



THE BRIDGE

APRIL 2009

Dear Friends,

The winter has been long and many including myself are waiting for spring to arrive and stay! Spring brings a renewal to nature turning from brown to green. We anxiously await those first spring bulbs to emerge from the ground and the grass to green up.



PRACTICE PRESENT-MOMENT TIME

"Breathe. Take a deep breath. Remember the simple power of the breath, and slow it down.

Focus on the person you're speaking with and to. Stop your awareness of every other thing you are responsible for, and pay attention to this individual's interaction.

Focus on the process of the communication as well as the content. Instead of listening just for what is being said, listen to how it is being said.

Keep a touchstone or physical reminder to center your mind and your focus on the present.

Pay attention to your heart and not just your head. What are your emotions telling you? What is your gut feeling telling you?

Scan your body for tension. Recognize any tension you are holding, and let your body relax.

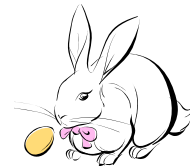
Take a big-picture snapshot. Take just a moment to think of how this day is a part of the larger picture (Sloan, 2006, p.133)"

Reference: Sloan, K. (2006). Smarter, faster, better: strategies for effective, enduring, and fulfilled leadership. San Francisco: Jossey-Bass.

"No man (leader) is a failure if he has friends." -Clarence the Angel in *"It's a Wonderful Life."*

Happy Easter!

Karen



APRIL CALENDAR



- 1-2—JCEP Conference, Madison
- 2, 9, 16, 23 & 30—"Raising A Thinking Child", Sparta
- 6—District WACEC meeting, Hixton
- 9—Agriculture & Extension Education Committee
- 9—CAP Annual Meeting, Sparta
- 10—Good Friday, UW-Extension Office closed
- 12—Happy Easter!
- 14—Public Policy Professional Development, Madison
- 15—Housing Education Committee
- 15—"Dealing with Loss of Income", Workforce Connections, Tomah
- 18—HCE Spring Fling, Sparta
- 21—Western District Faculty Meeting
- 22—Sparta Chamber, Education Appreciation
- 29—Hospice Satellite, "Diversity and End of Life Care", Courthouse, Sparta

FOOD SAFETY TIPS FOR SENIORS



A lot has changed over your lifetime—including the way food is produced and distributed. It used to be that food was produced close to where people lived. Many people shopped daily, and prepared and ate their food at home. Eating in restaurants was saved for special occasions. Today food in your local grocery store comes from all over the world. And nearly 50 percent of the money we spend on food goes to buy food that others prepare like “carry out” and restaurant meals.

Another thing that has changed is our awareness and knowledge of illnesses that can be caused by harmful bacteria in food:

- Through science we have discovered new and dangerous bacteria and viruses that can be found in food—bacteria we didn't even know about years ago.
- Science has helped us identify illnesses that can be caused by bacteria and viruses in food—illnesses we didn't recognize before. Today, for instance, we realize that some illnesses, like some kinds of arthritis, can be traced to foodborne illness.

One of the other things that we know today is that some people—including people over 65—can be more susceptible to getting sick from bacteria in food. But seniors who take care to handle food safely can help keep themselves healthy. It can be difficult for people to recognize when harmful bacteria in food have made them sick. For instance, it's hard to tell if food is unsafe, because you can't see, smell or taste the bacteria it may contain.



Sometimes people think their foodborne illness was caused by their last meal. In fact, there is a wide range of time between eating food with harmful bacteria and the onset of illness. Usually bacteria takes **1 to 3 days to cause illness**. But you could become sick anytime from 20 minutes to 6 weeks after eating some

foods with dangerous bacteria. It depends on a variety of factors, including the type of bacteria in the food.

