

April '18

# X Crosse County News X

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## President's Message

There's a hum in the air, and it seems to be more than just spring time! Could it be HCE activities? Perhaps it is both. There is one thing certain, and that is our committees have been very active and creating a stir. After you read this newsletter, you decide where the sounds originate.

At the end of February the sewing machines and the backup fabric designers created personal supplies for impoverished women in Guatemala. In March an education program brought out an overwhelming number of women to hear a local celebrity. In April you will be able to donate used items to financially benefit our Wisconsin Bookworms project.

Springtime is always a high point for our organization. It is when we gather for our Cultural Arts Exhibit and Annual Banquet. At the banquet we will recognize members and clubs achieving milestones. While gathered together, we will have our Spring Annual Meeting with reports from the Spring West District Meeting. The day will conclude with a program on service dogs. Jane Grabarski, West District Director, has been invited to join us for this day.

It seems this message turned out to be an index to this newsletter! But read on for the elaboration and other reports by your committee chairs. I am looking forward to being together with you for the highlight of the year.

*Lois Hess*  
LAHCE President



### ***UW-Extension-Activities Line***

Interested in an upcoming event? Curious if an event has been cancelled? Call our activities line for an updated recorded message.  
**(608) 785-6418**



### ***UW-Extension Facebook Page***

For the latest research-based educational news and articles, be sure to "like" and follow our facebook page at  
[www.facebook.com/lacrossecountyuwex](http://www.facebook.com/lacrossecountyuwex)

### Supporting a growing market niche: Providing small food businesses with training and science-based support



Wisconsin has a vibrant “buy local” economy and small food processors are benefiting from its momentum. Farmers wishing to add value to their crops and local entrepreneurs looking to meet customer demand are delving into the sale of canned pickles, salsas and other acidified food products. The US Food and Drug Administration requires all manufacturers of acidified canned foods to receive training to help ensure food safety.

To meet this requirement, each acidified food product must be manufactured under an approved and scientifically supported process. Small artisanal manufacturers of acidified foods may face unique challenges in complying with these regulations. These businesses often have fewer than a dozen employees, may be family-run, and, in all likelihood, lack a staff scientist to support the process. Not only do small businesses need support developing safe recipes— they also need help with product and process development to manufacture a high quality product that is properly packaged and labeled.

#### What UW-Extension is doing

To support small business owners, the University of Wisconsin-Extension developed an Acidified Foods School in 2009 targeted to the unique needs of the food entrepreneur. This program meets federal standards for training while also addressing the unique needs of small artisanal processors. The entire package of support provided by UW-Extension offers not only training, but

also assistance in recipe development and the approval process required to obtain a license. One-on-one help is also offered to each processor in navigating federal and state regulations that pertain to the products that they manufacture.

Since 2009, 595 small business owners and entrepreneurs have graduated from the Wisconsin Acidified Canned Foods School as they prepare to develop and market their products. Results of a survey of graduates attending the school between 2012 and 2016, coupled with feedback received through in-depth phone interviews of a sample of graduates, demonstrate that the Acidified Canned Foods School provides small businesses with training and ongoing science based decision-making support needed to be successful in starting or expanding a business.

#### Outcomes

The Acidified Canned Foods School and follow-up support offered by UW-Extension were clearly important in providing a foundation for business success.

- More than 50% of graduates are currently processing acidified canned foods for sale under state license and another 34% are preparing to do so.
- Business sales—With an average of 60% of their sales coming from acidified canned food products, these business report substantial annual revenues:
  - 31% report sales of under \$5,000 per year.
  - 35% report sales between \$5,000 and \$25,000 per year.
  - 33% report over \$25,000 in annual sales.
- Jobs—These businesses contribute to economic development:
  - Graduates employ an average of 6 people.

Business owners overwhelmingly rated the Acidified Canned Food Training and follow-up support provided by UW-Extension as extremely important factors in being able to sell acidified canned foods today.

