



January '18

X Crosse County News X

Dear Friends,

As the seasons change, so do organizations, and the people that work in them. With the end of the year, comes new beginnings! As you know from the November newsletter, I am finishing my career as the Family Living Agent and Department Director for UW-Extension in La Crosse County. With that ending, will come a new person with new ideas and different areas of expertise. In the nEXT Gen structure of Extension, the plan is to post what has been known as the Family Living Agent position in late spring. Hopefully there will be a person to fill the position shortly after that time.

Time has flown by since I started in La Crosse County, November 15, 1985. There have been many changes and opportunities in those years. The educational programs offered through UW-Extension have transitioned from face-to-face to include teleconference, to videoconference, satellite, webinars, on-line and You-Tube, radio and television programming, social media---Face Book, Twitter, Instagram, and the list goes on. One thing has remained the same---the many wonderful people that I have worked with in this organization. Leadership has changed, programs have changed, but the mission and the dedication has remained strong!

I have been truly blessed by the continued support, trust, and respect that the La Crosse County Board of Supervisors, the many many cooperating community organizations and businesses, and the people of La Crosse County have provided for UW-Extension during my time here. It is all about the people - the reason that Extension is here, the educational programs that are offered to help those participating gain knowledge and become empowered to make the decisions they need to make. And, through many collaborative efforts great things happen in La Crosse County. My hope, is that the same support can continue for the next person(s) who have the opportunity to work with UW-Extension and La Crosse County.

The Executive Board of LAHCE has experienced leadership that will help the organization move through this transition and continue your many great works. I urge you to trust in their decisions and to become involved in reaching out to increase membership. Share the many great things that you have gained from the organization, the things that others will want to be a part of.

As I leave this position, I am reminded of a quote by Dr. Tieraona Low Dog, and think it fits well with what the Association of Home and Community Education and Extension have and continue to do -

"If each of us took one step that had a positive effect on the world, we could transform things in a way no one could imagine."

It has been an honor and privilege to work with you. Thank you.

Sincerely,

Mary Meehan-Strub
Family Living Agent
mary.meehan-strub@ces.uwex.edu

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.

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

Executive Committee

President's Message

The word change seems to surface as this message is being prepared. We have a new year, new officers, and new challenges. The major challenge is to carry out the LAHCE mission, which is:

- 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

and a personal addition, to make it a stimulating experience for our members.

At our December board meeting we mapped out a plan to consolidate some of our activities to make better use of our time and energy. In light of that, it was decided to eliminate the February board meeting, have two education programs on the same day, and to have the Spring Annual Meeting and Banquet as one consolidated event.

The club presidents will be receiving the 2018 program handbooks at the January 15th meeting with the LAHCE Executive Board. When you receive your copy, take a careful look at the activities planned for the year., and think about how you can contribute to the momentum of change. Think about the contribution can you make to have this be a good year for LAHCE. Your suggestions are welcome.

Lois Hess

LAHCE President

2018 LAHCE Committees

BANQUET

Nancy Kuczynski, *Chair*
Carolyn Lindeman
Gloria Gensch
Lola Kleinsmith
Mary Clark
Andrea Stupi

BUDGET

Wanda Rogers, *Chair*
Jeanne Flynn
Barb Hubert

CULTURAL & TEXTILE

ARTS

Laura Ira, *Chair*
Sylvia Finch
Sheryl Smith

FAIR BOOTH

Cathy Onsager, *Chair*
Darlene Affeldt
Emmy Kapusinski

FUN NIGHT

Marleen Stello, *Chair*
Leann Kramer
Carolyn Lindeman

NOMINATING

Sheryl Smith, *Chair*
Leanne Kramer

WI BOOKWORMS™

PROJECT SUPPORT:

FUNDRAISING OR

COORDINATING

Jeanne Flynn

WI BOOKWORMS™

READER

Jeanne Flynn, *Chair*
Mary Jane McKenzie
Linda Gillmeister
Deborah Herrmann

Executive Committee

Recruiting New Members

During the coming year I am going to focus my attention on trying to get new members, and I will encourage all current members to do the same.

