



CROSSE COUNTY NEWS

October 2024



PRESIDENT'S REPORT

The days have flown by and we are already into October. I didn't accomplish half of what I wanted to do this summer, but was in a cast and then recovering from joint replacement on my left thumb (and I am left handed so that put a crimp in my activities).

State conference was last week and it was a lot of fun as usual. Our Stitches of Love and Services of Love projects both won awards, special thanks to Leann Kramer for the great job she does putting the books together.

There were 241 attendees at the conference including 7 men, 5 of whom are members. There were 16 first timers which is great. Members came from 43 out of our 45 active counties. The food was great although some portions too large and a lot was wasted. The many workshops were of a variety of interesting topics. The business meeting went surprisingly fast, since I am state membership chair, Linda Gillmeister sat in my place to represent the county president. She said it was very interesting. More members should attend these to find out what the board does.

As membership chair I was required to hold a workshop. I was lucky to find an online site with lots of good ideas and picked out ones that were pertinent to our organization. Attendees participated in discussing various ideas and many plan to try some of the ideas presented. I was also in charge of the photo frame and decided to get together a bunch of props so the ladies could dress goofy for pictures. There was a lot of laughter and some very amusing pictures.

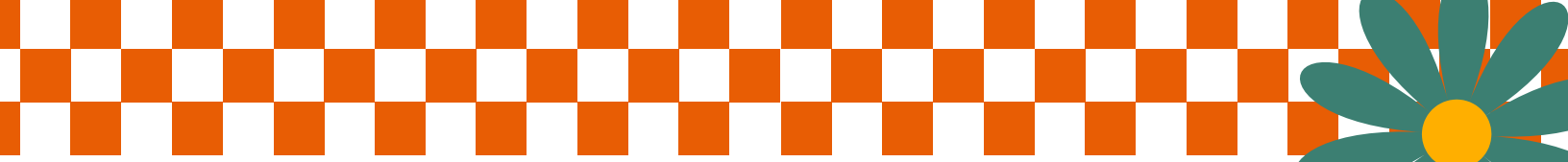
In the next couple weeks, we have West District meeting in Elroy on October 14th. The information is in this newsletter, if you would like to attend, just contact Veronica Sustar even if it is past the deadline for registration.

On October 21st, we will hold our fall county meeting. We will have a guest speaker, business meeting, and refreshments provided by the executive board. This will be open to the public hoping we can get some new members.

I hope everyone is enjoying the fall weather and that the winter is mild.

Sheryl Smith, President





UPCOMING EDUCATIONAL PROGRAMS AT ONALASKA LIBRARY

October 2—Hooded History (KKK) / Nancy Vallancourt

October 9—Your Plan, Your Wishes Honored, Funeral Pre-Planning / Margaret Fredrickson

October 16—Who Rode the War Eagle / Robert Taunt

October 23—Prohibition: A Great Misadventure / David Jones

October 30—Northern Colony / David Gordon

November 6—Tips for a Healthy Life / Kelbel Health

November 13—Patriot K9s / Arnold Viljevac

November 20—Giving Hearts Choir / Ruth Kapanke
Nancy Kuczynski, Education Chair

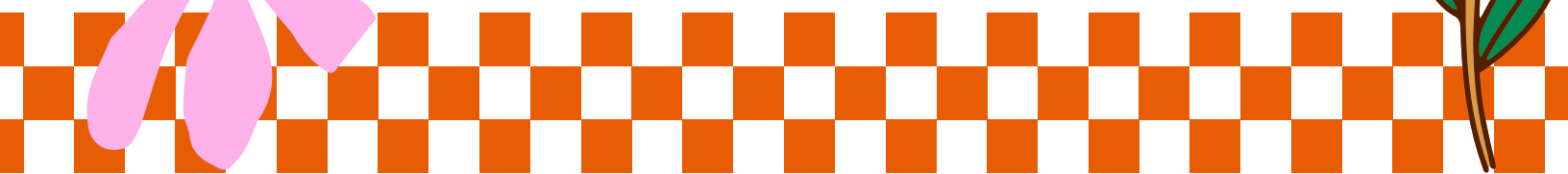
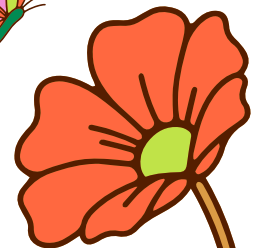
CRAFT EVENT

