



July/August '18

X Crosse County News X

President's Message

Why do people join HCE? Usually it is because a friend told them about it, and asked if they would like to join. Most likely a single reason attracts them to join, such as wanting to make new friends after relocating, or having time on your hands upon early retirement. By becoming involved in the organization, they realize the vast array of opportunities that are available to them which broaden their horizons.

Belonging to an organization can help you feel good about yourself. Socially focused members may find fulfillment in working on international projects which our organization espouses. Those who have been involved in education may enjoy reading to children in Head Start, and those who find expression in the creative arts will also find their niche with us.

When you get immersed in one of these projects, you begin to realize that although you started out with the intent of helping others in need, one begins to realize the satisfaction you receive in working for a common cause is as great as the intended benefit of the activity. It just seemed this insight needed to be shared.

Summer activities for HCE include the La Crosse Interstate Fair, July 18 to 22, where the LAHCE tri-fold promotional board will be displayed, and Fun Day at Farmington Town Hall on July 30. Details of this event are in the newsletter. Some clubs are planning a summer trip, and some members are sending in their registration forms for the state conference in September.

Whatever your involvement, enjoy the summer, and take pride of your HCE activities.

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

Executive Committee

Membership and Marketing Report

Trying to increase our membership is an ongoing project. One way to do this is talking to friends, neighbors, and relatives about HCE and the projects we do. Kudos to Table Rock for adding several members of one family. With our upcoming Funday, invite someone to attend with you with hopes of convincing them to join.

I have initiated a new member packet that I send out to new members containing an HCE booklet, along with a welcoming letter and one of our pamphlets. I will also be adding the form for photo release which needs to be on file at the extension office. I will notify the extension office of the new members' addresses and emails so they can receive the newsletter.

I am also in the process of making out an email list which I will send to club presidents and work on new ways to market HCE by displaying our board. I spoke to the marketing person at Valley View Mall about setting up our display some weekend there but I haven't heard back from her so I will need to follow up. With the loss of stores in the mall and the fact that it is for sale, their management team has been occupied with those problems.

Our board will be taken to the state conference for other counties to see what we have been doing and I will be attending the membership and marketing workshop to get more ideas for in the future.

Sheryl Smith
Marketing Coordinator

Circle The Date

NVON Conference
July 15-18, 2018
Pewaukee, WI

WAHCE State Conference
September 17-19, 2018
Pewaukee, WI

WAHCE West District Fall Meeting
October 8, 2018
Arkdale, WI (Adams County)

Family and Community Life

I want to share with you some of the results from the Healthy Lifestyle questionnaires that you filled out.

The majority of the replies were:

1. Activities usually participated in weekly: walking
2. Times a week active for 30 minutes or more: 5
3. Exercise alone or group: 50% alone, 50% group
4. How many 1/2 cup servings of fruit & vegetables were you consuming daily: 1 to 4
5. How much of your diet is raised, grown or made within 100 miles? Some

Impact of HCE

These results were based off of the 11 members who reported. We volunteered 879 hours and \$460.50 in donations.

Thank you to everyone who took the time to fill out these surveys.

Leann Kramer
Family and Community Life Coordinator

Funday!

Join us for a potluck meal on Monday, July 30th at the Farmington Town Hall in Mindoro. Please bring a dish to pass, your own tableware, a \$2.00 wrapped gift for bingo, and a food donation for the pantry.

Bring a friend if you like and hope to see you there!

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.

Executive Committee

WAHCE Conference Scholarship

The La Crosse County HCE is again offering a \$150 Scholarship to attend the WAHCE State Conference on September 16-18 in Pewaukee at the Country Springs (Ingelside) Hotel! There is one available if you attend the entire conference. The candidate must be an LAHCE member in good standing for at least one year from last January and must not have won a scholarship for the conference in the past two years.

The selection is based on a drawing of names submitted. One candidate and one alternate are chosen. If an Executive Board member's name is drawn, that individual is not eligible for additional funding from the Board.

A brief paragraph applying for the scholarship can be emailed to LAHCE Secretary Cathy Onsager at catw3764@gmail.com or you can mail it to me at 326 Clark St N, West Salem, WI 54669. Applications must be submitted by July 31, 2018. The drawing will be held on August 13, 2018 at the Executive Board meeting. You will be notified shortly thereafter if you were chosen as the candidate or alternate.

Conference information and the registration form are in the May edition of the UPDATE. The selection of tours and workshop sessions is amazing this year! I had a very difficult time making my choices.

Apply now and good luck! I hope to see you in Pewaukee!

Cathy Onsager
Secretary

Committee Reports

Cultural & Textile Arts



The second "Stitches of Love" workday on June 11 was well attended. Eleven ladies gathered at my house to continue working on the sanitary pads for women and girls of Guatemala. The sewing machines were "a-buzzing" and scissors were "a-flying" as we worked to finish up our project. We also had some mighty

good treats provided by Kathy Brudos and Barb Hubert, along with lots of fun conversation. Our goal of 100 sets has been surpassed. We have 170 completed sets plus a few more to be turned in yet. Special thanks to all who helped with this project. Leann Kramer and I will be preparing the booklet for submission to the state conference.



REMINDER: If you received a blue ribbon on your cultural arts item(s) at the Spring Banquet, please have your entries to me by July 1, 2018. You can call me at 608-786-4749 to make arrangements. I will be happy to pick them up. Since too many blue ribbons were awarded (my mistake), Sheryl, myself, and one neutral person will meet and decide which 12 will go on to the WAHCE State Conference in September. Everyone who received blue ribbons will have at least one item going. I will see that your entries get registered before the due date of August 1, and will take them to the conference with me. Keep on crafting and creating!

Laura Ira
Cultural & Textile Arts Coordinator

Rambling Memories



Daffodils and tulips are blooming for another year. When peonies were in bloom I picked several for my kitchen table, put them in a vase before shaking them thoroughly. I then spent about half an hour chasing and killing ants... on my table.

It is now time for zinnias, marigolds and lilies in the gardens. I am enjoying the petunias I bought in hanging baskets for my kitchen deck. Earlier I bought two baskets of pansies, my favorite early flower. I have them in the shade of my gazebo trying to keep them alive as long as I can. They do not like hot weather.

I very much appreciate the gardening my daughter is doing for me. This old lady just "ain't" what she used to be. Time to find something cold to drink, find a deck chair in the shade and enjoy the outside world.

Shirley Dummer

COOPERATIVE EXTENSION SERVICE

United States Department of Agriculture

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La Crosse County Offices

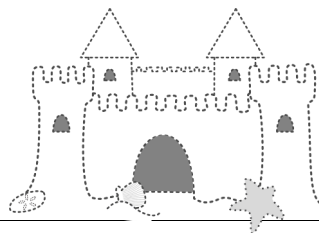
212 North 6th Street

La Crosse, WI 54601

X Crosse-County News



AN EQUAL OPPORTUNITY EMPLOYER



July Calendar of Events

- 04** **Holiday**, County Offices Closed
- 16-18** **NVON Conference**, Pewaukee, WI
- 18-22** **La Crosse Interstate Fair**, Fairgrounds, West Salem
- 30** **Funday!** Farmington Town Hall, Mindoro, 12:00 p.m.

August Calendar of Events

- 13** **Executive Board Meeting**, Pot Luck at Noon, Hamilton Town Hall, West Salem