



Satellite



Home & Community Education

January—February 2018

As I write this we are experiencing snow storm Abigail. It was a good day to stay indoors. Yesterday I got my tree decorated and today I will wrap the presents to make everything complete. The next project will be the making and baking of the Christmas goodies, I'm sure everyone is doing this. Christmas cards were made out and will go in the mail.

We had another great Fall Learn-In with Waupaca County at the Main Event in Cecil. There were a lot of wonderful compliments on the lessons chosen and of course we always get great reviews on the meal served by Sally and her staff. Breads, coffee, and juices got everyone started for the day. Bonnie Splitt with her "What's It" was really enjoyed by having to put our minds to work on what they were. It was amazing that we had some ladies who were really up on the older pieces she had to share.

I would like to say I was glad to hear that Nancy's surgery went well and she is doing great. She is taking time off to heal and get her strength back. We will see her in the New Year! The Mason Jar lesson was a fun lesson to present. Besides ideas I showed, we did have ideas brought to the meeting to share. I guess like anything if you put your mind to it you can find other ideas to use them for. At the end of November we got together and planned the lessons for next year. We got ideas from the State Convention we attended in September and more suggestions came from you at our Fall Meeting. Hopefully we came up with enjoyable lessons. Remember to notify the Extension Office if you would like to attend the lesson and designate if you're coming to Shawano or will go to Bonduel. Last year I understand we had an issue after not doing a lesson in Bonduel. There was only one person signed up to attend in Bonduel, so Nancy called that person and asked her to come into Shawano.

Remodeling has started in the Court House so be sure to look at your book or updates in the Satellite where our lessons will be held. The Bonduel one will be the same it's just the Shawano location that will be affected. You should still be keeping track of Volunteer Hours for HCE. So as we go forward in 2018 if there are any questions or concerns please call me 715-526-2919.

Happy New Year!

Helen



Calendar of Events

Jan. 2018

Jan. 1 Happy New Year

Jan. 15 Martin Luther King, Jr. Day

Feb. 2018

Feb. 2 Groundhog Day

Feb 7, 8 "Down Sizing"

Feb. 14 Valentine's Day

Feb. 18 Healthy Lifestyles Starts

Feb. 19 President's Day

or 8th. The Shawano class has been moved to Hillcrest Elementary School on Waukechon St. in the Community Room #519.

All meetings for HCE will be held at Hillcrest unless otherwise noted.



In December the courthouse started it's facelift. In 2018 we will not be able to use the meeting rooms. We have alternative meeting rooms available at Hillcrest. If you would like to book a room please call Kara at the office. At some point within this time frame our offices will be housed in the basement. We will not be closed just relocated for a few weeks.

Activities

January

"Living With Chronic Pain"

The January hand out will be ready to go with the 2018 HCE handbook. Each member will receive the information,.

February

"Down Sizing"

This presentation addresses the need and a workable process to realize that as we age we need less space and many fewer things in our lives. Nancy Schultz, Shawano County FLE, will guide you through the process on "Down Sizing" on Feb. 7th

February Leader Training Meeting

Contact Person _____

Club _____

Members Attending: ____ Shawano 5:30 pm, Feb. 7th

Members Attending: ____ Shawano 1:00 pm, Feb. 8th

2018 Program Books

Program Books will be ready for pickup in January. We will contact the clubs when they are ready by email/phone call. We will make arrangements to deliver the books to your club if necessary.



Healthy Lifestyle

Formally On the Move and In the Groove
February 18th to May 12th

Same program with a different name. The state has added a survey for you to fill out After May 12th be sure to send your survey and sheets in to Sandy Wendorff at Anderson Ave, Shawano, WI 54166. If you have any questions give Sandy a call at 715-851-5584.



Pen Pals

Would you like to learn about someone else's culture, hobbies and family? Have you ever thought about having a pen pal? It's never too late to start!! If you are interested in a pen pal give Joyce Natzke at call at 715-758-2718, she has contact information for pen pals.



Canned Breads and Cakes an Unsafe Holiday Gift!

Authored by: Barb Ingham, 608-263-7383, bingham@wisc.edu

Breads and cakes baked in glass jars and then sealed with canning lids are not safe to eat. Ideas for canned breads and cakes in glass jars can be found on the internet and sometimes are printed in magazines. The bread or cake is not really home-canned. The product is baked in an open glass canning jar and then covered

with a canning lid (which seals due to heat); there is no actual 'canning' process.

According to the National Center for Home Food Preservation, breads and cakes can not be safely canned. These products present the risk of food poisoning from botulism toxin. Instead, choose cake or bread recipes that you can freeze.

