



December '18

X Crosse County News X

Dear LAHCE Members,

After some anticipation and patience on your part, you now have a new Human Development and Relationships Educator to work with at UW-Extension!

My name is Heather Quackenboss and I am excited and honored to work with you all. I have worked at La Crosse Community Foundation, Great Rivers United Way, and with many of our county's nonprofit organizations. I have lived in La Crosse for 25 years, have been married for nearly 20 years, and have three children in high school and middle school.

I am often found outdoors camping, hiking, biking, kayaking, gardening, or at this time of the year, and when we have snow, snowshoeing. My family is pretty musical and I do play the piano, violin, viola, and sometimes cello. I am a canner and have quite a collection of tomatoes, beans, peaches, pears, and jam in my pantry. I enjoy baking and am looking forward to creating the holiday cookies that I only make in December to share with friends and neighbors.

In this newsletter, you will find a new recipe from local chef, Adrian Lipscombe. Adrian is the chef and owner of Uptowne Café on Caledonia Street in La Crosse. Her roots are in Texas and she creates a mean pulled pork, an amazing chili, and has cinnamon rolls that melt in your mouth, but for this time of year, she has shared her family's ham recipe. Her goal is to "bring people together through food" and her café emulates that philosophy.

You will find some tips about hosting a holiday meal. With so many dietary restrictions, it is tough to know the etiquette or what to do if you are a host or a guest. These tips will give you a few ideas about how to graciously deal with diets or choices that you may not know.

Spoons, a fun card game for nearly all ages, is an option for those holiday afternoons when waiting for a meal or after the meal is done to really spend time together. The directions are included, and I think you will find the game hilarious to play with your families.



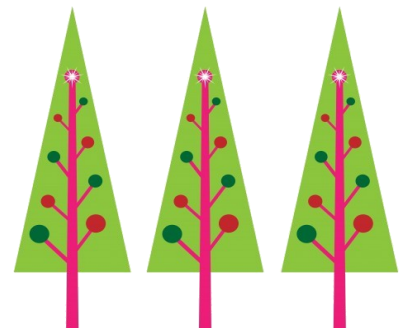
Finally, the calendar on the back page includes ideas to improve our wellbeing; these are simple activities that we can each do to help others. Check it out, and modify the activities that you are not able to do!

I wish you a happy holiday season,

Heather Quackenboss

Human Development and Relationships Educator

Heather.quackenboss@ces.uwex.edu



Family Living

Holiday Hosting



For ten years, I was a vegetarian and had some food allergies that I needed to be cautious about. Holidays could be tough - sometimes hosts would try to accommodate me, sometimes there was little that was available, I did not know what ingredients were used, and sometimes the host did not know what ingredients were used!

There are many dietary restrictions that people follow, more common restrictions include: salt, sugar, gluten, carbs, dairy, nuts, and meat. What is a host to do to accommodate guests with special diets? What is a guest with a special diet to do?

It is important to note that hosts are not required to accommodate special diets and guests are not required to eat what the host makes. Nor is it a time to debate diet philosophy or medical benefits of certain food. Being gracious and prepared can help us all come together around the table.



Ask

Ask your guests if they have any restrictions. If they do, send them the menu ahead of time, have a copy of the recipes available so they can determine what they can or cannot eat. Do only what you are comfortable doing or making and let your guests know that they could heat things up that they might bring so they can keep to their diet.

As a guest, ask the host in advance what they plan on serving so you know what is available before you get there. This also helps you plan alternative food to bring. If you want to bring a dish to share to contribute to the meal and ensure that there is something you can eat from the table, let your host know so they can prepare their menu and table.

Simple Modifications



- Offer simply prepared dishes
Most special diets allow non-starchy vegetables, so steamed vegetables are a safe bet.
- Serve toppings and sauces on the side
Butter, nuts, streusel, salt and pepper, cheese sauce, gravy – everyone has a different taste and letting guests put it on themselves is an easy way to modify a dish.
- Serve it buffet style
We often see the idyllic pictures of all the serving dishes on the table. To keep food safest and to allow guests the greatest freedom of food choice, buffet style can solve many potential issues.



