

Changing With Today

COLUMBIA COUNTY ASSOCIATION FOR HOME AND COMMUNITY EDUCATION



PRESIDENT'S MESSAGE

Dear HCE Members,

Happy New Year! Have you made your resolutions yet? I want to share some thoughts from an article I found online. If you are like 50% of Americans, you will make a New Year's resolution. Yet, only 10% of people keep their resolution.

Why You Should Make a New Year's Resolution

Even if you have made New Year's resolutions in the past and never managed to keep them, you should still make new ones for this coming year. Making resolutions forces you to think about your current situation and where you want to be in the future. Setting them gives you hope that you can make things different. They force you to recognize weaknesses in your life and create a plan to improve in those areas. Finally, New Year's resolutions often serve as an inspirational starting point for a brighter future.

Why Most People Do Not Keep New Year's Resolutions

There are at least three things you should consider before selecting your new year's resolutions:

January 2024

Old Habits Occur Naturally

Habits are ingrained in humans, and it is tough to break them. They are embedded into our implicit memory, so it is easy to keep doing the same thing without thinking about it. Think about when and where you engage in bad habits and seek alternative solutions.

Fail to Set Smaller Goals to Reach Larger Ones

Many people set precise outcomes without a plan to achieve them. When selecting a New Year's resolution, break the goal down into more achievable steps that you can achieve quickly, and you are more likely to keep your resolution.

Set Meaningless Goals

Others fail because we have quickly agreed to an idea that is not personally meaningful to us. Then, when life gets hectic, we forget about our resolution. Instead, spend time thinking about a personal goal you are willing to work for throughout the coming year.

I hope this inspires you to make resolutions that lead to a positive self-change, and work towards successful outcomes this year.

(cont'd p. 2)

SAVE THE DATE/ UPCOMING EVENTS

Jan. 16, CCAHCE Executive Board meeting, 9:30 a.m., ADRC

Mark your calendar for the upcoming programs



View forms, newsletters, and WAHCE information at:
<https://wahceinc.org/wahce-counties/>

Facebook group:
Columbia County Home & Community Education

(cont'd from p. 1)

For our county HCE programs this year, we are doing something new... We WILL have a program in January! To take advantage of the wonderful wall quilt show at the Portage Center for the Arts, we have a speaker who will share a trunk show of amazing and inspiring quilts.

I am looking forward to 2024 and a year full of interesting and informative programs. Please invite your friends to join us for any of these presentations.

Becky Gutzman
CCAHCE President

January Leader Training

January 11, 1:30-3:00 p.m.
Portage Center for the Arts
"Quilts from A to Z"
Cindy Wilson, Montello
Contact:
Donna Kohnke
(920) 210-5037
kohnke@centurytel.net

Cindy Wilson of Montello will give a quilt show and talk on Thursday, January 11, 2024, at the Portage Center for the Arts (PCA). During the month of January, the PCA is hosting their annual wall quilt show in the Drury Gallery.

Cindy's program is an alphabetic "show and tell" of the stories behind the 80+ quilts she has created. Even if you are not a quilter, you will appreciate the beauty of this

age-old skill that women (and men) are still loving.

Please use only the Adams Street entrance to the PCA. It is handicap accessible with an elevator to the main level. (There is parking available in the "Market Square" parking lot on Cook Street/Hwy 33.) The program will begin at 1:30 PM, but the doors will open at 1 PM so that you can view the wall quilt show before the program. You may also view the quilts after the program.

We have set a "snow day" on Friday, January 12. (Please listen to WPDR radio 1350 AM for weather-related announcements.) The public is invited to join us for this program, so bring a friend!

Sneak Preview of 2024 Programs

January 11: Quilts from A to Z

February: Club choice; you can find packaged lessons at <https://wahceinc.org/education-programs/>

March 7: Domestic Violence... Here, Really??

April 23: Rendezvous and cultural arts contest at Savanna Oaks, Fall River

May 2 (tentative): Is This Trash? Update on Recycling in Columbia County

September 5 (tentative): Be Safe, My Women Friends

October 3: Mighty Micro-greens... With a Giant Nutritional Punch

November 12: Fall Council & Getting to Know Mackenzie

HCE Logo



The roof of the home 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.

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