*Continued on the next page*



## Family Living

- *“The whole class was helpful in getting my business off the ground from proper canning technique to pH testing.”*
- *“I learned EVERYTHING I needed to know to create my product in a kitchen under food and safety laws.”*
- *“This training was awesome, it provided valuable information for a start-up business”*
- *“I learned everything I needed to know to safely and properly can acidified foods. I still refer to the training manual frequently.”*
- *“What helped most was the guidelines on what needed to be done in order to license and sell your product.”*

Along with providing needed training and one-on-one support, UW-Extension assists small food processors 24 hours a day with online and print-based materials. A website was developed by Extension specialists specifically to support processors of acidified foods. This website includes information on licensing and product testing, sample process forms, and contact information for process approval.

It is available at [https://foodsafety.wisc.edu/ssp\\_acidified\\_canned\\_food.html](https://foodsafety.wisc.edu/ssp_acidified_canned_food.html) In addition, the UW-Extension Learning Store stocks publications with research-tested, approved recipes that can make it easier for processors to ready their product for market.



## 30 Ideas for Caring for Yourself as a Parent

Parents have a lot of demands on their time, energy, and attention. Unfortunately, this means that parents' own needs are often neglected. When parents stop caring for themselves, stress can take over resulting in potentially negative repercussions on parents' health and relationships with children (and partners).

Start by adding 5 minutes of self-care to your day and build up to where you feel less stressed and more balanced.

Self-care typically falls into three categories: care for your body, care for your mind, and care for your emotions and relationships. Self-care can be relatively simple like getting enough sleep or taking time to cuddle a pet or hug a loved one. Here are 50 ideas (many from our informal survey of parents) of how you can incorporate self-care into your life.

### Care For Your Body

1. Eat healthy foods and drink water regularly
2. Give yourself permission to keep meals simple.
3. Enjoy a special treat, special dessert or favorite meal.
4. Sleep (ideally for 8 hours)
5. Exercise
6. Take a hot shower or a long bath.
7. Set aside romantic time for your partner.
8. Stretch when you wake up in the morning.
9. Join a recreational sports team.
10. Splurge on a manicure or a pedicure.

*Continued on next page*

## April Calendar of Events

- 17 **La Crosse County Board Meeting**, 6:00 pm, Administrative Center Auditorium
- 23 **West District WAHCE**, Wood County
- 30 **Banquet/Spring Meeting**, 11:15 am, Holland Town Hall

## Family Living

### Care for Your Emotions and Relationships

11. Spend time with friends.
12. Participate in a group activity that you enjoy.
13. Laugh and find things that make you laugh.
14. Play a game alone or with friends and family.
15. Spend time outdoors.
16. Allow yourself to cry.
17. See a movie.
18. Make something (paint, crafts, jewelry, sew, knit)
19. Take a trip with friends or spouse—without kids
20. Ask for help—no one can do it all alone.



### Care for Your Mind

21. Try to disconnect from work when not at work.
22. Spend time alone.
23. Help your children create to-do lists so you don't have to remind them.
24. Plan and prepare ahead.
25. Listen to audiobooks when you drive.
26. Go to a play or concert.
27. Listen to live music or sing along to the radio while you drive.
28. Read a book or magazine for 30 minutes/
29. Garden.
30. Keep a journal.

Source: *What does parental self-care look like? 50 ideas for caring for yourself as a parent.* Parenthetical, University of Wisconsin—Madison, March 2018

## Wisconsin Bookworms™

### New Opportunity to Help Wisconsin Bookworms

Just in time for seasonal change when we decide when we decide what to keep and what to give away, an opportunity presents for turning discarding items into cash for the Wisconsin Bookworms program.

Thanks to Joan Berg, a Table Rock club member, we are introduced to the RootinCrown second hand store. They specialize in sharing profits with non-profits. We are now registered with them. **They will give LAHCE 50% of the profit from items sold** which are brought to the store in our name.

Locations to bring your gently used or new items:

- **2919 East Ave**—a continuation of Ward Ave across Mormon Coulee Rd
- **Rider Club Rd**—a new location opening in June

Assign the goods to LAHCE so we get credit and LAHCE will receive checks for our share.