Appetizers and snacks

Sometimes holiday meal schedules are different than our typical day. Cheese, vegetables and dip, berries, or nuts can be a healthy and easy way to make sure that everyone is still cheerful by mealtime as well as preventing anyone who needs to control blood sugar any issues. This also helps all guests not get too cranky with a rumbling tummy!

Finally, know that we are all human. I thought I was doing something wonderful when I made a sugar-free carb-free blueberry cobbler for a guest who had diabetes and was on a strict diet. When dessert time came, I discovered that he despised blueberries! Had I asked, I certainly would have made the lemon dessert instead!

References:

Ede, G. (2016, November). Dealing with dietary differences during the holidays. *Psychology Today* Retrieved from: <https://www.psychologytoday.com/us/blog/diagnosis-diet/201611/dealing-dietary-differences-during-the-holidays>

N.A. (2017, November). Managing special diets at holiday meals. *Health and Nutrition Letter: Tufts University*.



Family Living

Holiday Shopping Gimmick Awareness

Holiday Shopping Gimmick Awareness

For many, December is a month of sales and shopping, and stores compete for your business. There are some classic gimmicks that can still snag consumers and we end up spending more than we had planned or anticipated.

Mandy Walker, in the December issue of Consumer Reports, writes about the four classic gimmicks that can trick us:

Doorbusters

When a store opens early to offer a deep discount on popular products in limited quantities, it is a doorbuster. The first few people may get that promotional item, but the trick is to get customers into the store to look around and purchase the more expensive items.

Buy One Get One – BOGO

Big price reductions are exciting, but, we need to be cautious about what the buy one get one deal truly is. It may be buy one item get the next free, so we save 50%. But, it could also be buy one, get one for half off, and then we only save 25%. And if they are two items of different price, the full price is given for the more expensive item, and you may only save a small percentage. For any BOGO, be sure to check the deal and then the math.



Bait and Switch

Customers are “baited” by merchants who are advertising products or services at a low price, but when you visit the store, those advertised items or goods are not available or you are pressured to buy similar but higher priced items (the switch).

Going Out of Business Sales

With brick and mortar stores closing as we begin to shop more online, there are many going-out-of-business sales. It is important to note, that often, the business is not in charge of running the sale; they sell the products to third party liquidators who then hold the sale. Typically, the liquidators look at the manufacturer’s suggested retail price and use that as a starting price point, which is generally higher than what the store would charge. This way, the “sale” price starts higher than what the price of the item was before the sale began.

To be sure that you are getting the best deal, compare prices from different stores, ads, or online. Read the fine print for advertisements and look at the exclusions. Finally, have a shopping list or a plan, and stick to it. It can be easy to be caught up in the urgency of advertising and a sale, and our nervousness about not getting a good deal could override our plans. Don’t get busted by a doorbuster this holiday!

References:

Walker, M. (2018, December). When are sales too good to be true. *Consumer Reports*, 41-45.

**GOING
OUT OF
BUSINESS**

**EVERYTHING
MUST BE SOLD!**



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

Family Living

Recipe from the Community

One of the most enjoyable and memorable times of the year when it comes to food is Christmas. It is the time for sharing, laughter, and family gathering and bickering. If there is one thing that is known to sit everyone down at the family table for Christmas it is the Christmas Ham. It was never about the turkey when it came to Christmas. This was the ham's time to shine. Literally, the Christmas ham would glisten from the reflection of Christmas past and Coca Cola (Coke). You heard me right Coca Cola.

This was our family tradition, to make plenty of sides and the pièce de résistance is the Coca Cola Christmas Ham. Forget the visions of sugar plums dancing, the balance of sweet and saltiness of the Coca Cola was what Christmas dreams were made of. You would think this ham was slaved over for two days, but depending on size and if the ham is already fully cooked, you could have it done in less than 2 hours. This is the definition of "sitting pretty." So I share this recipe with you to hopefully inspire you to make your ham the center of attention and to create a memorable Christmas dinner for you and your family to share for many years to come.

