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# July/August '19

## X Crosse County News X

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Dear LAHCE Members,

We all deal with stress, loss, failure, and trauma in our lives. How we respond to these has a huge impact on our wellbeing. While we cannot choose what happens to us, we can choose how we respond. This resilience, while not easy to start practicing, can be learned and will help us cope, or even bounce back, from adversity and difficulties. We can build a range of skills and nurture our resources to help us respond flexibly, effectively deal with challenges, recover more quickly and even learn and grow as a result.



Practicing resilience when things are going well is actually quite fun. Taking time to nurture our relationships and spend time with friends improves our wellbeing as well as potentially offers support when times get tough. Looking at the bright side or looking at problems as opportunities helps us to overcome problems when they happen by seeing a positive outcome and working toward it.

Often, when we look at solutions rather than keep dredging up a problem, we do overcome the problem with less stress.

Being altruistic, or kind to others also builds our resilience and wellbeing. When we volunteer, help someone else, or even offer a smile to a passerby, we also feel better.

Jump Back July gives us the opportunity to step back and look at the whole picture rather than jumping to conclusions, which can be very easy to do! Altruistic August provides some ideas to do for others. The platinum rule: treat others how they want to be treated is an important part of altruism. Asking to help and helping in a manner that the other person appreciates and accepts is important. Altruistic August has some ideas on the back of this newsletter's calendar from Action for Happiness.

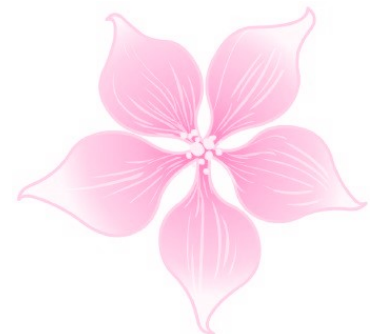
Happy Summer!



Heather Quackenboss

Human Development and Relationships Educator

[Heather.quackenboss@wisc.edu](mailto:Heather.quackenboss@wisc.edu)



## Making Jams

We have enjoyed the strawberries in June and now more berries are starting to burst around us and our gardens are giving us some first harvests. Preserving our bounties through freezing and canning occurs in many homes throughout the county. But what happens when we need to restrict our intake of sugar or salt? Is food preservation still safe? Most often, the answer is yes.

Dr. Patricia Kendall of Colorado State University and Extension explains some of the procedures when looking to reduce or eliminate sugar or salt:

### Canning Fruit

Recipes for canning fruit usually call for adding sugar or sugar syrup. While sugar helps hold the texture, shape and color of fruit, it is primarily added for flavor. It is not needed to prevent spoilage. You can safely can all fruits in water or in fruit juice by following reliable canning directions for preparing and processing the fruit. Substitute water or fruit juice for the syrup or sugar pack.

When canning without sugar, use high quality fruit. Overripe fruit will soften excessively. Take special care to



follow steps that prevent darkening of light-colored fruit. Several treatments may be used to prevent or retard darkening. One is to coat the fruit as it is cut with a solution of 1 teaspoon (3 g) crystalline ascorbic acid or 3,000 mg crushed vitamin C tablets per cup of water. Another is to drop the cut pieces in a solution of water and ascorbic acid, citric acid or lemon juice. Use 1 teaspoon (3,000 mg) ascorbic acid, 1 teaspoon citric acid or 3/4 cup lemon juice to 1 gallon water.

Honey or light-colored corn syrup may be substituted for up to half the sugar called for in a canning syrup recipe. However, these products do not reduce the calorie or carbohydrate content of the sugar syrup, and thus are not acceptable sugar replacements for people on diabetic diets.

Substituting plain water for the sugar syrup reduces the calorie content of canned fruit by approximately 205, 280 or 375 calories per pint, assuming 2/3 cup of thin, medium or thick syrup, respectively, is replaced with water.

