

Crosse County News - March 2020

Executive Committee Reports

President's Message

February was an active month for many of our members.

- 1) Fleece Blankets.
- 2) Clover College.
- 3) New Club formed!

Three LAHCE events were scheduled to make fleece blankets for the Family and Children's Center. We gathered at Laura Ira's one afternoon and tied 8 blankets. Then we shared coffee and Laura's delicious homemade cinnamon rolls. Soooo good... Three members of the Little Barre Circle and one guest met at the Barre Town Hall and made 4 blankets. And, members of the new Camaraderie Club met on a Saturday afternoon for their second meeting and a blanket-making session. The Family and Children's Center will, again, benefit from our donation as we benefit from being of service to our community.

This year's Services of Love project is partnering with the 4-H. Sheryl Smith, Linda Gillmeister and I taught 2 classes at the annual Clover College held at the Bangor



Elementary School on Saturday, February 15th. In the first class, we worked with 7 girls age 8-14 and made 3 fleece blankets. In the second session, we worked with 8 girls in the same age group and made 6 book bags for children in the Head Start program. It was a wonderful experience, teaching the girls not only skills, but community giving.

Thanks to our Membership Chair, Sheryl Smith, we have a new club in La Crosse County.

The Camaraderie Club was formed in January and now has 4 members. If you are a member at large and are interested in joining a club that meets in Onalaska, or know of someone interested in becoming a member of HCE, please contact Sheryl at 608-317-2411.

Thanks to everyone who participated!

Cathy Onsager
County President





WEST DISTRICT SPRING MEETING

Monday, April 27, 2020



Jackson County invites you to join us at the HCE West District meeting at:
Evangelical Lutheran Church, 115 N 5th, Black River Falls, WI

- 9:00—9:30 Registration**, Coffee, refreshments
- 9:30—10:00 Welcome**—Jackson County President, Joan Staffon
Message from Sheryl Smith, West District Director
Message from Donna Zarovy, WAHCE President
- 10:00—10:15 Chair aerobics**——Tammy Strandberg,

10:25—11:40 Workshop sessions: **Mark your choice of workshop below as 1st, 2nd, 3rd, 4th**

#A. Bracelet Making- Darlene Schumacher—

Using square beads. Cost \$8.00 pay during class.



#B. Sampson Gallery tour in Black River Falls— Susan Sampson is a renowned artist who has an award winning gallery. For more than 40 years. Her farming background really shines through in her heritage landscapes.

#C. Jim Hornby—Jim will share his eagle pictures and how it resulted in his published book/ Copies of his book “My Grandfather Takes Pictures of Eagles” will be available for purchase.

#D. Peter Rezor- A native American author, wrote a memoir of his mistreatment and racial prejudice of his 17 years as a ward of the State of Minnesota during the 1930’s. Peter’s book “While Locust Sleep” will be available for purchase.

11:45—12:30 Lunch

12:45– 1:40 Floating Gardens—Bonnie Goodenough talks about her Aquaponics farm. Aquaponics is a mix of growing plants on water and growing aquatic animals like fish. The Gardens are grown all year round

1:45 Business Meeting—Sheryl Smith West District Director
Minutes, Treasurer’s report, Invitation to Fall meeting, Other business
wrap up and door prizes



HCE Registration Form

Pre-Registration is required, nonrefundable, costs \$12.00 and the deadline is April 1st

County _____
 Name _____
 Address-City, State & Zip _____
 Phone or email _____

Workshop Choice # A _____ # B _____
 # C _____ #D _____



MAKE CHECKS PAYABLE TO: LAHCE

Send registration along with \$12.00 by April 1st to:
 Wanda Rogers
 800 West Ave Lot AA
 West Salem, WI 54669

Executive Reports

Editor's Note

Clover College

I had the pleasure of teaching a class at Clover College on making book bags which will be used for our Wisconsin Bookworms project. I worked with 9 girls and 4 sewing machines, so they took turns sewing their bags and working together. Six bags were completed. I want to thank Cathy Onsager and Linda Gillmeister for all their help. This is definitely a worthwhile bonding between HCE and 4-H.

Sheryl Smith
Editor



DID YOU KNOW?????

The roof of the house symbolizes our past heritage with Extension Homemakers. The letters H (Home) C (Community) E (Education) make it a suitable logo by the state, county, and club. The house without walls confirms a commitment to membership open to all, regardless of race, color, creed, religion, sex, age, handicap or national origin.



The Update Newsletter

Membership and Marketing

Great news! A new club was formed in January, the name of the club is "Cameraderie" and we started with 4 members, 2 who are new since the first of the year. Hopefully at our meeting in February that number increased.

There are also 2 more new members since last month, one in the Happy Hollanders club and one in Little Barre. That makes 5 new members this year so far. Great work, ladies!

