

University of Wisconsin-Extension
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September '19

X Crosse County News X

Dear LAHCE Members,

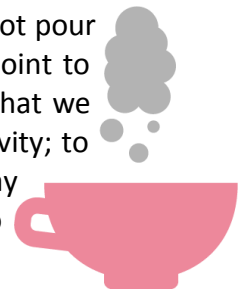
Self-care is a term that has been thrown around for a while, and often, and stereotypically, we may think of activities like taking a bath, getting a massage, or going to coffee with a friend. While these activities can help us feel better, they can also be indulgences that are not realistic in our lifestyle or be helpful for the rejuvenation our mind, body, or spirit need.



Self-compassion might be a term that is more suited to our lifestyle. For many of us, we serve as helpers, educators, caregivers...in other words: we help others. While helping others can be incredibly positive for our wellbeing, it can also feel, or be, draining when we give more of ourselves than we anticipate. Our compassion for others does not extend or come back to ourselves.

To accept ourselves as we are can be difficult, we are our own worst critics! The way we speak to ourselves matters. To look at this in a different way, think about the thoughts or things you say to yourself and then ask yourself if you would say the same thing to a good friend. Treating ourselves as we treat our good friends is a way to practice self-care and compassion so that we can accept ourselves, faults and all. When we can be kind to ourselves, we are more resilient when unexpected issues arise.

On the self-care September calendar on the back of the newsletter, it states that we cannot pour from an empty cup. While I tend to roll my eyes at clichés like this, it truly is a good point to remember. We have tendencies to get busy in our day to day routines and to do lists that we forget to take moments to recharge. Self-care or compassion is not a one and done activity; to be most effective, self-care is something small we can do each day to help us stay grounded, take a break, connect with others, realize what we are grateful for, or even to forgive ourselves.



What do you do to take a break? How can you enhance that to a small break each day to improve your wellbeing?

Have a beautiful September!



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

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

UW-Extension Facebook Page
For the latest research-based educational news and articles, be sure to “like” and follow our facebook page at www.facebook.com/lacrossecountyuwex

Preserve What You Grow!

- Save your beans, tomatoes and so much more!
- Learn how to can with a water bath and pressure canner
- Make pesto and salsa
- The best ways to freeze, dehydrate, then package your food.



Classes are a part of:

 **Market Baskets**

and will be held from
July to October. Please visit
hillviewuac.org/preservation
for dates, locations, and registration.



Presented by



Food for the demonstrations donated by **Hunger Task Force** and **Kane Street Garden** and **The Food Forest** at the YMCA.
Canning supplies donated by the Leithold estate. Basil class presented by **Amy Shea of Wisewater Botanicals & Sundry**.
For more information, contact Natalie Kostman, Hillview Urban Agriculture Center's Program Manager at 608.782-2585 or greenhouse@hillviewuac.org

Wise Wednesdays

Have some fun and connect with others to socialize, learn tools to cope with aging, and improve joy in your day to day life in a welcoming and engaging atmosphere. This is an open class, so join us when you can, whether that be one session or the entire series. Registration is encouraged.

Location:

Black River Beach Neighborhood Center
1433 Rose Street
La Crosse, Wisconsin 54603
P: 608.789.8640

Time:

10am to 11:30am

Facilitators:

Amy Brezinka, La Crosse Parks & Rec Program Facilitator
&
Heather Quackenboss, Human Development & Relationships Educator, La Crosse County UW-Extension

Dates:

1st & 3rd

Wednesdays
(Sept. 4, 2019 to April 15, 2020)

To Register please call the La Crosse Parks and Recreation department at 608-789-7533

Schedule:

- Sept 4 - Ordinary, everyday joy and our brain
- Sept 18 - Applepalooza
- Oct 2 - Winterize Your Brain
- Oct 16 - Winter Resources
- Nov 6 - Gratitude
- Nov 20 - Staying Wise and Well
- Dec 4 - Savor Our Traditions
- Dec 18 - Melody and Harmony
- Jan 8 - Humor - Improv
- Jan 22 - The Anti-resolution
- Feb 5 - Companionship/Intergenerational Day
- Feb 19 - Heart Math
- Mar 4 - Mindfulness and Mental Wellness
- Mar 18 - Yoga/Tai Chi/Mindfulness
- April 1 - Purpose and Meaning
- April 15 - Celebration of Spring - Snack Potluck



Extension

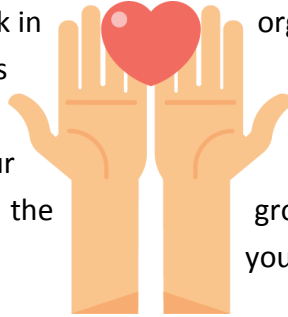
UNIVERSITY OF WISCONSIN-MADISON
LA CROSSE COUNTY



Executive Committee Reports

President's Message

In a perfect world, there is peace and harmony. In our trying times with outbursts of horrific storms and unstable people with guns, it is a relief to bask in the waters of peace and harmony. One needs to find positive diversions to maintain inner peace and contentment so necessary for our well being. Your involvement in HCE may be the outlet to help you maintain your equilibrium.