Sometimes foodborne illness is confused with other types of illness. If you get foodborne illness, you might be sick to your stomach, vomit, or have diarrhea. Or, symptoms could be flu-like with a fever and headache, and body aches. The best thing to do is check with your doctor. And if you become ill after eating out, also call your local health department so they can investigate. Foodborne illness can be dangerous, but is often easy to prevent. By following the basic rules of food safety, you can help prevent foodborne illness for yourself and others. There are 4 basic food safety rules:

- Clean: Wash hands and surfaces often.
- Cook: Cook foods to proper temperatures.
- Separate: Don't cross contaminate.
- Chill: Refrigerate foods promptly. Follow the 2 hour rule: Don't allow perishable foods to sit on the counter for more than 2 hours. This means no thawing of meat on the counter! And one special tip: Divide large amounts of leftovers into shallow containers for quick cooling in the refrigerator.



TAKE TIME TO TREAT TAKE-OUT AND DELIVERED FOODS PROPERLY!

HOT FOODS: Hot foods that you purchase or are delivered to your home need to be kept hot (145°F) and eaten within 2 hours. If dishes will not be eaten within **2 hours**--refrigerate the food and then reheat to **bubbling hot** when you are ready to eat.

COLD FOODS should be eaten within 2 hours or refrigerated or frozen for eating at another time. When **reheating food**, heat thoroughly to 165°F, until bubbling hot. If heating in a microwave oven, cover food and rotate the dish so the food heats evenly and doesn't leave 'cold spots' that could harbor bacteria. A refrigerator storage chart follows.

REFRIGERATOR STORAGE CHART

Food Item	Refrigerator (40° F)
EGGS	
Fresh eggs, in shell	4-5 weeks
Hard cooked	1 week
Egg substitutes, opened	3 days
Egg substitutes, unopened	10 days*
DAIRY PRODUCTS	
Milk	1 week
Cottage cheese	1 week
Yogurt	1-2 weeks
Mayonnaise	2 months
DELI FOODS	
Entrees, cold or hot	3-4 days
Deli meats – sliced ham, turkey, beef	2-3 days
Store-prepared or homemade salads	3-5 days
HOT DOGS AND LUNCHEON MEATS	
Hot dogs, opened package	1 week
Hot dogs, unopened package	2 weeks*
Luncheon meats, opened	3-5 days
Luncheon meats, unopened	2 weeks
LEFTOVERS	
Cooked meat, meat or egg dishes, soups, stews and vegetables	3-4 days*
Gravy and meat broth	1-2 days*
Cooked fish and poultry	3-4 days*
FRESH MEAT	
Steaks or roasts	3-5 days*
Chicken or turkey, whole or pieces	1-2 days*
Fresh meat	1-2 days*
PROCESSED MEAT	
Bacon	1 week*
Canned ham (label says 'Keep Refrigerated')	6-9 months
Ham, fully cooked	3-5 days*
Sausage, raw	1-2 days*
Precooked sausage breakfast links/patties	1 week*

*Freeze for longer storage.



Association for Home and Community Education

“BITS AND PIECES FROM LOUISE”

Happy Spring to all. Enjoy all that nature has to offer. New plantings, birds and blooms, maple syruping and baby chicks. Opening windows to let in the fresh air and hanging clothes outside. After a long winter it is good to see some of life begin a new.



April is a busy month for our organization. What a great feeling to come together and see friends after a long winter. Hope you all will join us in these activities.

The Spring West District meeting is in Arcadia. Reservations should already be in to Bernie.

Spring fling is set for April 18. More information will be elsewhere in this newsletter. Hope you will be there for the Cultural Arts show and the awards program. It's our day to celebrate our accomplishments and view the talents of our members. Be sure your reservation is in to Bernie by April 10. Remember: Spring Fling, April 18, Sparta VFW; registering at 9:30 a.m.

Also happening in April are our bake sales. The proceeds support our education programs. Sparta's is at Piggly Wiggly on April 11 and Tomah's is at F & M Bank in Tomah on April 10. Individual members and Kendall can contribute at either site. With everyone's donations of baked goods we can continue to serve our purpose of education.