Cake and quick bread recipes contain very little or no acid. Placing these low-acid products in a sealed canning jar may allow for the growth of *Clostridium botulinum*, and the production of the lethal **botulinum toxin**. **Botulism** grows in low-acid canned foods that have been under-processed; products that have not been pressure canned to destroy the harmful organism. Researchers at Kansas State University **proved** that an organism such as *C. botulinum* could survive the baking process and multiply in canned quick breads during storage. Using their own banana-nut bread recipe, the researchers at K-State baked the bread in glass jars, and then sealed the jars following methods typically used by consumers. A heat resistant microorganism that is often used in tests to determine when a canning process is adequate, *Clostridium sporogenes*, was added to the batter for some of the jars. Results showed that the organism, *C. sporogenes*, **survived the baking process and could grow in the product during storage**. *C. sporogenes* is a good indicator of the behavior of *C. botulinum*. **The researchers clearly proved that canned quick breads can be deadly!** [Aramouni et al. 1994. Journal of Food

An EEO/AA employer, University of Wisconsin-Extension provides equal opportunities in employment and programming, including Title VI, IX and ADA requirements . Persons with disabilities who require alternative means for communication of program information (Braille, large print, audiotape, etc.) should contact Nancy Schultz, FLE UWEX-Shawano County. Requests for reasonable accommodations for disabilities or limitations should be made prior to the date of the program or activity for which it is needed. Please do so as early as possible prior to the program or activity so that proper arrangements can be made. Requests are kept confidential. 711 (Wisconsin Relay)



Protection. 57:882-886.]

Another idea that should be crossed off your list for holiday gift-giving is **pumpkin pie in a jar**. This recipe has appeared in newspapers and on web sites over the last week. The idea is that you bake pumpkin pie in a canning jar, and top with a decorative crust, and share with family and friends. This creative idea is unsafe because **pumpkin pie has to be kept refrigerated**. Pies with moist fillings that are low in acid like pumpkin or cream fillings, or even savory meat-filled pies, need to be kept refrigerated in order to remain safe to eat. The fillings for pumpkin, cream-filled, or meat pies present an ideal medium for the growth of harmful bacteria. So save the health of your friends and family and choose another holiday gift idea. Thanks to **Christine Larson (Washington County)** who asked about this product. Stay food-safe!



Wash Your Hands, Not Your Poultry (or other meat)

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](#) note: “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!**



Dear HCE Executive Board,
 Thank you so much for the lovely centerpiece, caramel apple and decorative tile. It was such a surprise. I am enjoying the centerpiece on my dining room table. The decorative tile is on my kitchen table, and I am looking forward to the apple. It has truly been a pleasure working with you. Blessings to you as we prepare for the holidays.
 Nancy



BEAMS

CENTER I



Kitchen Maids – Received a thank you note from SAM25 for serving dinner there in Nov. Christmas was held in Bonnies home. Money was collected from each member to purchase gifts for a family from Crusade for Kids. Ideas were discussed for next year’s lessons. Have been playing BINGO monthly at Oak Haven. Hosted another successful annual craft and bake sale in November. Made a donation to TULP food pantry.

CENTER II

Bizi Belles - Served breads @ Bike the Barn Quilts. Sandra is reading for Book Worms again. Their Christmas party will be at the Gathering in Jan. In lieu of gifts they will donate money to SAM25. Delivered items to SAFPARC twice. Snowmen decoration table favors were made for Pine Manor.

Flour Queens – All members present decided to disband the club. They will all become individual members. Florence will send in their dues and pennies for Friendship. They will continue to meet monthly.

Learn – A – Lot – Paid dues and decided officers will stay the same for 2018. Next year will study Portugal. Donated to SAM25 and Safe Haven. Christmas Party was held at VFW.

CENTER III

Navarino Merri Maids - Made a donation to Safe Haven, SAFPARC and Loaves and Fishes. Went to lunch at Farm Inn on Main for Christmas party. In lieu of exchanging gifts they brought small items or cash for SAM25.



Shawano County HCE

Fall Council Meeting October 21st, 2017

The Annual Meeting started at Noon on Saturday with a potluck salad luncheon. Center I hosted and provided refreshments. They did a great job. Sandi Bocik, owner of Maximus Salon & Wig Boutique, was our guest speaker. She talked to us about “Better Health through Nutrition” and she is a self-learned nutritionist. She was so informative about vitamins and talked about vitamins, pairing of vitamins and what vitamins are good for various health issues, self cleanse and even essential oils. A very informative speaker and one who is seriously concerned about good health and nutrition.

