



**Extension**  
UNIVERSITY OF WISCONSIN-MADISON  
MONROE COUNTY

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# The Bridge

## PRESIDENT'S UPDATE

Hello Everyone,

The date for the Spring Summer Fling has been set for Monday, June 14th at Fireman's Park in Tomah. It's the shelter nearest the building. Our meeting will start at 10 a.m. and lunch at 11:30 a.m. Bring a dish to pass, your own drink and table service. Hope everyone can join us. It's been a long time coming!

I received a thank you from the Saint Claire Health Mission. They were very appreciative of the food we provided for May.

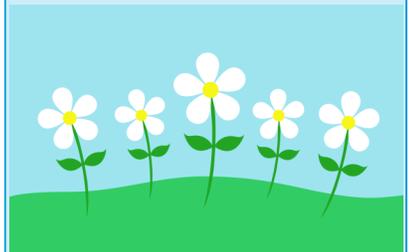
If anyone is interested in attending the State Conference in September, it will be held in Stevens Point this year. You can register for one or two or three days. Let Bernie or me know if you plan on staying over night; reservations have been made and we need to know ASAP, only two rooms were reserved.

Take care! See you June 14th, Flag Day!

Jean

## June 2021

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**MONROE COUNTY  
HEALTH & WELL-BEING  
EDUCATOR**  
**April Anderson**  
**608-269-8722**

REMINDERS



June 14th – at  
Fireman’s Park  
in Tomah



Answers to the Spring Crossword

- |             |           |            |                 |
|-------------|-----------|------------|-----------------|
| 1. April    | 5. rain   | 9. tulip   | 13. March       |
| 2. puddle   | 6. kite   | 10. nest   | 14. May         |
| 3. warm     | 7. Easter | 11. spring | 15. April Fools |
| 4. umbrella | 8. melts  | 12. shower | 16. seasons     |

MONROE COUNTY HCE INFORMATION

**2021 Executive Board Members**

President: Jean Boak (372-4354)  
Vice President: Ann Baker (372-2389)  
Secretary: Sue Baker-Young (633-6457)  
Treasurer: Bernie Arena (272-3371)

**2021 Educational Program Chairmen**

Community Outreach: Phyllis Snider (372-5473)  
Cultural Arts: Louise Buchholz (435-6435)  
Family: Bernie Arena (272-3371)  
International: Barbara Mueller (372-9077)  
Membership/Marketing: Phyllis Snider (372-5473)

**2021 Center Chairpersons**

Sparta– Westside HCE Club (272-3371)  
Tomah– Suzanne Baker-Young (633-6457)

**UW-Extension Office**

**(608)269-8722**

April Anderson, Health & Well-Being/FoodWise Educator  
april.anderson@wisc.edu

**For more information please contact:**

Jean Boak, President at (372-4354)

**Newsletter Deadline**

Information for the HCE newsletter is due by the **20<sup>th</sup>** of the month for the following month’s newsletter.



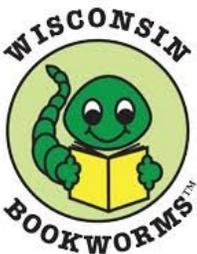
## TREASURER'S UPDATE

The “Impact of HCE Survey” and the “HCE Healthy Lifestyle Survey” are due by June 1, 2021. The surveys were in the February 2021 Bridge. They are also on the WAHCEinc.org website. Basically the “Impact” one is all you have done in volunteering and donating for HCE the last 12 months. I will tabulate them and send them on to state. The “Healthy Lifestyle Survey” is a tabulation of activity and healthy lifestyle eating from February 15, 2021 to May 8, 2021. Please take a few moments to write these down and get them to me. Thanks.

--Bernie Arena



## BOOKWORM UPDATE



### Bookworms Receives Oakdale Electric Grant

Our Wisconsin Bookworms program has received a \$250.00 grant from Oakdale Credit Union's

“Operation Roundup® Trust.

Deana Protz, their PR & Communications Specialist called me with the news. She was very impressed with our program.

