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May/June '19

X Crosse County News X

Dear LAHCE Members,

Laughter, sunshine, crafts, movement, pets, friendship. These seemingly small things can take a big role in our health.

May is Mental Health Month and Mental Health America showcases that mental health is essential to everyone's overall health and wellbeing as well as that mental illnesses are common and treatable. This year's theme is #4Mind4Body, to raise awareness about the connection between physical and mental health and explore methods to improve our whole health such as humor, social connections, spirituality, exercise, and gratitude.

Locally, the Campaign to Change Direction, which includes individuals from La Crosse County and Extension – La Crosse County, promotes healthy habits of emotional wellbeing which all benefit our emotional, or mental, health:



Healthy Habits of Emotional Well-being

- Take care**
Eat well, sleep well, exercise
- Check in**
With family, friends & counselors
- Engage**
You can't be healthy emotionally if your relationships aren't
- Relax**
Be active, meditate, garden, dance, love, cook, sing...
- Know**
Know the Five Signs of emotional suffering

the campaign to **changedirection.** www.changedirection.org

Stay well and enjoy the outdoors this Spring,



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

Save The Date: Fun Day!!
Pot Luck at noon July 29th, at the
Farmington Town Hall in Mindoro.

Human Development

Be Aware! Stress Awareness—not just a caution sign!

For years, we have talked about how stress makes us sick, and indeed, stress can certainly affect our health. And, if something makes us sick, we avoid it. So we have demonized stress and have turned it into our enemy.

Yet, in times of acute stress, our stress reaction can save our life. Stress hormones increase our heart rate and blood pressure; our brain is ready for fight or flight; our reaction time is better and our focus is on how to stay safe. If we are driving and someone runs a stop sign that we are about to go through, we automatically break and/or swerve.

But, when our body is in overdrive because we have daily stress in our lives and our body cannot determine if the stress is an immediate lifesaving need, health issues like cardiovascular disease, ulcers, diabetes, obesity, premature aging, memory impairment, learning difficulty, and relationship troubles can occur.

However, a study at UW-Madison tracked 29,000 people over eight years and started by asking them to rate their level of stress over the past year as well as how much they believed stress influenced their health. The study then looked at public death records. The findings were astonishing – people who reported that they had high levels of stress and who believed stress had a large impact on their health had a 43% increased risk of death. Those that experienced a lot of stress but did not perceive its effects as negative were amongst the least likely to die as compared to all other participants in the study.



Our perception of stress greatly affects our body's reaction to stress.

When participants in the study viewed their stress response as helpful, their body was more relaxed; while their heart rate still increased it was at a much healthier cardiovascular profile.

Stress happens. It is inevitable and okay; we want a healthy relationship with stress.

There are two simple ways to help us handle stress:

1. Change our perception of stress

- When we notice our body reacting to acute stress or life circumstances, stating, “I can get through this,” can be beneficial.
- Taking some deep breathes when we notice ourselves getting worried, anxious, or feeling tight can remind our body that we are okay.

2. Connecting with other people

- When we are stressed, our natural instinct motivates us to find support and get help from our friends and family. Sometimes, we bottle that instinct up and withdraw instead. When we are stressed, the healthiest thing to do is call our friend or person who supports us and reach out for help.
- Conversely, as well as knowing that we, as a society, have a tougher time reaching out when we need help, asking specifically what we can do for someone is an empathetic and kind thing to do.
- For instance, instead of asking, “What can I do for you?” asking, “Does Friday work for me to bring you a dinner?” or “Let’s go for a walk and coffee today, does 11 or 1 p.m. work better?” When we are stressed, it can be harder to figure out what we need.

Want to stop stress in its tracks? Remember to STOP.

S – We stop what we are doing

T – We take a deep breath

O – We observe (our reaction, what is really happening)

P – We be Present and in the moment.

For more information:

MaGee, R. (n.d.). Applying Mindfulness to Workplaces. Retrieved from <https://greatergood.berkeley.edu/video/item/applying-mindfulness-to-workplaces>

McGonigal, K. (2016). The upside of stress: Why stress is good for you, and how to get good at it. NY, NY: Avery.