I would like to include in this note something that was in the Update this month, a quote from Mother Teresa: "It's not about how much you do, but how much Love you put into what you do that counts". I think this says a lot



Sheryl Smith
Membership and Marketing Chair

Committee Reports

Family & Community Life

It's that time of year again to do the Healthy Lifestyle Survey. This survey is about maintaining your healthy lifestyle between February 16 and May 9, 2020. The form which can be found in this newsletter is due back to me by May 30.

A few reminders:

We are still making bookbags for the Bookworms project. A total of about 280 bookbags are needed. Remember to keep track of your volunteer hours spent on HCE activities. Forms for reporting these hours will be in a future newsletter.

Leann Kramer
Family and Community Life Coordinator



HCE Healthy Lifestyle Survey

(formerly On the Move and in the Groove)

HCE Healthy Lifestyle

February 16 to May 9, 2020

HCE Family and Community Life focuses on all members being active, eating healthy and using local food as a state-wide activity. This four question survey will cover 13 weeks this Spring.

Complete the survey and send it to your county coordinator who can submit it using the same form, being sure to include the name, address, phone number, email address (if available) and name of county. Individual surveys may also be sent if there is no county coordinator.

In 2018 34 counties participated in "HCE Healthy Lifestyle Survey". The West District had the greatest participation, 28% of the members. The Northeast District had the greatest number eating 5 or more servings of fruits and vegetables at 50% of those replying. The Northwest District had the highest rate of members eating most of their diets from local food at 28%. Congratulations to all who participated!

Please mail all 2019 survey results by June 15, 2019. Counties with the greatest percentages will be recognized at the WAHCE state conference in September. These results will also be used in a report given by the Wisconsin WAHCE President at the NVON Conference in July.

Questions may be emailed to Veronica Sustar at va914@yahoo.com, phone **608-847-1140**. Talled County surveys or individual surveys need to be mailed by June 15, 2018.

Thank you to all of you for your participation. Looking forward to 2019!!

Send survey results to:

VP Family and Community Life
Veronica Sustar
N2894 Overgaard Road
Mauston, WI 53948





HCE Healthy Lifestyle Survey

(formerly On the Move and in the Groove)

Get moving and eat healthy with HCE members across Wisconsin. Please reply to this four question survey about maintaining your healthy lifestyle between February 16 and May 9, 2020.

Name; (optional) _____
County _____, Wisconsin

1. Which activities do you usually participate in weekly? Check all that apply.
- | | | | | |
|---|-----------------------------------|----------------------------------|-----------------------------------|----------------------------------|
| <input type="checkbox"/> walking | <input type="checkbox"/> hiking | <input type="checkbox"/> running | <input type="checkbox"/> dancing | <input type="checkbox"/> bowling |
| <input type="checkbox"/> biking | <input type="checkbox"/> spinning | <input type="checkbox"/> rowing | <input type="checkbox"/> swimming | <input type="checkbox"/> skiing |
| <input type="checkbox"/> Strong Bones or other exercise class | <input type="checkbox"/> yoga | <input type="checkbox"/> Tai Chi | | |
| <input type="checkbox"/> exercise DVD | <input type="checkbox"/> tennis | | | |
| <input type="checkbox"/> other (please list) _____ | | | | |

2. How many times a week are you usually active for ½ hour or more?
 5 or more 3 or 4 1 or 2 zero

3. How many ½ cup servings of fruits & vegetables do you usually eat daily?
 8 or more 5-7 1-4 zero

4. How much of your diet is raised, grown or made within 100 miles of you?
 Most About half Some Very little Unsure

Questions? Email Veronica at va914@yahoo.com or phone 608-847-1140. Individual surveys need to be mailed by June 7, 2020.

Send results to:

Leann Kramer
N8581 Kramer Rd.
Mindoro, WI 54644



Committee Reports

International Coordinator

We will be lending support to the LaCrosse County chapter of the Days for Girls program. Following are ways in which we can help:

- A. Help with cutting and sewing at the work day, third Sunday of the month, 1 to 4 PM at Misty's Dance Studio, 923 12th Ave. S., Onalaska, WI.
- B. Donate;
 - 1. Flannel material, 100% cotton, dark but colorful (not "Luxe flannel" from JoAnn's, it is rayon/cotton blend).
 - 2. PUL-polyester laminate fabric for water proof lining.
 - 3. Cotton fabric for drawbags, good quality, dark, but colorful. Geometrics and botanical patterns are the best. No camo or military.
 - 4. Washcloths-lightweight, small, dark colors.
 - 5. Panties-cotton briefs, dark colors, girls sizes 10,12,14.
 - 6. Thread-100% polyester, dark colors.
 - 7. Serger thread, 100% polyester, dark colors
 - 8. Donate money to go towards hand crank sewing machines, each cost \$135.00.

Leah Bork

International 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.



Education Programs

Program Committee News

There will be an educational program on Wednesday, **March 25th , 1:00 PM**, at the Holland Town Hall. This will be presented by the Salvation Army telling what they do for the community. It is hosted by the Happy Hollanders. Please join us and bring a friend.