The big bonus about this ham is to take the left over ham, if any, and use it to cook your greens and black eye peas for New Year day to bring luck and prosperity.



Adrian Lipscombe is the owner and chef at Uptowne Café on Caledonia Street in La Crosse, mom of three, a 4-H mom, entrepreneur, and community collaborator. Her goal is to "bring people together around food." She and her family moved to the area from Austin Texas in 2015 where she worked in community and regional planning.



Coca Cola Ham



- 1 (8 - 10 lbs) fully cooked bone-in ham or spiral cut.
- 3 (12-ounce) cans Coca Cola
- 1/3 cup honey
- 1/2 cup dark brown sugar
- 1 1/2 tablespoons Dijon mustard
- 1/4 teaspoon of cinnamon
- A pinch of ginger
- 1/4 teaspoon cayenne pepper
- 1/4 teaspoon black pepper
- 15-20 whole cloves (optional)

An optional choice to spice up the holiday add

- 1/4 cup of bourbon

For showing off your pretty ham add

- pineapple and cherries for decorations

Preheat oven to 325. Place the ham in a shallow oven roasting pan or Dutch oven. In a pot, mix Coca Cola, honey, brown sugar, Dijon mustard, cayenne pepper, cinnamon, ginger, black pepper, and bourbon (optional) together. Bring to a simmer. If your ham is not already spiral cut, add diamond cuts (crisscross pattern) and 1/4 inch deep on ham to allow the mixture to penetrate inside the ham. Add the cloves at the intersection diamond shapes. Brush half the mixture over the ham.

Now this is the time if you want any pineapple rings and cherries on your ham. With toothpicks, stick some pineapple rings on the ham, about 4 or 5 rings. With toothpicks, place a cherry in each pineapple ring hole.

Cover the ham with foil and bake. Baste with cola (if needed) and drippings in the pan about every 20 minutes during cooking. After an hour and a half, remove the foil and add the rest of the Coca Cola mixture and bake for additional 30 minutes. Remove ham and make sure the ham reaches an internal temperature of 140 degrees F. Let the ham rest for 15 minutes before serving.

UW-Extension does not endorse any specific brand of product listed in the recipe.

Family Living

Family Fun: Spoons

Getting together for holidays, especially during the cold months, can seem a little ominous. Being cooped up, entertaining family or friends that you may not see regularly, checking smart phones that take us away from conversations can dash our expectations of a happy holiday. With a little preparation, and some patience to learn the rules, card games can come in handy and make your holiday a bit brighter.

For people of all ages, Spoons is a fun, easy-to-learn and play card game. The goal: don't be the player without a spoon at the end of the round! Players take turns trying to collect a four-of-a-kind. Once someone does, everyone tries to grab a spoon. Without a spoon, you get a letter. If a player spells "S-P-O-O-N-S", they're out! The last player standing wins!

Required

A standard deck of cards (no Jokers)
Spoons, one fewer than there are players
3 to 13 players



Rules for Spoons

Arrange the spoons in a small circle in the center of the table and deal four cards to each player. Each player tries to make four of a kind. The dealer takes a card off the top of the deck to have five cards in their hand, removes one card, and passes it facedown to the left. Each player discards to the person on his left.

The last player places his discard into a trash pile. Cards are picked up and passed quickly around the table until someone gets four of a kind and takes a spoon from the center. Once the player with four of a kind takes a spoon, anyone can take a spoon. The player left without a spoon gets a letter. If at any time the draw cards run out, pause to reshuffle the trash pile and keep going.

How to Win

The player without a spoon is given a letter to spell out the word "spoons." Once a player gets all 6 letters, they are out of the game. A game can be played with a longer or shorter word to change the

length of the game. When a player is eliminated, remove 1 of the spoons from the middle. The last player left in the game wins.



The Fun Part

The player who reaches four of a kind first has a variety of ways he can take the first spoon. A sneaky pull exposes those paying too close attention to their cards. A demonstrative grab leads to a wild free-for-all. Either way, it's hilarious.

