 28th, 2014—9:30 AM History of the Fox River

Advisor’s Letter

Greetings!

As I shared in the last newsletter, we are currently working our way through staff changes and vacancies. Interviews have begun for the 4-H Educator position, the Agriculture Agent position has been posted, and the Nutrition Educator Coordinator Position has been re-posted. Hopefully we will be back to full staff in October. In the mean time, we’ve continued to keep 4-H, Agriculture and Nutrition program going strong. I am so grateful to the staff that wears whatever “hat” is needed and your understanding as things get delayed. I think we are all ready for a “break” in the action!

One of my projects in June was to capture in 8 pages the work I have done the last five years for my tenured faculty review...what a project! And what a great opportunity to step back and see a bigger picture From my work with the Oshkosh Area Community Pantry and Collaboration Workgroup, to providing educational programs for HCE, community groups and colleagues, to being part of the Cooperative Extension Centennial efforts, so much to celebrate and write about! Thanks for being part of that story!

Till later, enjoy summer and take care!

Chris

Executive Board Meeting
July 14th, 1:00 PM

Please note after the meeting, plans will be discussed for the 2014 Annual Meeting, Neenah Center Clubs are hosting this year.
HCE EXECUTIVE BOARD MEETING
April 14, 2014

Meeting was called to order by President Sue Berg followed by Pledge of Allegiance, Home Makers Creed and roll call. Seventeen members were present including four officers.

Secretary Sue Soule asked for corrections or additions on the January minutes. Minutes were accepted for filing.

Treasurer Joan Bestler asked members to read over the reports handed out. They were accepted for filing.

Committee reports:

Wisconsin Bookworms™ – Kathy Wuest, Reported that there is $1,780.88 in funds for books for the 2014 and 2015 school year. They have added more children to the Menasha site. Bernice has offered to check with the Community Foundation for a grant and how to go about it.

Stitches of Love – Lynn Mozingo was absent. Joan Bestler read the Annual report from Lynn.

Cultural Arts – Tony Panske will show flower arrangements in the fall.

Scholarship – Joan reported we have one application for next year.

Advisor’s Report – Chris reported there are three 50 year members this year. The office is short staffed so let her know if you need anything.

Unfinished Business – there is a need for hostesses for the State Conference in 2015. The banner design is done and turned in. There is still a need for pocket folders. There are 5 attending the Spring Central District Meeting.

Spring Banquet is May 8th at Robins in Oshkosh, cost is $17.00.

Mary Nortman proposed that International and Cultural Arts could have 4 different sessions put on by them in the fall. More discussion will follow.

Bernice Labus made a suggestion to promote HCE at the Farmers Market in Black Wolf. She is willing to sit and hand out brochures about HCE once a month.

Meeting was adjourned at 2:15pm.

Respectfully submitted by Secretary
Sue Soule
Spring Central District Meeting
By Bernice Laabus

The Central District WAHCE met in Wausau on April 22, 2014. Winnebago County members, Joan Bestler, Sue Berg, Vida Allen, Rosemary Pionke, and Bernice Labus were in attendance.

The highlight of the meeting was the unveiling of the District banner. Thank you to Keepsake Homemaker’s for creating the Winnebago County portion of the banner.

The speaker for the Central District WAHCE, Charles Schoenfeld, read from his book, “A Funny Thing Happened on My Way to the Dementia Ward”. Charles was a retired truck drive who, after regularly visiting his mother at North Central Health Care, found his calling and became a CNA. His book is full of stories about the residents, workers and families he met.

Bernice Laabus

2014 WAHCE Conference

Information is now available for the 2014 WAHCE Conference. The dates are September 8, 9, and 10 at Lakewood’s Resort, Cable WI. The theme is O’wl always be a HCE Member.

Reservation are to be sent in by August 17, after that date a $15.00 fee will be added to registration.
Preserving Wisconsin’s Harvest
by Dr. Barbara Ingham, UW Extension Food Safety Specialist

Time and again I am asked about the safety of food preservation recipes published in cookbooks, or books authored specifically for home canning. A quick search on Amazon.com indicated 669 books on home canning alone. There are books by traditional ‘authors’ like Better Homes and Gardens, and other names new to the scene offering how-to guides, books for beginners, or books to meet a certain need, e.g. canning in small batches.