Nancy Kuczynski
Program Chair

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

Committee Reports

Cultural & Textile Arts

Now that March has arrived, and the days are getting longer, spring should be just around the corner. Right? Sure am looking forward to seeing that first robin, and buds on the lilac tree just outside my window.

If you are interested in having a fun and creative day, you will want to attend the following event:

Creating A Simple Easter Project

- Date & Time:** Monday, April 6, 2020 @ 1:00 pm
- Location:** My House @ 113 Meadow Lane in West Salem
- Cost:** \$3.00 (to cover expenses for supplies needed)
- RSVP:** Laura Ira
- E-Mail:** Lnira@live.com
- Phone:** 608-786-4749 (H)
608-498-2953 (C)
- Refreshments provided**

You will have an opportunity to create your own Easter Sock Bunny and/or Button Egg Ornament. Bring scissors & a hot glue gun, if you have one. Please let me know in advance if you will attend so I can plan accordingly.

You have only two months to finish up your projects for the 2020 Cultural & Textile Arts Contest. Judging will be done at the Spring Banquet/Annual Meeting to be held on May 4, 2020. Projects receiving blue ribbons will be eligible for entry at the state level. A list of the 2020 Cultural Arts Show & Contest Categories was included in your February Crosse County News. Pre-registration is required!! No exceptions!! A pre-registration form is included (below) in this newsletter. This form will need to be completed, signed and turned in to me no later than **April 20, 2020**. Any questions or concerns, feel free to contact me at: 608-786-4749, or e-mail: Lnira@live.com.

This year's Bonus Category (the fun category) is "Seeing HCE Through New Eyes". Decorate a pair of glasses using any media. Size restriction – base no larger than 10" x10" with maximum height of 20". One winner from La Crosse County will be chosen by those attending the banquet to be entered at the state level. Have fun!!

Happy crafting and creating!

Laura Ira

Cultural & Textile Arts Coordinator



2020 Cultural & Textile Arts Contest Pre-Registration

Registration Form

Category/Class (example 2D) _____
 County _____ District _____
 Name (print) _____
 Address _____
 City/Zip _____
 E-mail _____
 Phone # _____
 Title or Description _____
 Are you bringing an easel? Y or N

Claim Check

Category/Class (example 2D) _____
 County _____ District _____
 Name (print) _____
 Address _____
 City/Zip _____
 E-mail _____
 Phone # _____
 Title or Description _____
 Are you bringing an easel? Y or N

Peoples' Choice # (Official use only) _____

Please read and sign: Entries will NOT be accepted if unsigned. Entrant will not hold WAHCE responsible for any loss or damage to any item submitted for use in the WAHCE Cultural Arts Show. Entrant gives permission for their photo, photos of their entry, and/or print copies of their written entry to be used by WAHCE as seen fit.

Signature: _____ County _____ Date: _____

COOPERATIVE EXTENSION SERVICE
 United States Department of Agriculture
 University of Wisconsin-Extension
 La Crosse County Offices
 212 North 6th Street
 La Crosse, WI 54601

La Crosse County News





ACTION CALENDAR: MINDFUL MARCH 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Set an intention to live with awareness and kindness	2 Get outside and notice five things that are beautiful	3 Cultivate a feeling of loving-kindness towards others today	4 Start today by appreciating that you're alive and have a body	5 Every hour simply take three calm breaths in and out	6 Eat mindfully. Appreciate the taste, texture & smell of your food	7 Listen to a piece of music without doing anything else
8 No plans day. Slow down and let spontaneity take over	9 When someone is speaking, take a full breath before you reply	10 Stay fully present while drinking your cup of tea or coffee	11 Notice how you speak to yourself. Try to use kind words	12 Feel the cool of a breeze or warmth of the sun on your face	13 Stop, breathe and just notice. Repeat regularly during the day	14 Enjoy doing any chores or tasks more mindfully today
15 Stop to just watch the sky or clouds for ten minutes today	16 Do something creative that absorbs your attention	17 Look around and spot 3 things you find unusual or pleasant	18 If you find yourself rushing, make an effort to slow down	19 Listen deeply to someone and really hear what they are saying	20 Happy International Day of Happiness! twohappines.net	21 Notice the joy to be found in the simple things of life
22 Have a device-free day and enjoy the space it offers	23 Take an unusual route and notice what looks different	24 Notice when you're tired and take a break as soon as possible	25 Make a list of amazing things that you take for granted	26 Tune in to your feelings, without judging or trying to change	27 Stop work earlier and use the time to be still and relax	28 Bring to mind all the people you love and care about
29 Appreciate your hands and all the things they enable you to do	30 Mentally scan down your body and notice what it is feeling	31 Go nature spotting today. Even in a city, life is all around	<p>"Mindfulness means being awake. It means knowing what you are doing" - Jon Kabat-Zinn</p> 			

ACTION FOR HAPPINESS





www.actionforhappiness.org

Find out more about the Ten Keys to Happier Living, including books, guides, posters and more here: www.actionforhappiness.org/10-keys