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Cooperative Extension
La Crosse County



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Dear LAHCE Members,

Happy New Year! A phrase that we have all said and heard multiple times over the last few weeks. While many of us dream of a year that might be a bit different or better than last, we may not realize that much of the happy in our New Year, is up to us.

Researchers have found that while our wellbeing, and even attitude, is certainly genetically influenced, they have also found that practicing small, intentional activities can increase and improve our wellbeing and even...make us happier!

Living in the Midwest, we often are seen as hardworking, no nonsense, and practical. We work before we play. We are pragmatic. Which, sometimes means that we do not necessarily take our wellbeing into account!

While a practical and hardworking mentality gets us through tough times, or shoveling snow, there is research by positive psychologists, like Shawn Achor, that has shown that being happy, or positive, during a situation means that we are 31% more productive and even more successful. Surveys have shown that nearly 80% of people who make resolutions have given up on them within six months. Oftentimes, New Year's resolutions tend to be overarching, nebulous, or enormous dreams that are truly difficult to obtain – especially if we do not really want to change the habits we have!

This newsletter includes some small, realistic changes that could work for you to make in your everyday life to improve your wellbeing. These small changes include noticing or expressing our gratitude, being present in the moment, changing minor eating habits, or living more frugally. Not every tool works for every person. Find what works for you and try it for at least 21 days (which is the amount of time that it takes to start creating a new habit). Also, check out the calendar on the back page for daily ideas to increase your wellbeing.

Welcome to 2019 and **HAPPY** New Year!

Heather Quackenboss

Human Development and Relationships Educator

Heather.quackenboss@ces.uwex.edu





Human Development

Take One Minute

We have 1,440 minutes in a day. Busy-ness has become almost revered and we fill our minutes with all of the things that we “have to do.”

With this practice of filling our days and hours, we have seen an uptick in stress related issues. We feel the effects of not being able to relax. We feel pressured and look to only get through the current item on our to-do list so we can get to the next.

Mindfulness is a term that has been stated in many different places within our community, schools, businesses, and organizations. While mindfulness has roots in meditation, the current practice of mindfulness started becoming more mainstream after Jon Kabat-Zinn started the Mindfulness-Based Stress Reduction (MBSR) program at the University of Massachusetts Medical School in 1979. Since that time, thousands of studies have documented the physical and mental health benefits of mindfulness.

Simply, mindfulness means being present and having a nonjudgmental awareness of our thoughts, feelings, sensations, and environment.

How can we realistically start being more present in our moments or enjoying the activity we are doing rather than looking toward the next? How do we start incorporating some moments of being present into our day?

Let’s look at our 1,440 minutes each day.

Gopi Kallayil is Google’s Chief Evangelist for Brand Marketing. He is, as one would expect, a person who enjoys the Internet. But, he realized, that while we are connected online, we are further apart in our connections with people. He speaks about the inner-net. About connecting with ourselves, others, and even being more present in the moment. He suggests that we each take one of our minutes each day and do something that helps us focus on our present moment, to be mindful of what is happening around us and within us.

ONE minute of our 1,440 minutes might be:

- Taking six deep breaths
- Doing a sun salutation or other yoga pose
- Noticing a sunrise or sunset
- Stepping outside to take a deep breath and noticing the nature or environment around us
- Looking at a picture of a favorite place
- Noticing something you are grateful for in that minute

These moments of mindfulness can help our heart rate or blood pressure to decrease, our minds to become calm, as well as to help remind us to not just react to a situation.

What is your minute?

For more information:

Kabat-Zinn, J. (2013). *Full catastrophe living: How to cope with stress, pain and illness using mindfulness meditation*. London: Piatkus.

Kallayil, G. (2016). *Internet to the inner-net: Five ways to reset your connection and live a conscious life*.

Place of publication not identified: Hay House.



Human Development

Gratitude

What are you grateful for today? Sometimes, we find ourselves caught in wanting something more, or we have a goal to get something better. But, having something more does not always help our wellbeing. Research from positive psychologists like Sonja Lyubomirsky and Shawn Achor have shown us that gratitude is a major factor in increasing our wellbeing and happiness. Being grateful for what we have is a skill that truly does need to be practiced.

Gratitude practice will look different for each of us depending on how much time or effort we want to put in, how we recall things the best, and what works for our day to day life.

- ◆ Write one to five things you are grateful for each day or week.
- ◆ Write a paragraph or journal about what you are grateful for, either every day or once per week.
- ◆ Include “things we are grateful for” at family meals, bedtime, or at a similar time when your family is together each day.
- ◆ Notice the little moments that you can be grateful for:
 - I made it through the green light -I talked to an old friend today -I had a great bagger at the grocery store
- ◆ GLAD Technique – Emily Roberts, from the HealthyPlace.com gives us a technique that broadens gratitude and gives us the opportunity to expand on our day or week:

G – Grateful – list one thing you are thankful for today (no matter how small)

L – Learned – write one fact, skill, or something you discovered today

A – Accomplishment – write one accomplishment that you had today

D – Delight – list one thing that brought you joy today or pleased your senses

Resources and more information:

Achor, S. (2011). The happiness advantage. Cambridge, MA: Enterprise Media.