At our last Executive Board meeting there was a discussion about money. Money seems to be the center of many discussions these days. It affects everyone in some way whether job related,

retirement, or organizations. Our organization, like so many others, is seeing declining membership which means less money to work with while wanting to continue with the same programs. There will be a discussion of this at Spring Fling. Come with ideas. Can we find more fundraising activities that bring in funds with minimal work on our part. As you reflect on this, read our creed and keep those words in mind. There are members who have strong feelings on this issue. I challenge you to share those feelings at Spring Fling and help us find a collection.

Coming up May 6 is the next Executive Board meeting. The 10:00 a.m. meeting will be at the Sparta Barney Center. At 1:00 p.m. on that day will be a lesson on "Caregivers" Handouts will be given to those who pre-register by April 28. Pre-register by calling Louise @435-6435. The lesson will be presented by Margaret Rowan and Louise based on information we received at State Conference. If you plan to eat lunch at the Barney Center you must make your own reservations.

Enjoy SPRING—see you in April

Louise Buchholz, HCE President



HCE CALENDAR



April

- 10 Bake Sale, Tomah Center, F&M Bank, Tomah, 9:00 a.m.-NOON
- 11 Bake Sale, Sparta Center, Piggly Wiggly, 8:00 a.m.
- 13 West District Spring Meeting, Arcadia
- 18 Spring Fling, Sparta

May

- 1 Deadline for Student Scholarship

WEST SIDE NEWS

-Margaret Rowan, News Editor
Sparta Center, Annabelle Sharp, Chair

Farmers Valley: Joan Kolterman, Secy. Pro Tem

The Farmers Valley HCE Club met on February 17th at 1:00 p.m. at the Senior Center. The meeting was called to order by President Annabelle Sharp and the Homemaker's Creed and the Pledge of Allegiance were recited. Five members answered roll call. The minutes of the previous meeting were read and accepted. The Treasurer's report was given and placed on file for audit. We shared our cookie money with the county. From the Bridge: Reminder of the Lesson in Tomah on the 24th at the La Grange Town Hall. Summary of Accomplishments were sent in to the county committee. We are continuing to make bookmarks for the libraries and have 1,200 new ones to deliver. Ella Ruetten volunteered to take them to the library. She also reported that the library could use some volunteers to help with their upcoming book sale. Call Michelle Hoenig for details. Next month, we will go out to eat. Mae Flaig will get prices from some places that

serve noon meals and get back to the President. Calling committee will relay the information to our members. The meeting closed with the Homemaker's Prayer.

Isham Valley: Vera Siekert, Secy.

The Isham Valley HCE met March 2 with Theresa Tichenor who served a dessert made with blueberries. President Dorothy Peterson led us with the Homemaker's Creed. Roll call was about Ireland. They celebrate Erin, soda bread, scones, soup, seafoods, lamb, beef and are cheesemakers. We also brought food for the Food Pantry. Reports were accepted as read. Correspondence from the Cramers was read thanking HCE members for skull caps and cards for servicemen and women. Reading glasses were ordered and sent direct to the State Chair. The leader's meeting was attended by Dolores Jenkins and Margaret Rowan. Our next meeting will be on the "Generation Gap" with Wilma Tucker. Reminders of Board Meeting, March 4; "Spring Fling" April 18 at VFW in Sparta, snack food by our club; West District meeting April 13 in Arcadia. "Brighter Tomorrows" need baby things and household items. We voted to give money for support. Door prize was won by Dolores Jenkins. Adjourned with Homemaker's Prayer. Margaret Rowan and Delores Jenkins presented a lesson on "Using the Slow Cooker".

EAST SIDE NEWS

-Luann Marten, News Editor
Tomah Center, Luann Marten, Chair



Needlecraft: At March meeting, items were given for Operation HomeFront, Food

Pantry, and eyeglasses. Marlene attended Executive Board meeting and Summary of Accomplishments meeting. Discussed bake sale and Sharon will remind members. Lost club member of 40 years, Janice Schleusener. Club gave a memorial. Sharon and Marlene will take care of the bake sale in April. Some plan to attend Spring Fling in April.