The RootinCrown accepts a large variety of goods. Each board was given a list, so many clubs should have one available. Also, the website is [rootincrown.com](http://rootincrown.com) where you can find out more information on what is an acceptable item.

Fund raising continues for the 2018-2019 school year. The Franke Foundation “Care and Share” Expo brought in over \$2,674.00 with the matching funds provided by the Franke Foundation. The La Crosse County Employees Jeans Day Charity provided \$1,128.00 of the total. **Thank you to all the members and clubs who so generously contributed.**

*Jeanne Flynn*

*Wisconsin Bookworms Coordinator*



# Committee Reports

## Important Dates to Remember

**April 30, 2018**

Cultural & textile arts judging at Spring Meeting and Banquet held at Holland Town Hall. Please have your entries at the hall by 11:15 am. Registration forms available upon arrival.

**May 14, 2018, 12:30pm**

**(Please be on time)**

Making greeting cards using the “Iris Folding” method

**LOCATION:** Trinity United Church of Christ, W4888 Harvest Ln (Hwy 14/16) La Crosse, WI

**COST:** \$10.00—payable at class time.

Class size will be limited to 15 people. Call Joan Berg @ 608-788-0831 to register

If possible, please bring a small, sharp-pointed scissors  
Refreshments provided

**June 11, 2018, 1:00 pm**

“Stitches of Love” Workday

At Laura Ira’s home: 113 Meadow Ln, West Salem, WI

We will continue working on the Sanitary Pads. Our goal is to complete 100 sets.

Refreshments provided

Happy crafting and creating!

*Laura Ira*

*Cultural & Textile Arts Coordinator*



## Educational Programs

On March 13th, a program was given in Holmen by Jen Barney. She was the recent winner of \$50,000 on the Food Network Holiday Baking show. Jen has a bakery called Meringue Cakes on the south side of La Crosse. She spoke to an audience of around 90 about her experience in the baking competition. Everyone enjoyed her talk and we were very happy with the large turnout. Although she did not charge a fee, we gave her \$50 for coming to do this program. \$20 was given from the county education fund (which depleted the account) and \$30 was given by the Happy Hollanders Club.

Our Spring Banquet is being combined with our Annual Spring Meeting this year. A business meeting will be held after the lunch, followed by an education program informing us about service dogs and how they are used. We will be having another “anonymous cash donation” and envelopes will be provided. Donors are eligible for a prize. The money that is received will be put into the Education Program Fund so if future speakers charge a fee, we will be able to have them.

*Nancy Kuczynski*  
*Program Coordinator*



*Save The Date!*

**Funday!**

Monday, June 30, 2018

*12:00 Noon*

Farmington Town Hall—Mindoro  
Please note the time change



## Committee Reports

### 2018 Cultural Arts Guidelines

1. All work must be done by entrant and completed after last year's show. It must receive a first place at this year's county show or fair. **All items must be clean or laundered or will be disqualified by the judge.**
2. Three copies of poems, essays and short stories/plays must accompany the registration forms. **Must not be framed or in book form. Staple a cover sheet with the category/title which is to be centered on the entry. Name should appear only on the back side.**
3. All entries in **categories 16, 17 and 18 must be typed**. Use plain paper and 12 pitch font. Author must sign permission form if they agree to have their piece printed in HCE *Update*.
4. Kits and patterns may be used as long as entrant does all the work.
5. Photography must be an 8" x 10" photograph, unmatted only, put into an 8½" x 11" plastic sleeve – slip in tag board or cardboard behind picture. Double-sided tape will hold picture to your tag board. **Photographs matted or framed will be disqualified.**
6. Six (6) Cards without envelopes must be mounted as a group on a flat sturdy display board no larger than 14" x 22" or they will be disqualified.
7. WAHCE is NOT RESPONSIBLE for any loss or damage of items on display.
8. Items are due on **Monday, April 30, 2018** at the Spring Meeting & Banquet

### Cultural Arts - Bonus Category

- The theme for this year is - Spring into Action!
- Limit one entry per county. Create a display of your choice. You may use any media to construct your entry.
- Size restriction - base no larger than 10"x10" with a maximum height of 20"
- Judging - those attending will vote for their favorite "Spring into Action" entry. Have fun!