We will be reading to 122 children in the fall of 2021.

Thank you Oakdale Credit Union!

--Bernie Arena, Program Coordinator



## ARTICLE REQUEST-WE WANT TO HEAR FROM YOU!

Do you have something to share with the HCE newsletter? A story, a recipe, an upcoming event, some ideas to share? If you have an article to share please submit it to the Monroe County Extension Office, Attn: April Anderson or email to [april.anderson@wisc.edu](mailto:april.anderson@wisc.edu). Thank you!

CULTURAL ARTS REPORT

Reminder to get your projects done for the June 14 picnic. ALL ITEMS MUST BE IN PLACE BY 10:00 A.M. THAT MORNING. Also bring along the pink registration form found in your February newsletter. Because this is an outdoor show - be prepared for the weather. We will need some tablecloths to cover the surfaces. If your item is selected, that pink registration form will need to be filled out and given to me that day. I need to send them to the state by August 1.

Pennies for Friendship will be collected for Viewers Choice.

Looking forward to seeing you all on June 14.

-- Louise Buchholz





## create-a-smoothie

- STEP 1** Choose fluid milk and fruit. Select yogurt. Add choices to blender.
- STEP 2** Add extras, optional. Put the cover on the blender.
- STEP 3** Pulse until smooth. Pour into cups.
- STEP 4** Refrigerate until service. Hold for cold service at 41°F or below.

**Yield: Approximately 1-12oz serving**

Yogurt and fruit (breakfast and lunch) can be credited in smoothies prepared by program operators to meet meal pattern requirements. Fruit used in smoothies is credited as fruit juice. Vegetables are now a creditable component (minimum 1/8 cup required) in smoothies per USDA SPLD CACFP05 SFS10-2014 (v2)

Recipe adapted from Western Dairy Association and Southeast Dairy Association.

### fluid milk

- Fluid Milk
  - Unflavored Fat-free or Low-fat **4 oz. Fluid Milk**
  - Flavored Fat-free (credit as 1/2 milk serving)
  - Lactose-free

### yogurt

- Yogurt, Low-fat
  - Plain Fruit-flavored
  - Vanilla Greek-style

**4 oz. (credit as 1 oz. meat alternative component)**

*tasty treat tips* Use yogurt for smooth, creamier consistency.

### fruit

Use frozen for best consistency.

<input type="checkbox"/> Bananas	<input type="checkbox"/> Kiwi
<input type="checkbox"/> Berries Blueberries Raspberries Strawberries	<input type="checkbox"/> Mango <input type="checkbox"/> Melons Cantaloupe Honeydew
<input type="checkbox"/> Cherries, pitted	<input type="checkbox"/> Papaya

**1/2 cup total (credit as 1/2 fruit juice)**

- Peaches
- Pineapple

### extras

*(optional)*

<input type="checkbox"/> Nuts Almonds, Cashews, Walnuts	<input type="checkbox"/> Fresh mint	<input type="checkbox"/> Ground flax seeds
<input type="checkbox"/> Carrot	<input type="checkbox"/> Vanilla	<input type="checkbox"/> Spinach
<input type="checkbox"/> Avocado	<input type="checkbox"/> Cinnamon	<input type="checkbox"/> Nutmeg
<input type="checkbox"/> Peanut or almond butter	<input type="checkbox"/> Chocolate syrup	<input type="checkbox"/> Cocoa powder
<input type="checkbox"/> Honey	<input type="checkbox"/> Instant, non-fat dry pudding mix	
	<input type="checkbox"/> Oats or oatmeal	

\*Extra ingredients add calories so recommend limiting to 1 or 2 items from this list. (over)

## JUNE IS DAIRY MONTH

### Tips to Add More Dairy to Your Day

The Dairy Group includes dairy milk and yogurt, cheese, lactose-free versions, and fortified soy milk and soy yogurt. Here are some tips to add delicious dairy to your day.

#### **Include dairy in the morning**

Enjoy a bowl of cereal with low-fat or fat-free dairy or soy milk. Or top plain yogurt with a serving of fruit and nuts to include two more food groups.