Monday, November 11th, 2024

Holland Town Hall

1:00 PM

We will be making colorful wind spinners from plastic canvas and beads. Come and join the fun and be sure to bring a guest. Cost will be \$2.00 per person to cover materials.





2024 WAHCE STATE CONFERENCE REPORT

By Cathy Onsager

From September 16-18, I joined 240 members of WAHCE in Appleton for the annual conference. The Paper Valley Hilton was a great venue for the conference. Lots of room!



On Monday I joined the tour to Rawhide Ranch and the Bart and Cherry Starr Museum. Rawhide Youth Services accepts boys otherwise destined for Lincoln Hills juvenile detention center and provides a more home-like atmosphere, counseling and support for these boys. The average stay is 4-6 months, but some have stayed as long as 2 years. They are very selective in those they accept to set on a better path to adulthood. The boys can also work at the facility and are paid for that work.

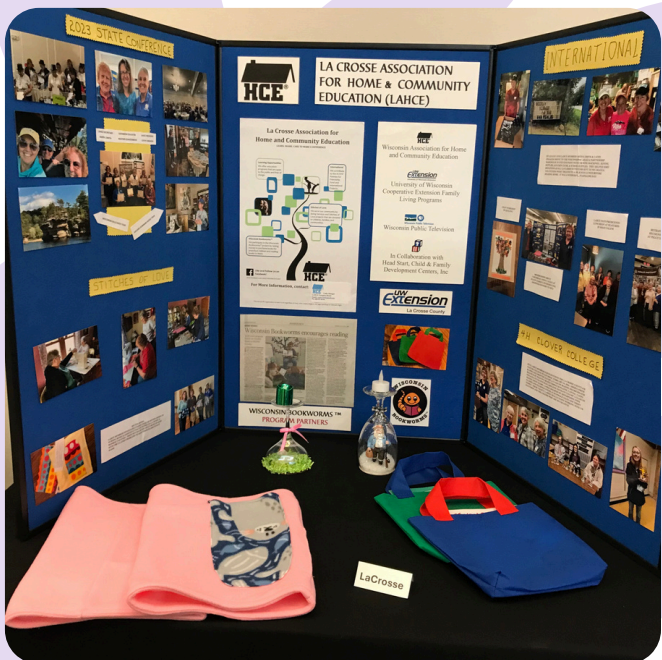
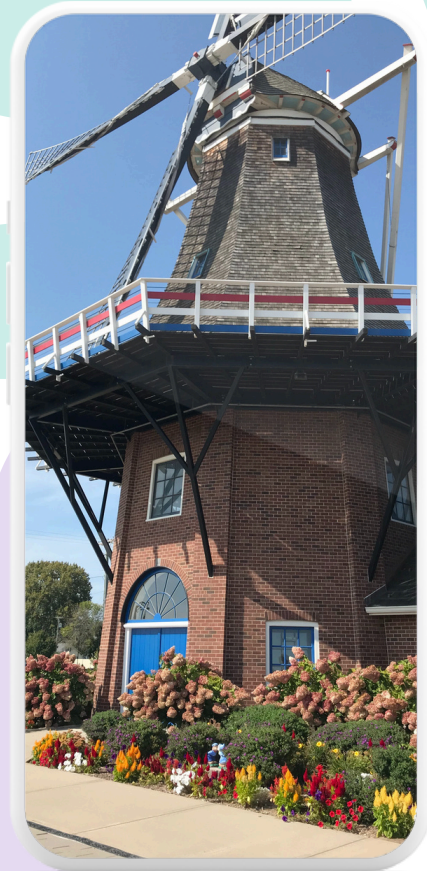
The museum is just wonderful. I was a child when Bart Starr played for the Packers, but my Dad had season tickets and I got to go to some of the games and saw him play, so it was really exciting for me. But the museum also celebrates the love Bart and Cherry had for each other. On display are love notes and letters Bart wrote to Cherry. I bet he never imagined they would be on public display!