At 1:45 Helen Raddant called our Annual meeting to order with Creed I and Sandy W. led the Flag Pledge. We had 13 ladies present. Helen introduced the county officers and center chair. Sandy W. made a motion to approve last year’s minutes and Carol S. seconded the motion. Motion carried. Barb Mortensen for club news wanted to thank everyone for the birthday card donations and Carol S talked about the Books on the Bus and they had sewed twenty book bags for them. Nancy Schultz gave the Family Living Educator report. This is her 4th year being a FLE and talked about the county programs: Raising a Thinking Child, Parents Forever, Fresh Project, and Foundation Workforce Development working with Businesses, Day Care, etc. Sandy W. talked about this year’s Bookworm books and places were we are reading. Helen R. talked about the coming up Learn-in this coming Thursday and it isn’t too late to register. This is the 33rd year of having a Learn In.

Joann F. reported that this year we had 9 clubs with 74 members and 14 individual memberships for a total of 88 members and at this meeting we had represented 6 clubs and 3 individuals. The Treasurer’s report was given along with the proposed budget for 2018, Janet L made a motion to accept the proposed budget and Barb M. seconded the motion. Motion carried. We then collected monies for Pennies for Friendship and Helen R. gave a report on NVON (National Volunteer Outreach Network) of where the monies for Friendship go. The top 5 winners for “On the Move and in the Grove” were announced and they were Barb Mortenson, Ellie Borre, Barb Erb, Pat Arnold and Audrey Wussow and they received gift bags from the HCE Market Place.

Helen R thanked Center 1 for organizing the salad luncheon and Center III will be in charge of Spring Event in 2018. Meeting adjourned and we closed with the Prayer Creed.

Executive Board Meeting November 29th, 2017

Meeting called to order by Helen Raddant at 5:45. We opened with Homemaker Creed I. Members in attendance were Helen Raddant, Carol Sybeldon, Sandra Smith, Ellie Borre and Janet Lane. Ellie B. made a motion to accept the Sept. 20, 2017 minutes and Helen R. seconded. Motion approved. Carol gave the treasurer’s report. Janet made a motion to accept the report and Sandy S. seconded. Motion approved. For correspondence we received 1) Thank you from Matty for our support for Pathways Bike the Barn Quilts, 2) Another thank you from Nancy B. for helping in the kitchen and donating baked breads and 3) a thank you from Janet L for the cards, support and flower arrangement.

Committee Reports from Center 1-- Carol S. said Kitchen Maids played Bingo at Oakhaven on Oct. 27, donated money to TULP food pantry, planned Craft and Bake sale for November, did a SAM 25 dinner on Nov. 7, Nov. 19th had the Craft and Bake Sale at Tillada Hall, did Crusades for Kids for WTCH radio station, planned bingo at Oakhaven for Dec. 1 and Christmas dinner at Presidents house on Dec 6th. Elli B gave the Center 111 report on the Landstad ladies who donated coats and winter wear for kids, planned their Christmas party for Dec 4th at the Red Rooster and are having a Bake sale at Bev H. Christmas craft sale Sat. Dec. 2nd. The W.I.S.C. planned to send 3 people to annual meeting and Jeanette P. received a blue ribbon at State Conference. The Navarino Merri Maids had 3 people attend Learn-In, gave money to Safeway, Safe park and Fishes and Loaves and their Christmas party is Dec 14th and made a contribution to SAM 25. Sandy S. gave the Center 11 report. Learn-A-Lot met Nov. 9th and will study Portugal, 5 people will go to the Learn-In and they donated money to SAM 25 and Safehaven and Wed. Dec 13th is their Christmas party. The Flower Queens planned to dissolve and become individual members and next meeting is Nov. 13th. The Bizi-Belles enjoyed the Learn-In, their Christmas party will be Jan. 7th in lieu of gifts money will be given to Sam 25 and Barb Riesenbergs gave a lesson on mason jars.

Carol S. read the article to be submitted to the next Update. Helen gave a report on the HCE Week Nov. 6-10th, which featured a window display at Farmer’s Ins. and a radio broadcast with Nancy S and Helen R. For Old Business we are wrapping up the Learn-In information and report. We talked about speakers for International Night. Our next meeting will be Feb. 27th. Meeting adjourned and we closed with Prayer creed at 6:45.

February 2018						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
HLS Starts 25	26	27	28			

March 2018						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

April 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

May 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9	10	11	12 HLS Ends
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		