My ideas are as follows:

- I will be printing new membership forms to give to friends who might be interested, with a form in hand, it may encourage ladies to fill them out and join.
- I plan to have an article printed in some local magazine, such as L.I.N.K or the La Crosse Women's magazine.
- I am hoping to make arrangements to have a table at the mall on a weekend when there will be other exhibits there.
- I am planning to attend meetings of other groups such as gardening clubs, quilting groups, and book clubs.
- I will also be advertising our educational program day to see if we can get more members of the general public to attend.

Let's make 2018 a year to build our organization and keep it growing.

Sheryl Smith

Membership & Marketing Coordinator



Rambling Memories

Christmas is behind us, the calendar says it is a new year. Time to do things you enjoy or take a trip and travel. Many of you make wonderful items using a sewing machine. Others are gifted at knitting, quilting, and on and on. My wanting to do any of this is past.

My hobbies now consist of reading, some writing, Word Search Puzzles and some TV. I enjoy going somewhere and having lunch with friends or relatives. Shopping used to be a day long fun thing, now is it more like work. I think my ages has finally caught up with me!

Time for a cup of coffee, a cookie I really don't need but sure enjoy, my recliner and my TV control. Enjoy whatever gives you pleasure.

Shirley Dummer

Please complete BOTH sections of this form!

2018 NEWSLETTER RENEWAL/PUBLIC RECORD INFO

UW-Extension is required to update their mailing lists on an annual basis. Please complete this entire form and return it to the La Crosse County UW-Extension office, if you want to continue receiving the Crosse County Newsletter in 2017. This form **MUST** be completed and returned on or before **January 31, 2018**.

Name: _____ Club, if applicable: _____
Address: _____ Phone: (_____) _____
City: _____ State: _____ Zip: _____
Email Address: _____

Check Appropriate Responses:

Gender: ___ Male ___ Female

Race: ___ White ___ Black/African American ___ Asian ___ Hispanic/Latino

 ___ American Indian/Alaskan Native ___ Hawaiian/Pacific Island ___ Other _____

_____ **Yes, I would like to continue receiving the Cross County Newsletter.**

_____ No, I am not interested in receiving the Cross County Newsletter, please remove my name from your mailing list.

Under the Wisconsin Public Records Law, UW-Extension must release lists in its custody to the public upon request. Your name, address and telephone number may be included on such a list **UNLESS** you request confidentiality in writing. Please check the appropriate box indicating your desire. Sign and date the statement on the bottom of this page and return it. This policy was effective as of 1/25/94 and we need to comply with requests in a timely manner. If you return the statement we will remove your name from mailing lists that are made available for distribution.

_____ My name, telephone number and address **can be** available to the public as part of a record list.

_____ I **DO NOT** want the University of Wisconsin-Extension to reveal my name, telephone number and address to the public as part of a record list.

PHOTO PERMISSION

_____ I grant permission to the Wisconsin Association for Home & Community Education (WAHCE) and the LAHCE to use my photo and comments in HCE reports, articles, and publications designed for educational, informational, and promotional purposes. I understand some of these materials may be posted online for a period of time.

_____ I **DO NOT** grant permission for the use of my photo and comments.

Name _____
(Please Print)

Signature _____ Date: _____

Return this form on or before January 31, 2018 to:

La Crosse County UW-Extension
Attn: Crosse County News
212 6th St N, Suite 2200
La Crosse, WI 54601

If you are a current member of a La Crosse County HCE Club, bring this form to your January club meeting and have your club secretary send them in to the UW-Extension Office with your January club minutes.

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

Source: Family Fun calendar sponsored by *Prevent Child Abuse Wisconsin*
<http://www.chw.org/childrens-and-the-community/child-abuse-prevention/>

January 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Drink hot chocolate	2 List things to do in 2018	3 Start a journal	4 How many beds in your house?	5 Go sledding	6 Learn a new word
7 Take a bubble bath	8 What makes you happy?	9 Play "I Spy"	10 Visit the library	11 Look for square items	12 Tell someone thank you	13 Draw a picture for someone
14 Look for icicles	15 Do 10 jumping jacks	16 Make pizza for dinner	17 Learn about space	18 Hug your family	19 Family movie night	20 Pretend you are a truck driver
21 Turn off cell phones	22 Snow paint	23 What was good about today?	24 Sing your favorite song	25 What are you grateful for?	26 Read a book about animals	27 Bake cookies and share
28 Think positive	29 Dance to music	30 Take turns reading out loud	31 Daydream			