Lyubomirsky, S. (2013). The how of happiness: A practical guide to getting the life you want. London: Piatkus.

Roberts, E. (2014, October). Negative Thoughts Consuming Your Mind? The G.L.A.D. Technique. Retrieved December 20, 2018, from <https://www.healthyplace.com/blogs/author/eroberts>

Eating the Rainbow...and Other Healthy Eating TidBits

Each year, the top resolution tends to be “to eat healthier.” That is a lofty statement and can truly seem like an insurmountable goal, even though we know that eating better will improve our health and wellbeing. Making small changes that are reasonable and doable for ourselves will actually help create the long term change and the outcomes we want to see.

The top tip from clinicians is to choose foods that have a wide variety of colors and textures in their most natural form. This gives us, as consumers, the greatest nutritional value (Saleh, 2017). Some nutritionists and dietitians call this tip “eating the rainbow” or making sure that there are many natural colors on our plate.

Other tips that are smaller and perhaps more manageable, include:

- > Increase vegetable and fruit intake
- > Consume foods that are high in fiber
- > Eat whole-grain foods
- > Drink more water
- > Decrease intake of dietary sugar (sugar sweetened beverages or even diet sweetened beverages);
- > Get sufficient protein intake
- > Maintain a sufficient intake of healthy fats

For more information:

Saleh, N. (2017, June). The 6 Dietary Tips Patients Need to Hear From Their Clinicians. Retrieved December 20, 2018, from https://www.medscape.com/viewarticle/882156#vp_1





Human Development

Planning Frugally...

As the New Year begins, a goal or resolution we may have would be to save money.

Often, that means living within a budget or being more frugal. But frugal living is not living with less or going without, it is being smart about money and effectively managing debt. American Consumer Credit Counseling (ACCC) has four tips to be more frugal in our everyday lives:

- ★ Do not let leftovers go to waste.
 - * Plan meals for the number of portions that you will need.
 - * If there are leftovers, portion them out in individual containers so they may be heated up for lunch or evenings when dinner time is short on time during that same week. Most leftovers can also be frozen.
- ★ Pack work week meals.
 - * Purchasing items for lunch and planning ahead can not only save us money, but help us make healthier options.
 - * Preparing meals on Sunday can make each morning of the week easier.
- ★ Pay bills on time.
 - * Living frugally means making the most of your money, and avoiding late fees and interest charges is a part of that.
 - * An easy way to ensure bills are paid on time is to use automatic payments that can be set up with most companies. Or, you can set reminders of when bills are due.
- ★ Evaluate your cable package.
 - * With all of the potential for online or streaming services, what does your family truly need or want to pay for entertainment? Knowing what stations, shows, or packages are good for your family can help us determine how to cut costs.

As we look at our upcoming year in January, we can also look to plan and start saving money for (ACCC):

- ★ Any new expenses throughout the year like an appliance or new items for home, school or work
- ★ Credit card debt incurred last year
- ★ Summer travel
- ★ Financial goals like paying off a loan or saving for a new car

For more information, visit:

www.talkingcents.consumercredit.com , a website created by American Consumer Credit Counseling (ACCC).

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 Reports

President's Message

As you reflect upon the holiday season, I hope the memories are pleasant and the moments you savored with family and friends were mutually restorative. May these cherished moments give you strength in the challenges of a new year. There is much to look forward to as we begin this new year, not only in our personal lives, but also in our involvement in HCE.



Your 2019 LAHCE Program Handbook will be distributed at the January 14th Executive Board / Club Presidents meeting and then given to members at your next club meeting. The coordinators for Program and Cultural Arts have arranged for a variety of stimulating topics and events. And while you are putting these dates in your personal calendar, make note of the Annual Banquet, Spring and Fall Annual Meetings, and Fun Day. Destination and date for our bi-annual summer trip is yet to be determined.

While you are getting acquainted with your handbook, take note of the date and location of the West District Meetings and the WAHCE annual meeting. It is stimulating to participate in these events to get a broader view of the organization not only for your personal growth, but also to be a catalyst for growth back home to our county. Just to rub elbows with the people who provide statewide leadership is a valuable experience.

Should you have ideas or suggestions for our organization, please contact me. May 2019 be a meaningful, productive year for you personally and for HCE.