#### **Look for calcium sources**

If you do not consume milk, look for calcium-fortified foods -- some breads and orange juices, and soy products like tofu and soy yogurt. Some leafy green vegetables, like kale and collard greens, also have calcium.

#### **Fit dairy into meals**

Prepare oatmeal and canned condensed soups with low-fat or fat-free dairy milk or fortified soy milk instead of water. Adding to smoothies, quiche, and mashed potatoes is another good idea.

#### **Create your own dressing**

Blend plain low-fat or fat-free dairy yogurt, lemon juice, and dried or fresh herbs such as basil and parsley for a salad dressing. This can also be a quick and healthy veggie dip.

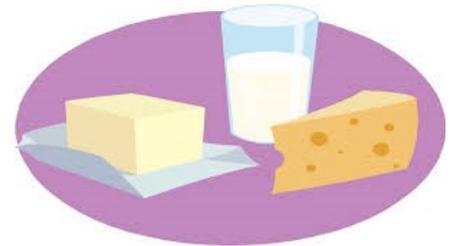
#### **Drink up!**

Grab a glass of milk. A cup of low-fat or fat-free dairy milk or fortified soy milk is an easy way to drink a healthy calcium snack.

#### **Snack on homemade cheese spread**

Blend low-fat ricotta cheese with herbs such as oregano and dill, and sprinkle on some chopped green onions. Serve with whole-grain crackers.

Source: myplate.gov



### **BECOME A MEMBER OF HCE**

Interested in opportunities for personal growth through learning, sharing, or volunteering? Looking for leadership opportunities? Want to meet great people and form new friendships while instilling the values of family and community? Become a member of the Monroe County Association for Home & Community Education (HCE)!

# Ice Cream Word Search

G O B I R T H D A Y C A K E A N C L X O Q O  
 I U Q W H I P P E D C R E A M L A O Q N O R  
 S T R A W B E R R Y U M W G Q A X B F C F E  
 J B I R R K Y G D U R Q C J Z S N U Z F W O  
 C E I W R S O Q P Q M Y A X J P L T X M E S  
 O C H O C O L A T E T V R A R R F T C O E E  
 O V N U T S C U G B K U A L H I S E O O E L  
 K U U N Z H P K S J C P M N C N A R T S U V  
 I N T I K Q O S Y C L A E Z I K E P T E W V  
 E E U K J W B T O R O K L N E L K E O T N Q  
 S O S J D M F Y F P O O R G G E L C N R K F  
 N P C W T B Z U H U Y A P K X S C A C A A V  
 C O Q A K N L D J V D I D S O E F N A C U L  
 R L C O O K I E D O U G H B M I N T N K M Q  
 E I P E A N U T B U T T E R C U P D D S G A  
 A T T Y S M D P N U G O C C O N E S Y B Q A  
 M A G G Q R Q N C H O C O L A T E C H I P Q  
 F N N K H O U T B F R E N C H V A N I L L A



