

December '19

# X Crosse County News X

## President's Message

Two years have gone by since becoming your county president. The first year we set sail in uncharted waters without what was then known as a Family Living Agent. For more efficiency we combined the Spring Annual Meeting and Banquet with the Cultural Arts display, and the number of executive board meetings was decreased. These changes were successful and have been adopted. We began the second year with a UW Extension Educator to navigate us toward our goal, to be true to God and country, and of lasting service to home and community.

We have been able to maintain our membership through this time. Although we have lost some members by natural attrition, moving and death, we have also been fortunate to gain new members. This is a tribute to each of you, the result of your good example and enthusiasm. But let us not be complacent with the status quo, but look for opportunities to grow.

Our accomplishments during this time are a tribute to a dedicated executive board and our members who responded with their talents and support. Looking back on our Service of Love project, we helped the needy. We did it in the spirit of giving, not looking for praise. And it feels good!

My thanks are extended not only to members of LAHCE, but also to the La Crosse County Extension Office, for the advice and services they provide. Know that we recognize and appreciate your value to our organization.

Best wishes to the incoming president, and may all have a wonderful holiday season.

*Lois Hess*  
President

## REMINDER

Please send in your Club's 2020 Officer and 2020 Affirmative Action Forms (one sheet, back to back) to the Extension Office as soon as possible. These were distributed at the Fall Annual Meeting.

# Committee Reports

## Cultural & Textile Arts Report

Greetings to all –

Thanksgiving has come and gone. I hope everyone had a wonderful holiday filled with lots of turkey, stuffing, cranberries and pumpkin pie. We have so much to be thankful for – a warm home to come to, plenty of food and nice clothing, the great country we live in, our freedom – the list goes on and on. We often take these luxuries for granted and forget to say thank you Lord.



So, what's happening in cultural arts? Plans are being made for two fun events in 2020. Keep your eyes and ears open for definite dates, times, etc. Also, if you have not already done so, it's time to get going on your entries for the Cultural & Textile Arts judging which will be done at the 2020 Spring Banquet in May. Time has a way of slipping by, and the end of April will be here before we know it.

My wish for all of you is a Merry and Blessed Christmas season filled with much happiness and good health.

Happy crafting and creating!

*Laura Ira*  
Cultural & Textile Arts Coordinator

## Educational Programs



### Wisconsin Bookworm

We have been very fortunate to have two outstanding members volunteer to become co-coordinators of the Wisconsin Bookworms program. Cathy Onsager and Sheryl Smith will share the position of coordinator and will be helped by two to three others. Cathy will be the person who works with Head Start and book ordering, and Laura Ira will work with Cathy coordinating readers schedules. Sheryl will work on fund raising. We could not have asked for better people and I am sure the program will be in good hands. Cathy and Sheryl will be working with me this year to learn the processes involved.

I have not heard from the La Crosse Library regarding Care and Share. They have not held the usual educational programs this fall and I am not sure they are supporting the ALANO group at the present time.

#### 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.

*Jeanne Flynn*  
Bookworms Coordinator



# Executive Committee Reports

## Membership & Marketing

This is just a brief update after the publication of our story in the Coulee Region Women's Magazine. We have gotten 3 new members for our county, and the goal from the State Membership Chair is 2 new members per county for the upcoming year. Let's see if we can double the goal, only one more recruit needed. If you are changing your membership status such as joining a club or leaving a club and becoming a member at large, just include a note with your dues stating this.



*Sheryl Smith*  
Secretary

## Committee Reports

### State Conference Report 2019

The State conference was, once again, a great experience. Held at the Holiday Inn in Manitowoc, it was a bit of a drive, but Sheryl Smith and I stopped in Fox Lake at Karen's Hip Hop Diner for lunch and were taken back to the 50s complete with a waitress in a poodle skirt!

