

March '19 

X Crosse County News X

Dear LAHCE Members,

We will watch if March comes in like a lion or a lamb, but regardless, March 1st is considered meteorological spring, March 20th is the Vernal Equinox, and we will “spring forward” on March 10th for Daylight saving time.

March is National Women’s History Month and March 8th is International Women’s Day. While many of us recognize women who changed our world in large ways such as Susan B. Anthony for women’s suffrage, Marie Curie for her research on radioactivity, discovery of polonium and radium, and the first woman to win a Nobel Prize, and Rosa Parks for activism and leadership in civil rights, we often forget about the everyday achievements and heroes that live among us. As members of HCE, the creed provides guidance on how to shape our history: the preservation and improvement of home and community life, striving for healthier and better living, promoting the welfare of children. How are you contributing to our history?

Spring brings me excitement about gardening, and while the ground is nowhere near ready for planting, we can prepare by starting seeds indoors, planning for new pollinator perennials, and thinking about vegetables to plant. While there are many family stories and folklore about planting and gardening, Kaitlyn Lance, Agriculture Educator, local experts, and I will provide science and tips online starting this month. Check out Extension’s webpage or Facebook to stay up to date!

The calendar included in this newsletter focuses on mindfulness – simply noticing what we are feeling or experiencing in the present moment. If we take small opportunities each day to focus on our present moments, we can relax, reduce stress, and improve our wellbeing.

Whether lion or lamb, enjoy Spring this month!



Heather Quackenboss
Human Development and Relationships Educator
Heather.quackenboss@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.



Women's History Week



- Farmers are NOT the reason we have daylight saving time (DST). Farmers opposed DST and the US did not have a peacetime DST until 1966.
- Ben Franklin first proposed DST stating that its adoption would save money on energy needs. It was not adopted.
- DST was first initiated during World War I, in 1916, in Germany.
- On March 9, 1918, the United States Congress enacted its first daylight saving law.
- In 2005, Congress passed the Energy Policy Act, which extended DST by a month, to save energy.
- Ironically, DST is not standard. We are on DST for eight months of the year and standard time for only four!

Springing forward has been cited as the cause for decreased mood and productivity, an increase in workplace accidents, increase in car accidents, headaches, and poorer mental health from the disruption in the circadian rhythm.

- Have patience, our natural rhythm will be off for a few days
- Use the sun to your benefit – get 30 minutes of natural light every day
- Ease into the time change. The week before DST, start going to bed and getting up 10 to 15 minutes earlier each day.
- Regulate sleep hormones by dimming the lights and avoid screens at least one hour before bed.
- Keep routines consistent with the new timing.
- Avoid caffeine in the afternoon as well as napping to help get you used to the time change.
- Plan activities accordingly, if you are tired, do not drive or use items that may be dangerous.

Downing, M. (2009). Spring forward: The annual madness of daylight saving time. Amazon.com: Books.

Prerau, D. (2017). Seize the daylight: The curious and contentious story of daylight savings time. Basic Books: New York.

Welch, A. (2018, March 12.) CBS News: 5 ways dst messes with your health-and what to do about it.
<https://www.cbsnews.com/news/daylight-saving-time-affects-your-health-wellness/>

While March 8th is International Women's Day, the month of March is also known as National Women's History Month.

In 1980, President Jimmy Carter spoke to the nation and designated March 2-8, 1980 as the first National Women's History Week. He stated:

Too often the women were unsung and sometimes their contributions went unnoticed.

I urge libraries, schools, and community organizations to focus their observances on the leaders who struggled for equality – Susan B. Anthony, Sojourner Truth, Lucy Stone, Lucretia Mott, Elizabeth Cady Stanton, Harriet Tubman, and Alice Paul.

Understanding the true history of our country will help us to comprehend the need for full equality under the law for all our people.

The theme for 2019's Women's History Month is "Visionary Women: Champions of Peace & Nonviolence."

For generations, women have resolved conflicts in their homes, schools, and communities. They have rejected violence as counterproductive and stressed the need to restore respect, establish justice, and reduce the causes of conflict as the surest way to peace. From legal defense and public education to direct action and civil disobedience, women have expanded the American tradition of using inclusive, democratic and active means to reduce violence, achieve peace, and promote the common good.