Players pass cards as fast as they want, which will cause some backup of cards for some players. Players are only allowed to look at 1 card at a time. There will also be a discard pile formed to the right of the deck.

Other Rules:

If the deck runs out without a player having a 4-of-a-kind, the discard pile is shuffled by the dealer, and cards continue to be played.

If a player mistakenly grabs a spoon without a player having a 4-of-a-kind, the player loses the round and is given a letter.

Variations

How to Play Pig – Instead of using spoons, players will touch their nose when they receive their four of a kind. Finger must remain on the nose.

How to Play Tongue – In this version, players will stick out their tongue when they receive four of a kind.

For more information:

<https://www.gathertogethergames.com/spoons>
<http://www.52pickup.net/card-games/spoons/>
<https://considerable.com/spoons/>

Executive Board

President's Message

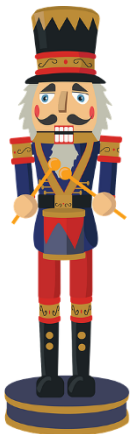
This is the season for **presents**, and they can come in many different ways – some are wrapped and some are good wishes, but the one being highlighted in this message is the **presence** of our long awaited Family Living Agent, **Heather Quackenboss**. Welcome, Heather. May your presence and guidance to our organization be mutually fulfilling.

As the year ends, let's reflect on some of our accomplishments. The November 2018 issue of **WAHCE Update** highlights Conference Awards for which LAHCE can take credit. They are:

Community Outreach – Stitches of Love – Runner Up
Impact of HCE – West District - greatest # of volunteer hours at 52 hrs/member
Healthy Lifestyle Survey – West District – highest response rate @ 28% responding

Our Family and Community Life Coordinator, **Leann Kramer**, gets much of the credit for collating and preparing the necessary documentation to receive these awards. Credit goes to our membership who did the work and provided the information, and to **Laura Ira**, Cultural and Textile Arts Coordinator, for organizing and carrying out the Stitches of Love project along with her many helpers in cutting and sewing.

A word about the **WAHCE Update**; it is published four times a year. It brings you news of upcoming state events and each publication has a section called Brite Lights where once a year a county has the opportunity to write about their county activities. This section is a good place to get ideas for county education programs and other activities. The Update is an LAHCE budget item for board members; however, anyone can subscribe for \$8.00 per year.



As the year comes to an end, let us thank the board members for their contribution of time and energy to make HCE a worthwhile activity in our lives. All the board members will be returning in 2019, some in different positions. During the coming year, observe the responsibilities of these leaders and try to match your abilities to the role these board members play. Election of officers takes place at the Fall Annual Meeting in October.

Best Wishes this holiday season!

Lois M. Hess
LAHCE President

Cultural & Textile Arts Report

The Christmas Craft Day held on October 29 was successful and lots of friendly fun and conversation. Each of the 11 members attending got to create their own button snowman pin or ornament. Some were so creative we ended up with several elves and santas, too. A delicious lunch was provided by Table Rock club.

Plans are being made for several cultural events in 2019. Keep your eyes and ears open for definite dates, times, etc.

Time to get going on your entries for the Cultural & Textile Arts judging which will be done at our 2019 Spring Banquet. Time has a way of slipping by, and end of April will be here before we know it.

To each and everyone of you, have a wonderful Christmas season and a prosperous and healthy New Year. Remember to give thanks for all the good things our Creator has provided for us this past year.

Happy crafting and creating!



Laura Ira
Cultural & Textile Arts Coordinator



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

2019 Education Programs

With only five clubs in La Crosse County, we will sponsor three educational programs in 2019. Little Barre and Table Rock clubs are working on ideas and we hope to have the information published in the January booklet. We will have a program sponsored by the Executive Board at the combination Spring Meeting/Banquet. It will be presented by two of our own club members discussing their backgrounds of coming to the U.S. from Korea and Philippines.

Nancy Kuczynski
Education Program Coordinator

Wisconsin Bookworms™



The Wisconsin Bookworms Program is running smoothly again this year. We had a few bumps earlier due to new personnel at Head Start, but that has been worked out and the staff there have been as helpful as always.