I helped with Cultural and Textile Arts Sunday evening and Monday morning before heading off on the bus tour to Woodland Dunes Nature Center and Preserve. Located along Lake Michigan, it is in the migratory flyway and serves as a resting spot for birds and butterflies. It contains wetland accessed by a board walk, sedge and upland areas with hiking paths and acres of wild flowers; a beautiful place to visit. We then went into Two Rivers where we visited the Washington House, a restored boarding house, which also houses Ed Berner's Ice Cream Parlor, home of the ice cream sundae. Of course I had ice cream! It was yummy!

Tuesday I attended the Annual Meeting and two workshops: 'The Civil War' and 'How to Think, not What to Think', an educational program. I especially enjoyed the Civil War workshop where I learned about the soldiers from Wisconsin who fought in the Civil War, what they wore, how ¾ of those who died did so from wound infection, not the wound itself, and the politics

behind the war, both from the perspective of the north and the south. I would love to see more Wisconsin history workshops at future conferences. The highlight of our Tuesday evening dinner was a barbershop quartet. They were very entertaining.

On Wednesday I attended a workshop entitled 'Pioneer Woman'. Our speaker was dressed in vintage clothing and read from the diaries of women who braved the Oregon Trail with their families. The final session I attended was another educational program, 'Stress and Resilience'. I plan to share some what I learned from the session with my Barre Club at our next meeting. The educational session materials are available to any club that would like to use them. Just contact me and I will get them to you.

As in past years, lunch and dinner seating was assigned. It's a great way to meet new members and renew old acquaintances. The 2020 Conference will be held in the Northwest District in Hudson. I encourage you to attend and participate in a wonderful event full of fun, friendship and opportunities to learn and grow.



*Cathy Onsager*  
President-Elect

**COOPERATIVE EXTENSION SERVICE**  
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*X Crosse-County News*



**AN EQUAL OPPORTUNITY EMPLOYER**



## KINDNESS CALENDAR: DECEMBER 2019



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>1</b> Encourage kindness. Share the Kindness Calendar with others	<b>2</b> Support a charity, cause or campaign you really care about	<b>3</b> Give kind comments to as many people as possible today	<b>4</b> Listen wholeheartedly to others without judging them	<b>5</b> Leave a positive message for someone else to find	<b>6</b> Notice when you're hard on yourself or others and be kind instead	<b>7</b> Make gifts to give to people who are homeless or feeling lonely
<b>8</b> Do something helpful for a friend or family member	<b>9</b> Be generous. Feed someone with food, love or kindness today	<b>10</b> Count your blessings: list the kind things others have done for you	<b>11</b> Give someone your place in a queue (in traffic or in a shop)	<b>12</b> See how many different people you can smile at today	<b>13</b> Buy some extra items and donate them to a local food bank	<b>14</b> Share a happy memory or inspiring thought with a loved one
<b>15</b> Visit an elderly neighbour and brighten up their day	<b>16</b> Look for something positive to say to everyone you meet today	<b>17</b> Thank people who do things for you but you may take for granted	<b>18</b> Offer to help someone who is facing difficulties at the moment	<b>19</b> Give away something that you have been holding on to	<b>20</b> Congratulate someone for an achievement that may go unnoticed	<b>21</b> Shop locally and support independent producers
<b>22</b> Invite over someone who would otherwise be alone	<b>23</b> Choose to give or receive the gift of forgiveness	<b>24</b> Offer spontaneous hugs to your loved ones and friends	<b>25</b> Treat everyone with kindness today, including yourself!	<b>26</b> Encourage others to join you outside and enjoy time in nature	<b>27</b> Call a relative who is far away to say hello and have a chat	<b>28</b> Be kind to the planet. Eat less meat and use less energy
<b>29</b> Turn off digital devices and really listen to people	<b>30</b> Let someone know how much you appreciated their gift	<b>31</b> Plan what extra acts of kindness you will do in 2020...	<p><b>"Do your little bit of good where you are; those little bits together overwhelm the world" ~ Desmond Tutu</b></p> 			

**ACTION FOR HAPPINESS**

**#DoGoodDecember**

[www.actionforhappiness.org](http://www.actionforhappiness.org)

Your happiness is part of something bigger  Join the movement for a happier and kinder world