For more information:

<https://nationalwomenshistoryalliance.org/2019-theme-and-nomination/>

Executive Committee Reports

President's Message

With the West District Spring Meeting coming up next month, it seems appropriate to devote this message to that topic. This may be a review for some members, and newer members may find this informative. Where ever you find yourself on this topic, know that you are important to our organization, and you need to know how it works. Much of the following is taken from the 2019-2021 HCE Bylaws & Handbook.

WAHCE is divided into six districts. The District Director, who is elected by representatives of the County Associations, is a member of the WAHCE Executive Board. The District Director is responsible for the implementation of the State Association functions in the district and provides communication between the County and State Associations.

The district officers are the district director, secretary, treasurer and district standing committee chairs. The director-elect serves a one year term and is installed at the State Conference prior to the three year term. Election of officers take place at a district meeting.

The West District is composed of the following counties: Adams, Buffalo, Clark, Jackson, Juneau, La Crosse, Monroe, Trempealeau, and Wood.

Our own, Sheryl Smith, will be installed as Director-Elect for the West District at the upcoming Spring Meeting. She will be installed as District Director at the fall meeting. Congratulations, Sheryl, your abilities have been recognized and we wish her well in this undertaking.

The agenda and registration information for the April 6th West District Meeting is in the February newsletter. Hope to see many of you there.

Lois M. Hess
President



Education Programs

Spring Educational Programs

A program entitled "Raised Bed Gardening" will be presented on March 25 at 1:15 p.m. This will be held at the Hillview Gardens, 624 Vine Street, La Crosse. There is on street parking and a tour of the greenhouse will be given after the presentation. This is a great idea for people with limited mobility and who still wish to garden.



Another interesting program will be on April 24th (wrong date in your booklet). This program will be at the Barre Town Hall at 1:15 p.m. The presentation will be given by Mickella Geary from Organic Valley. She will provide a history of the company and the benefits of eating and drinking organic foods. Hope to see a lot of you there and bring friends.

Nancy Kuczynski
Education Program Coordinator

International Coordinator

More people die from dirty water and poor sanitation than all forms of violence and war.

In Bolivia farmers use untreated sewage from the capital city to water their vegetable fields so they have crops to sell for their livelihood.

ACWW has a project called Water Around the World, where water filters are being used to turn unsafe water into safe drinking water (cost \$18.00 per filter, lasts 3-5 years)

The LAHCE Board has approved we designate our Pennies for Friendship this year to go towards buying of these water filters.

So with your pennies you can be helping someone have a healthier life.

Leah Bork
International Coordinator



Executive Committee Reports

Message From The Editor

While I was president I came across a book in the boxes of materials which was published in August 1981, the title being "LACROSSE COUNTY EXTENSION HOMEMAKERS -CLUB HISTORIES -". So over the next several months I am going to share some of the information. At this time there were 32 clubs with 5 different centers. I will start with Bangor Center which had 11 clubs, and highlight a few interesting items about each.

The Adams Valley club was formed in 1931. This club organized and hosted most Valley gatherings. They also served at auctions, sent packages to local boys in the service, aided in emergencies, and packed cheer baskets at Christmas. They always participated in and promoted County Extension programs having thus proven it's true values with increased education through leader training programs.



The Bangor Homemakers club was in existence in 1927 according to Extension office records. In 1933-34 nineteen members had paid dues of 25 cents. The treasurer reported a record of pennies collected. Members received 50 cents travel expenses to go the quarterly meetings in La Crosse. The early years were devoted to foods and clothing projects, plus some fancy work.

The Bangor Prairie club was organized in 1926, with 21 members. There was a one room school on the prairie which was a meeting place for the group and they also held picnics, and bridal and baby showers there. The homemakers cleaned the school which was a moneymaking project for them.

Burnham Valley club was organized in 1931, with 13 members. They donated money to at least one charitable organization each year, such as Red Cross, Salvation Army, heart, cancer, March of Dimes, and in earlier years, polio and Sister Kenny drives. They acquired a sunshine fund by members giving 25 cents at the time of their birthday. They gifted families of club members for weddings, babies, illnesses, and deaths. They also helped unfortunate families by giving Christmas baskets.

To be continued next month.

