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Extension  
 La Crosse County

January '20

# X Crosse County News X

## President's Message

As we say good bye to 2019 and enter 2020, we enter a new decade with new opportunities to be "of lasting service to our homes and communities". I would like to welcome back our renewing members and send a special welcome to our new members. So happy you joined HCE.

The Executive Committee has planned a year of community service, education and fun. Community service this year includes making more blankets and donating personal care items to the Family and Children's Center (FCC), and teaching two classes at the 4H Clover College: one on making fleece blankets and the other on sewing book bags. The blankets will be given to children at the FCC and the book bags are for children in the Head Start Program, teaching the 4H children the value of community service. We continue our Wisconsin Bookworms Program, purchasing books and reading to the children at Head Start.

Our Program Committee has arranged three new education programs: The first is an opportunity to learn more about the Salvation Army. The second is a Chair Yoga session. The third is on Acupuncture. Dates and times will be in your HCE 2020 Booklet which will be distributed in January.

The Cultural Arts Committee is planning some craft days, and if you are interested in entering something you have created in the county and state competition, it must be ready by the May 4th Banquet. Laura Ira can answer questions. Her email address is: [lnira@live.com](mailto:lnira@live.com). Information on the state

competition, held at the State Conference in September, will be in the State Newsletter, The Update. I encourage you to subscribe. It is full of information and links you to other county programs as well as the state organization.

In August we will have our annual Fun Day. And every other summer we plan an outing. In 2019 we went to the International Owl Center and out to lunch in Houston, MN. We are always open to suggestions!

I would like to extend an invitation to all of you to attend our Executive Committee Meetings, especially those of you who are 'at large' members. It really helps to be connected and gives you an opportunity to volunteer where you feel most needed. Our first meeting of the year will be at the Hamilton Town Hall in West Salem on Monday, January 13th at 1:15 PM. Would love to see you there. Subsequent meetings will be listed in the 2020 LAHCE Booklet.

Again, welcome to a new year of HCE. Together we can make a difference.

*Cathy Onsager*  
 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

# Executive Committee

## Cultural & Textile Arts Report

HAPPY NEW YEAR!!

Now that 2019 has come to an end, it's time to start planning our upcoming year. What lies ahead for Cultural & Textile Arts in 2020? I have two crafty and fun events planned.

**Our first event will be: Creating A Simple Easter Project** 

**Date & Time:** Monday, April 6, 2020 @ 1:00 pm

**Location:** My House @ 113 Meadow Lane in West Salem

**Cost:** Cost of supplies (No More Than \$3.00)

**RSVP:** Laura Ira

E-Mail: Lnira@live.com

Phone: 608-786-4749 (H)

608-498-2953 (C)



Please bring scissors & a hot glue gun, if you have one. Refreshments provided. Mark your calendars now!!

How many of you have started working on your projects for Cultural & Textile Arts? Judging will be done at the Spring Banquet/Annual Meeting to be held the beginning of May of this year. La Crosse County has so many talented HCE members. Share your talents for all to enjoy.

Another cultural learning event is being planned for fall. More to follow on that at a later date.

Happy crafting and creating!

*Laura Ira*  
Cultural & Textile Arts Coordinator

## Membership & Marketing

I am happy to report that we have gained four new members so far. I am going to hold a meeting in January to organize a new club with the members-at-large that would want to be in a group. This would consist of Holmen, Onalaska, and some from La Crosse.

I would also like to remind members that anyone is welcome to come to the executive board meetings, even though you can't vote on anything, it is a way to hear what is being planned for the upcoming months and to get an idea of what the board does. Next meeting is executive board and President's meeting, at which booklets will be distributed. The date is January 13th, at 1:15 PM at Hamilton Town Hall. Hope to see some of you there.



*Sheryl Smith*  
Secretary

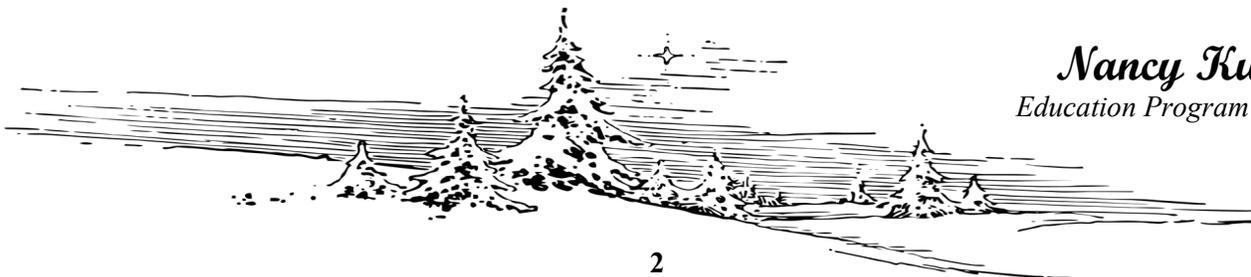


# Educational Programs

## Education Programs for 2020

There will be 3 interesting programs scheduled for the new year. The information with dates, location and topic will be published in the new booklet. Club presidents will receive the booklets in January and share with members. Thank you to the clubs and members who planned these programs. We hope that members will support these efforts and the public will attend, so invite any friends.