Valleyettes: Met in March at Town Hall. Ha for roll call, "How you use coffee filter?" Luann discussed the Executive Board meeting and that she helped judge the clubs summaries. She will serve on a committee to help rewrite the forms before Fall Fest. Everyone was reminded of the bake sale on April 10th, Spring Fling and to bring sewing items and eyeglasses at that time. Our April meeting will be going out to eat to celebrate club's anniversary. Luann gave the lesson on recycling. Will give one on Preventive Medicine later.

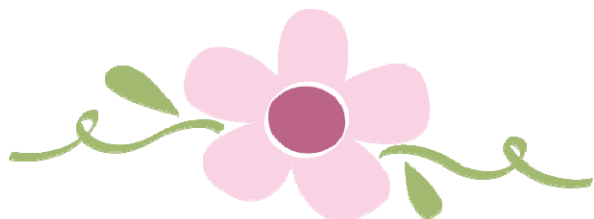


INTERNATIONAL NEWS—Margaret Rowan & Vera Siekert



Thanks to Mae Flaig for additional skull caps and Doris Johnson and Bernie Arena for material. Vera Siekert ordered a dozen pairs of reading glasses to be sent to Nicaragua.

If you have sewing notions, glasses, glass cases or yard goods, please bring them to the "Spring Fling." Please be reminded that yard goods must be cotton and at least a yard in length.



SPRING BAKE SALES

Sparta Center

April 11, 2009

Piggly Wiggly, Sparta

8:00 a.m.

Please bring baked items or donation of \$7.50. For more information for the Sparta Center Bake Sale, please contact Annabelle Sharp at 269-3433.

Tomah Center

April 10, 2009

F & M Bank, Tomah

9:00 a.m.—NOON

Please bring baked items or donation of \$7.50. For more information for the Tomah Center, call Sharon Jensen 372-7618 or Marlene Kamrath 372-5362.

**WISCONSIN BOOKWORMS™ -
SEEKS POETRY ENTRIES**



Would you like to write a poem or a song about the Wisconsin Bookworms™ new friend

"Wiggly"?

The Wisconsin Association for Home & Community Education invites every HCE member to write a poem or a song about "Wiggly". The deadline is Friday, May 1, 2009.

Entries should be sent to Marcie Surprise, N3661 Elm St., Hortonville, WI 54944; or e-mail Marcie at msurprise@juno.com.

Put your name, phone number, and permission to reprint your article on a separate piece of paper and include it with your entry.

The poems and songs received may be put into a booklet, or put up on the

state website, or published in the "Update".

Make sure you use the correct spelling—Wiggly, Wiggly's or Wisconsin Bookworms™.

-Bernie Arena

EXECUTIVE BOARD MEETING & SPECIAL INTEREST SESSION

Slated for May 6th

The next Executive Board meeting will be Wednesday, May 6, 2009. The meeting will begin at 10 a.m. and run until 11:30 a.m. The Executive Board will meet in Room B in the basement of the Barney Center. An elevator is available. There will be a lunch break from 11:30 a.m. to 1 p.m.

Make a lunch reservation to dine at the Sparta Nutrition Site, located in the Barney Center, that day by calling Paulette at 269-6778. Your reservation must be made by 10 a.m. on Tuesday, May 5th. The suggested donation for the meal is \$3.75.

A special interest meeting on "Caregivers" will be presented at 1 p.m. upstairs in the Barney Center. Presenters will be Margaret Rowan and Louise Buchholz. The public is invited to attend.

Please call Marlene Kamrath at 372-4362, or Bernie Arena, 272-3371, to make reservations for the afternoon meeting, so enough handouts will be available.

The Barney Center is located at 1000 E. Montgomery St., in Sparta.

