



CROSSE  
COUNTY  
NEWS



*June 2022*





## PRESIDENT'S MESSAGE

### June Newsletter

Welcome Summer! Time for gardening, both vegetable and flower. My hostas have holes and tears from a May storm, but new leaves will cover them. Luckily I took my hanging baskets into the 3-season porch and covered the tomatoes. Whew!

Summer is time for family fun. Vacations, long evenings to gather together around a fire pit and maybe a La Crosse Logger game or two. So much to do outside when the weather is nice. Enjoy it... The LAHCE Spring Luncheon and Annual Meeting was held on May 2nd at the Holland Town Hall. We had 22 guests and our Extension Educator, Heather Quackenboss, discussed issues suggested by members. Cultural Arts items were judged and 12 of them will move on to the State Conference. Congratulations to the winners! Thank you to all of the ladies who donated food, helped set up the tables and cleaned up after the meeting.

On May 19th the West District State Conference Committee held its final meeting. Sheryl Smith and I are co-chairs of this 20-person committee and we all have been working very hard to bring you a great 2022 Conference. Following our meeting, we made centerpieces for the Conference dinner tables, instructed by Jim and Diane Nickel from Wood County, our West District Cultural Arts Chairpersons.

State Conference Registration is well ahead of last year and some sessions are filling up fast. One tour, the Trolley Ride, is just about full. The registration form was in the last issue of the Update. If you don't subscribe to the Update, you can find the form online at the WAHCE website. Check it out to see what tours and informational sessions are available. 87 hotel rooms are already reserved. We may have to arrange for a block of rooms at a nearby motel if Stoney Creek fills up. We are expecting about 250 members to attend. The State Conference will be held here in La Crosse County at the Stoney Creek Inn and Conference Center. The venue is just lovely!

Please get your registrations in early.

Our annual Fun Day will be held in July. More information will be in another article in this newsletter. I encourage you all to attend. It's a really fun day!

I wish you all a wonderful summer. Hope to see you at Fun Day and at the State Conference...

Cathy Onsager, LAHCE President



# Spring Luncheon



## 2022 State Conference Committee with centerpieces



## Cultural Arts Winners





## WISCONSIN BOOKWORMS

Sheryl Smith secured a \$4000 grant from the La Crosse Foundation to resume the Wisconsin Bookworms program for Headstart children! Thank you Sheryl!

And thank you to the La Crosse Foundation for their generosity!

The LAHCE Bookworms Program will purchase each child a set of 8 books chosen by a state appointed committee, and a bookbag to keep them in, for the 2022-23 school year. Each month, October through May, a volunteer reader will go to a Headstart classroom and read the book of the month to the children. I was a reader for several years before the Covid pandemic. It is very rewarding.

What we need now, is volunteer readers. If you believe, as I do, that reading is the key to education and that books make a profound difference in a child's life, please contact me to be a Bookworms Reader. Thank you!

Cathy Onsager, Bookworms Volunteer Reader Coordinator

## FROM THE EDITOR

This issue does not have a lot of news from our county because this is the time when we become less active with meetings and projects. Our "first" year post Covid has been very rewarding and I am looking forward to more adventures with HCE over the next months.

Fun Day information is in this issue, also the cultural arts winners for this year. State conference in the next major event, then the Fall West District meeting and our annual fall meeting. The months fly by.

As we go through the summer months, remember to keep pushing for new members, we have been doing well so far recruiting. Take time to relax and enjoy the nice weather. Spend time with family and friends. And stay healthy!

Sheryl Smith





## CULTURAL ARTS & TEXTILES

Wonderful creative and crafty items were brought for the Cultural Arts at the Spring Banquet; there were 10 craft items plus two in the Bonus Section.

The two items in the Bonus Section were submitted by Laura Ira and Deb Herrmann.

Because only one item could go to the State Conference, the ladies at the Banquet were asked to vote on their favorite. The one submitted by Deb Herrmann was chosen.

### **The following ladies with crafts going to State conference are:**

**Laura Ira:** Original design - Blue Print Microwave Plate cozy;  
Useful Item - Kitchen aid mixer/toaster cover in black & red print

**Sylvia Finch:** Nonfiction Essay - Birds;  
Machine Quilted table runner in creams & blue print.

**Angela Vondrashek:** Sewing Recyled - sitting Santa called "Nick of Time"

**Sheryl Smith:** Craft Other - Center piece from desert wood;  
Photography - 3 photos - Landscape; Waterscape; Plants

**Linda Gillmeister:** Crochet - "Granny's Comin"

**Deb Herrmann:** Bonus - "Rollin on the River" recycled boat with doll

Thank you everyone for sharing your crafts. Our clubs are so fortunate to have such talented women.



