

November '19

X Crosse County News X

Hello From The Incoming LAHCE President



To those of you who do not know me, my name is Cathy Onsager and I am a member of the Little Barre Circle of HCE. I served as the secretary for LAHCE for 4 years and really enjoy being on the Executive Committee. When I retired as Clerk/Treasurer for the Town of Shelby, one of my goals was to increase my community service. Home and Community Education has given me the opportunity to do this. I love the people I volunteer with and have made many new friends through the Executive Committee and participation in District Meetings and the State Conference. I strongly believe that HCE is making a difference in people's lives locally, state-wide and internationally. I am honored to work with the women and men of HCE and appreciate the confidence of the Executive Committee in nominating and electing me to the position of County President.

I look forward to working with you on projects such as the new LAHCE/4-H Partnership, and encourage you be active members, to invite your friends and neighbors to join us, and to continue to be "true to God and Country and of lasting service to our homes and communities"

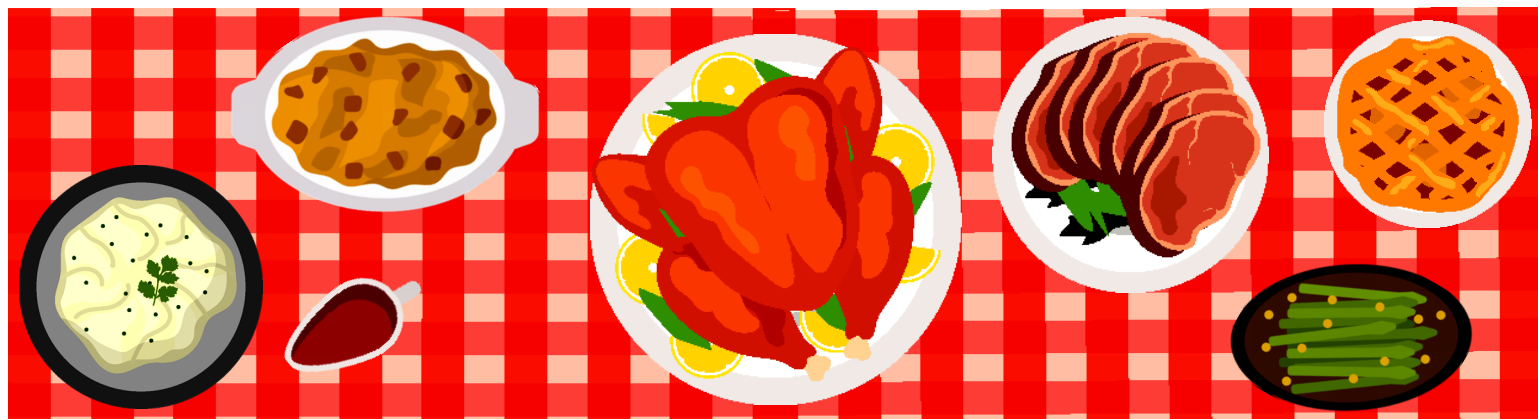
Cathy Onsager
Incoming LAHCE President

Human Development and Relationships

With the holidays right around the corner, it's time to talk about safety when it comes to leftover food. Please enjoy this article by Barbara Ingham, an Extension Food Safety Specialist. Have a Happy November!

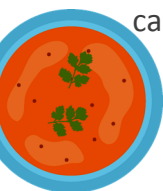


Heather Quackenboss
Human Development & Relationships Educator



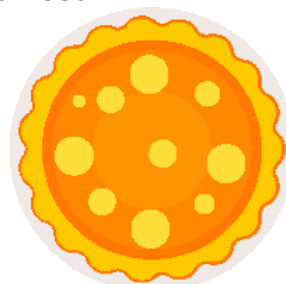
Leftovers and Food Safety

In my family, I tend to prefer the term 'planned-overs' to the term 'leftovers' – I am 'planning' to serve a soup or casserole again that week! Whether it's food prepared at home, or more of a restaurant meal than can be eaten in one sitting, there are some basic steps to assure that planned-overs are safe the second (or third) time around.