<https://www.ted.com/talks/kelly-mcgonigal-how-to-make-stress-your-friend>

<https://blog.ted.com/could-stress-be-good-for-you-recent-research-that-suggests-it-has-benefits/>

<https://blog.ted.com/could-stress-be-good-for-you-recent-research-that-suggests-it-has-benefits/>

Heather Quackenboss

Human Relationships and Development Educator

Human Development

Save The Bees... But How?

Tips and tricks to flourish native plants and encourage pollinators

Well, there's no way to sugarcoat it folks – our world as we know it will die if we don't intervene on behalf of our pollinators. Pollinators include multiple species of bees, butterflies, moths, beetles and flies (yes mosquitos too!), bats, hummingbirds, and even ants. Almost 90% of all vegetation relies on pollinators as a vital part of their life cycle. But, due to a combination of human intervention and an influx of invasive plant species, vegetation vital to our own life cycles and consequently our pollinators is at an all-time dangerously high risk.



Thankfully, all hope is not lost. There are easy things you can try this spring with your landscaping efforts to help protect our native plant species and encourage pollinators to flourish. Jarad Barkeim, co-owner of Coulee Region EcoScapes, suggests the following:

1. Try to increase pollinators in your gardens

- Reduce the use of chemicals used in the garden
- Look for plants without neonicotinoids (pesticides that are transported via root and grown into the plant, protecting it all season long)
- Look for true native species, not cultivars (the tag will say variety or hybrid) which can be sterile plants and not pollinate
- Use a mix of types of plants like flowers, shrubs and trees
- Aim to have something blooming in your garden at all times
- Rather than plant single plants in a row, have patches of 5 x 5 foot gardens like a rain garden

2. Take care of your plants

- Know the best conditions for the plants you have and where to place them
- Know how aggressive the plants are (how much they spread, what their nutrient requirements are, etc.)
- Keep plants watered
- Weed the garden areas
- Make sure you have good soil (Hint: The Extension

La Crosse County office offers lawn & garden soil testing for only \$18!)

3. Make your garden space work for you

- Using pots is great for shallow rooted plants like strawberries, mints and flowers. Annuals grow most effectively in pots.
- If you have a small yard, plant in clumps of small patches where you can. You can also try vertical landscaping or plant flowers with each other so they grow and bloom at different times but in the same place.

Okay, are we ready to put this knowledge to use? Extension La Crosse County staff has put together a chart of native species perennials that grow best in La Crosse County, also known as Zone 4B by the USDA's ranking of plant hardiness zones. The chart shows the color of that plant's bloom as well as the months of bloom. The Extension office has many services for our community to help with your gardens this year including soil testing, plant identification, plant disease identification and insect identification. It's time to get our hands dirty, save the bees and go native!

For More Information:

- "About Neonicotinoids." Pesticide Action Network UK, PesticideAction Network UK, 2017, www.pan-uk.org/about_neonicotinoids/.
- Natural Resources Conservation Service. Native Pollinators, plants.usda.gov/pollinators/Native_Pollinators.pdf.
- "Plant Finder." Prairie Nursery, Prairie Nursery, Inc., 2019, www.prairienursery.com/?gclid=CjwKCAjw-ZvlBRBbEiwANw9UWm4p6qpZ7J1ofMumthS05aq0LPPk8u2UG2xQI2CmAxi9m-59OkG8xBoCb8AQAvD_BwE.
- "Prairie Moon Nursery." Prairie Moon Nursery, Prairie Moon Nursery, 2019, www.prairiemoon.com/.
- Quackenboss, Heather. "Notes from Meeting with Jarad Barkeim." 22 Feb. 2019.
- "United States Department of Agriculture." USDA Plant Hardiness Zone Map, PRISM Climate Group-Oregon State University, 2019, planthardiness.ars.usda.gov/PHZMWeb/#.