The most important aspect of home food preservation is food safety. You would like the food to look a and taste good, but more importantly, it needs to be safe for you and your family to eat. And therein lies the challenge. Proving safety is much more complicated than making food look pretty in a jar and having it taste good.

Proving safety requires an understanding of food microbiology and lots of laboratory work! It is important to understand the pH or level of acidity in each product, and if that level of acidity changes over time. This information helps us determine how a product should be processed and handled. Alongside pH, is an understanding of how heat penetrates into a jar and throughout a food product. This depends on the type of food, the jar size, and the type of processing medium (steam or boiling water). In order to ensure safety, we have to test each food in each processing medium and calculate the microbial lethality for each product (in each jar size and processing system). The math involved uses a lot of complicated formulas and relies on very tiny temperature measuring devices (thermocouples) that we put in jars at varying heights (multiple jars per canner).

Join friends at the Winnebago County UW-Extension Office for a Lunch & Learn webinar on food safety and preservation topics.

* July 7—Judging Home Preserved and Prepared Foods—Ever wonder what make for a ribbon-winning fair entry? Find out from a master fair judge!
* July 21—Canning Tomatoes and Tomato Products—Join us for tips on canning tomatoes tart and tasty.
* August 11—Canning Fruits Safely—The bounty of the orchard preserved for the winter, tips on canning fruits safely will be shared.
* August 18—Time to Make Pickles—Learn tips for making pickles that are safe enough for Grandma to enjoy (and tasty too).
* August 25—Fermenting Foods at Home—Sauerkraut, genuine dills and yogurt are delicious fermented foods easy to prepare at home.
* September 8—Storing Fruits and Vegetables—Learn how to enjoy the bounty of farm and orchard for months to come.
* October 6—Preserving Meat Safely—Dried, Frozen, or canned—we’ll discuss tips for preserving safe, high quality meat.
* November 3—A safe Thanksgiving and Crockpot Safety—Tips for preparing a safe holiday meal and ideas for using your crock pot safely.
* December 1—Holiday Gifts from the Kitchen—Lemon curd, fruit spreads, and chocolates are just a few of the holiday gifts sure to delight family and friends.
Year+ Members & the Year Joined
Way to Go Winnebago!

**Friendship**
Belvia Faust—1970
Kathy Wuest—1972

**Gillingham**
Bea Becker—1947
Dorothy Bonnin—1973
Janet Dehn—1974
Barbara Kempen—1961
Gloria Larsen—1971
Beverly Prindle—1963
Vida Schimidt—1967

**Individual**
Doris Burch—1959

**Lamplighters**
Vida Allen—1953
Marcy Bahrke—1953
Jane Beck—1952
Mildred Marks—1953

**Merry Moppetts**
Jane Anton—1972
Joan Bestler—1973
Donna Coenen—1964
Fran Hart—1964
Rita Kutscher—1967
Sharon Pappenfuss—1968

**Spring Valley**
Jean Leppiaho—1971
Shirley Neumann—1964

**Utica**
Betty Bradley—1961
Betty Kromm—1945

**Vinland Center**
Darlene Bruce—1969
Jeanne Luebke—1966
Lorraine Rosenthal—1947
Audrey Weber—1950

**West**
Mary Nortman—1970

**Young at Heart**
Carol Beiser—1959
Rosemary Kunde—1961
Marlene O’Connell—1959
Irene Ristow—1959
Roxanne Schultz—1970
The theme for the Banquet was “Living with Tiffany”, Deb Daubert from the Oshkosh Public Library did an outstanding presentation. The table decorations were miniature Tiffany Lamps made of paper tiny tea lights inside.

The Cultural Arts judging is always a challenge because of the beautiful creations that are submitted each year. The winners this year were Diane Egan (Utica), with a handmade purse made of men’s ties, Gwyneth Robbins (Vinland Center) for her quilted Wall hangings, and Sue Soule (Young at Heart) with a hook rug.

