



November '18

X Crosse County News X

President's Message

The semi-annual gathering of the LAHCE membership was well attended with over half of our members participating. It is good to be together for camaraderie and promote our common cause -

- ◆ To work for the preservation and improvement of home and community life
- ◆ To strive for healthier minds and bodies and better living
- ◆ To promote the welfare of our boys and girls, the nation's greatest asset
- ◆ To be true to God and country and of lasting service to our homes and communities.

During the business meeting, the changes to our Constitution, Bylaws, Rules & Regulations as recommended by the reviewing committee were approved. The major change was the elimination of Center Chairs and reassignment of those responsibilities. These recommended changes were published in the September newsletter. The updated version will be distributed to you in January by your club president.

This was followed by election and installation of new officers as follows: President Elect – Cathy Onsager, Secretary – Sheryl Smith, and Treasurer – Wanda Rogers. Their willingness to serve in these capacities is truly appreciated by the organization. Hopefully they will find this to be a rewarding, learning experience.

The LAHCE Board will have its last meeting for the year in December. We are hopeful that the County Extension Office will be represented by its new hire whose title is the Human Development and Relationships Educator. We welcome and look forward to working with her.

Lois M. Hess
President



Home & Community Education Week
November 4—10, 2018

WAHCE State Conference Reports



The 2018 WAHCE Annual Conference was held at The Ingleside Hotel & Conference Center in Pewaukee, WI. This venue was the most suitable site I've ever been to for an HCE conference. The meeting rooms, dining room and exhibit rooms were

very spacious. The hotel staff was exceptionally accommodating, and meals were delicious.

Being Cultural & Textile Arts Coordinator for La Crosse County took me on a different path this year. It enabled me to be more involved in the setting up, judging and taking down of the cultural arts display. It was a great learning experience. Our state committee chair, Linda Sutherland, was very organized so the process flowed smoothly from start to finish.

There still was time for me to attend the following learning sessions:

“Wisconsin Bookworms Books for 2018-19 – The presenters were very knowledgeable, and gave a lot of ideas on props to use and ways to make reading to the children more enjoyable and entertaining for them. As a Bookworms reader, this information will be very useful to me.

“Old Fashion Christmas: A Heartwarming Look at the Past” was presented by Rochelle Pennington. Rochelle was also the keynote speaker at our Tuesday evening dinner at which she told the story of the Lake Michigan Christmas Tree Ship. She was such an excellent speaker and brought back so many memories of Christmases past.

The first Wednesday morning session I attended was a real “waker-upper” entitled “Let’s Have a Hootenanny!” This was an interactive folk music sing-along / play-along. It was obvious our presenter, Lynn Marcks, loves what she does, as she led us through song after song while playing guitar, banjo and piano and we played along on our various “instruments”. We also learned about the composers, performers and origin of the songs.

“My Life with the Green & Gold – 20 years of Sports Reporting” was presented by Jessie Garcia. Jessie told us what it was like to interview many famous Green Bay Packer players and coaches behind the scenes and on air. She also told how she became Wisconsin’s first female sports news anchor at WISC-TV in Madison, WI, and many of the interesting experiences she had as such. Very entertaining speaker.

In our spare time, we had opportunities to shop at the WAHCE Marketplace, place our bids at the “huge” silent auction, purchase raffle tickets for several beautiful quilts and a number of other donated prizes, or view the amazing talent of our fellow members in the Cultural Arts display.

I look forward to next year’s state conference which will be held in Manitowoc, WI September 16 - 18, 2019.

Laura Ira
Table Rock Club

I attended the HCE Conference in Pewaukee from September 17-19, 2018. I spent some time on Monday and Tuesday helping in Cultural Arts with check in and judging. Working with the judges gave me a lot of insight as to what they look for in items judged and what improvements can be made.

One of the workshops I attended was on “Fermentation Fun” in which I learned about the process of making yogurt, sauerkraut, and pickling. We sampled Kiefer and yogurt at the end of the session. I attended the membership workshop which I told about in my membership report. In the last workshop, we made holiday wreaths out of mesh ribbon which was a lot of fun. I made a Halloween one with orange, purple and black mesh.