Rebecca Farrier

4-H Administrative Associate



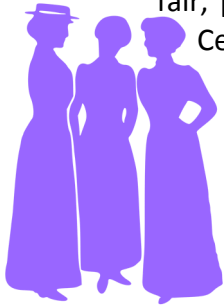
Executive Committee Reports

Message From The Editor

Holmen Center History

Amsterdam Prairie Club---This club was organized in September of 1947 with the assistance of Miss Edith Brevig, County Home Agent. The club started with 12 members. This club was very active having booths at the fair, putting on a play, having a float in the

Centennial parade, taking many trips, and doing volunteer work. In 1981 there were 21 members.



Long Coulee Club---In October of 1938, 11 women met at the home of Pearl Johnson to form the Long Coulee Homemakers Club. Originally, the

women from Long Coulee and Holmen belonged to the same club. Because Mrs. Val Keppel was chairman of the meeting on October 23, 1923, when the County Homemakers Association was formed at the Agricultural School in Onalaska. In December 1979, this club had a membership of 18 ladies ranging in age from early 20's to upper 80's. Members were all interested in learning and doing things that would benefit the families they had and loved, the community in which they lived and their country which they felt is the greatest in the world, in spite of its faults and failures.

Maple Shade---One balmy day in 1938, a couple ladies went from one farm to another and inquired if the ladies would like to form a Home Extension Club. The following week the club was formed. All meetings were held in member's homes. The club participated in community projects and activities. After several years, the club got so large, it split in two and Halfway Club was started in 1947. The club donated to many charitable organizations, earning money by serving at auctions.

Next issue will feature La Crosse Center Clubs



Sheryl Smith
Newsletter Editor

President's Message

The month of May is a special time for LAHCE members! We look forward to the Banquet and Cultural Arts judging followed by our Spring Annual Meeting and an education program! This all takes place on the same day, making it a worthwhile trip to the Holland Town Hall on May 6th.

To elaborate a bit, this is the year for the Table Rock Club to host the banquet, which is truly appreciated. Formerly, the banquet was hosted by a volunteer committee. With our recent bylaws revision, this responsibility is rotated by clubs, so we all get our turn.

The banquet will be at noon, but you will want to come earlier to see the cultural arts submissions and the judge's decisions on blue ribbons and their eligibility for state competition. The winners will be announced at the banquet.

Other activities available will be a display of HCE's International Projects, drawing for the Update (WAHCE's quarterly newsletter), silent donation with drawing for prizes (proceeds to the Education Committee), and opportunity to meet Heather Quackenboss, Human Development & Relationship Educator with Extension La Crosse County.

You see, there will be lots to do before you sit down to eat. After the banquet, there will be recognition of members and club milestones, as well as our county's participation in Wisconsin Bookworms.



There will be a short break before we start the Annual Spring Meeting. This will give you the opportunity to check in your attendance at the meeting and receive the meeting's agenda. The meeting will be followed by the program, "Journey to America by 2 LAHCE Members." You won't want to miss this international program.

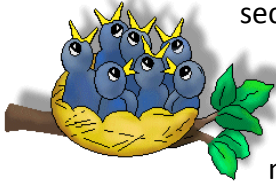
It will be a full day! Looking forward to seeing you!

Lois M. Hess
President

Executive Committee Reports

Membership & Marketing

At the recent West District meeting, a discussion was held regarding splitting this committee into two separate committees. A motion was made and seconded to propose this to the membership. At the Fall West District Meeting, representatives of the districts clubs will vote to make this change in the District By-Laws. It will be interesting to see if we will be able to find members willing to fill this added position.



One of the speakers at this meeting was Ed Legace who talked about the migration of birds. He also talked about

how so many organizations are relying on volunteers to do a lot of the tasks that need to be done, since there have been employee cut backs in so many professions. This rings true with our organization too; without volunteers doing the tasks that need to be done, we would not be able to function. Being a volunteer has its rewards, a person can feel needed and able to accomplish things.

As members of HCE, I encourage you to step up and do your part to keep our organization from dissolving and becoming just history.