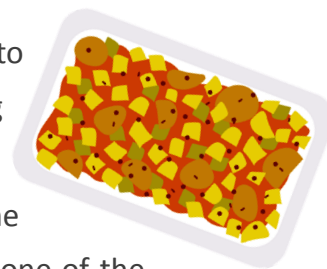
Cook food safely. The first step in having safe leftovers is cooking the food safely. Use a food thermometer to make sure that the food is cooked to a safe, minimum internal temperature.

- **Red meats:** Cook all raw beef, pork, lamb and veal steaks, chops, and roasts to a minimum internal temperature of 145°F as measured with a food thermometer before removing meat from the heat source. For safety and quality, allow meat to rest for at least three minutes before carving or consuming. For reasons of personal preference, consumers may choose to cook meat to higher temperatures.
- **Ground meats:** Cook all raw ground beef, pork, lamb, and veal to an internal temperature of 160°F as measured with a food thermometer.
- **Poultry:** Cook all poultry to an internal temperature of 165°F as measured with a food thermometer.



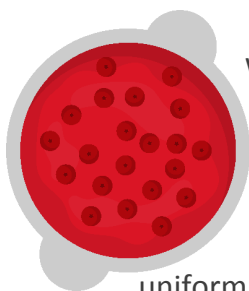
Human Development and Relationships

Cool promptly and rapidly. Food remaining after a meal at home or in a restaurant needs to be cooled promptly; move items into the refrigerator within two hours of foods being taken off the grill, pulled from the oven, or finished on the stovetop. Refrigerate foods from a restaurant as soon as possible, and within two hours. Keeping foods out of the **Danger Zone** will help ensure that harmful bacteria don't grow. Cooling foods rapidly is one of the most important steps in preventing foodborne illness. Divide large amounts of food into shallow containers, no more than 3" deep, and refrigerate. Cut large food items like roasts or hams into small parts and refrigerate. Even if casseroles or soups are still hot, they should be promptly refrigerated! The one time I knowingly gave my husband and myself food poisoning was due to my failure to cool food properly [perhaps I'll share that story some day.]



Reheat safely. When reheating 'planned-overs', be sure they reach 165°F as measured with a food thermometer. Reheat sauces, soups and gravies by bringing them to a rolling boil. Cover leftovers to reheat. This retains moisture and ensures that food will heat all the way through.

When reheating in the **microwave**, cover and rotate the food for even heating. Arrange food items evenly in a covered microwave safe glass or ceramic dish, and add some liquid if needed. Be sure the covering is microwave safe, and vent the lid or wrap to let the steam escape. The moist heat that is created will help destroy harmful bacteria and will ensure uniform cooking. Also, because microwaves have cold spots, check the temperature of the food in several places with a food thermometer and allow a resting time before checking the internal temperature of the food with a food thermometer. Cooking continues for a longer time in dense foods such as a whole turkey or beef roast than in less dense foods like breads, small vegetables and fruits.



Consume...or freeze. Leftovers can be kept in the **refrigerator** for 3 to 4 days, or **frozen**. For quality, try to limit frozen-storage time to 3 to 4 months; properly frozen leftovers will be safe indefinitely, but they will lose quality over time. The USDA has a fact sheet on [Leftovers and Food Safety](https://www.fyi.extension.wisc.edu/safepreserving/2019/01/18/leftovers-and-food-safety/).

Stay food safe,



Barbara Ingham
Food Safety Specialist

(link to article <https://fyi.extension.wisc.edu/safepreserving/2019/01/18/leftovers-and-food-safety/>)

Executive Committee Reports

President's Message

As a rural homeowner it is always a relief when November comes. The goal is to have the garden and yard put to sleep for winter, and the wood box filled with good firewood for the cold days to come. So, too, there is a sense of relief that our HCE organization has accomplished what we set out to do in the beginning of the year. What is left to do is complete the Program Book for 2020, and the board is working on that at this time.