I attended 5 education sessions. The first was 'Card Making', a fun time of cultural arts. Next was 'Native Tribes of Wisconsin' presented by Dr. Annie Jones. I learned a lot about the history and lands occupied by Native Americans, their commitment to the land and their struggle retain their language and culture. My 3rd session was 'Lessons from a Small Farm' by Inga Witscher; a small dairy farmer (she has 6 Jersey cows on 30 acres), a cheese maker (she was selling her cheese for \$40 a pound) and the host of a PBS TV series 'Around the Farm Table'. She was really entertaining.

The 4th session I attended was 'An Old Fashioned Hootenanny' presented by Lynn Marcks, an active HCE member and music teacher. It was lots of fun singing along and adding rhythm with a variety of instruments. My last session was 'The Magic of Family Connections' presented by Patricia Carol, a UW Extension Educator. We discussed the changing dynamics of family from childhood to the golden years. It was actually very therapeutic with both laughter and tears as we strolled through memory lane.

As always, the WAHCE State Conference was a wonderful experience! I encourage you all to attend if you can. There are scholarships you can apply for and when you share a room, the cost is affordable.





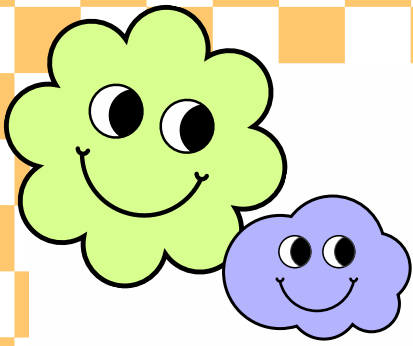
CONFERENCE REPORT

After a scenic drive to Appleton, we checked into the Paper Valley Hilton. I had requested a handicapped accessible room so we would have a high toilet and walk in shower. Little did I know that we would have no closet, and to my complete surprise our toilet was not totally bolted to the floor and rocked when you sat down. It was quickly fixed.

Monday I went on the tour to the Windmill in Little Chute, one of the few working windmills in the US. It was very interesting to learn about, I wish they would have had some flour to sell in the gift shop. From the Windmill, we went to Waupaca to visit Kerrigan Brothers Winery. This is a nice winery where they make a large variety of fruit wines and we had unlimited tasting. Most of the ladies bought at least 1 bottle of wine, I bought 6, because I could get a 10% discount and it was good wine.

Tuesday started with the business meeting which went quite well and finished early. Then I attended a session on Bee Keeping and after lunch I presented a workshop on membership recruiting which went very well, and had good participation by the attendees. Lots of good ideas were discussed for recruiting new members. Wednesday, I attended both educational sessions, the first on being a caregiver and the second on social isolation, these coincided with each other and shared some of the same information.

At Wednesday's luncheon, Lylene Scholz reported that we collected \$591.00 for Pennies for Friendship. The silent auction had 137 items for bidding and a total of \$1344.00 dollars will be going to our international projects, what a great contribution! The Northwest District performed a skit inviting everyone to the 2025 conference at the Tundra Lodge in Green Bay September 15-17, 2025.