Sheryl Smith
Secretary

WAHCE Conference Scholarship

The La Crosse County HCE is again offering a \$150 Scholarship to attend the WAHCE State Conference. It will be held from September 16-18, 2019 in Manitowoc. To qualify for a scholarship, you must 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 all 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 Sheryl Smith at rosh927@charter.net or mailed to **927 Amy Dr., Holmen, WI 54636**. Applications must be submitted by July 31, 2019. The drawing will be held on August 12, 2019 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 always amazing! Apply now and ... good luck! I hope to see you in Manitowoc!



Sheryl Smith
Secretary

Stitches of Love

On Monday, April 15th a delegation of 7 LAHCE members presented more than 100 blankets made by members to Jamie Korn at the Family and Children's Center in La Crosse. These will be delivered to their various sites this week. This is our Stitches of Love project for this year.



Committee Reports

Cultural & Textile Arts Report

The April 20 deadline for pre-registering your cultural/textile arts entries has passed. After looking over the registrations received, I can hardly wait to see the actual items. With the amazing talents of our members, I am sure the judges are going to have a difficult time deciding which items will be awarded blue ribbons, making them eligible to be entered at the WAHCE Annual Conference in September. Each county is limited to a total of 12 entries plus one "Bonus" Category No. 19. The members attending the Spring Banquet will cast their votes to determine the winner in the "Bonus" Category.



Results of the judging will be listed in the May/June newsletter.

Looking ahead-- On August 19, 2019 we will have an educational program on the Norwegian art of Rosemaling. Donna Leis and her husband, Steve, of Cataract have been painting for many years, and will be sharing their knowledge. They will have a number of items on display and available for purchase. Mark your calendars!! You won't want to miss this!!

Any questions or concerns, feel free to contact me at: 608-786-4749, or e-mail: Lnira@live.com.

Happy crafting and creating!

Laura Ira

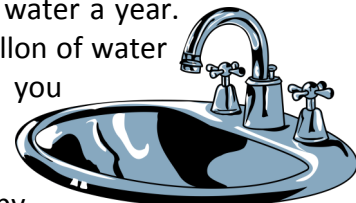
Cultural & Textile Arts Coordinator

International Coordinator

Water is critical for life and for livelihoods. A person can live a month without food, but only a week without water.

We take water for granted, not realizing how fortunate we are. Residents of sub-sahara Africa, use only 2-5 gallons of water per day. The average home water use per person in the United States is about 100 gallons per day.

We use more water each day flushing the toilet than by showering or other activities. A running toilet can waste up to 200 gallons of water a day. A dripping faucet can waste up to 2000 gallons of water a year. A garbage disposal uses 1 gallon of water a minute. Compost what you can!



If you shorten your shower by just a single minute, you can save approximately 700 gallons of water each month per person.

Every time you throw clothes in the washer, you use about 50 gallons of water.

While brushing your teeth, turn off the faucet. Save about 4 gallons of water.

Think about how important it is for each of us to do our part. What steps can you take to conserve water?

Leah Bork

International Coordinator

Save The Date: Summer Trip!!

The summer trip will be held August 5th. We will be going to the International Owl Center in Houston MN.

Cost is \$7.00 per person (Senior discount). We will be carpooling there and have lunch at a site to be determined. (More info in next newsletter.)

Nancy Kuczynski, Leah Bork, Sheryl Smith, Gloria Gensch

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.



HCE MARKETPLACE: THE PLACE TO SHOP!

ORDER FORM



County: _____ Email: _____
 Name: _____ Phone: _____
 Address: _____
 City: _____ State: _____ Zip: _____

ITEM	QUANTITY	SIZE	COLOR	PRICE

MAIL ORDERS to:
 Lori Hlinak, Marketing Chair
 E880 State Hwy. 29, Luxemburg, WI 54217
lynnzyak29@centurytel.net
 920-304-1171

Total Merchandise _____
 Postage _____
 Total _____

(All prices include sales tax.)

Make check payable to WAHCE, Inc.