Enjoy your Spring  
Deb and Angela





## Health Benefits of Physical Activity for Adults

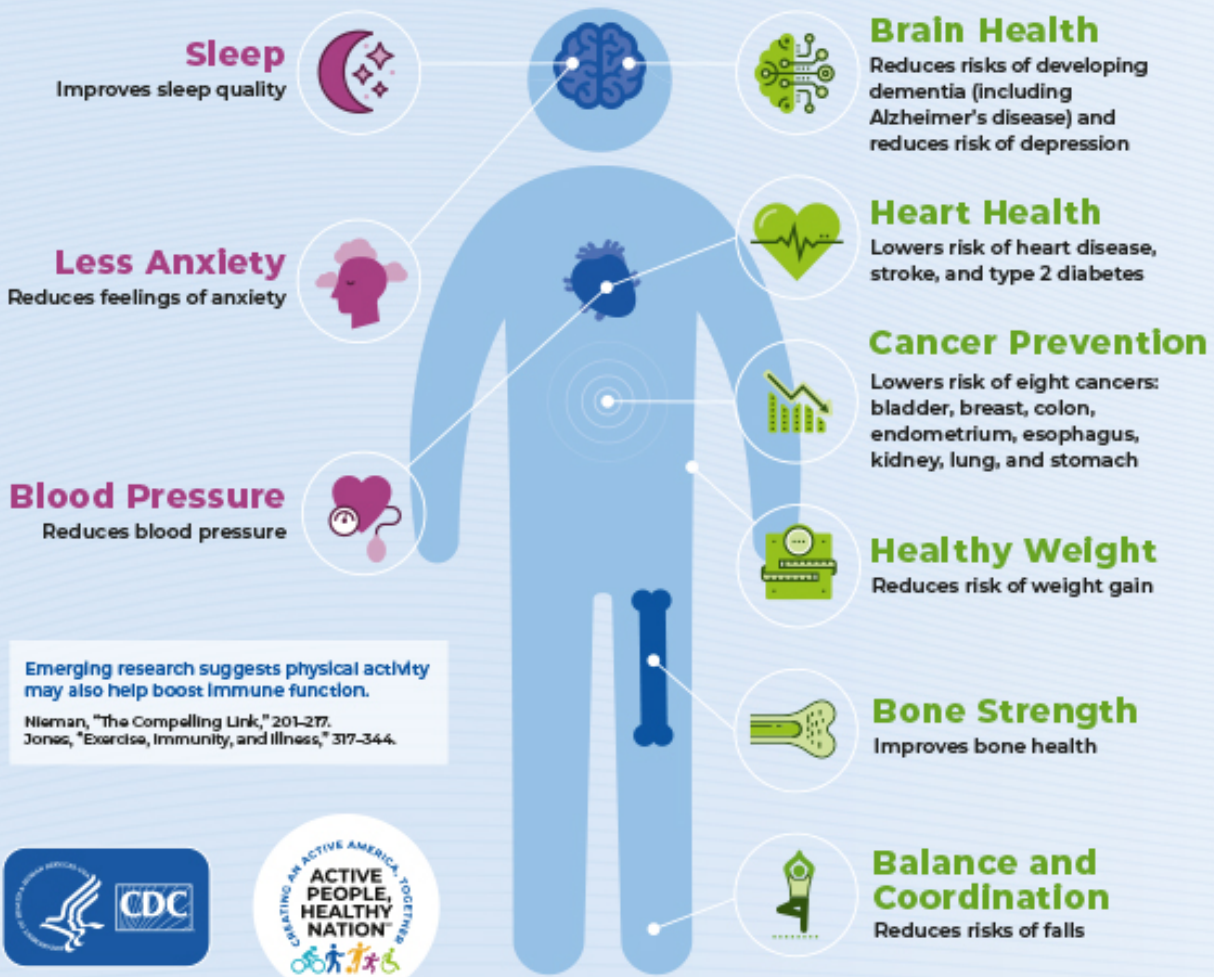


### IMMEDIATE

A single bout of moderate-to-vigorous physical activity provides immediate benefits for your health.

### LONG-TERM

Regular physical activity provides important health benefits for chronic disease prevention.



Source: *Physical Activity Guidelines for Americans*, 2nd edition

To learn more, visit: <https://www.cdc.gov/physicalactivity/basics/adults/health-benefits-of-physical-activity-for-adults.html>

August 2020



# SAVE THE DATE FUN DAY

Monday, July 18, 2022

12:00 Noon, Holland Town Hall

Pot Luck Lunch

Please bring : A dish to pass and your own tableware

\$5.00 wrapped Bingo prize

Nonperishable food items for local Food Pantry

Beverage will be furnished

Hope to see you there

Leah and Leann

*Extension Office Support*

JUNE DAIRY BREAKFAST

**Call for Volunteers:**

- Friday, June 17: all day - for set up!
- Saturday, June 18: working in the serving tent, or in various areas around the farm time slots are:
  - 5:30 a.m. - 8:30 a.m.
  - 8:15 a.m. - 11:00 a.m.
  - AFTER the breakfast to help with cleanup

**Contact:**

**Melissa Schaub at 608-487-4012 to volunteer!**



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



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