

February 2023

Crosse County

News



PRESIDENT'S MESSAGE

Here we are in 2023!

So far, January has been a mild month. A respite from December 2022 which saw blowing snow and bitter cold over the Christmas Holiday. I am so grateful that my family was able to get to our Christmas Eve celebration and back home again safely. For me Christmas is all about family. It was wonderful to have them all together!

Now we are on to a new year and LAHCE has plans for a great year. While the number of members has declined somewhat, we continue to serve the community with our Services of Love projects. Members have put together and delivered 84 bags containing a security blanket, a book and a stuffed animal for children experiencing trauma in their lives: "A Book, A Blanket and a Buddy in a Bag". 54 bags went to the La Crosse County Human Services and 30 were delivered to Catholic Charities.

After our last Executive Committee meeting, members stayed and put together Memory Calendars for veterans at the VA in Tomah. We also plan to donate adult clothing protectors made from men's dress shirts for those same veterans. We have the shirts and will be arranging a time and place to turn them into clothing protectors. We will let members know when and where via email.

We've made some changes to our Spring and Fall Meeting meals. The Spring Meeting on Monday, May 8, will be a pot luck. We no longer have the number of attendees to have a catered meal. A pot luck is a great alternative and I, for one, love a good pot luck. There will also be no charge. Sheryl Smith has arranged to have Sue Graff from WINN (What In Need Now) speak on her service to the homeless population. Attendees are asked to bring a donation of the following specific needs: baby wipes, men's and women's deodorant, and hotel shampoos, soaps and lotions. Even if you are not able to attend, we would appreciate your donation. I would be happy to pick it up.

For the Fall Annual Meeting, we are planning a dessert and beverage event. Executive Committee members will bring desserts and we will be asking each member to bring a friend. The WAHCE has set aside October as 'Women and Girls Abuse Awareness Month'. Our plan is to have an educational program on this topic. I hope you all can attend and bring a friend.

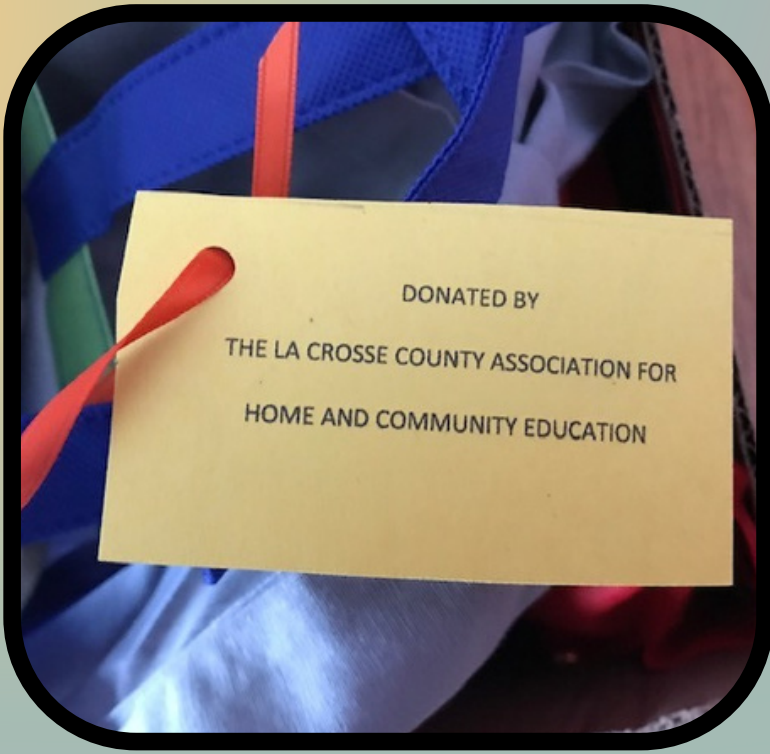
Our annual Fun Day with a pot luck lunch, card bingo, prizes and donations to a local food pantry will take place in July. Check your 2023 LAHCE booklet for details. We are also discussing a summer trip to Norskedalen. No details yet.

I welcome suggestions for events or projects you would like to do. You can email me at catw3765@gmail.com.