Thanks.

-Bernie Arena

UPCOMING DEKE SLAYTON MUSEUM EVENTS



- Tea Time at the Deke Slayton Memorial Space and Bicycle Museum 200 West Main Street Sparta WI. Genealogy: Where are you from? Thursday, April 16, 2009 4:00 PM Ticket Donation - \$8:00
- Celebrate the 50th Anniversary of the Mercury Seven Astronauts with an Open House in the Deke Slayton Memorial Space and Bicycle Museum Gallery, 200 West Main Street, Sparta WI, April 18, 2009, 1-4. 1:00 – 1:30 AND 3:30 – 4:00 video on Deke Slayton's life. 2:00 PM. Professional Story Teller & Deke's Niece, Sara Slayton, will share her memories of Uncle Don. Please join us for a heartwarming and humorous look at Deke – the man who wanted to fly! Refreshments and no admission charge.
- Larry Scheckel, "Mr. Science" back by popular demand at the Deke Slayton Memorial Space and Bicycle Museum 200 West Main Street, Sparta WI. His latest program, "The Science of Air & Air Pressure", will be explored. A real hot air balloon, potato gun, hovercraft, the diver's bends, soap film demonstrator, the tremendous force of air pressure with Magdeburg spheres, rocket balloons, Mickey Mouse ears, pick'em up with air pressure, and crushing a 55 gallon barrel are a few of the demonstrations. . April 23, 2009 6-7 PM. Free Admission 
- An Evening of Astronomy with Duane "Jake" Jacob. April 30, 2009 at the Deke Slayton Memorial Space and Bicycle Museum 200 West Main Street Sparta WI. 7:30 PM in Museum Gallery an introduction to Astronomy, 8:00 PM – Viewing the Night Time Sky from the Museum Lawn. Jake is bringing his BIG telescope; bring your telescopes and binoculars, too. Free Admission.

MONROE COUNTY HOME AND COMMUNITY EDUCATION ASSOCIATION 2009 STATE CONFERENCE SCHOLARSHIP



Monroe County Home and Community Education Association Scholarship Applications for State Conference are now being accepted. All entries must be received by June 1, 2009.

One scholarship will be awarded in the amount of \$100.00 and will be paid to winner prior to registration.

The winner must report to the Executive Board their experiences at State Conference. This report may be either written or oral; also their report must be given to two clubs or at the Fall Fest.

Winner must submit vouchers verifying their expenses.

HCE STATE CONFERENCE IS SEPTEMBER 14-16, 2009 at SUPERIOR, WI.

Applications are due to Wilma Tucker, 12295 St. Hwy. 27, Sparta WI 54656 by June 1, 2009.

DONATIONS WANTED:



The Morrow Home Auxiliary is going to open a resale shop soon. They are recruiting volunteers to help in various facets of the shop. This project is another ministry of the Home. They will donate to needy families, victims of fire or flood as well as have a variety of items to sell. The profits from the shop will all go directly to the residents in the home.

They are seeking donations of GOOD, RESALEABLE items such as children's things, small appliances, knick knacks, etc. THEY CANNOT ACCEPT LARGE FURNITURE, REFRIGERATORS, COMPUTERS, WASHERS, DRYERS, or TV'S. They will issue tax deductible receipts for any donations they receive. Keep this in mind as you do your spring cleaning. If you do not want to have a garage sale or if you have one and you have things left over, let us know.

For more information contact Jean Mattakat at 269-1544.

TO ALL COMMITTEE CHAIRS:



Spring Fling is an opportunity for you to share what you've done since Fall Fest and what you want the members to work on from now to fall.

Our sincere sympathy goes out to the families of Ruby Heeler, K-M Doettes and Janice Schleusener, Needlecraft HCE Club.