If planning on sending your pieces to the State Conference, registration are due August 1st.

Congratulations, goes to David Marnocha, this years Winnebago County Association of Home and Community Education Scholarship winner. David graduated from Appleton West High School, June 2014. He maintained a 4.0 grade point average all through school and received several awards, as well as volunteering for many school and community activities.

David was active in Rebuilding Together, a program that helps repair and rebuild houses in the community. He was a member of Appleton West Math Team, National Honor Society, Political club. David also was chosen to serve on the School’s Endowment Fund Committee, Leadership Symposium at the Paper Valley Hotel and also served as a student representative to the Appleton Area School District Board of Education.

David plans to attend the University of Wisconsin—Madison, and pursue Mechanical Engineering as his course of study.

David is the grandson of David and Vernita Green (Westhaven Circle).
Removing Sunscreen from Surfaces

Summer’s here, and with it, the increased awareness of, and need for, sunscreen. We need the protection, but our tile floors? Not so much. Fortunately, there are easy ways to clean up when we accidentally slather and spray SPF on surfaces other than our skin.

**Tile Floor**

Spray-on sunscreen can stain your floor and make it slippery. Get it up quick! Here’s how:

1. Fill bucket with warm or hot water
2. Add a small amount of soap or detergent
3. Mix in a small amount of ammonia (which will cut through the water-proof barrier of sunscreen)
4. Dip a sponge or soft cloth into bucket, squeeze, and gently scrub the affected area,
5. Repeat until all sunscreen is removed.
6. Rinse area thoroughly with clean water and cloth.
7. Dry

**Wood Floor**

While sun streaming through windows can damage wood floors over time, they certainly don’t benefit from sun creams, lotions and sprays. Remove it by:

1. Wipe up as much of the spill as possible with a dry cloth
2. Soak another cloth with water and continue to wipe the area
3. Spray the area with a cleanser that has a degreasing component
4. Lightly scrub the stain with a clean cloth to remove residual grease
5. Rinse the area with water and repeat as necessary

**Leather Furniture**

What’s worse than chasing after and wrestling a wriggly toddler to apply sunscreen? When the now-greasy toddler sits on the leather sofa. Keep calm and follow these tips:

1. Blot sunscreen with paper towels to remove as much as possible
2. Mix a solution of mild soap in lukewarm water
3. Swish it around to get the mixture sudsy
4. Use a sponge and apply only the foam to the leather surface
5. Wipe dry with a clean cloth
6. Follow up with a leather conditioner

Now that you’ve cleaned up, here are some tips so that you don’t have to go through this again on the next sunny day! Find a better place to apply sunscreen in the first place—like outside, and dry off before you sit on furniture.
Feeling Bored This Summer?

By Rosemary Pionke

If you are feeling bored and would like to get away why not look in your own backyard. Here are a couple of things going on in Winnebago County to chase away the boredom.

Menasha Area:
Barlow Planetarium—UW Fox
Heckrodt Wetland Reserve—1305 Plank Rd.
Menasha’s Farm Fresh Market—Every Thursday, 2:00 pm—6:00 pm

Neenah Area:
Bergstrom-Mahler Museum of Glass—165 N. Park Ave. Neenah, open Tues—Sat, 10:00 am—4:30 pm and Sun 1:00 pm—4:30 pm

Oshkosh Area:
EAA Air Venture Museum
Military Veterans Museum—245 City Center, Oshkosh
Oshkosh Farm Market—Saturdays 8:00 am—12:30 pm
Morgan House—234 Church Ave.
Oshkosh Gallery Walk
Paine Art Center and Garden—1410 Algoma Blvd. Tues—Sat, 10:00—4:30 pm.

This is my personal favorite Oshkosh Public Museum—"Attack of the Bloodsuckers—It’s the Science of what’s Biting you!" until September 7th. Explore the science of what's biting you in this skin-crawling exhibition. Examine the what, why, when and how of mosquitoes, fleas, ticks, leeches and other parasites. Learn why bloodsuckers are important to the ecosystem and how to keep them out of your system!