*Nancy Kuczynski*  
Education Program Coordinator





# Please complete BOTH sections of this form!

## 2020 NEWSLETTER RENEWAL/PUBLIC RECORD INFO

Extension La Crosse County is required to update their mailing lists on an annual basis. Please complete this entire form and return it to the Extension La Crosse County office if you want to continue receiving the Crosse County Newsletter in 2020. **This form MUST be completed and returned on or before January 31, 2020 or you will stop receiving the Crosse County Newsletter.**

Name: \_\_\_\_\_ Club, if applicable: \_\_\_\_\_  
Address: \_\_\_\_\_ Phone: (\_\_\_\_\_) \_\_\_\_\_  
City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
Email Address: \_\_\_\_\_

### Check Appropriate Responses:

**Gender:**    \_\_\_ Male        \_\_\_ Female

**Race:**        \_\_\_ White        \_\_\_ Black/African American        \_\_\_ Asian        \_\_\_ Hispanic/Latino  
                  \_\_\_ American Indian/Alaskan Native        \_\_\_ Hawaiian/Pacific Island        \_\_\_ Other \_\_\_\_\_

\_\_\_\_\_ **Yes, I would like to continue receiving the Cross County Newsletter.**

\_\_\_\_\_ No, I am not interested in receiving the Cross County Newsletter, please remove my name from your mailing list.

Under the Wisconsin Public Records Law, UW-Extension must release lists in its custody to the public upon request. Your name, address and telephone number may be included on such a list **UNLESS** you request confidentiality in writing. Please check the appropriate box indicating your desire. Sign and date the statement on the bottom of this page and return it. This policy was effective as of 1/25/94 and we need to comply with requests in a timely manner. If you return the statement we will remove your name from mailing lists that are made available for distribution.

\_\_\_\_\_ My name, telephone number and address **can be** available to the public as part of a record list.

\_\_\_\_\_ I **DO NOT** want the University of Wisconsin-Extension to reveal my name, telephone number and address to the public as part of a record list.

### **PHOTO PERMISSION**

\_\_\_\_\_ I grant permission to the Wisconsin Association for Home & Community Education (WAHCE) and the LAHCE to use my photo and comments in HCE reports, articles, and publications designed for educational, informational, and promotional purposes. I understand some of these materials may be posted online for a period of time.

\_\_\_\_\_ I **DO NOT** grant permission for the use of my photo and comments.

Name \_\_\_\_\_  
(Please Print)

Signature \_\_\_\_\_ Date: \_\_\_\_\_

***If you are a current member of a La Crosse County HCE Club, bring this form to your January club meeting and have your club secretary send them in to the UW-Extension Office with your January club minutes.***

***Return this form on or before January 31, 2019 to:***  
La Crosse County UW-Extension  
Attn: Crosse County News  
212 6th St N, Suite 2200  
La Crosse, WI 54601





**AN EQUAL OPPORTUNITY EMPLOYER**



## HAPPY NEW YEAR CALENDAR - JANUARY 2020



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

**"Happiness is not something ready made. It comes from your own actions" - Dalai Lama**

**5** Get moving. Do something physically active (ideally outdoors)

**6** Say something positive to everyone you meet today

**7** Take ten minutes to sit still and just breathe

**1** Find three good things to look forward to this year

**2** Make time today to do something kind for yourself

**3** Spread a bit of happiness by doing kind things for others

**4** Write a list of things you feel grateful for in life and why

**12** Switch off all your tech 2 hours before bedtime

**13** Be gentle with yourself when you make mistakes

**14** Take a different route today and see what you notice

**8** Look for the good in others and notice their strengths

**9** Learn something new and share it with others

**10** Thank three people you're grateful to and tell them why

**11** Have a friendly chat with a stranger

**15** Put a worry into perspective and try to just let it go

**16** Get outside and notice five things that are beautiful

**17** Eat healthy food which really nourishes you today

**18** Make something happen for a good cause

**19** Get back in contact with an old friend you miss

**20** Go to bed in good time and give yourself time to recharge

**21** Take a small step towards an important goal

**22** Try out something new to get out of your comfort zone

**23** Decide to lift people up rather than put them down

**24** Today do something fun and invite others to join you

**25** Put away your devices and focus fully on who you're with

**26** Say hello to a neighbour and get to know them better

**27** Challenge your negative thoughts and look for the upside

**28** Count how many people you can smile at today

**29** Use one of your personal strengths in a new way

**30** Ask other people about things they've enjoyed recently

**31** Write down your hopes and plans for the future



**ACTION FOR HAPPINESS**



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