This year, there are 13 volunteer readers at three sites reading to 280 children. Thank you to those volunteers for the time and commitment you give to the children. Don't forget to look on line at wahceinc.org for the activity sheets which will give you ideas on presenting the story and follow up activities, if you wish. There is one book, which is without words, so you may want to look at that activity sheet in particular.

We just received word that the La Crosse Community Foundation has awarded the program \$4,000 from the Franke Trust. This was a much needed boost since funds could not be requested from the Franke Foundation last April. It is a good start for 2019 – 2020 fundraising.

The 2019 "Care and Share" will be held on Saturday, December 1st at the Main Library in La Crosse from 9:30 a.m. to 12:30 p.m. LAHCE will have a table to raise funds for the program. All participating groups will receive \$100 and an additional \$50 in matching funds. There will also be a \$10 added for each new volunteer signed up with a maximum of \$300 total for each group. I hope you can come and visit our table on December 1st.

Jeanne Flynn
Wisconsin Bookworms LAHCE Coordinator

Rambling Memories

Merry Christmas!!

How many craft shows did you get to this year? It is that time once again, also time for church luncheons and Christmas parties. For the little kids it is fun to find a snowy hill and do some sledding. I didn't include the older kids as I'm not sure what would be their "cup of tea" anymore. Playing with their phones and sending messages might be their enjoyment. I don't bake anymore as I would eat most of it alone but for those that do, it is a good feeling to bake pan after pan of the favorites of the family. For me, Christmas means the family getting together, visiting and enjoying being together once again as a family.

Merry Christmas to each and every one of you! Enjoy!

Shirley Dummer



2019 LAHCE Member-At-Large Renewal Form

Please register me as a Member-At-Large in the La Crosse Association for Home and Community Education (LAHCE).

Name: _____

Signature: _____

Address: _____

State: _____ Zip Code: _____

Telephone Number: _____

E-mail: _____

Please return this form and your \$15 check made payable to La Crosse Association for Home and Community Education (LAHCE)

by December 31, 2018 to:

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

Look for the Crosse
County Newsletter
renewal form in next
month's issue!

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



KINDNESS CALENDAR: DO GOOD DECEMBER 2018



SATURDAY

1 Encourage more kindness. Share this calendar with others

8 Do something helpful for a friend or family member

15 Visit an elderly neighbour and brighten up their day

22 Shop local and support independent producers

29 Let someone know how much you appreciated their gift

SUNDAY

2 Support a charity, cause or campaign you really care about

9 Make gifts to give to people who are homeless or feeling lonely

16 Look for something positive to say to everyone you meet today

23 Invite over someone who would otherwise be alone

30 Turn off digital devices and really listen to people

MONDAY

3 Give kind comments to as many people as possible today

10 Count your blessings: list the kind things others have done for you

17 Thank people who do things for you but you may take for granted

24 Offer spontaneous hugs to your loved ones and friends

31 Plan what extra acts of kindness you will do in 2019...

TUESDAY

4 Listen wholeheartedly to others without judging them

11 Give someone your place in a queue (in traffic or in a shop)

18 Offer to help someone who is facing difficulties at the moment

25 Treat everyone with kindness today, including yourself!

WEDNESDAY

5 Leave a positive message for someone else to find

12 See how many different people you can smile at today

19 Give away something that you have been holding on to

26 Encourage others to join you outside and enjoy time in nature

THURSDAY

6 Notice when you're hard on yourself or others and be kind instead

13 Buy some extra items and donate them to a local food bank

20 Congratulate someone for an achievement that may go unnoticed

27 Call a relative who is far away to say hello and have a chat

FRIDAY

7 Be generous. Feed someone with food, love or kindness today

14 Share a happy memory or inspiring thought with a loved one

21 Choose to give or receive the gift of forgiveness

28 Be kind to the planet. Eat less meat and use less energy

"Together we can change the world, just one act of kindness at a time" ~ Ron Hall

ACTION FOR HAPPINESS

www.actionforhappiness.org