The speakers at the meals were informative and the food was delicious; the conference center had spacious rooms for our activities. As always, I enjoyed seeing old friends that I had met in previous years and making new ones. I look forward to next year in Manitowoc.

Sheryl Smith

Membership & Marketing Coordinator

Congratulations . . .

**to Sheryl Smith,
2019 West District
Director Elect!**



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.

WAHCE State Conference Reports

Another great State WAHCE Conference under my belt. This year it was held in Pewaukee at the Ingleside, a great venue to hold a conference. Beautiful rooms, great food and the most amazing women! ...and a few men, too.

On Monday I stepped aboard the tour bus to the Milwaukee County Zoo. We had a decent to guide us on an "On the Wild Side" tour which turned our visit into an outdoor classroom. He shared a wealth of information about the animals and the Park's history, development and future projects. Several of us also rode the Safari Train which is celebrating its 60th year at the Zoo.

On Monday I attended the Opening Session followed by the WAHCE Annual Business Meeting. It was very well organized and interesting and, I am happy to announce, that Eileen Gotbeheat, who will be speaking at our LAHCE Fall Annual Meeting about her Nicaragua experience, was elected State International Chair!

I also attended two sessions on Monday. The first was "Wisconsin Summer Weather", presented by meteorologist Jesse Ritka. She told us about forecasting the weather and showed us the storm chaser vehicle which was parked under the awning at the hotel entrance. One woman remarked that the TV screen said it was raining out and it was not. Jesse replied, "You're under cover. Out here it is raining." And it was. We all had a good laugh.

The second session was: "Learning about Childhood Trauma. Adverse Childhood Experiences (ACEs)" presented by Mandi Dornfeld. What an eye opener! I learned that stress damages the mind. In children raised in environments of neglect and abuse, the body releases a cocktail of hormones including adrenaline to protect the mind. The child is in a constant state of physiological alert. When the developing mind is constantly bathed in this cocktail, it does not develop the same as the mind of a child raised in a loving, nourishing environment. The part of the mind that governs the ability to assess situations and to control impulses doesn't develop fully. Interpreting what is real and unreal is diminished. Appropriate social behavior isn't learned. It's not the child's fault, but he or she is often treated with discipline rather than understanding. The study that resulted in this information is relatively new and ongoing.

Tuesday evening we had dinner and the installation of new state officers. We were entertained by author Rochelle Pennington who told us about the Lake Michigan Christmas Tree Ship which brought trees, many of which were given away, from the UP to Chicago for many years. The ship and crew were lost in a storm on their way back to Chicago with a load of trees. The captain's wife and twin daughters then took on the challenge of continuing the tradition which took a lot of courage and tenacity. Today the US Coast Guard continues to bring trees to Chicago's Navy Pier where they are given away to families that cannot afford a tree.

On Wednesday, I attended two sessions. The first was on "The Power of Protein" presented by Sarah Agena from the Wisconsin Beef Council. We learned that lean beef is a good

source of protein without a lot of calories. The second was "My Life and Times with the Green and Gold, 20 Years of Sports Reporting", presented by Jesse Garcia. It was very entertaining.

The 2019 WAHCE State Conference will be held in Manitowoc, September 16-18. I urge you all to consider attending. I will be going! Please come with me and learn more about this organization, its partner organizations and the world changing projects we support financially and through individual volunteering.

Cathy Onsager
Secretary



Rambling Memories



Happy Thanksgiving! It's time for pumpkin and apple slices, mashed potatoes and bread dressing. Don't forget the cranberry salad and the green bean casserole. Yes, it's that time once again. For the farmers, the harvesting of crops should be all done; also done is the final care taking of the flowers and shrubs that were carefully taken care of all summer. Deck and porch furniture are once again stored, waiting for sunny warm weather. I'm no hunter but there is still hunting to be done, just don't ask me how those regulations work. Years ago, I had to help cut up deer.. No more do I do that, a job I hated.

Have a cup of hot coffee or apple juice and a yummy cookie, find a comfortable chair and enjoy this holiday and everything this time of year.

Shirley Dummer



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



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