-HCE Club Members



**MONROE COUNTY HCE EXECUTIVE
BOARD MEETING
F&M Bank Meeting Room, Tomah
March 4, 2009
10:00 a.m.**

President Louise Buchholz called the meeting to order. Creed was read in unison. Annabelle Sharp moved to approve the agenda. Motion seconded by Margaret Rowan. Motion passed. Margaret moved to approve the secretary report, Marlene Kamrath seconded the motion. Motion passed.

Roll Call: Ann Baker, Louise Buchholz, Wilma Tucker, Margaret Rowan, Lois Eberhardt, Luann Marten, Annabelle Sharp, Mae Flaig, and Marlene Kamrath. Bernie Arena arrived late. Louise announced that those attending State Conference may ride with Judy Williams. Louise, Margaret and Mae will ride with her.

Committee Reports-

- Cultural Arts—Annabelle Sharp. Bernie Arena to help with Cultural Arts at Spring Fling.
- International—items such as fabric, etc. may be brought to Spring Fling.
- Community Outreach—no report—Phyllis Snider was absent.
- Membership/Marketing—no report
- Scholarship—Wilma has sent out four applications to students.

No Family Living Report—Karen Joos absent

Center Reports

- Sparta—Bake Sale at Piggly Wiggly on April 11th
- Kendall—Will participate in Tomah Bake Sale on Good Friday
- Tomah—most news reported in The Bridge

Bernie Arena who arrived late gave Treasurer's Report which will be placed on file. She then reported on Bookworm™ project and Family. Recipients of one of the baby baskets had a thank you in The Bridge.

Unfinished Business—

- A. Christmas Bake Sale—results listed in Treasurer's Report
- B. West District—meeting to be April 13th at Arcadia.
- C. Spring Fling—to be at Sparta VFW, April 18th, theme to be "Going Green". Registration 9:30 a.m., meeting at 10:00 a.m., eat at 11:30 a.m., speaker at 12:15 p.m., awards at 12:45 p.m. Registration should be in by April 10th.
- D. Summary of Accomplishments—committee to meet after Executive Board meeting is adjourned. Ann Baker, Mae Flaig, Luann Marten and Louise Buchholz to be on committee to change Summary of Accomplishment Evaluation forms.
- E. 50 year members—none reported to Ann but Nora Jernander is 50 year member.
- F. February 24 Leader Training—very successful—had some non-members attend—included several men.

New Business

- A. Bake Sales—advertise money to be used for education purposes.
- B. There will be a special interest meeting on "Caregivers" in May.
- C. Constitution needs to be updated—Mae and Margaret to be on Committee — will put plea in The Bridge.
- D. Fundraisers—some members are complaining that we have too many fundraisers. Two suggestions were eliminate State Conference Scholarship, also eliminate \$50 from Student Scholarship. Subject to be brought up at Spring Fling.

Pennies for Friendship were collected.

Bernie Arena moved we adjourn. Marlene Kamrath seconded the motion. Motion carried.

Awards Committee met after adjournment.

Ann Baker, HCE Secretary





2009 Spring Fling



Saturday, April 18, 2009

Monroe County Association for Home & Community Education

Sparta VFW

121 South Rusk Street (by Perch Lake)

Sparta, WI

Come and join your HCE friends for the 2009 Spring Fling. Morning refreshments and lunch will be served. The cost for the day is \$6.00. Lunch will be soup & sandwich at 11:30 a.m. All registrations are **non-refundable, only transferable** and need to be prepaid before the event.

Registration & Refreshments - 9:30 a.m.

Meeting will begin at 10:00 a.m.

Business Meeting

Speaker (TBA)

Awards Program

Cultural Arts Show



2009 SPRING FLING

Saturday, April 18, 2009

Monroe County Association for Home & Community Education

Sparta VFW (by Perch Lake)

121 South Rusk Street, Sparta, WI



Name _____

Address _____

Phone _____ Club _____

Make checks payable to **Monroe County HCE** and send to :

Bernie Arena

4261 Basswood Road

Sparta, WI 54656



Deadline: April 10, 2009