MINT  
 NUTS  
 VANILLA  
 CHOCOLATE CHIP  
 COOKIE DOUGH  
 MOOSE TRACKS

STRAWBERRY  
 PEANUT BUTTER CUP  
 NEOPOLITAN  
 WHIPPED CREAM  
 CARAMEL  
 FRENCH VANILLA

ROCKY ROAD  
 BUTTER PECAN  
 SCOOPS  
 HOT FUDGE  
 BIRTHDAY CAKE  
 OREOS

SPRINKLES  
 COTTON CANDY  
 COOKIES N CREAM  
 CHOCOLATE  
 COFFEE  
 CONES

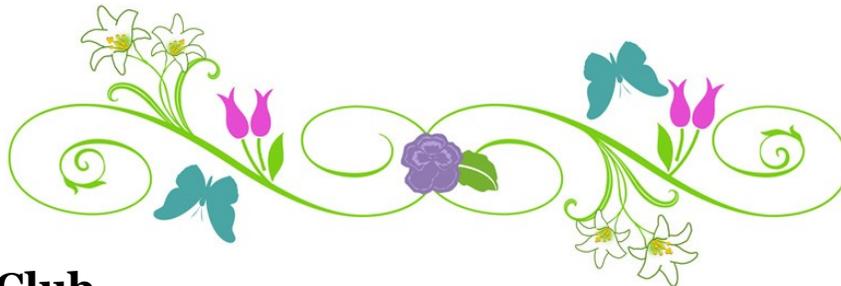
## CLUB NEWS

**K-M Doettes and International**

Our group, K-M Doettes met for the first time on Wednesday May 12 at the LaGrange Town Hall. We were happy to see each other; it's been over a year since we last met. We made Spring Summer Fling plans. We each shared how we had survived this past year. I had sent \$40 to the State international that we had collected previously; I've already received a thank you from Lylene Scholze, our state International Chair person.

For International news, you are all welcome to bring needed supplies to the Fling on Monday, June 14 at Fireman's Park. A complete listing was posted in the May 2021 Bridge.

Sincerely, Barbara Mueller

**Westside HCE Club**

To Meet June 7th

The Westside HCE Club will meet for the first time this year on Monday, June 7, 2021.

Members will gather at the Sparta Family Restaurant at 1 p.m. for lunch and a meeting.

--Margaret Rowan, President

## BAKE BEFORE YOU BITE

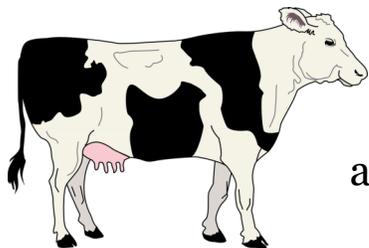
According to Barbara Ingham, a food safety specialist at UW-Madison, even more evidence from the Centers for Disease Control (CDC) highlights the importance of cooking flour-containing products before eating. National foodborne illness outbreaks in 2016 and again in 2019 tied to pathogenic *E. coli* have been linked to consumers eating raw dough or batter. An outbreak report released last month indicated that several people interviewed admitted to eating, licking, or tasting raw dough or batter before they became sick. The infectious bacterium was found in bags of all-purpose flour purchased by consumers.

The symptoms of *E. coli* infections vary but often include severe stomach cramps, diarrhea (often bloody), and vomiting. People usually get sick 3 to 4 days after swallowing the germ. Most people recover within a week. However, some people develop a serious type of illness called hemolytic uremic syndrome (HUS), which can result in kidney failure, stroke, and even death. In the 2019 outbreak tied to contaminated flour, 21 cases were reported with three hospitalizations.

What can we learn from this? Consumers and educators should remember two quick and easy messages: “Bake before you bite!” and “Say no to raw dough!” When you prepare homemade dough for cookies, cakes, and bread, you may be tempted to taste a bite before it is fully baked. But steer clear of this temptation—you can get sick after eating or tasting unbaked products that are intended to be baked, such as dough or batter. And remember, children can get sick from handling or eating raw dough used for crafts or play clay, too. Flour can be contaminated, just like other agricultural products. Flour does not look like a raw food, but as purchased in the grocery store, it is! Flour is ground and sifted as part of the milling process, but these steps do not supply enough heat to destroy harmful bacteria that may be on the grains as they are harvested. In addition to harmful bacteria contaminating the flour while it is still in the field, it is possible to spread contamination at other steps during flour production. Fortunately for anyone looking forward to celebrating graduation, birthdays or other events, the bacteria that can contaminate flour are destroyed by cooking or baking. Cooking or baking also destroys *Salmonella* that may be present in raw eggs.