When serving fruit preserved without sugar, count fruit exchanges as for fresh or commercially prepared, unsweetened or artificially sweetened fruit.

### Freezing Fruit

All fruits may be frozen without added sugar. Sugar is not needed for the preservation of frozen fruits, but it does help the fruit maintain quality longer.

Berries and fruits such as cherries, plums, dates, grapes, melon balls, pineapple chunks and rhubarb slices that do not darken when exposed to air are best frozen in single layers on trays, then packed into freezing bags or containers. These fruits may be served partially thawed, giving some juice, but with some frozen firmness still remaining in the fruit itself.

Light-colored fruits such as apples, peaches and apricots freeze well in unsweetened juice or water. Pack them in rigid containers, leaving 1/2 inch of headspace for square pint containers and 1 inch for quart containers. Retard darkening of light-colored fruits by one of the methods discussed in the section on canning fruit without sugar. Artificial sweeteners, if available, may be added to the water in an amount equal in sweetness to a sugar-sweetened syrup. Make a small batch to test for acceptability before freezing large quantities.

### Preserving Jams and Jellies

Sugar helps in gel formation, serves as a preserving agent, and contributes to the flavor of jams and jellies. It also has a firming effect on fruit, a property useful in making preserves.

Jams and jellies can be made somewhat satisfactorily without added sugar but tend to resemble more of gelatin-fruited dessert than a true jam or jelly. Such products generally are sweetened with a non-nutritive sweetener and gelled with unflavored gelatin, gums or modified pectin. Jams with less sugar than usual also may be made with concentrated fruit pulp, which contains less liquid and less sugar.

# Development

## and Jellies

Two types of modified pectin are available for home use. One gels with one-third less sugar. The other is a low-methoxyl pectin that requires a source of calcium for gelling.

To prevent spoilage, process jars of low-sugar jams and jellies longer in a boiling water-bath canner than regular jams or jellies. Carefully follow recipes and processing times provided with each modified pectin product. Altering the proportion of acids and fruits may result in spoilage. Low-sugar jams and jellies also may be stored in the refrigerator for use within three to four weeks or in the freezer for longer storage.



Note: Sugar-free jams and jellies contain the carbohydrate that is naturally present in the fruit. Commercial low-calorie jelling mixes may provide additional carbohydrates in the form of maltodextrin or other saccharides. Jams and jellies made with artificial sweeteners and unflavored gelatin or added pectin generally provide 8 to 12 calories (2 to 3 grams carbohydrate) per tablespoon. Those made with a commercial low-calorie jelling mixture such as maltodextrin provide 16 to 20 calories (4 to 5 grams carbohydrates) per tablespoon.

### Canning and Freezing for Salt-Free Diets

With the exception of cured or smoked foods and most pickled products, salt is not necessary for safe processing of home-canned or frozen fruits and vegetables. Its addition does help retain the natural color and texture of the canned product. It is primarily added for flavor.

To can or freeze foods without salt, follow usual recipes and reliable canning and freezing directions, but without adding salt. To improve the flavor of saltless vegetables, add 1/2 to 1 tablespoon of lemon or orange juice to each pint of carrots, beets or asparagus. Green beans and peas get a lift from 1/4 teaspoon mace, nutmeg or curry powder per pint. Salt substitutes generally are not

recommended in canning. They may contain additives that will react with the foods, impart off-flavors or colors, or give brines a cloudy appearance.

Always add the amount of salt specified in brined pickles and cured and smoked foods. Salt is needed for the safe preservation of these foods. People on low-sodium diets should check with a physician or dietitian to see if these foods should be excluded from their diets or eaten only in limited amounts.



