



CROSSE
COUNTY
NEWS

OCTOBER 2023

PRESIDENT'S MESSAGE



September has arrived! School is back in session and the LAHCE Executive Committee began the season with its first meeting in August. We are looking at new Services of Love and Stitches of Love Projects and plan to participate in the 4-H Clover College again in February 2024.

Many of us enjoyed Fun Days at the Holland Town Hall in July. The pot luck was delicious and it's always such fun playing card bingo.

Five members traveled to Coon Valley for lunch, then went to the Norskedalen Nature Center where a docent gave us a 2-hour tour of the grounds and told us about the history of Norwegian immigrants in Western Wisconsin. It was a beautiful day and a great experience!

Several LAHCE members will be heading to Wisconsin Dells for the WAHCE State Conference on Sunday, September 17th. I look forward to the Conference every year: meeting old friends and making new ones, this year a boat excursion on the Wisconsin River, admiring the cultural arts and crafts, and attending the education sessions. It is really an exhilarating experience. I'll let you know all about it in the next newsletter. Our La Crosse County UEX Educator, Heather Quackenboss, is a presenter at this year's conference.

The Fall West District Meeting will be in Loyal on Monday, October 9th. I will report on the meeting in the next newsletter.

Our LAHCE Annual Fall Meeting will be held on Tuesday, October 10th at the Holland Town Hall at 1pm. I encourage you all to attend. This year our speaker will be Heide Svec from New Horizons. She will be speaking on "Domestic Violence Against Women and Girls". Desserts and beverages will be served. Feel free to bring a friend or two! We welcome members and non-members to attend our education meetings.

If anyone is interested in serving on the Executive Committee, there are several openings available. We meet about 6 times a year to plan events and projects for the LAHCE. Please contact me at **608-397-8194** or email me at **catw3764@gmail.com**.

Cathy Onsager, LAHCE Chairperson

CULTURAL ARTS REPORT

Hello Everyone,

Just an update, I will no longer be taking care of membership and marketing. I have decided to take over the Cultural and Textile Arts position vacated by Laura Ira.

I became a member of HCE about six years ago and one of the things I really like is the cultural arts competition at the Spring Meeting. Personally, I enjoy crocheting, knitting, plastic canvas, and soft sculpture. I am open to any ideas for workshops in any cultural art area. If you have any preferences or ideas of things you would like to learn about, please let me know.

We have truly had a hot summer, one of our maple trees has already changed color which is beautiful but a true indication of what is to come.

Stay tuned for future workshops.

Linda Gillmeister, Cultural Arts Chair

INTERNATIONAL REPORT

The last part of International is our WAHCE-Wisconsin Association for Home and Community Education. In July newsletter, Cathy covered very nicely Wisconsin Partnership with Nicaragua project. Besides the Learning Centers there, drilling of wells and using water filters continues. There are nurses also that donate their time and knowledge to show them better ways for healthy living that go there from Wisconsin.

WAHCE also supports VIP-Ventures in People in Haiti. Projects there are- sponsor 6 scholarships a year to further someone's education, sponsor an English teacher to help student succeed in a global society, distribute water filters, started 4-H clubs to teach young people skills (membership now over 2000 for ages 9-17. They also teach skills to raised goats, to give them income plus to have milk and meat.

Days for Girls, another WAHCE project. It was started in 2008 to make kits of menstrual hygiene products so girls in third world countries could stay in school during their periods. The goal was 6000 kits in 2022. Holmen has a chapter which I belong to. Our goals is 50 kits a year.

International is all about helping women help themselves to a better life.

Leah Bork, International Chair



EDITOR'S REPORT

This edition is being published early so important information can be conveyed.

First of all, if you plan to attend the district meeting, the registration form and information is being published again in this newsletter, deadline date is September 25th.