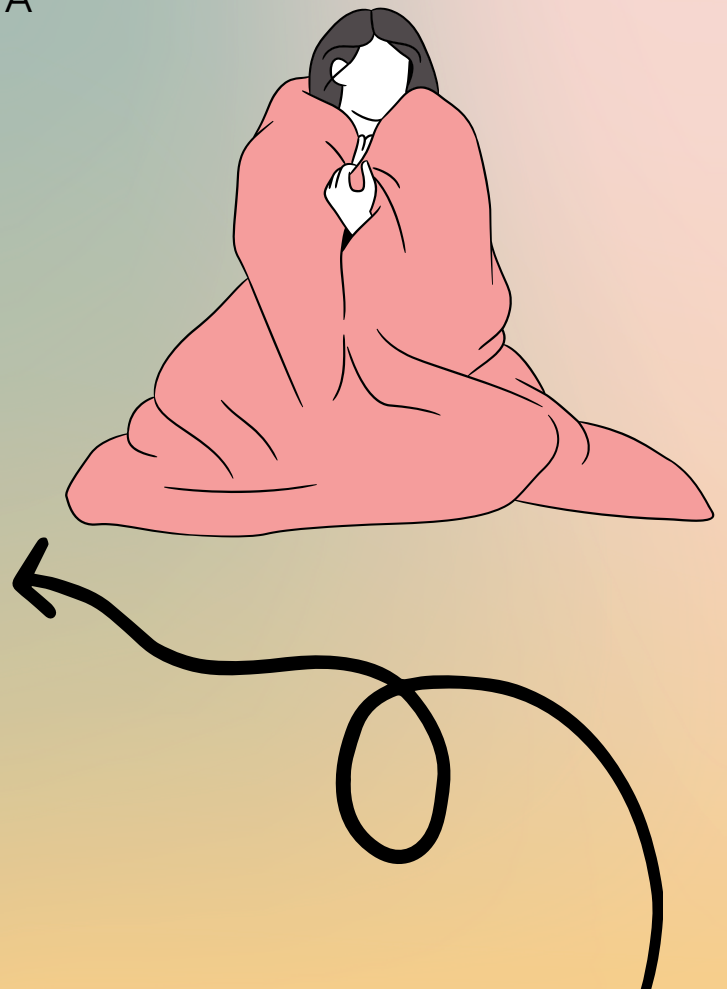
Cathy Onsager, Chair

La Crosse Area Home and Community Education





Delivered 84 bags containing a security blanket, a book and a stuffed animal for children experiencing trauma in their lives: "A Book, A Blanket and a Buddy in a Bag"

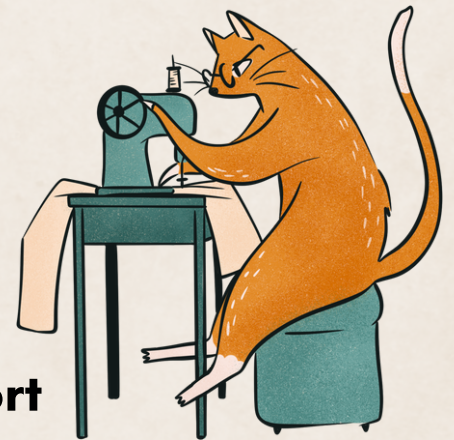




Learning the Basics of Sewing

I was contacted by the leader of the River City 4-H Club to teach the members the basics of sewing. We had one class in 2022 which was semi successful so we tried a new approach. I took my 3 sewing machines plus the one from Extension and the leader brought her 2 older models. The members were taught the basics, how to thread a machine which meant that every machine threaded differently, then how to wind a bobbin. The members were instructed in proper maintenance, ei, cleaning and oiling regularly. After that they practiced sewing a straight line, using lined paper and no thread, and following the seam guide on the machine. Several members are eager to actually make something, and that will be done at a future class. This was an interesting a rewarding adventure for me.

Sheryl Smith



Program Committee Report

In addition to our Educational Programs at the Spring and Fall meetings, here are some adult senior programs being offered at the Onalaska Library. The schedule is for the month of February held on Wednesdays at 10:00 AM. You do not have to register.

February 1---Winter Legends & Lore

February 8---Brutus the mini pig

February 15---Peace by Piece Organization

February 22—La Crosse Dive & K-9 Unit

If you would like more information, you can call the Onalaska Library.

Nancy Kuczynski, Education Program Coordinator

International Report

I would like to report in this and upcoming newsletters as to what we as HCE members are affiliated with when we say International.

1. ACWW-Associated Country Women of the World

This was started in 1929. It's purpose is to raise the standard of living of women, their families and communities through a range of development programs and projects. There are member organizations in 82 countries. ACWW USA is our geographical area.

Bonnie Teeples is our President on the World Board, with headquarters in London. ACWW also gives women a voice at the international level through it's links with the United Nation.

Our Pennies for Friendship goes to help ACWW projects. Some of these projects are: India-to fight nutritional blindness, beekeeping in Botswana, palm oil production in Ghana, sunflower production in Cameroon, goat raising in Haiti, water filters, drilling new wells, information on water safely. In 2021, a project on improvement of rain water harvesting in Uganda. The list goes on and on, projects help women to help other women to fight hunger, disease, and poverty, and build bridges for friendship between nations.