A few low-sodium, high-vinegar, fresh-pack pickle recipes have been developed. Any fresh-pack pickle recipe that calls for as much or more vinegar than water and provides a finished product with at least 1/4 cup of 5 percent acid vinegar per pint jar of pickled products can be safely made without salt. Sweet pickles generally taste better without salt than dill pickles. If salt is omitted from fresh-pack dill pickles, try adding hot peppers, herbs and garlic instead. Dill pickles taste better if as little as 0.5 percent salt by weight of entire contents is added. This is the equivalent of 1/2 to 3/4 teaspoon of salt per pint jar of pickles.

### References

*The Complete Guide to Home Canning. Agriculture Information Bulletin No. 539-1, U.S. Department of Agriculture Extension Service, revised 2009.*

\*P. Kendall, Ph.D., R.D., Colorado State University, associate dean of research, food science and human nutrition. 1/99. Revised 10/12. Colorado State University, U.S. Department of Agriculture, and Colorado counties cooperating

*No endorsement of products mentioned is intended nor is criticism implied of products not mentioned.*

**Heather Quackenboss**

*Human Development and Relationships Educator*

# Executive Committee Reports

## President's Message

Summer is finally here, the rainy days are behind us, the garden is planted, and there is time to reflect on where we are in the HCE year. It seems the first half of the year is built up to the climax of the Spring Banquet along with the cultural arts exhibit, education program and Spring Annual Meeting.

It was certainly a positive event, for over two-thirds of our members participated, and the majority of them participated actively by either hosting the event, exhibiting their creations for the cultural arts contest, being part of the education program, being the recipient of a milestone, or representing their club at the Spring Annual Meeting.



During our pause for the next half of the year, we will have the opportunity to go to the Farmington Town Hall for Fun Day, with a pot luck meal, games, and the opportunity to donate a personal item for the Family & Children's Center. You will not want to miss this long held summer tradition. Nor would you want to miss the



La Crosse Interstate Fair, and visit the LAHCE booth. It seems we take advantage of good ole summer time, and provide many opportunities for wholesome activities. Every other year we sponsor a summer trip, and this year we have the opportunity to visit the Owl Center in Houston in August. Later that month the Cultural Arts Committee is sponsoring a program on Rosemaling. The WAHCE annual conference is in Manitowoc in September, and now is the time to make plans if you are planning to attend.

It looks like there are many opportunities to see one another the next few months. May these events contribute to a fulfilling summer. Hope to see you often, and that you have time to take care of the garden!

*Lois M. Hess*  
President

### 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.

## Membership & Marketing

As membership chair, I am constantly trying to think of new means to recruit more members. I am sending letters to ladies who receive the newsletter who are not currently HCE members, including our tri-fold pamphlet to let them know what our membership involves and the services we do in the community.



I am also contacting the Coulee Region Women's Magazine to see if they would do an article about HCE, since we are an organization comprised of Coulee Region women. I am hoping this could be in conjunction with HCE Week in November.

*Sheryl Smith*  
Secretary

# Executive Committee Reports

## Message From The Editor



More history of clubs.

The La Crosse Center had 6 clubs. The North Ridge Club started out as the Horticultural Society which was organized in 1920, which included men, women, and children. Meetings were held once a month and each fall a community fair was held at which participants exhibited livestock, handiwork, and garden produce. This was the forerunner for the North Ridge Homemakers Club which was started in 1931 and had members from the ridge area between Highway 14 and Highway 33, and also from adjoining coulees. In 1954 the membership was so large, the club split into two and the Coulee Ridge Homemakers Club was formed. Both clubs participated in various county meetings, performed community services, and learned various crafts.

Maple Leaf Homemaker Club was begun in 1965 with 6 women attending. During the first year, 2 more ladies joined. Meetings were held in the basement of the Coulee State Bank.

In February, 1945, eight ladies from Morman Coulee and the Morman Coulee ridge met and formed the Morman Coulee Homemakers Club with the assistance of Miss Anita Gundlach, La Crosse County Home Agent. The club met the second Tuesday of every month, the dues to be fifteen cents per member per month, with two hostesses serving a lunch consisting of a salad, cake or cookies, sandwiches, pickles, and coffee.

