



CALUMET ASSOCIATION FOR HOME & COMMUNITY EDUCATION

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SEPTEMBER / OCTOBER 2007

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Greetings from your President,

Summer sped by with nary a thought of CAHCE. Well not quite... It was great running into some of you while shopping or at social events. I surmise it was the same for you since my phone has not been rigging off the hook offering to fill the vacant officer and committee roster.

By the time you read this, September's safety lesson will have been held and several of us will be preparing for the WAHCE State Conference in Reedsburg. Then the Fall Association meeting at which we must have positions filled. Club presidents, you were delegated to draw out of your club's leadership potentials. The executive board's task will be less difficult if willing volunteers come forward.

The highlight of our year was hosting East District and collecting school supplies for Malawian children. Thank you to all of those from our county who contributed items for this very worthy cause.

Sincerely,

Barbara Krueger
CAHCE President



HCE HAPPENINGS

- Thursday, September 6 Experiences with the Emergency Medical System
7:00 PM, Room 17, Courthouse
Speaker: Claude Siragusa
- September 17-19 WAHCE State Conference
Voyager Inn, Reedsburg
- Friday, September 28 Articles for the Nov./Dec./Jan. newsletter are due to
UWEX office.
- Wednesday, October 3 East District Fall Association Meeting
James P. Coughlin Center, Oshkosh - Hosted by Winnebago County
- Tuesday, October 16 "Night for Women"
6:00 PM, Chilton High School
- Thursday, October 25 CAHCE Association Meeting
7:00 PM, Rooms 17 & 20, Courthouse
Hostesses: Go-Getters, Kitchen Kut-Ups, K-P's



You Are Invited to the "Night for Women"

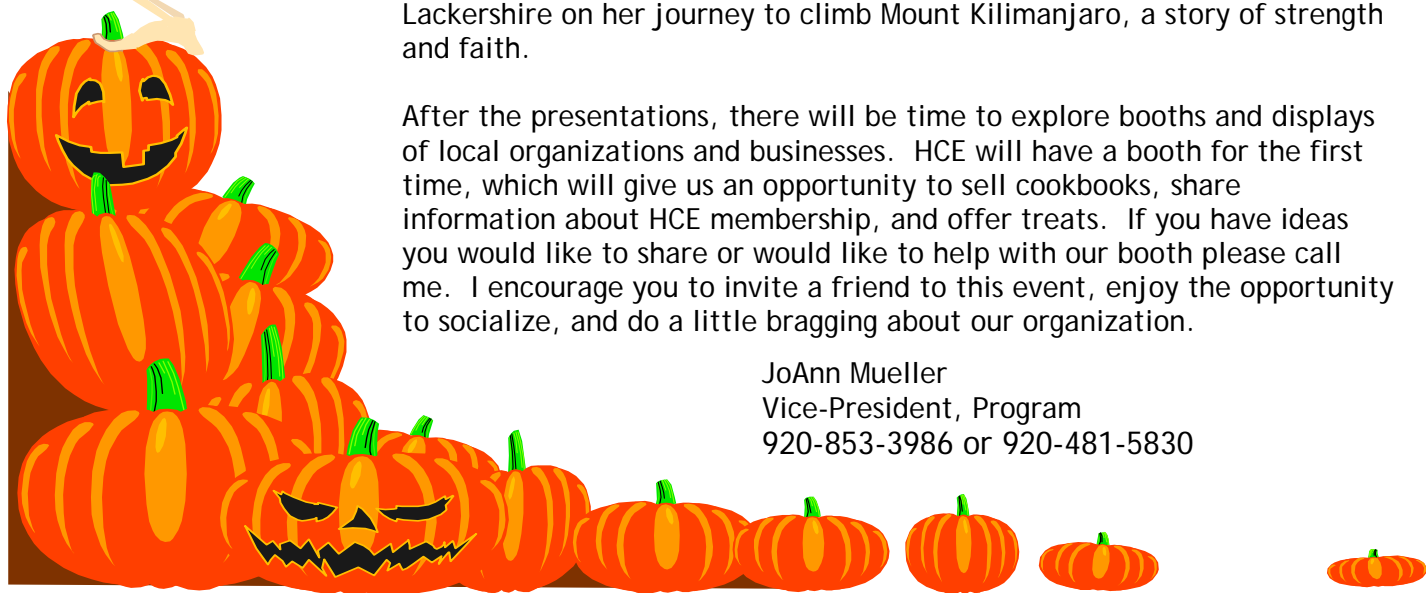
I would like to extend an invitation to all HCE members to attend the **Night for Women** which is sponsored by Calumet Medical Center and the Affinity Health System.