Members have the opportunity to know each other through committee work, while also learning how an organization functions. At the end of the year you have the opportunity to sign up for the committees you would like to serve on. Volunteering will not only prompt personal growth, but also organizational growth through your contributions.

Each year LAHCE identifies a cause that addresses a need in the community. It is a wonderful way to not only fill a need in society, but it also gives us an opportunity to work together and get to know each other in a more casual project setting. Each year the project is different. It is referred to as the Services of Love project, which is documented and submitted to the state in competition for recognition at the state conference this month.

As we approach the fall of the year, keep these ideas in mind. Not only do you need the organization, the organization needs YOU!

Enjoy these last days of summer.

Lois M. Hess
President

Membership & Marketing

In June, 6 letters including our trifold informational booklet were mailed to women who had requested getting the newsletter but who were not HCE members. One letter was returned as unforwardable and there was no response from the other 5.

I had received a call from the secretary of the Hmong Association asking questions about HCE since Cathy Onsager and I had attended their open house and left information. She had questions for me regarding HCE which I answered and she also contacted Heather Quackenboss to question her. WE concluded that they are really not that interested in joining or forming a club.

I had also contacted the Coulee Region Women's Magazine about doing a feature on HCE, possibly in their fall edition so it could be in conjunction with National HCE Week. This is a strong possibility to happen and I will be contacting them again in September to see what information they will need.



Sheryl Smith
Secretary

Executive Committee Reports

Message From The Editor

History continues.... Mindoro Center

The Blooming Country Homemakers group included Mindoro and the four coulees around it. This group consisted of women ages 40 and under who lived mostly in old farm houses and averaged 3 children. They had representation from a wide variety of occupations and backgrounds, which lead to interesting discussions.

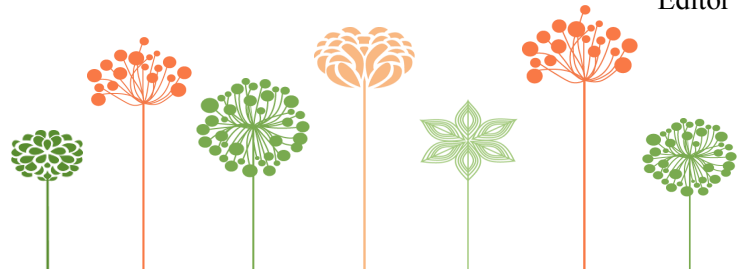
Browns Valley Homemakers was organized in April 1923 with the help of a home economist who was sent from Madison. They had 25 members. They also received assistance with various projects from teachers from the College of Agriculture in Onalaska. La Crosse County did not have a paid Extension worker until 1936. This club donated to worthwhile causes, helped needy families, served at auctions, and entertained patients at Lakeview Health Center as well as attending College Days, having craft days, holding Spring Banquets, and taking trips.

The Burr Oak Homemakers entry to the booklet contained no information about the club, only the history of the people who settled there.

Lewis Valley Homemaker Club was organized in November, 1929. At the time of this publication they had 9 members.

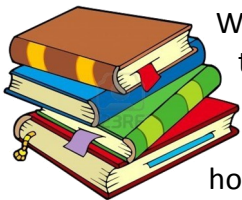
The Union Mills entry also contained just information about the history of the area around Stevenstown, who lived where and who bought properties from others. The only mention of the Homemakers was that they held plays in the old store building.

Sheryl Smith
Editor



Educational Programs

Wisconsin Bookworms



We are ready to start our 16th year of administering the Wisconsin Bookworms program. It has taken many people inside and outside LAHCE to make this a successful endeavor.

We have one reader who has been with the program for 15 years – our own Barb Hubert – and I hope you were able to see her recognized for that at the Spring Banquet. Mary Hanson has been a reader for 10 years. She is a former teacher and loved reading to the children. Mary must leave the program due to health issues, so we are looking for another volunteer. **If you are interested or know someone inside or outside HCE who is interested in reading for the program, please let me know.**

The reading starts the first week of October. The list of books is on the WAHCE website for all interested.

Jeanne Flynn
Bookworms Coordinator

Committee Reports

Cultural & Textile Arts Report

While writing this month's newsletter article, I am anticipating the upcoming WAHCE Conference at Manitowoc on September 16 – 18. Getting the Cultural/Textile Arts display set up is a huge undertaking, and Linda Sutherland, State Cultural Arts Chair, along with her crew of volunteers, do an amazing job. This will be my second year volunteering to help with set-up, judging and take-down of the approx. 400 entries we will receive. It is exciting to see the talent displayed by HCE members from around the state. The entries I will be taking with me from La Crosse County are exceptionally beautiful and well done, and should earn a number of "Blue" ribbons. Thanks to all of you who entered items for sharing your talents.