Lois M. Hess
President

Message from the Editor

Starting in 2019, there will be some changes to the newsletter which I am hoping will make it more enjoyable to read. Rambling Memories will be replaced by items contributed by members - anything from memories to baking tips (no recipes allowed) to craft ideas. Any member wanting to contribute a short article can email it to me by the first of the month. My email is: rosh927@charter.net.

Also, all committee reports will be sent to me for editing so there is not repetition of information.

Sheryl Smith
Newsletter Editor

Membership & Marketing Report

I would like to encourage all members to work to recruit new members in the upcoming year. Explain to them all the services we provide for the community and internationally. If you need the information, check out the state web site or the trifold pamphlet has it all itemized. You can print it off or ask me for copies.

We are also checking into a program that the library in La Crosse has for non-profit organizations, and recently voted to get our name on the list. It would mean having our county information on display at all three library sites. This will be good marketing for us, letting members of the community learn what our purpose is and how to become a member. Stay tuned for updates on this.

Sheryl Smith
Membership & Marketing





Please complete BOTH sections of this form!

2019 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 2019. This form **MUST** be completed and returned on or before **January 31, 2019**.

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: _____

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.

Return this form on or before January 31, 2019 to:

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



Committee Reports



2019 LAHCE Committees

Banquet

Table Rock Club

WI Bookworms Project Support: Fundraising or Coordinating

Jeanne Flynn, Chair
Sheryl Smith

Budget

Wanda Rogers, Chair
Cathy Onsager
Barb Hubert

WI Bookworms Readers

Sheryl Smith
Cathy Onsager
Linda Gillmeister
Mary Jane McKenzie
Laura Ira
Deb Hermann
Barb Hubert

Cultural & Textile Arts

Laura Ira, Chair
Sheryl Smith

Fair Booth

Cathy Onsager, Chair
Emmy Kapusinski
Darlene Affeldt
Sheryl Smith

Fun Day

Leann Kramer, CoChair
Marlene Stello, CoChair
Carolyn Lindeman
Angie Vondrashek

Trip

Nancy Kuczynski, Chair
Leah Bork
Gloria Gensch
Sheryl Smith

Cultural & Textile Arts

Another year has passed (and a busy one it was) and a new year is before us. I learned many new things as Coordinator and hope 2019 will run smoothly. What lies ahead for Cultural & Textile Arts in 2019? Our first event will be:

HISTORY OF SCARVES AND MANY WAYS TO WEAR THEM

DATE: Monday, Feb. 25, 2019 @ 1:00 p.m.

WHERE: Hamilton Town Hall in West Salem
(No steps - Handicap Accessible)

COST: NO CHARGE

RSVP: Laura Ira
E-Mail: lnira@live.com
Phone: 608-786-4749 (H)
608-498-2953 (C)



Please bring your favorite scarf and learn some new ways to tie and wear it. Refreshments provided.

How many of you have started working on your projects for Cultural & Textile Arts? Judging will be done at the Spring Banquet/Annual Meeting to be held on May 6 of this year. I hope to see lots of beautiful entries. La Crosse County has so many talented HCE members. Share your talents for all to enjoy.

Another cultural learning event is being planned for late summer. More to follow on that at a later date.

Happy crafting and creating!

Laura Ira

Cultural & Textile Arts Coordinator

The top 3 resolutions
for 2018 were:
eat healthier, get
more exercise &
save money.

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



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«ADDRESS»

«CITY» «STATE» «ZIP CODE»









HAPPY NEW YEAR CALENDAR - JANUARY 2019



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 7 Write down ten things you feel grateful for in life and why	1 Find three good things to look forward to this year	2 Look for the good in others and notice their strengths	3 Do three extra acts of kindness for other people	4 Make time today to do something kind for yourself	5 Say something positive to everyone you meet today	6 Do an extra 15 minutes of physical activity (ideally outdoors)
14 Switch off all your tech 2 hours before bedtime	8 Go to bed an hour earlier than normal	9 Take ten minutes to sit still and just breathe	10 Use one of your personal strengths in a new way	11 Learn something new and share it with others	12 Ask other people about things they've enjoyed recently	13 Thank three people you're grateful to and tell them why
21 Get back in contact with an old friend you miss	15 Make something happen for a good cause	16 Take a different route today and see what you notice	17 Put a worry into perspective and try to let it go	18 Get outside and notice five things that are beautiful	19 Eat healthy food which really nourishes you today	20 Have a friendly chat with a stranger
28 Say hello to a neighbour and get to know them better	22 Be kinder to yourself when you make mistakes	23 Take a small step towards an important goal	24 Try out something new to get out of your comfort zone	25 Decide to lift people up rather than put them down	26 Today do something fun (ideally with others)	27 Put away your devices and focus fully on who you're with
30 Count how many people you smile at today	29 Challenge your negative thoughts and look for the upside	31 Write down your dreams and plans for the future				

"Happiness is the meaning and purpose of life" ~ Aristotle





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