WISCONSIN BOOKWORMS 2023-24

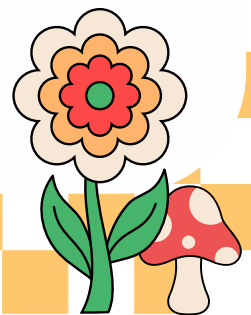


The LAHCE Bookworms Program at Headstart is all set for the new school year. Bookworms co-chair and our fundraiser, Sheryl Smith, has done an outstanding job of contacting area businesses and the La Crosse Foundation for donations to buy the books we will read to the children. The following are helping to support Bookworms: Riverland Energy \$50, Dairyland Power \$250, Kwik Trip \$200, Altra Credit Union \$250, Firefighters Credit Union \$100, 1st National Bank of Bangor \$75, and the La Crosse Foundation \$3000. Thank them all for their generosity! We couldn't continue Bookworms without their support. If you have any suggestions for businesses to contact next yer, please let Sheryl know.

As the other co-chair of the program, I ordered a set of seven books for each of the 170 students, ages 3-4. Those were delivered to Headstart in July. In August we had our annual orientation meeting with Headstart Director Marcia Amundson and received our room assignments and teacher contact information.

In October we will begin reading one book a month to the children who get to keep the books and take them home in a tote bag sewed by our volunteer sewers. I want to thank Leann Kramer for taking charge of the bookbags to make sure we have plenty by the time October rolls around! She has done this for many years.

I also want to thank our Bookworms readers: Cheryl Kammel, Ginny Grzadzielewski, Jan Stanienda, Jean Ledman, Linda Gillmeister, Mary Gerszewski, Sheryl Smith and Cathy Onsager. They are amazing women who strongly believe that reading and books make a real difference in a child's life!



INTERNATIONAL REPORT

The shoe box filled with items for Nicaragua Learning Centers was sent off to State Conference. Plus Sheryl had many items to donate for the Silent Auction, where the money goes for scholarships for Haiti and restoration of the Learning Centers. Things that are happening for the “Food Insecurity in the World” project—We gave 165 items to the food pantry, that included our Fun Day donations. In Uganda and Ghana, people are given seeds that do well in their soil and instructions how to save them for another crop. Wells are still being dug to help with irrigation to produce more. Feed Our Children and UNICEF are just two organizations that give help.

Here in the US all 50 states have passed legislation shielding donors from liability to donate food. So, grocery stores can now donate outdated but still good food to organizations, like our Task Force. Farmers in Maryland can get a tax credit for food they donate. Summer meals for children was strong in many areas. We have the Community Garden where you can get fresh produce free, WAFER, and church food pantries.

These are just a few of the things going on to help food insecurity.

Leah Bork, International Chair

CULTURAL ARTS REPORT

Eleven items plus a bonus category one were taken to the state conference for judging and display. The judges were very tough this year, finding miniscule flaws in the many handmade items. Very few blue ribbons were given. Here is the break down on what our La Crosse County members received: Carolene Neumann, 4 photographs, 3 reds and 1 white; Linda Gillmeister, Plastic canvas wood range planter-red, Prairie Belle crocheted doll-red; Sylvia Finch, Color square small quilt, red; Sheryl Smith, Button art, blue, necklace and earrings with pendants from stickers, blue, fairy garden teacup, red, and diamond dot art, white. There were 332 entries from 38 counties and 14 bonus category entries. The raffle netted \$1210.00

Linda Gillmeister, Cultural Arts Chair

INTERNATIONAL WISCONSIN/NICARAGUA PARTNERS (WNP)

On August 15th LAHCE members Sheryl Smith & Cathy Onsager drove to the Wisconsin/Nicaragua Partnership warehouse in Stevens Point with 3 sewing machines, sewing materials, kitchen items, & school supplies. WNP is one of the international organizations supported by the WAHCE.