One of the oldest homemaker clubs in the county was the Hamilton Homemakers which was organized in 1923, with members residing in the area of Hamilton School where their meetings were held. At one time there was 50 active members.

Medary Township lies just east of the city of La Crosse. The Medary Homemakers Club was organized in 1931 with seven charter members. Over the years they have made a variety of things such as rugs, table mats, dress forms, a recipe book, and have made donations to area charities.

*Sheryl Smith*  
Newsletter Editor

## LAHCE Summer Trip

**Date:** Monday, August 5, 2019

**Time:** 11:00 a.m. owl program (Arrive 10:45) we will carpool

**Place:** International Owl Center, 126 E. Cedar Street (Hwy. 16/76) Houston, MN

**Cost:** \$7.00 seniors (no reimbursement but transferrable)

**Lunch at Barista Coffee House, Houston at your own expense**



Name: \_\_\_\_\_

Club: \_\_\_\_\_

Phone: \_\_\_\_\_

Lunch: Yes \_\_\_\_\_ No \_\_\_\_\_

Send \$7.00 payment to Wanda Rogers, 800 West Ave N Lot AA, West Salem, WI 54669

# Committee Reports

## Cultural & Textile Arts Report

Thank you to all who submitted handcrafted cultural/textile arts items for judging at the Spring Banquet. The judges had a difficult time deciding which items to award blue ribbons, making them eligible to be entered at the WAHCE State Conference in September. A total of 17 entries were received. Twelve blue ribbons and five red ribbons were awarded. There were two entries in the "Hattie's Hat" category. Sheryl Smith's furry blue hat was chosen by members at the banquet to be LAHCE's entry at the State Conference. "Best of Show" Award went to Marlene Stello for her embroidered baby quilt. This was something new this year, and was voted on by members at the banquet. Congratulations, Marlene! You do awesome work! In fact, everyone who entered items deserves congratulations. Thanks for sharing your talents. Now it's time to start thinking about your entries for next year!



### **REMINDER:**

If you received a blue ribbon on your cultural arts items) at the Spring Banquet, please have your entries to me by July 20, 2019. I will take them with me to the state conference in September. You can call me at: 608-786-4749 to make arrangements.

### **UPCOMING CULTURAL ARTS EVENT:**

**The Norwegian art of Rosemaling**

**August 19, 2019 – 1:15 p.m. - Hamilton Town Hall in West Salem**

**Refreshments will be provided**

**No charge**

Donna Leis and her husband, Steve, of Cataract, Wisconsin have been involved in the art of rosemaling for many years. Donna and Steve have taken numerous classes to learn how to do the intricate painting and designs, and will be sharing their knowledge. They will have a number of items on display, and also some available for purchase.

Mark your calendars!! You won't want to miss this!!  
Happy crafting and creating!

*Laura Ira*

*Cultural & Textile Arts Coordinator*

## Family and Community Life

Fifteen members responded to the Healthy Lifestyle Survey:



1. Activities usually participated in weekly: walking (13), biking (2), Strong Bones (4), hiking, dancing, bowling, horseback riding, kayaking, water aerobics, snow shoveling (1 each).
2. Weekly active for ½ hour or more: 5 or more (9), 3 or 4 (2), 1 or 2 (4).
3. One half serving of fruit and vegetables eaten daily: 8 or more (3), 5-7 (3), 1-4 (9).
4. How much of your diet is grown or made within 100 miles? Most (1), About half (4), Some (3), Very little (2), Unsure (5).

Thank you to everyone who participated.