Speaking of our Program Book, you may have noticed the first week of November is highlighted, for it is HCE Week. In reading the WAHCE "Update" many counties report the activities they have during this week to make HCE visible in the community. This year our county is making strides by having an article in the October/November issue of the Coulee Region Women's Magazine. We are grateful for the visibility brought by this publication.

Something else to be grateful for is the wisdom of our founders in establishing an organization that helps its members to become more aware and make contributions to the world beyond our state. These organizations are referred to as Affiliated Organizations. They are the National Volunteer Outreach Network, the Country Women's Council, and the Associated Country Women of the World. Some of our members have asked if there is a national organization for HCE. Well, not per se, but these organizations help us view the world more globally, and we contribute to projects like Pennies for Friendship and the Water Filter Project for the affiliate organizations.

This month, let us ponder the many blessings we have by our membership in HCE.

Lois M. Hess
President



Membership & Marketing

November 3-9 is National HCE Week. I am trying to plan a way to further get our name out there. If anyone has any idea, please let me know. A really nice one page article is in this month's issue of Coulee Region Women's Magazine. I have already been contacted by someone who had read the article and is interested in becoming a member. I am hoping to get more contacts as the month goes by. As members, everyone needs to talk about the organization and try to generate interest. WE are hoping by partnering with 4-H in the upcoming year, it will help to get more members. Let's make the upcoming year a great one!

Sheryl Smith
Secretary

Executive Committee Reports

Message From The Editor

The state conference this year was held in Manitowoc. Cathy and I arrived on Sunday with a car load, transporting our display board, cultural arts entries, and silent auction donations. After checking in, we spent the late afternoon and evening helping in cultural arts, first assembling quilt racks and then helping with the check in process. Monday morning found us back there again, checking items in and arranging them on the tables. I spent the afternoon assisting the judges, which is a very interesting job, learning what they look for in the entries in the different categories.

Monday evening we had a banquet with business items and a speaker.



Tuesday morning I attended the president's meeting where I was introduced as West District Director-elect. Following that I attended a workshop about Alpacas at which live Alpaca's were there to pet and view. After lunch, we learned about the International trip to Australia. The workshop I attended after that was on Winemaking, presented by the owner of Parallel 44 in Kewaunee. This vineyard sits 44 degrees north latitude, if you follow this around the globe you will come to the Tuscany region of Italy. We sampled 4 of the wines made there.

At the Tuesday evening banquet, I had the honor of sitting at the head table, and was installed as West District Director.

Wednesday morning I attended a workshop on how to attract butterflies to your flower gardens, at which we learned which varieties of flowers have the pollens that the butterflies like. The second workshop was entitled "Let's Eat Grandma!, Commas save Lives!" and was actually about proper punctuation. This speaker was hilarious, citing many true life stories of mis-punctuating and also improper grammar. We finished the conference with lunch and a run down of statistics.



Once again, I thoroughly enjoyed my time at the conference, seeing old friends and making new ones, and learning new information.

Sheryl Smith
Editor



LAHCE Mission Statement

La Crosse County Association for Home and Community Education strives:

- TO promote and strengthen the family unit;
- TO provide opportunities of self-education for development of potential abilities;
- TO better serve and improve home and community life.

Committee Reports

International Coordinator

Did you know Wisconsin has been Partners with Nicaragua for over 50 years? It was President Eisenhower's interest in exploring possibilities of developing closer ties between the Central and South American countries, and U.S. that made this a reality.

Partners of the Americas was founded as a non-profit, non-government agency. Headquarters is in Washington, D.C. Different states have different countries, Minnesota has Uruguay as their country. Only North and South Dakota and Nevada do not participate. Wisconsin's office and warehouses are located in Stevens Point. About twice a year donated items are shipped to Nicaragua.



Again this year, LAHCE has contributed sewing supplies.

Leah Bork
International Chair



Educational Programs

4-H Clover College

Emily Crook attended our Fall Meeting and talked to us about the 4-H Clover College and our participation in it as part of our partnering with them. It will be held February 15, 2020 at the Bangor Elementary School. It was decided that we would teach at least 2 classes, one on tying fleece blankets and the other on sewing book bags. This would coincide with our current community projects. Anyone interested in being a part of this, please contact Cathy Onsager or myself. This is a good opportunity to share our skills with the 4-H members.