Sheryl Smith
Newsletter Editor

Committee Reports

Family & Community Life

The Healthy Lifestyle Survey is a state wide HCE program. Please fill out this simple survey and return it to me by the end of May. To save on postage, you can bring it to the Spring Banquet/Annual Meeting or e-mail it to me at akramer@centurytel.net. It would be great if La Crosse County could get 100% participation.

Also, please remember to keep track of your volunteer hours as that will need to be reported in the near future.

Leann Kramer
Family & Community Life



Save the Date
Spring Meeting & Banquet
May 6th 2019
Noon Luncheon
Watch the April Newsletter
For details & registration form



Committee Reports



Cultural & Textile Arts Report

As I sit here writing this article, it's snowing again! We've already received 10+ inches since last night. Will there be no end to the shoveling and snow blowing? Thankfully we have wonderful neighbors to help us out when needed.

You have only two months to finish up your projects for the 2019 Cultural & Textile Arts Contest. Judging will be done at the Spring Banquet/Annual Meeting to be held on May 6, 2019 at the Holland Town Hall. Projects receiving blue ribbons will be eligible for entry at the state level. **Please note the following change for registering your items. Pre-registration will be required!! No exceptions!!** A pre-registration form is included in this newsletter (pages 6-7). This form will need to be completed, signed and turned in to me no later than **April 20, 2019**. Any questions or concerns, feel free to contact me at: 608-786-4749, or e-mail: Lmira@live.com.

This year's Bonus Category (the fun category) is "Hattie's HCE Hat". Create a display of your choice using any media. Size restriction – base no larger than 10" x10" with maximum height of 20". One winner from La Crosse County will be chosen by those attending the banquet to be entered at the state level.

Happy crafting and creating!

Laura Ira

Cultural & Textile Arts Coordinator

HCE Healthy Lifestyle Survey

(formerly On the Move and in the Groove)

Get moving and eat healthy with HCE members across Wisconsin. Please reply to this 4 question survey about maintaining your healthy lifestyle between February 17 and May 11, 2019.

Name (optional) _____

County _____, Wisconsin

1. Which activities do you usually participate in weekly? Check all that apply

- | | | |
|-----------------------------------|---|---------------------------------------|
| <input type="checkbox"/> walking | <input type="checkbox"/> hiking | <input type="checkbox"/> running |
| <input type="checkbox"/> dancing | <input type="checkbox"/> bowling | <input type="checkbox"/> biking |
| <input type="checkbox"/> spinning | <input type="checkbox"/> rowing | <input type="checkbox"/> swimming |
| <input type="checkbox"/> skiing | <input type="checkbox"/> Strong Bones (or other exercise class) | |
| <input type="checkbox"/> yoga | <input type="checkbox"/> Tai Chi | <input type="checkbox"/> exercise DVD |
| <input type="checkbox"/> tennis | <input type="checkbox"/> other (please list) _____ | |

2. How many times a week are you usually active for 1/2 hour or more?

☐ 5 or more ☐ 3 or 4 ☐ 1 or 2 ☐ zero

3. How many 1/2 cup servings of fruits & vegetables do you usually eat daily?

☐ 8 or more ☐ 5-7 ☐ 1-4 ☐ zero

4. How much of your diet is raised, grown or made within 100 miles of you?

☐ Most ☐ About half ☐ Some
☐ Very Little ☐ Unsure

Once completed, please return the survey to:
Leann Kramer N8581 Kramer RD, Mindoro, WI 54644

Wisconsin Association for Home & Community Education, Inc.

Cultural Arts Show & Contest – 2019 Categories



1. Painting/Drawing

Framed or Wrapped. If bringing an easel for your painting or drawing, securely tape a label with name, district and county.

- ☐ A. Oil
- ☐ B. Acrylic
- ☐ C. Water Color
- ☐ D. Alcohol Ink
- ☐ E. Other

2. Photography

Photograph must be 8" x 10", unmatted only, in 8½" x 11" plastic sleeve with a tag board or cardboard behind the photo. Framed photographs be disqualified.