Secondly, please try to attend the Fall Meeting on October 10th at the Holland Town Hall. We will have a guest speaker from New Horizons and a business meeting including voting on the budget for the upcoming year, election of officers, those terms that are expiring are President and Secretary. We are also needing a new membership and marketing coordinator. Executive committee will be providing desserts and beverages after the meeting. See more details in Cathy's President's Message. We were notified that our Stitches of Love and Services of Love projects have been selected to receive awards at the State Conference. Due to the problems last year, the books judged were our 2022 ones. We will continue with our 2023 project of providing the bags with a book, blanket and buddy and submit that book next year. We are also going to be working on our Services of Love project this fall.

And, speaking of State Conference, we will be leaving on September 17th to attend that. There are 5 members from our county attending. We hope to have a great time, seeing old friends, meeting new ones, and attending the workshops and tours.

Sheryl Smith, Newsletter Editor



2023 HCE West District Fall Meeting

Monday, October 9th, 2023
Trinity Lutheran Church
201 N West Street, Loyal, WI 54446

- 9:30** Registration, coffee, refreshments
- 10:00** Welcome, Clark County HCE President Lois Becker
- 10:10** Speaker, Debbie Gries, Clark County HCE member

Debbie will share her unforgettable travels to South Africa, Zimbabwe, and Botswana. Enjoy the delicate beauty of impala, the power of lions, massiveness of elephants, and the majestic Victoria Falls. We will visit Soweto Township in Johannesburg, home to Nelson Mandela and the epicenter of the apartheid, and a typical school and home in Zimbabwe. A long way from Wisconsin.

- 11:15** Short break
Business meeting, Mary Ann Bays, West District Director
- 12:15** Lunch
- 1:00** Entertainment
Dennis Sischo and friend, on guitar and mandolin.
- 1:45** Committee Reports
- 2:00** Summary, Invitation to West District Spring Meeting

Registration Form
HCE West District Fall Meeting
Registration Deadline: September 25, 2023

Name(s) _____

County _____

Phone _____ Email _____

Please send registration form and registration fee
(\$12 per person, checks made payable to Clark County HCE) to:

Lois Becker
N8094 County Rd K
Loyal, WI 54456

If you have any questions, please contact Lois at 715-255-8307 (home) or 715-255-2658 (cell)
or email beckjl46@gmail.com

4-H craft fair

**SATURDAY,
OCTOBER
14TH**

9:00AM to 12:00PM

at the Omni Center

255 Riders Club Rd, Onalaska WI

**Crafts • Jewelry • Paintings • Drawings
Woodworking • Dog Treats • Soaps
Children's Books • Baked Goods**

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UW-MADISON EXTENSION
LA CROSSE COUNTY

Extension Office Support



As we prepare for the preserving season by gathering ingredients, please remember the importance of always checking that the acidity level of vinegar is 5%. The acid from vinegar helps to ensure the safety of your home canned products.

The National Center for Home Food Preservation has issued the following guidance if you have used vinegar with lower acidity (less than 5%) in your canned food products and you followed a validated recipe:

- If your canned food has been preserved for less than 24 hours using 4% vinegar, store the jars in the refrigerator to maintain the safety and quality of the product.
- If your canned food has been preserved for more than 24 hours using 4% vinegar, discard the product.

FIND MORE INFORMATION HERE: <https://extension.umaine.edu/food-health/2023/07/18/news-flash-vinegar-concerns-for-home-food-preservers/?fbclid=IwAR3IMN-3g06TQeMQCnR1PM2HArIJe3d1SaAJLuugHDE0zGkwmnR6Wmyd1Hc>

DISEASES OF HOUSEPLANTS
Date: WEDNESDAY, OCTOBER 25, 2023
Time: 6:30-8:30PM
Location: Online
Cost: FREE



As gardening moves indoors for the winter, growing houseplants can prove challenging. Learn about common houseplant diseases that adversely affect your indoor gardening efforts. This presentation will include information on how to identify these diseases, as well as information on how to manage them.

REGISTRATION: <https://pddc.wisc.edu/pddc-2023-monthly-disease-talk-registration-form/>

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