* Look a real leech in the mouth;
* Test your bug-appealing foot odor;
* Spin your way through a mosquito’s life cycle;
* Receive a big hug from a giant, inflating tick;
* Get itchy and knotty with a life-size game of "Twitcher"!
* Hands-on and interactive for a family audience, this exhibition will give visitors an opportunity to get up close and personal with a blood-feeding parasites.

Spend the afternoon with the grandkids, they will think you are the “coolest” grandparent around.

P.S. Don’t forget to check out the local libraries, there is always something going on!
DRIVING AND AGING

Driving is a critical issue for seniors. Not only are many older drivers at a higher risk for road accidents, people over 65 are more likely to be seriously hurt in a vehicle accident. Many caregivers are concerned about their older loved one taking the wheel but have a difficult time approaching this sensitive subject.

Many seniors continue to be good, safe drivers as they age, but there are normal changes that can affect driving skills. As joints get stiff, muscles weaken and reflexes are slowed it is more difficult to turn your head to look back, steer quickly or safely hit the breaks. Eyesight and vision changes also can affect safe driving. Medical conditions such as Parkinson’s, Alzheimer’s, arthritis and strokes may also affect driving as well as the medications taken to combat these and other illnesses.

Being able to drive is more than just getting where you want to go. It is a symbol of freedom, independence and self-sufficiency. But there may be a time when driving is no longer safe. How does one go about taking this privilege away from the person they love?

It is important to know the warning signs of unsafe driving. (Look at the driving behaviors over a period of time, not just one trip.)

- Abrupt lane changes, braking or accelerating
- Trouble navigating turns
- Drifts into other lanes
- Confusion at exits
- Near misses
- Confusing brake and gas pedals
- Delayed responses to unexpected situations
- Failure to observe traffic signs
- Increased agitation or irritation while driving
- Driving at inappropriate speeds
- Fails to pay attention to signs, signals or pedestrians

If you notice any of these warning signs it is time to initiate change. Start by scheduling a driving evaluation through the local DMV and/or refresher driving lessons. Try finding ways to reduce the amount of driving by ordering things through the mail, using public transportation or finding others to give rides when able. Having friends and family members stop by on a regular basis to offer help with errands, etc. is another good approach.
When it is clear that driving is no longer safe at all, start slowly and respectfully in persuading the person to give up his/her keys. Talk about safety – theirs and others on the road. Talk about options for getting around (public transportation, friends, family, taxi) - hopefully some of these are already in place. Emphasize the cost savings associated with giving up a car: gas, insurance, repairs, fees, etc. The money saved can be used to pay for taxis or other transportation services. Use the confirmation of family, friends and physician to back up your concern for the person’s safety. Plan to visit the person weekly at a designated time to assist with things like shopping and appointments. Also be sure that transportation is available to meet their social needs as well.

If the person refuses to quit driving, it may be necessary to take away the car keys, disable the car or remove it from their residence. A physician can write a prescription stating “no driving” and/or a local police officer could explain the importance of safe driving and the legal implications of unsafe driving. Do not jeopardize the safety of your loved one or others by ignoring the issue of unsafe driving.

Additional resources on this subject are available through AARP, the Alzheimer’s Association and your Aging and Disability Resource Center (ADRC) of Winnebago County. Call toll free at 877-886-2372, e-mail at adrc@co.winnebago.wi.us or stop by at 220 Washington Ave in Oshkosh or 211 N. Commercial Street in Neenah.

Information taken from the National Institute on Aging and The Hartford
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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

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Youth & Science
Leonard Polzin
Educator

Community Development
Catherine Neiswender
Educator
Chad Cook
Natural Resources Educator

Agriculture and Natural Resources
open
Agent
Kim Miller
Horticulture Educator

Winnebago County Fair
Spirit & Pride - County Wide
August 5 - 10, 2014
At the Sheboygan Expo Center, Sheboygan, WI

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