The CDC recommends safe food handling practices when you are baking and cooking with flour and other raw ingredients: Do not taste or eat any raw dough or batter, whether for cookies, tortillas, pizza, biscuits, pancakes, or crafts, made with raw flour, such as homemade play dough or holiday ornaments. Do not let children play with or eat raw dough, including dough for crafts. Bake or cook raw dough and batter, such as cookie dough and cake mix, before eating. Follow the recipe or package directions for cooking or baking at the proper temperature and for the specified time. Do not make milkshakes with products that contain raw flour, such as cake mix. Do not use raw homemade cookie dough in ice cream. Cookie dough ice cream sold in stores contains dough that has been treated to kill harmful bacteria. Keep raw foods such as flour or eggs separate from ready-to-eat foods. Because flour is a powder, it can spread easily. Follow label directions to refrigerate products containing raw dough or eggs until they are cooked. Clean up thoroughly after handling flour, eggs, or raw dough: Wash your hands with running water and soap after handling flour, raw eggs, or any surfaces they have touched. Wash bowls, utensils, countertops, and other surfaces with warm, soapy water. For more information go to: <https://www.cdc.gov/foodsafety/keep-food-safe.html>

UPCOMING LOCAL EVENTS



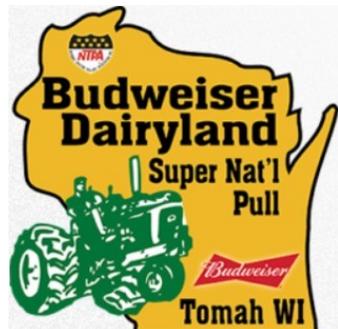
The 2021 Monroe County Dairy Breakfast is on! It will be held on June 5, 2021 at the MDS Dairy located at 9314 Kansas Ave. Sparta, WI 54656 between Leon and Melvina!

Sparta's Concert in the Park - Every Wednesday in Evans-Bosshard Park, 224 East Ave., Sparta from 7 to 9 p.m. A FREE local concert featuring local bands. June 2, 9, 16, 24, 30



Burger's in the Park - June 3 from 5 - 7 p.m. at Davidson Park, West Park Street, Westby. Hosted by a non-profit who will be raising money for a cause of their choice. Burgers, brats, hotdogs, salads, desserts and drinks will be served for a small fee.

Sparta's Butterfest, June 10 - June 13th, Memorial Park - events include arts, crafts & flea market, softball tournament, bingo, carnival rides, a parade, and music.



National Truck & Tractor Pull - June 24 - 26th at Recreation Park in Tomah. Besides the pulls, there is a flea market and craft show and food from local vendors.

# Joy

According to the Action for Happiness website: This month's theme is all about finding the joy in life, even when things are difficult. Research has shown that experiencing positive emotions in a 3-to-1 ratio with negative ones leads to a tipping point beyond which we naturally become more resilient to adversity. So let's train our brains to find the joy.

Joyful June 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Decide to look for what's good every day this month	2 Say positive things in your conversations with others	3 Re-frame a worry and try to find a helpful way to think about it	4 Take a photo of something that brings you joy and share it	5 Think of 3 things you're grateful for and write them down	6 Get out into green space and feel the joy that nature brings	
7 Do something healthy which makes you feel good	8 Find joy in music: sing, play, dance, listen or share	9 Ask a friend what made them happy recently	10 Bring joy to others by doing something kind for them	11 Eat good food that makes you happy and really savour it	12 Write a gratitude letter to thank someone	13 Take a light-hearted approach. Choose to see the funny side
14 Share a happy memory with someone who means a lot to you	15 Look for something to be thankful for where you least expect it	16 Speak to others in a warm and friendly way	17 Take time to notice things that you find beautiful	18 Look for something good in a difficult situation	19 Get outside and find the joy in being active	20 Rediscover and enjoy a fun childhood activity
21 Send a positive note to a friend who needs encouragement	22 Watch something funny and enjoy how it feels to laugh	23 Create a playlist of uplifting songs to listen to	24 Bring to mind a favourite memory you feel grateful for	25 Show your appreciation to people who are helping others	26 Make time to do something playful, just for the fun of it	27 Be kind to you. Do something that brings you joy
28 Notice how positive emotions are contagious between people	29 Share a friendly smile with people you see today	30 Make a list of the joys in your life (and keep adding to it)				

ACTION FOR HAPPINESS

Happier · Kinder · Together