Date: October 16th
Time: 6:00 PM
Place: Chilton High School

Speakers: Dr. Neeti Chakravarti on a women's health topic. Sheila Lackershire on her journey to climb Mount Kilimanjaro, a story of strength and faith.

After the presentations, there will be time to explore booths and displays of local organizations and businesses. HCE will have a booth for the first time, which will give us an opportunity to sell cookbooks, share information about HCE membership, and offer treats. If you have ideas you would like to share or would like to help with our booth please call me. I encourage you to invite a friend to this event, enjoy the opportunity to socialize, and do a little bragging about our organization.

JoAnn Mueller
Vice-President, Program
920-853-3986 or 920-481-5830



A MESSAGE FROM TERI

Greetings! I was thrilled to meet many of you at the Spring Fling on May 1, 2007 in Kloten. For those that could not attend, I would like to introduce myself. My name is Teri Zuege-Halvorsen. I was born and raised in Kewaunee County and have spent many of my adult years living and working in Manitowoc County. My educational background includes a Bachelor of Science Degree from UW-Green Bay and a Master of Science in from Silver Lake College. I have 12 years of teaching experience; working with families and diverse populations. I look forward to the upcoming events so I can get to know everyone a bit better.

Last weekend I was looking through some old photo albums and came across pictures from a vacation we had taken to Ireland. Amongst the photos were quite a few pictures of bridges in a variety of the Irish cities we visited. I wondered about my fascination with bridges, then realized that I had crossed many bridges to get to this point in my life. Each crossing resulted in change. I had left one aspect of my life and had gone on to another, it was a crossing over onto a new adventure. Have you ever stopped in the middle of a bridge and looked over both sides? I certainly have. For me it can be like looking back at the past and over to the future while standing at the still point, the present.

Change is never easy, even when the change is one that is desired. As human beings we are creatures of habit. When a person begins a new job, tries something new or takes on a new role, there are many issues that will come up. There are new people to meet, new knowledge to gain, new skills to develop, and even new rules to learn. While exciting, it can be a daunting task. Which leads me to the subjects of leadership and mentoring....

What is mentoring? How does it relate to leadership? What does the word mentor mean? Well, Mentor was actually a character in

Homer's epic poem The Odyssey. When Odysseus, King of Ithaca went to fight in the Trojan War, he entrusted the care of his kingdom to Mentor. Mentor served as the teacher and overseer of Odysseus' son, Telemachus. The Merriam-Webster [Webster Dictionary](#) defines a mentor as "a trusted counselor or guide." A mentor is an individual, usually older but not always, more experienced, who helps and guides another individual's development. This guidance is not done for personal gain. A mentor is someone who has "been there, done that". A mentor might use a variety of approaches, eg, coaching, training, discussion, counseling, etc. to help the mentee.

Why do I bring up this subject you ask? Well, I believe that being a mentor is a very vital part of leadership. A person that possesses leadership qualities will make a great mentor. Oftentimes individuals who are inexperienced may not try new things like taking on a leadership role because they are afraid of making mistakes or of failing. Those that have a mentor to guide them through their first leadership role gain more confidence and suffer fewer setbacks than those who have no one to discuss options with or with which to brainstorm ideas. Mentors also can help the mentee avoid possible pitfalls because of their past experience. Organizations that utilize mentoring to transfer leadership have better and more consistent leaders which keeps the organization strong and vital. Our CAHCE is a wonderful organization who has caring, responsible members who have a lot of wisdom to share. Consider mentoring a new HCE member and encourage them to take on a leadership role. Support new members as they step up to the plate and let them know you will be there when they need it. Enjoy the rest of the summer and get ready for a fun-filled fall!