- ☐ A. Color–Landscape
- ☐ B. Color– Waterscape
- ☐ C. Color – Plants
- ☐ D. Color – Animals/ Creatures
- ☐ E. Color – People
- ☐ F. Color – Skyscape
- ☐ G. Black and White
- ☐ H. Other

3. Sewing

- ☐ A. Children's Wear
- ☐ B. Adult Wear
- ☐ C. Original Design
- ☐ D. Wearable Art
- ☐ E. Useful Sewn Item
- ☐ F. Purse or Tote
- ☐ G. Pillow
- ☐ H. Sewn item made from recycled materials
- ☐ I. Wearable Accessory (apron, scarf, hat, etc.)
- ☐ J. Other

4. Knitting

- ☐ A. Wearable Item
- ☐ B. Afghan
- ☐ C. Other

5. Crocheting

- ☐ A. Wearable Item
- ☐ B. Doily/Dresser Scarf
- ☐ C. Afghan
- ☐ D. Other

6. Hand Stitching

- ☐ A. Plastic Canvas
- ☐ B. Embroidery
- ☐ C. Counted Cross Stitch
- ☐ D. Other

7. Craft

Six (6) Cards without envelopes MUST be mounted as a group on a flat sturdy display board no larger than 14" x 22".

- ☐ A. Cards–paper only-6
- ☐ B. Cards–mixed media-6
- ☐ C. Scrapbooking
- ☐ D. Craft made from recycled materials
- ☐ E. Handcrafted doll/toy
- ☐ F. Glass craft
- ☐ G. Other

8. Heritage Skill

- ☐ A. Hardanger
- ☐ B. Tatting
- ☐ C. Woodworking
- ☐ D. Basketry
- ☐ E. Spinning/Weaving
- ☐ F. Felting
- ☐ G. Swedish Weaving
- ☐ H. Rug Making
- ☐ I. Original published book
- ☐ J. Other

9. Bed Quilt

Larger than 60" x 80" or 4,800 sq inches

- ☐ A. Tied
- ☐ B. Hand quilted
- ☐ C. Pieced
- ☐ D. Appliqued
- ☐ E. Embroidered
- ☐ F. Pieced
- ☐ G. Appliqued
- ☐ H. Embroidered
- ☐ I. Any other Bed Quilt

10. Lap/Baby Quilt

Smaller than 60" x 80" or 4,800 sq inches

- ☐ A. Tied
- ☐ B. Hand-quilted
- ☐ C. Pieced
- ☐ D. Appliqued
- ☐ E. Embroidered
- ☐ F. Pieced
- ☐ G. Appliqued
- ☐ H. Embroidered
- ☐ I. Any other lap quilt

11. Quilted Wall Hanging

(with hanging sleeve, NO frame) -- One (1) item only no longer than 50 inches

- ☐ A. Hand Quilted, fabric
- ☐ B. Machine Quilted, fabric
- ☐ C. Other i.e., - collage of assembled materials or mixed media

12. Table Topper/Runner

- ☐ A. Hand Quilted
- ☐ B. Machine Quilted
- ☐ C. Other

13. Jewelry

- ☐ A. Bracelet
- ☐ B. Necklace
- ☐ C. Set
- ☐ D. Other

14. Constructed Original Item

- ☐ A. Clay/Pottery
- ☐ B. Wood
- ☐ C. Other

15. Painted Object

- ☐ A. China
- ☐ B. Glass
- ☐ C. Fabric
- ☐ D. Wood
- ☐ E. Ceramic/Kiln Fired
- ☐ F. Other

Poem, Non-Fiction, Fiction

Three copies, typed on plain paper with 12 point font, must accompany the registration forms. Entries must not be framed or in book form. Staple a cover sheet with the category/title which is to be centered on the entry. Name and county should appear on the back side. Do not count "a", "an", and "the" for either essays or short stories.

16. Poem

17. Non-Fiction

Original, 1 topic; 250-500 words

18. Fiction

Original with beginning, middle and end 3,000 words or less

19. Bonus Category – "Hattie's HCE Hat"

The Fun Category
Limit of one entry per county. Create a display of your choice.

You may use any media to construct your entry

Size restriction - base no larger than 10"x10" with maximum height of 20"

Judging - those attending will vote for their favorite "Hattie's HCE Hat" entry

Have Fun!!!

**STATE REGISTRATIONS
DUE BY:**

AUGUST 1, 2019

Wisconsin Association for Home & Community Education, Inc.
Cultural & Textile Arts Show
2019 Guidelines for County Chairs



ALL items, including Bonus Category, must be pre-registered. Registration is due August 1, 2019. Any items NOT pre-registered will NOT be judged or displayed. Only one entry on each registration form. Send all forms together immediately after county show. A County may enter a total of 12 entries plus one Bonus Category 19. A county cannot have duplicate entries in any lettered sub-category. The County Cultural Arts Chair must include a self-addressed postcard or email address to verify receipt of registration forms. If you do not receive verification within three weeks, please call or email the WAHCE Cultural Arts Chair.