NEW ITEMS

Letter opener/staple remover 1.00
 Purse size notebook with post-it-notes & pen ... 2.00
 Teal HCE Water Bottles 1.00
 Raspberry short sleeve polo shirt 15.00

WISCONSIN BOOKWORMS ITEMS:

Wisconsin Bookworms book bags \$0.75
 (purple, red, orange, new blue, navy blue, teal,
 forest green, lime green, pink and burgundy)
 Round logo pins (Wisconsin Bookworms)..... 1.00
 Notes cards with envelopes (5 per pack) 2.50
 Wisconsin Bookworms pendant..... 5.00

CLOTHING:

Fleece jacket teal or fuchsia – purple L only
 M to 3XL RUNS SMALL 15.00
 Fleece vest (maroon or royal blue)
 L-3XL RUNS SMALL 10.00
 Black and brown short sleeve shirt 8.00
 Terrific Turquoise long sleeve shirt 15.00
 Ravishing Red and French Blue short
 sleeve polo shirts 15.00

PINS:

Rocker pins (to go with House pins) \$2.00
 All years may not be available at this time:
 Specify years, 5, 10, 15, 20, 30
 HCE Logo Pin (original enamel pin)..... 3.50
 Officer, 25 , 50 year 4.50
(WAHCE Secretary has 50-Year certificates)
 HCE Crystal Pin..... 10.00
 HCE logo earrings 10.00

STATIONERY:

HCE Letterhead (50 sheets) \$3.50
 HCE Envelopes (50) 4.00
 HCE Folded Notes (10 / pkg with envelopes)... 3.50
 Post-it Note Pad 0.75

MISCELLANEOUS:

Bank bags (maroon or Kelly green) 3.00
 Black briefcase bag 6.00
 "Cooking Up Some Fun" Apron 13.00
 (Royal blue, burgundy, purple, & hunter green)
 Credit Card Security Wallet (silver, blue) 5.00
 2 year Date Book 2.50
 2 year Date Book 1.25
 Duffle bag (red or blue) 12.00
 Emergency Hammer with Seat Belt Cutter 5.00
 Garden Flag 5.00
 Handy-Dandy Bags \$4.00
 HCE Iron-On/Sew-On Patch 1.50
 Letter opener/ staple remover 1.00
 Pill box or earring case 1.00
 Power clip magnet (blue, red, green, purple).... 1.25
 Spoon Hold-It (blue or salsa) 3.00
 Light Up pens 2.75
 Little can strainers-red, blue and green 2.00
 Tote Bags (red, blue, dark & spring green)..... 5.00

**NO CASH REFUNDS BUT ITEMS CAN BE
 EXCHANGED FOR ITEMS OF EQUAL VALUE**

**SUPPLIES ARE LIMITED ON SOME ITEMS
 Call for postage rates – Minimum usually \$5.00**

Updated 2/18/19



AN EQUAL OPPORTUNITY EMPLOYER



ACTION CALENDAR: MEANINGFUL MAY 2019



MONDAY

"We can change the world"
 ~ Nelson Mandela



TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

6 What are your most important values? Use them today

7 Go on a kindness mission. Give your time to help others today

8 Tell someone about why your favourite music means a lot to you

9 Pay special attention today to the people you cherish most

10 Find out about the values and traditions of another culture

11 Do something to help a project or charity you care about

12 Visit a location that you find inspiring and meaningful

13 Find a way to craft your work activity to give it more meaning

14 Recall three things you've done that you are really proud of

15 Look for opportunities to be a good citizen of the world today

16 Share an inspiring quote with someone that matters to you

17 Gaze up at the stars and see that we are part of something bigger

18 Connect with people who matter to you (face-to-face if possible)

19 Today do something that makes your soul sing

20 Think about how your actions make a difference in the world

21 Ask a loved one or colleague what matters most to them in life

22 Support a cause that stands for something you believe in

23 Reflect on what makes you feel really valued and appreciated

24 Notice all the amazing wonders in the world around you today

25 Find out how to get involved in a group in your local community

26 Do something special today and revisit it in your memory tonight

27 Link today's choices and decisions to your purpose in life

28 Today do something to care for the planet

29 Tell someone about 3 events in your life that were really meaningful

30 What do you want to change in the world? Do something today

31 Take the AfH pledge: to create more happiness in the world



ACTION FOR HAPPINESS



www.actionforhappiness.org