Respectfully,



Teri Zuege-Halvorsen
Family Living Educator

INTERNATIONAL NOTES

We are on the threshold of the county fair. This means summer has passed too quickly, school will be starting. I had requested that someone volunteer to take over the International Chair and South District Chairperson positions. Thus far, there is no line up to accept these duties. At one time, no matter what organization you belong to, it was an honor to be in a leadership role. Attendance at the East District Conference, and more so the state convention, is a treat.

Marie Schwinn, of Sheboygan County, is district chairperson. She is very dedicated to what is called the Malawi Project. At Lakeland College, it is dear to everyone's heart. Malawi is a very poor country in Africa. Every year their college takes five students for three years, then they return to their home country to teach the teachers. So far, they have taken 25 and 23 have graduated with honors, one with a perfect 4.0 grade average. They know English so that is not a problem.

Our county International Workshop held at Brillion was well attended. East District members were asked to bring school supplies for Malawi, and did so in grand style. The supplies were then sorted and boxed to fill twenty-five cases. The cases were filled with 2,500 pencils, 130 sets of markers, 10 sets of paints, 130 rulers, 50 scissors, 265 pencil sharpeners, 35 pencil cases (one club made zippered cases), 36 packages of notebook paper, 26 packages of construction paper, 275 spiral notebooks, 800 pens, 310 erasers, 1 1/2 cases typing paper, 15 coloring books, 75 folders, and many other items such as note paper, paper clips, chalk, glue and glue sticks, flash cards, and backpacks.

Our district alone has sent 24 cases of school supplies. A case is a box 12 x 15" high. When textbooks become obsolete here, we do not throw them out. They are sent to their country. On April 26th, Lakeland students, Professor Elzinga, and HCE members packed the

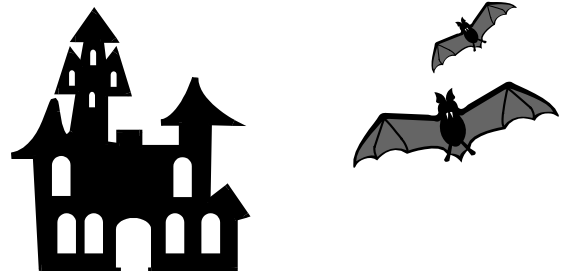
truck box and a semi trailer delivered it for shipping to Malawi.

Professor Elzinga, of Lakeland College, is the coordinator of this project. At the WAHCE East District Conference, he and several student's put on the program. Truly a learning experience.

People of Malawi are friendly and humble. The average income is only \$200 annually. If it rains there is no school, they stay in their huts. An extra note, crocodiles are considered prevalent.

Will see you all soon as our gatherings will be starting again. Thanks to everyone who came to our Spring Fling and Cultural Arts program held in the spring.

- *Patranella Degeneffe*
International Coordinator



State Cultural Arts Show

The following people will have entries going to the State Cultural Arts Show: Caroline Krahn, Kay Hertel, Diane Ecker, Mary Eickert, Pat Buechel and Don Sattler.

(These entries are needed to the UWEX office, or Diane Sattler, by September 14.)

Judy Krahn and Pat Degeneffe had the winning written entries.



Submitted by Diane Sattler

SIMPLE STEPS FOR SAFETY OF GARDEN AND FRESH PRODUCE

MADISON, WI - Early summer means fresh fruits and vegetables. Harmful bacteria in the soil or water where produce grows may contaminate the fruits and vegetables. Or, fresh produce may become contaminated after it is harvested, such as during preparation or storage. Eating contaminated produce (or juices made from contaminated produce) can lead to foodborne illness, which can cause serious, sometimes fatal infections, says Barbara Ingham, University of Wisconsin-Extension food scientist. However, it's easy to help protect yourself and your family from illness by following these steps for growing and serving produce.

Whether produce is harvested from the garden, or purchased at a grocery or farm market, there are things you can do to maintain both safety and quality. Certain perishable fruits and vegetables (like strawberries, lettuce, herbs, and mushrooms) are best maintained by storing at a temperature of 40° F or below. All pre-cut or peeled produce should be refrigerated. Uncut produce such as tomatoes, bananas, potatoes and onions are best stored at cool room temperature. Do not wash produce before storing, as excess water encourages the growth of spoilage bacteria.