## Executive Committee

### HCE Healthy Lifestyle

Please take a few minutes to answer the 5 question HCE Healthy Lifestyle survey, found on the next page of this newsletter. We would like to get a 100% participation. If you have any questions please email me at [akramer@centurytel.net](mailto:akramer@centurytel.net)



Thank you,

*Leann Kramer*

*Family and Community Life*

### 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.

## Rambling Memories



Tuesday, March 13th, Jen Barney was the guest speaker at the Holland Town Hall. I, and at least 80 other women, listened as this celebrity shared her experiences as a contestant on one of the National T.V. cooking channels. To have someone from Wisconsin become the national winner was like "the yummy frosting on the cake".

As she told all that was involved in filming, it starts to make one realize what is involved and why each show has to have so many commercials to help pay for the filming crew and everything else needed.

*Shirley Dummer*

# Executive Committee

## HCE Healthy Lifestyle Survey

(formerly on the Move and in the Groove)

Get moving and eat healthy with HCE members across Wisconsin. Please reply to this 5 question survey about maintaining your healthy lifestyle from February 18 and May 12, 2018.

Name (optional)

\_\_\_\_\_

County \_\_\_\_\_, Wisconsin

**1. Which activities do you usually participate in weekly? Check all that apply.**

- |                                   |   |                                       |
|-----------------------------------|---|---------------------------------------|
| <input type="checkbox"/> Walking  | <input type="checkbox"/> Hiking               | <input type="checkbox"/> Running      |
| <input type="checkbox"/> Dancing  | <input type="checkbox"/> Bowling              | <input type="checkbox"/> Biking       |
| <input type="checkbox"/> Spinning | <input type="checkbox"/> Rowing               | <input type="checkbox"/> Swimming     |
| <input type="checkbox"/> Skiing   | <input type="checkbox"/> Strong Bones Class   |                                       |
| <input type="checkbox"/> Yoga     | <input type="checkbox"/> TaiChi               | <input type="checkbox"/> Exercise DVD |
| <input type="checkbox"/> Tennis   | <input type="checkbox"/> Others (please list) |                                       |
- \_\_\_\_\_

**2. How many times a week are you usually active for 1/2 hour or more?**

- 5 or more     3 or 4     1 or 2     0

**3. Do you exercise alone or with a group? Explain**

\_\_\_\_\_

**4. How many 1/2 cup servings of fruits and vegetables do you usually eat daily?**

- 8 or more     5 to 7     1 to 4     0

**5. How much of your diet is raised, grown or made within 100 miles of you?**

- Most     About half     Some  
 Very little     Unsure

Once completed, please return the survey to:

Leann Kramer  
N8581 Kramer Rd  
Mindoro, WI 54644

# Committee Reports

## LAHCE Spring Banquet

- DATE:** Monday, April 30, 2018
- PLACE:** Holland Town Hall  
W7937 County Rd MH Holmen, WI
- TIME:** 12:00 p.m. (Noon)
- COST:** \$9.00
- MENU:** Chicken Salad on Croissant, Romaine Crunch Salad, Broccoli/Bacon Salad, Fresh Fruit, Dessert, Coffee and Punch

Winners of the Cultural Arts Contest will be announced after lunch, followed by a business meeting. There will also be a short educational program on what service dogs are trained to do. We hope to have a good turnout with this combined event.

**Registration due by April 20th**



## LAHCE Spring Banquet April 30, 2018

Name(s): \_\_\_\_\_

\_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

Phone: \_\_\_\_\_

Club: \_\_\_\_\_

Total Payment @ \$9.00: \_\_\_\_\_

**Checks payable to LAHCE. Registrations are transferrable but not refundable. Please send registration form and payment to:**

Wanda Rogers  
800 West Ave Lot AA  
West Salem, WI 54669

**Registration deadline is April 20, 2018**

**COOPERATIVE EXTENSION SERVICE**

United States Department of Agriculture

University of Wisconsin-Extension

La Crosse County Offices

212 North 6th Street

La Crosse, WI 54601

*X Crosse-County News*



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