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October '19

X Crosse County News X

Dear LAHCE Members,

I cannot believe it is already October, fall is quickly speeding by! Did you know that October is Emotional Intelligence Awareness Month?

Emotional intelligence is an internal initiative to make healthy assessments about how our minds influence our behavior and those around us. Here is how you can practice emotional intelligence:

1. **Think about your feelings**—Try and recognize when you are feeling certain emotions, and how those emotions are impacting yourself and those around you.
2. **Take Pause**— Do not say the first thing that pops into your brain, instead take a pause (maybe a deep breath), and consider what you want to say before speaking.
3. **Control Your Thoughts**—Keep your thoughts away from negative reactions to emotions you may be feeling, instead focus your thoughts into how to resolve your negative emotions.
4. **Take Criticism and Benefit From It**—If you receive negative criticism from someone, try and ask yourself how you can use that criticism to make yourself better.
5. **Be Authentic**—Mean what you say and say what you mean.
6. **Show Empathy**—Do not judge others if they have a viewpoint different from your own, instead try to understand where that person stands (this doesn't mean you must agree, it only means you are trying to see things through their eyes).
7. **Give Praise To Others**— Just like you appreciate receiving praise and appreciation; so do others!
8. **Constructive Criticism of Others**—You know how it feels to receive negative criticism, so try to only give helpful feedback to those around you.
9. **Apologize**—Really taking a look at yourself and seeing that you did wrong is a big step, and apologizing for that wrong takes strength. Apologizing doesn't always mean you are wrong, but it does mean you are emotionally intelligent enough to see how you or your emotions may have negatively affected another person.



Have a great Emotional Intelligence Month!



Heather Quackenboss
Human Development and Relationships Educator
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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

October is a favorite month for many! There are glorious days and events which draw us out into the sun, a last chance before the change of season. In HCE we celebrate these days by having our Fall Annual Meeting, an opportunity to reap the harvest of activities for the year.

The annual meeting will include reports of officers and standing committees, approval of the 2020 budget, 2019 WAHCE Conference reports and Fall Meeting West District reports from those who attended. This will be followed by installation of Cathy Onsager as LAHCE President.

Traditionally, we have a short program after the annual meeting. Heather Quackenboss, Human Development and Relationships Educator, our resource person with the county extension office, will tell us about her position. She has challenged us to collaborate with her colleague, Emily Crook who gives direction to 4-H, to assist with 4-H's Clover College or other 4-H programs. You will want to hear about this new venture for HCE.

There will be a time to mingle and refreshments before you go home. It should be an interesting afternoon!

Hope to see you there!

Lois M. Hess
President



Membership & Marketing

Watch for the October/November edition of Coulee Region Women's Magazine, there will be an article about HCE. I am hoping this will bring more awareness of our organization and hopefully some new members. National HCE week is November 3-9, I am also hoping to get a short article in the local papers.

Sheryl Smith
Secretary



Committee Reports

International Coordinator

Another part of HCE's International Projects is Ventures in People (VIP). Haiti has no public schools, all private, which the poor population cannot afford. Monies raised at the silent auction fundraiser held at WAHCE Conference in Manitowoc in September will go towards scholarships to offer elementary and high school education to a deserving child. This is their first big step towards improving their lives. Thank you to those who donated items for this fundraiser.

Haiti is also another country where our water filters are sent to.

With the help of Rotary International, they have provided roughly 20,000 people with access to safe water thus far.

Leah Bork
International Chair

Executive Committee Reports

Message From The Editor

The Final Center in the history of LAHCE



West Salem Center

The Town of Barre comprises 21 sections known as Bostwick Valley. In this area, there were 6 Homemaker Clubs.

The Brookside Homemakers Club was organized in 1925 when The Brookside School Mother's Club decided to affiliate with the La Crosse County Extension Service, the first meeting had 65 members in attendance. On May 20, 1980 the club celebrated it's 55th Anniversary. Throughout the years, the club was involved in many activities and community projects. Meetings were held the 4th Tuesday of each month, starting with dessert and coffee followed by the business meeting.

Members cherished a strong bond of sisterhood: like congeniality, compassion, and respect for all concerns of sorrows and joy.



The Garbers Valley entry in the book had no information about the club.

Neshonec Walker Homemakers lived in coulees named for some of the early settlers---McKinley Valley, Berg Coulee, Torgerson Coulee, and Phillip's Ridge.



Table Rock club was organized in 1927 when Mrs. Adolph Nuttleman became very interested in the La Crosse County Homemakers Association. She invited some friends to her house, and with the help of County Homemaker President, Val Keppel the club was started. The name was chosen when a member looked out the window and saw the big rock formation.

In this writing it mentions county officers from this club which included Mrs. Larry (Barb) Hubert, as a former President.

A newly formed club, Town and Country Homemakers, met for the first time on February 6, 1968 with 21 women in attendance. The club did several projects to raise money for the treasury, contributed to several charities, and had numerous educational programs. They handled the publication of the Hamlin Garland brochure, and made a quilt that was presented to the West Salem Historical Society. In 1981, there were 12 members remaining.



Little Barre Circle Homemakers Club was formed on May 20th, 1957, with 10 members. The name was chosen because members at that time geographically were in a circle surrounding Barre Mills. Goals set by the club were: keep up with the times, to be better home and community members, be prompt, cooperate with one another, to improve their own homes. The club did many community services and held educational sessions. In April, 1959, they voted to have the meetings in the evening instead of during the day, so the ladies could leave their children at home, because there some incidents of pranks being done by the children. Since 1957, the club has expanded beyond the original circle.

So ends the history of the clubs of La Crosse County, I find it sad that so many clubs have disbanded since 1981 as our lives have gotten busier and more complicated.

Sheryl Smith
Editor





AN EQUAL OPPORTUNITY EMPLOYER



ACTION CALENDAR: OPTIMISTIC OCTOBER 2019



MONDAY



TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

1 Write down your most important goals for this month

2 Look out for positive news and reasons to be cheerful today

3 Start your day with the most important thing on your list

4 Focus on a positive change that you want to see in society

5 Take the first step towards a goal that really matters to you

6 Be a realistic optimist. See life as it is, but focus on what's good

7 Make progress on a project or task you have been avoiding

8 Do something constructive to improve a difficult situation

9 Avoid blaming yourself or others. Just find the best way forward

10 Look for the good intentions in people around you today

11 Re-frame a problem you face as a potential opportunity

12 Take time to reflect on what you have achieved this week

13 Put down your To-Do list and let yourself be spontaneous

14 Set hopeful but realistic goals for the week ahead

15 Do something to overcome an obstacle you are facing

16 Remember that things can change for the better

17 Share your most important goals with people you trust

18 Thank yourself for achieving the things you often take for granted

19 Make a list of things that you are looking forward to

20 Find the joy in completing a task you've put off for some time

21 Let go of the expectations of others and focus on what matters

22 Write down 3 specific things that have gone well recently

23 Share an inspiring idea with a loved one or colleague

24 Recognise that you have a choice about what to prioritise

25 Plan a fun or exciting activity to look forward to

26 Ask yourself, will this still matter a year from now?

27 Be kind to yourself today. Remember, progress takes time

28 Start the week by writing down your top priorities & plans

29 Find a new perspective on a problem you face

30 Set a goal that links to your sense of purpose in life

31 Think of 3 things that give you hope for the future

"Choose to be optimistic. It feels better" - Dalai Lama



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