Watch for conference news and cultural arts updates in future newsletters.

By the time you read this, our cultural arts event on the Norwegian Art of Rosemaling will have been held. Hopefully, all who attended found it to be educational and entertaining.

Looking forward, it's time to relax a little, and then start planning your entries for next year. If anyone has any suggestions for upcoming cultural arts events, please share them with me.

Happy crafting and creating!

Laura Ira

Cultural & Textile Arts Coordinator



Family and Community Life

I would like to share with you the results of our Impact of HCE (volunteer hours) survey.

Number of members responding: 17
Events: 801 hours
Fundraising: 97.5 hours
Community Outreach: 458.5 hours
Donation Value: \$1563.50



Thank you to everyone who took the time to compile the information and fill out the forms. This information is very useful in letting others know how much HCE is of value to our county.

Leann Kramer

Family and Community Life Coordinator

International Coordinator

\$212.13 was collected through Pennies for Friendship this year in our county for our water filters project.

These filters will filter approximately 5 gallons of water in about 40 minutes. ACWW's Water around the World Project besides supporting clean water and sanitation projects, provides water tanks, bores wells, gives out hand pumps, plus the filters to help needed countries to have water.



Jeanne Flynn

Bookworms Coordinator

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 West District Fall Meeting



2019 HCE West District Fall Meeting

Monday, October 7th, 2019

Trinity Lutheran Church

201 N West Street, Loyal, WI 54446



9:00-9:30

Registration, Coffee, Refreshments

9:30-9:40

Welcome, Clark County HCE President Lois Becker

9:40-10:20

West District Business Meeting, Jane Grabarski

10:30-11:30

Pastor Asafa - The Pastor at UCC Church in Greenwood will present her home country of Madagascar. She will talk about what it was like to grow up there, their traditions, culture, schools, language, religion, and give an overview of the island. She will happily answer any questions you may have on life in Madagascar.

11:45-12:30

Lunch

12:30 - 1:15

Sheila Nyberg - Clark County Highlights

1:15 - 2:00

Breakout Sessions:

Cultural Arts - Shirley Schweiger

International - Eileen Gottbeheat

Membership/Marketing - Louise Buchholz

Wisconsin Bookworms - Bernie Arena

2:00-2:15

Summary, Invitation to West District Spring Meeting



Registration Form HCE West District Fall Meeting Registration Deadline: September 16, 2019



County _____

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____

Please send registration form and \$12.00 check, payable to LAHCE, to: Wanda Rogers
800 West Ave. N West Salem, WI 54669



AN EQUAL OPPORTUNITY EMPLOYER



ACTION CALENDAR: SELF-CARE SEPTEMBER 2019



SUNDAY

1 Remember that self-care is not selfish. It's essential

8 Remind yourself that you are loved and worthy of love

15 Make time today to do something you really enjoy

22 No plans day - make time to slow down and be kind to yourself

29 Write down three things you appreciate about yourself today

MONDAY

2 Talk to yourself like you would to someone you love

9 Avoid saying 'I ought to' or 'I should' to yourself

16 Notice the things you do well today, however small

23 Let go of other people's expectations of you today

30 Accept your mistakes as a way of helping you make progress

TUESDAY

3 Free up time in your diary by cancelling any unnecessary plans

10 Give yourself permission to say No to requests from others

17 Leave positive messages where you will see them regularly

24 Release yourself from inner demands and self-criticism

WEDNESDAY

4 Forgive yourself when things go wrong. We all make mistakes

11 Aim to be good enough, rather than perfect

18 Don't compare how you feel inside to how others appear outside

25 Ask a trusted friend to say what they like about you

THURSDAY

5 Notice what you are feeling today, without any judgment

12 Find a caring, calming phrase to say to yourself when feeling low

19 Think of a previous mistake you're glad you made and why

26 Find a new way to use one of your strengths or talents today

FRIDAY

6 Remember it's ok not to be ok. We all have difficult days

13 Be willing to share how you feel and ask for help when needed

20 Look at photos from a time with happy memories

27 You matter. Remember that you are enough, just as you are

SATURDAY

7 Plan a fun or relaxing activity this weekend and make time for it

14 Stop the glorification of 'busy'. It's good to take a break

21 Get active outside and give your mind & body a natural boost

28 Take your time. Make space to just breathe and be still



"Self-care is not selfish. You can't pour from an empty cup"



ACTION FOR HAPPINESS



www.actionforhappiness.org