When buying fresh produce, purchase produce that is not bruised or damaged. Select cut produce (such as half a watermelon or bagged salad greens) that are refrigerated or surrounded by ice. Always bag produce separately from meat, poultry and seafood products.

Applying compost or manure can help improve the soil in your garden, but it can also carry the risk of contaminating produce if not properly handled. Ingham recommends the following resources to help keep your garden produce safe:

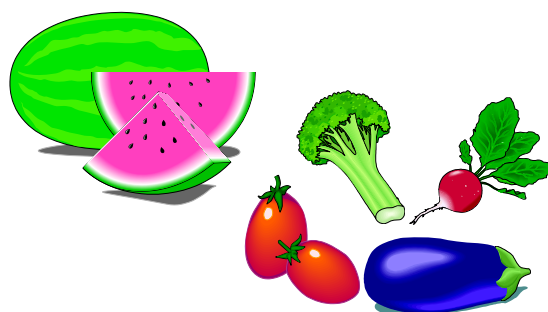
All produce should be thoroughly washed before eating, whether grown at home, or

purchased from a store or farmer's market. Wash fruits and vegetables under running water just before eating, cutting or cooking. Even if the produce will be peeled, wash it first. Using soap, detergent or commercial produce washes or bleach is not recommended. Scrub firm produce such as melons and cucumbers with a clean produce brush. Dry produce with a clean cloth or paper towel to further reduce bacteria.

What about pre-washed produce? Many pre-cut, bagged produce items like lettuce are pre-washed. If so, it will be stated on the packaging. Current evidence suggests that pre-washed, bagged produce can usually be used without further washing. As an extra measure of caution, wash the produce just before you use it. Pre-cut or pre-washed produce in open bags should be washed before using.

Keep fruits and vegetables that will be eaten raw separate from other foods and kitchen utensils used for other foods. Be sure to wash cutting boards, dishes, utensils and counter tops with hot water and soap between the preparation of raw meat, poultry and seafood products and the preparation of produce that will not be cooked. For added protection, kitchen sanitizers can be used on cutting boards and counter tops periodically. Try a solution of one teaspoon of chlorine bleach to one quart of water.

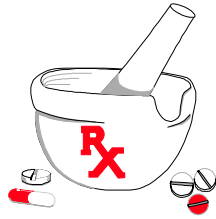
Contact Person: Barbara Ingham, 608-263-7383
Email: bingham@wisc.edu



NEW DIETARY SUPPLEMENT STANDARDS BENEFIT CONSUMERS

MADISON, WI - Up to now, regulations for dietary supplements have been so loosely defined that it has been possible for products to have:

- wrong ingredients
- too much or too little of a dietary ingredient
- improper packaging
- improper labeling
- contamination problems due to natural toxins, bacteria, pesticides, glass, lead, or other substances.



However, there's good news for consumers—the U.S. Food and Drug Administration (FDA) issued a new rule in June 2007 that requires dietary supplement manufacturers to follow a set of basic standards when they produce and package their products.

“Many consumers do not understand that supplements are regulated by a unique set of rules that are much more lenient than the rules for other drugs,” says Susan Nitzke, Professor of Nutritional Sciences and Extension Specialist at the University of Wisconsin-Madison. For example, many dietary supplements can go to market without having proven their safety and effectiveness to the U.S. Food and Drug Administration (FDA).

According to Nitzke, consumers need to do their homework and carefully decide the pros and cons of various products that are on the market. She recommends that consumers heed the following advice for consumers from FDA:

Talk with a health care provider before using a dietary supplement. This is a good idea, especially for certain population groups. If you are pregnant, nursing a baby, or have a chronic medical condition such as diabetes or heart disease, be sure to consult your doctor or pharmacist before purchasing or taking any supplement.