Leah Bork, International Coordinator



Spring Cultural & Textile Arts Report

February 2023

Welcome back! Now that Covid 19 restrictions have been lifted, along with the resignations of Deb Herrmann and Angie Vondrashek as Co-chairpersons, I have volunteered to return as Chairperson of Cultural & Textile Arts. I am looking forward to spring, and the exciting events coming up for our group.

I invite all who are interested to join me for a fun-filled afternoon activity:

Creating A Simple Easter Project

Date & Time: Monday, February 20, 2023 - 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: Lauranorm2021@outlook.com

Phone: 608-399-9235

Refreshments provided

You will have an opportunity to create one or more of the following: an Easter Sock Bunny, a 10-Minute Fleece Bunny, a M&M Bottle Bunny and/or an Easter Button Ornament. Please bring scissors & a hot glue gun, if you have one.

** Let me know in advance if you will attend so I can plan accordingly.

Have you started working on your Cultural & Textile Arts project(s) yet? Judging will be done at this year's LAHCE Spring Annual Meeting & Luncheon on Monday, May 8. We have so many talented members in our county. I can't wait to see what everyone has created. More details will follow in the March and April newsletters.

Happy crafting and creating!

Laura Ira, Chairperson
Cultural & Textural Arts Committee





Wisconsin Association for
Home and Community

TO: West District County HCE Presidents
West District HCE Officers
West District Family Living Educators
State Officers in West District
FROM: Dawn Stone, President, Adams County HCE

2023 HCE SPRING WEST DISTRICT MEETING

April 17, 2023

The Adams County Home and Community Education Association invites you to the HCE Spring West District Meeting to be held on Monday April 17, 2023 at the Trinity Lutheran Church, Arkdale. Registration with beverages and light refreshments will be from 9:30 - 10:00 AM. The meeting will begin at 10:00 AM.

Our day will start with a general business meeting, followed by a choice of one morning breakout session, then a delicious salad and dessert noon luncheon will be provided. After a short break will be our afternoon keynote speaker and Clark County's invitation to the Fall District meeting will finish out a spring day filled with learning and camaraderie with HCE friends.

We look forward to you hearing our keynote speaker Marilyn Hermann, Waupaca County HCE, whose topic will be "The Life & Legacy of Our First Ladies". The choice of a morning breakout session from the following will be: Quilts of Valor; Why We Need at Least 8 Hugs a Day; A Home Grown National Park; or Delicious and Nutritious: Enjoying Healthy Food Choices That Taste Great. Registrants attend only one breakout session.

Enclosed is a registration form to be completed by each county. Registration cost for the day is \$12.00 per person. **Return your registration by March 31st** to allow for adequate planning. If you have any questions, contact Jane Grabarski at 608-547-2419. **Registrations are non-refundable** but can be transferred. Requests for reasonable accommodations for disabilities or limitations should be made prior to the date of the program, if possible, by calling Adams County UW-Extension Office at 608-339-4237. Requests are kept confidential.

WHERE: Trinity Lutheran Church

1650 Church Street, Arkdale - ½ block to east of State Road 21 (10 miles east of Necedah on State Road 21 or 4 miles west of State Roads 13 and 21 intersection on Hwy 21)

COST: \$12.00 per person - due back with registration

REGISTRATION DEADLINE: March 31, 2023 (payment is due with registration, no exceptions). Mail registration form and payment to:

Lori Chipman, Adams Co. HCE Treasurer, 970 County Road A, Grand Marsh WI 53936



Wisconsin Association for
Home and Community

REGISTRATION FORM FOR WAHCE WEST DISTRICT MEETING

When: Monday April 17, 2023

Registration & Refreshments: 9:30 - 10:00 AM

Where: Trinity Lutheran Church, 1650 Church St., Arkdale 54613

(½ block east of State Road 21 at Arkdale)

Your County _____

(Please names print legibly)

NAME OF PARTICIPANT (PRINT)	MORNING BREAKOUT SESSION (Limit 14/session) List: 1st Choice and 2nd Choice

- Session #1: **Quilts of Valor (QOV) - What Is a QOV & Why Are They Important** No Cost
- Session #2: **Why We Need at Least 8 Hugs a Day** No Cost
- Session #3: **Home Grown National Park - Creating a Natural Oasis at Home** No Cost
- Session #4: **Delicious & Nutritious - Enjoying Healthy Food Choices That Taste Great** No Cost

Number of People Attending _____ X \$12.00 registration each = \$ _____

Total Due & Enclosed = \$ _____

Make check payable to: Adams County HCE

Mail registration & payment to: Lori Chipman, 970 County Road A, Grand Marsh WI 53936

Registration form and payment are due March 31, 2023.