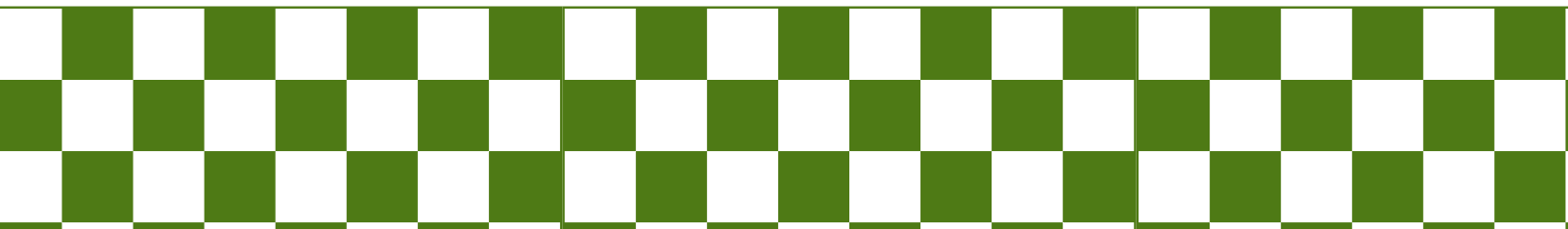
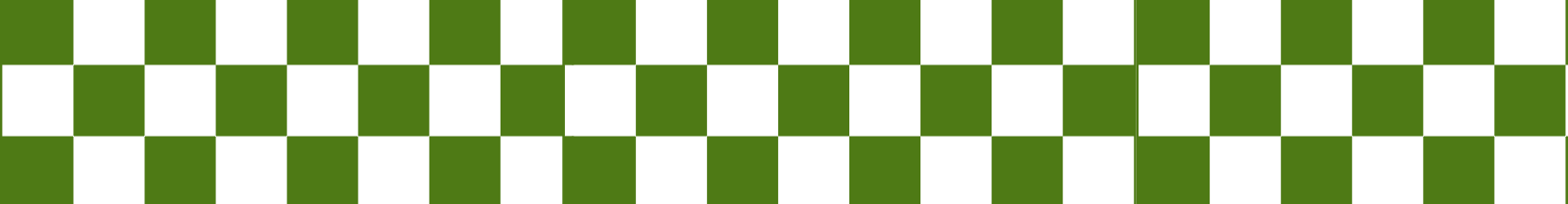
The WNP has complied with all of the Nicaraguan government's conditions & has been allowed to reopen the schools and women's workshops which had been closed for political reasons. For the past year, the port was closed & WNP was shipping items to Guatemala. WNP Director Amy Wiza just doesn't give up. She is a warrior!

Sheryl & Cathy helped sort donated items and fill gaylords with items that will be sent to Nicaragua.

Also volunteering and donating mattresses and turnout gear were three fire departments.

Volunteers were treated with a delicious lunch before heading home. It was a wonderful, fulfilling day!







The La Crosse Association for Home and Community Education is extending an invitation to the public to attend an educational program entitled

**“Finding Joy in Small Things and Everyday Life”
By Jenna Helminski Juve from ADRC**

Learn practical strategies to cultivate joy through mindfulness, gratitude, and simple daily rituals. Join us for an inspiring session that will help you find happiness in the small things and enhance your overall well-being. Embrace the beauty of the present and enrich your life with newfound positivity.

Monday, October 21, 2024

1:00 PM

Holland Town Hall, McHugh Rd. Holmen, WI

This will be followed by our fall meeting if attendees would like to stay and learn more about HCE. There will be refreshments after meeting.



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



AN EQUAL OPPORTUNITY EMPLOYER

fall
VIBES



Extension
UNIVERSITY OF WISCONSIN-MADISON
LA CROSSE COUNTY



LA CROSSE COUNTY
Exceptional services. Extraordinary place.

UNIVERSITY OF WISCONSIN-EXTENSION, U.S. DEPARTMENT OF AGRICULTURE AND WISCONSIN COUNTIES COOPERATING. UW-EXTENSION PROVIDES EQUAL OPPORTUNITIES IN EMPLOYMENT AND PROGRAMMING, INCLUDING TITLE VI, TITLE VI, TITLE IX, THE AMERICANS WITH DISABILITIES ACT (ADA) AND SECTION 504 OF THE REHABILITATION ACT REQUIREMENTS. FOR COMMUNICATIVE ACCOMMODATIONS IN LANGUAGES OTHER THAN ENGLISH, PLEASE CONTACT LANGUAGEACCESS@CES.UWEX.EDU