Know that some supplements may interact with prescription and over-the-counter medicines. Taking a combination of supplements or using these products together with medications—whether prescription or over-the-counter (OTC) drugs—could produce adverse effects, some of which could be life-threatening. For example, Coumadin (a prescription medicine), ginkgo biloba (an herbal supplement), aspirin (an OTC drug), and vitamin E (a vitamin supplement) can each thin the blood, and taking any of these products together can increase the potential for internal bleeding.

Inform your doctor about all the supplements you use, especially before surgery. Some supplements can have unwanted effects during surgery. You may be asked to stop taking these products at least two to three weeks ahead of the procedure to avoid potentially dangerous interactions. These interactions could cause changes in heart rate or blood pressure, increased bleeding, or other problems that could adversely affect the outcome of your surgery.

Report adverse effects from the use of dietary supplements to MedWatch. If you think you have been harmed by a dietary supplement, contact your health provider and report it to FDA's MedWatch program by calling (800) FDA-1088, or visiting the web site at www.fda.gov/medwatch/how.htm.

If you have questions about a specific dietary supplement, contact your doctor, a dietitian, a pharmacist, or another knowledgeable health care provider. For more general information on dietary supplements, see the UW-Extension publication “Dietary Supplements” (B3320) by Susan Nitzke and Sherry Tanumihardo, available at <http://learningstore.uwex.edu/Dietary-Supplements-P261C61.aspx> or by calling 877-947-7827 (WIS-PUBS). Also, visit the U.S. Food and Drug Administration's website on dietary supplements at www.cfsan.fda.gov/~dms/ds-info.html.

INCREASING YOUR SAVINGS RATE TO TEN PERCENT

Chilton, WI - The percent of income saved by Americans dipped into negative territory in 2005 and it remains there today. Simply put, Americans spend more than they earn, financing their spending by exhausting their savings funds and increasing their credit obligations. The Association for Financial Counseling and Planning Education® and its 800 members have launched the 10% Solution—a five-year campaign designed to increase the savings rate of Americans to ten percent.

The 10% Solution takes the math out of saving. And, it makes good financial sense. To figure out how much you have to save with the 10% Solution, simply take your gross pay each period and “drop” the last digit. If your monthly gross income is \$2,000 per month, then save \$200. If your household income is \$60,000 each year, then save \$6,000 per year or \$500 each month.

What can saving do for you? “More than you might think,” says Teri Zuege-Halvorsen, Calumet County, University of Wisconsin-Extension Family Living Educator.

-- Saving relieves personal stress and improves relationships. Financial distress is a major factor in general dissatisfaction and unhappiness. Many studies suggest that disagreement over finances is a major reason for marital conflict and divorce. Studies show that financial stress is not necessarily due to a lack of income; rather, it's the result of unsustainable spending, saving and investing patterns.

-- Saving reduces reliance on credit and can save thousands of dollars in interest. The percentage of disposable income used to pay debts is still near record highs. The American Bankers Association reported in 2005 that 43 percent of consumers carry balances each month on their credit cards. Many Americans owe \$2000 or more in credit card debt; earning a rate of 15 percent per year, this pattern would result in \$45 in interest accruing (without compounding) every month.

-- Saving helps fund a comfortable retirement, yet most Americans are not putting enough away for retirement. As employers continue to decrease or eliminate pension benefits, private saving is the only remedy. Social Security benefits will not—nor were they designed to—provide enough income for a sustainable retirement.

-- Saving increases confidence and the likelihood of getting out of poverty. Persons with even small amounts of savings are more likely to continue saving—even after depleting their savings to zero to meet an emergency.

-- Saving is habit forming. If ten percent is too daunting, start with five percent, or three percent. Small amounts of savings quickly add up. Begin today.

Where should the money you're saving go? Consider putting one-half into a retirement plan—a 401(k) or 403(b) plan at work, or an individual IRA or Roth IRA. Save one-third for emergencies - in a savings or money market account. These funds can help pay for unexpected household or auto repairs, medical deductibles, or other unplanned expenditures. Place the remainder in a savings account to fund future goals such as a vacation, roof repairs, or college education.

For more information about saving strategies and family financial management, contact the Calumet County UW-Extension office at: 206 Court Street Chilton, WI 53014 Phone: 920-849-1450, Ext. 4.



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