“HOME HINTS AND TIMELESS TIPS“

Tried and True Techniques for Everyday Troubles

JANUARY ON-YOUR- OWN HCE LESSON

A hot water bottle, heating pad or warmed rice bag can relieve pain, promote circulation and help you feel relaxed. Why? Warmth can physically shut down the normal pain response that triggers aches and pains at a cellular level in the same way that painkillers do.

Caffeine makes pain medications 40% more efficient, so drinking a small amount of coffee, black tea or cola may help speed up headache relief, unless you are sensitive to caffeine.

If you take aspirin or ibuprofen for frequent headaches. Check the cause with your doctor (stress, low blood sugar, tension, weather, vision, allergy). These drugs can cause “rebound headaches” that start when a dose of medication begins to wear off.

Got a headache? Try using your index fingers to massage the depression just next to the outer end of your eyebrows gently for 1 minute in a clockwise direction. Or massage the middle joint of the fourth finger on your right hand, on the side next to your little finger, for 1 minute in a clockwise direction.

Your lips have just 3 layers of skin cells, compared to the 16 layers on most of your face. Avoid licking your lips in cold weather. The combination of wet and cold robs your lips of even more moisture, leaving them dry and rough. Apply all natural lip gloss to help protect your lips.

Wash wooden spoons, or knives and spatulas with wooden handles quickly. Do not allow to soak in dish water. Allow to dry naturally. Occasionally rub in a bit of olive oil. Wipe off any excess with a paper towel. This prevents the wood from splitting or shrinking.

Eliminate smells in plastic containers. After washing and drying, fill them with crumpled newspaper or coffee grounds and freeze overnight.

Ants will gobble up baking soda sprinkled on the floor, around entry door sills or window sills where they enter your home and feed it to their young. This causes their stomachs to rupture and reduces the ant population.

Toss chocolate chips, raisins or coconut in flour before adding to batter to prevent them from sinking to the bottom of cupcakes or cake.

Tired of miss-shaped cut-out cookies when transferring from board to cookie sheet? Roll dough on the back of the cookie sheet, cut shapes spaced out on the surface and remove the outline. This way you do not disturb the cookie cutout shape.

Cut-out cookies get tougher after re-rolling of the dough? Sprinkle a mixture of flour and cornstarch or all cornstarch on the counter and rolling pin to prevent cookie dough from taking on more flour and making a tougher cookie.

Harvest herbs in the morning or midday. Their essential oils travel down to the roots with the heat of the day. Wash herbs well until hot water in a colander for 20 seconds to remove dirt, insect eggs and airborne pollution. Wrap loosely in paper toweling and storing in a plastic storage bag in the refrigerator for up to a week.

Reduce eyestrain by making the room light as bright as the computer screen.

To reduce musty or damp odors in stored items, replace cardboard boxes with see-through clear plastic containers with tight-fitting lids. Mold does not grow in lighted area so reduce growth by leaving a low-wattage light on in the storeroom or closet.

Listen to your mother and sit up straight. We tend to slump while sitting or typing which causes fatigue, carpal tunnel syndrome and back pain. Every time an alarm sounds or your phone rings, use it as a reminder to straighten your spine, pull back your shoulders and lift your neck.

Wipe your nose – don't blow and your cold won't hang around as long. The force of blowing sends the gunk out your nose into a tissue but it also pushes some back into your sinuses. Blow gently and one nostril at a time.

Warm feet help your body's internal temperature get to the best level for sleep. By warming your feet, blood flow to your legs is increased allowing your trunk to cool and deep sleep to come.

A banana is a great natural source of melatonin, the sleep hormone. The other sleep hormone is tryptophan found in warm milk or walnuts.

A bag of shredded carrots or cabbage can be used in soups, sauces, or casseroles. These coleslaw ingredients add flavor, color, vitamins and minerals to any main dish.

Make a new rule: Every breakfast should include a cup of fruit (fresh, frozen, dried). It's the perfect morning food, filled with natural sugars for slow-release energy and nutrients galore. Feel guilty about spending money on a variety of fruits? What does your daily medicine prescription cost? Make another rule: Fruit for dessert at least three nights per week.

At the end of your day, write down your "Done" list for today. Then write down your entire "to-do" list for tomorrow. The first list gives you a sense of accomplishment, the second helps you fall asleep easier without running tomorrow's list over and over in your head.

Help your gratitude muscle get stronger. Take a minute every morning and evening to reflect on what you love and like and what others have done for you throughout your life.

Get help when you need it! Besides family and friends, reach out to community agencies like ADRC (Aging and Disability Resource Center), local churches, or call 211 for better ways to deal with short or long-term mental, physical or social needs.

Keep your nails from drying out, breaking or cracking buy rubbing a small amount of petroleum jelly or olive oil into your cuticles, nails and skin around your fingertips every evening before you go to bed.

Source: Reader's Digest

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

*Happy
Valentine's
Day*



Extension

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LA CROSSE COUNTY



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