*Leann Kramer*

*Family and Community Life Coordinator*

## Fun Day

**Date:** Monday July 29, 2019

**Time:** 12:00 NOON

**Location:** Farmington Town Hall—Mindoro

**Please bring:**

- A dish to pass
- Your own plate and silverware
- \$2.00 wrapped bingo prize
- Items for Family and Children's Center Some suggestions are: Men/Women: deodorant, body wash, bar soap, shampoo, conditioner, toothpaste, toothbrushes. PREFER FULL SIZE. Also diapers size 4,5,6, baby wipes, tampons, sanitary pads. (These items will be used when they hold their Summer Family Day.)

Please join us for an afternoon of fun and friendship.

**Committee:** Marleen Stello, Carolyn Lindeman, and Leann Kramer.

# Educational Programs

## Organic Valley Education Program

Organic Valley, with headquarters in LaFarge, WI, is the largest dairy cooperative in the world and employs 900 people.



USDA organic products are identified with a green symbol, it is a national logo, and any product which claims to be organic will have this symbol (seal) on it.

Organic certification takes dedication, record keeping, and an annual review.

The organic seal on a product means no antibiotics are used; should an animal get sick it needs to be removed; no synthetic hormones are used, no genetically modified organism, and no raw milk.

To become organic certified involves a three year process of no pesticides, no hormones or antibiotics, and soil testing.

*Leann Kramer*

*Family and Community Life Coordinator*



## Family & Children Center Report

Members of the Little Barre HCE Club were very impressed when they toured the Family and Children's Center on June 11<sup>th</sup> to get a better understanding of what that organization does for the community. Earlier this year club members had tied fleece quilts which were donated to the FCC.

We learned about the 'Stepping Stones' program to help minimize the trauma of child abuse by centralizing the investigative process and supporting the child through it. We saw 'Hope Academy' where teen mothers continue their education while caring for their child with the support of counselors and volunteers. And, we heard about the 'Healthy Families' program which provides services to new or expecting parents who are 'struggling with the demands and stress of raising a child'.

Finally, we went through the donation area where Deb and Angie, HCE members in the Table Rock Club, have transformed rooms filled with bags and boxes of donated items to an organized 'store' where families in need can get clothing, toys, books and household items for free.

After the tour, we agreed that the Family and Children's Center is a valuable asset to our community. We encourage other clubs to take a tour.

*Cathy Onsager*  
*President-Elect*

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Interested in an upcoming event? Curious if an event has been cancelled? Call our activities line for an updated recorded message.  
**(608) 785-6418**

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*La Crosse-County News*



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## ACTION CALENDAR: ALTRUISTIC AUGUST 2019



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

**"No act of kindness, no matter how small, is ever wasted" ~ Aesop**

4 Make a thoughtful gift as a surprise for someone

5 Take a friend on a spontaneous adventure

6 Ask someone how they are and really listen to their reply

7 Look for something positive in a difficult situation

8 Go for a walk and clear your head when feeling overwhelmed

9 Make a list of things that you're looking forward to

10 Get the basics right—eat well, exercise and go to bed on time

11 Cook your favorite food for someone who will appreciate it

12 When you buy one and get one free, give the extra item away

13 Sign up to become an organ donor or give blood

14 Plan a street party, picnic or gathering for your community

15 Look for the good side in everyone you meet today

16 Donate your change to support a good cause

17 If someone annoys you, imagine how it feels to be them

18 Turn your phone off and give people your full attention

19 Be thankful for your food and the people who made it possible

20 Choose to see something good about what has gone wrong

21 Notice when you are feeling judgmental and be kind instead

22 Set yourself an achievable goal and make it happen

23 Ask yourself: "What's the best that can happen?"

24 Write down 3 things you're grateful for (even if today was hard)

25 Start friendly conversations with people you don't know

26 Tell a young person something you wish you'd heard at their age

27 Contact a friend to let them know you're thinking of them

28 No plans day! Be kind to yourself so you can be kinder to others

29 Take time to forgive someone who hurt you in the past

30 Notice when someone is down and try to brighten their day

31 Offer your seat, give way or hold the door open for others

**ACTION FOR HAPPINESS**



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