IMPORTANT: All entrants MUST sign the Registration form. Please read and sign below; entries will NOT be accepted if unsigned. Entrants will not hold WAHCE responsible for any loss or damage to any item submitted for use in the WAHCE Cultural Arts Show. Entrants give permission for their photo, photos of their entry, and/or print copies of their written entry to be used by WAHCE as seen fit.

All work must be done by entrant and completed after last year's show. It must receive a first place at this year's county show or fair. All items must be clean or laundered or will be disqualified by the judge. Kits and patterns may be used as long as entrant does all the work.

Color Coding of Registration Forms by Districts:

Central – White
Southeast – Green

Northeast – Yellow
Southwest – Orange

Northwest – Light Blue
West – Pink

Entry Day: Deliver items Sunday (9/16/19) from 7-9 pm or Monday (9/17/19) 9-11:30 am. Judging will begin at 12:30 pm. Members may view the show after the Monday evening activity until 10:30pm and during the day Tuesday, September 18, 2019. Hours on Tuesday for viewing will be announced or posted. Pickup times will be posted.

Cut on the dotted line and send in the **SIGNED** completed Registration Form and mail to:

Laura Ira
113 Meadow Lane,
West Salem, WI 54669

Registration Form

Category/Class (example 2D) _____
County _____ District _____
Name (print) _____
Address _____
City/Zip _____
E-mail _____
Phone # _____
Title or Description _____
Are you bringing an easel? Y or N

Claim Check

Category/Class (example 2D) _____
County _____ District _____
Name (print) _____
Address _____
City/Zip _____
E-mail _____
Phone # _____
Title or Description _____
Are you bringing an easel? Y or N

Peoples' Choice # (Official use only) _____

Please read and sign: Entries will NOT be accepted if unsigned. Entrant will not hold WAHCE responsible for any loss or damage to any item submitted for use in the WAHCE Cultural Arts Show. Entrant gives permission for their photo, photos of their entry, and/or print copies of their written entry to be used by WAHCE as seen fit.

Signature: _____ County _____ Date: _____

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

«First Name» «Last Name»

«Address»

«City» «State» «Zip Code»

«Count»



ACTION CALENDAR: MINDFUL MARCH 2019



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 <p>"The best way to take care of the future is to take care of the present moment" - Thich Nhat Hanh</p>				1 Start today by appreciating that you're alive and have a body	2 Get outside and notice five things that are beautiful	3 Cultivate a feeling of loving-kindness towards others today
4 Stay fully present while drinking your cup of tea or coffee	5 Every hour simply take three calm breaths in and out	6 Eat mindfully. Appreciate the taste, texture & smell of your food	7 Listen to how you speak to yourself. Try to use kind words	8 Look around and spot 3 things you find unusual or pleasant	9 Listen to a piece of music without doing anything else	10 No plans day. Slow down and let spontaneity take over
11 When someone is speaking, take a full breath before you reply	12 Feel the cool of a breeze or the warmth of the sun on your face	13 Stop, breathe and just notice. Repeat regularly during the day	14 Enjoy doing any chores or tasks more mindfully today	15 Take an unusual route and notice what looks different	16 If you find yourself rushing, make an effort to slow down	17 Have a device-free day and enjoy the space it offers
18 Do something creative that absorbs your attention	19 Listen deeply to someone and really hear what they are saying	20 International Day of Happiness! Focus on what makes you happy	21 Notice when you're tired and take a break as soon as possible	22 Stop to just watch the sky or clouds for ten minutes today	23 Bring to mind all the people you love and care about	24 Make a list of amazing things that you take for granted
25 Mentally scan down your body and notice what it is feeling	26 Tune in to your feelings, without judging or trying to change	27 As you walk, notice the sound of each step and how it feels	28 Stop work earlier and use the time to be still and relax	29 Appreciate your hands and all the things they enable you to do	30 Notice the joy to be found in the simple things of life	31 Go nature spotting today. Even in a city, life is all around

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