Sheryl Smith
Editor

Committee Reports

Cultural & Textile Arts Report

Well, it seems our warm, rainy weather has been replaced by cold, windy fall weather. Just a little taste of what's to come.

After taking last month off, I had hoped to tell you about my adventures at WAHCE State Conference. However, because of a death in our immediate family, I was unable to attend. Many thanks to Sheryl Smith and Cathy Onsager who stepped right up and covered for me. Statistically this year, there were 413 entries from 45 different counties. The "Hattie's Hat" fun category included 25 entries. La Crosse County received eight blue ribbons. Angie Vondrashek's recycled doll was a Medallion winner! Congratulations, Angie!! This is awesome, as you are competing against the "best of the best"!! Congratulations and thanks to all who participated. The Cultural Arts Raffle included 20 items this year, and brought in a total of \$915.00. This money is used to defray costs of next year's Cultural Arts set-up and display. Thank you to Linda Sutherland who has done a great job as Chairperson for the last few years. Our new State committee chair is Phoebe Shourds. Phoebe has been involved in HCE for many years and has served on numerous other state committees. I'm sure she will do a great job. Now, it's time to start planning your project for next year's cultural arts entries.



The Rosemaling program presented by Donna Leis on August 19 was attended by ten ladies. Donna, a long time rosemaler, talked about the many different styles of painting and how the designs and colors are specific to the different regions of Norway. It was very interesting and informative.

If anyone has any suggestions for activities for the upcoming year, please let me know. I will do my best to provide knowledgeable presenters.

Happy crafting and creating!

Laura Ira
Cultural & Textile Arts Coordinator

COOPERATIVE EXTENSION SERVICE

United States Department of Agriculture

University of Wisconsin-Extension

La Crosse County Offices

212 North 6th Street

La Crosse, WI 54601

La Crosse County News



AN EQUAL OPPORTUNITY EMPLOYER



ACTION CALENDAR: NEW THINGS NOVEMBER 2019



MONDAY



4 Today meet someone new and learn something about them

11 Be curious. Find out about three new topics or ideas

18 Join a new online community on a topic that interests you

25 Try a new way to practice self-care and be kind to yourself

TUESDAY

"You never know what you can do until you try" ~ C. S. Lewis

5 Choose a different route and see what you notice on the way

12 Find a new way to help or support a cause you care about

19 Say hello to someone you see regularly but don't normally talk to

26 Today wear something unusual and enjoy looking different

WEDNESDAY

6 Make a meal using a recipe or ingredient you've not tried before

13 Be creative today - cook, draw, write, paint, make or inspire

20 Sign up to join a new course, activity or evening class

27 Tune in to a different radio station or TV channel to normal

THURSDAY



7 When you feel you can't do something, add the word "yet"

14 Tell a friend about something helpful you learned recently

21 Learn to say a word or phrase in three different languages

28 Join a friend doing their hobby and find out why they love it

FRIDAY

1 Make a list of new things you want to try out this month

8 Today connect with someone from a different generation

15 Look at life through someone else's eyes and see their perspective

22 Choose to do something out of your normal comfort zone

29 Use one of your strengths in a new or creative way

SATURDAY

2 Broaden your perspective: read a different paper, magazine or site

9 Teach yourself a new skill. Origami? First aid? Meditation?

16 Learn a new skill from a friend and teach them one of yours

23 Go outside and do something playful - walk, run, explore, relax

30 Set aside a regular time to pursue a new hobby

SUNDAY

3 Enjoy new music today. Play, sing, dance or listen

10 Get out into nature and observe the changing season

17 Visit a local place of interest that you've not been to before

24 Discover your artistic side. Design your own Christmas cards!

ACTION FOR HAPPINESS



www.actionforhappiness.org

Find out more about the Ten Keys to Happier Living, including books, guides, posters and more here: www.actionforhappiness.org/10-keys