



Extension

UNIVERSITY OF WISCONSIN-MADISON
MONROE COUNTY

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The Bridge

PRESIDENT'S UPDATE

Hello Everyone,

Welcome to 2022! I believe winter is here! The wind and snow are blowing along with typical January temperatures. Brrrrrr!

We certainly had an enjoyable Christmas event. We were able to do a craft with Diane and Jim Nichol from Wood County, our district cultural arts chairs. Everyone was able to take home their own unique craft. We ordered off the menu at Murray's on Main, good lunch. Nice to be together. Thank you to our planners.

The Executive Board will be meeting on January 18 at 1 p.m. in the Assembly Room at the Sparta Justice Center. Everyone is invited to come. Use the Oak Street entrance. We need to get together to set our plans in motion.

Included in this newsletter are the Impact of HCE member contribution and Healthy Lifestyle survey. Also, I have included information ideas to increase our hours on the Impact contribution report.

Stay warm! Keep in touch! Take care!

Jean

January / February 2022

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**MONROE COUNTY
HEALTH & WELL-BEING
EDUCATOR**

**April Anderson
608-269-8722**

REMINDERS



January 18th– Executive Board Meeting
at 1:00 p.m. at the Sparta Justice Center –
Use Oak St. Entrance

May 30th– Impact Hours Due

June 1st– Healthy Lifestyle Survey Due



Answers to the Thanksgiving Trivia

Happy
New Year!



- | | |
|------|-------|
| 1. B | 7. D |
| 2. C | 8. C |
| 3. B | 9. A |
| 4. A | 10. C |
| 5. C | 11. A |
| 6. D | 12. B |

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 Center Chairpersons

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

For more information please contact:

Jean Boak, President at (372-4354)

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)

UW-Extension Office (608)269-8722

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



Newsletter Deadline

Information for the HCE newsletter is due by the **20th** of
the month for the following month's newsletter.

TREASURER'S UPDATE

Best wishes for a spectacular 2022. We will be at 26 awesome members this year.

We collected \$61.34 in pennies for friendship and gave out \$500 in scholarships in 2021.

We began a literacy partnership with Scholastic Books to purchase books for the 2 and 3 year olds at the Sparta Head Start. This was outside of our Wisconsin Bookworms reading program under the state umbrella.

We also hosted the West District Fall Meeting. It was the first one held in person since the start of the pandemic in the spring of 2020. It was a huge success with over 40 people attending.

April Anderson did a super job as our guest speaker. Those attending also loved the Sparrows Nest as a venue. Add in a terrific meal and entertainment and it hit the nail on the head. Our district was ready for some in-person gathering.

This year's dues remain at \$10. The last two years the state dropped their share of the dues to just \$1. This year they will get \$5.00 and the district will receive a \$1. We will be left with \$104 income from dues after those payouts.

We didn't collect the "bakeless bake sale" funds last year. We will be collecting them this year to help sustain our scholarship fund. We will re-name it "Scholarship Pledge". That \$10 per person will be collected in April.

Due to changes in state law, I had to apply for a new "certificate of exempt status" for our organization. Our new number was received last fall.

Thank you for financially supporting all of our projects this past year. Your time and talent is also greatly appreciated.

The Exec Board is meeting January 18th at 1 p.m. at the Justice Center in Sparta. Everyone is welcome to attend. We will be planning projects and educational events for the rest of the year.

Our program book will be ready for distribution in early February. Stay tuned!
--Bernie Arena

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. Thank you!

HCE WEEK DELIVERIES

Gift Cards Delivered

To Tomah Health

Two \$25.00 gift cards were delivered to Tomah Health for distribution during HCE Week in November.

Because of COVID protocol, I had to leave the greeting cards that contained a letter and the gift card at the entrance desk. One said, “First Baby Boy” and the other, “First Baby Girl”.

Then it was a waiting game. The hospital was happy to get them and to deliver them, but because of privacy laws couldn’t tell me who received them.

I received an e-mail on Monday, November 22, 2021 from Heather Schedler.

It read as follows:

“Hi Bernie, Thank you all so much for the cute card and generous gift! That was entirely out of the blue! My sincerest apologies for the delayed response. It has been a crazy week! My husband Jake and I welcomed our daughter Natalie Rose Schedler into our family the morning of 11/14/21. She is our first child and is joining a long line of Schedlers to live in Tomah. At this time, we are not publicly sharing more details about her birth. Thank you again! God bless, Heather Schedler ”

I have not heard from the recipient of the “First Baby Boy” card. I am sure they were thankful to receive the unexpected gift.

Thank you to everyone for supporting this fun, family oriented project during HCE Week!

- - Bernie Arena



WESTSIDE NEWS

Members met on Monday, January 3, 2022 at the Sparta Family Restaurant. Jim Arena and Gerald Koltermann were guests at the meeting.

A very successful bake sale was held on December 17th at the Sparta Barney Center. Traffic seemed kind of light but in the end most of the items were gone and it was a good day.

Former HCE member Ella Ruetten stopped by to visit and buy treats. We also got a lead on a possible new member.

A list of potential educational classes was put together. Exercise booklets were distributed.

A conversation about pollinators began.

Our next meeting will be on Monday, February 7th, at 12 noon at the Sparta Family restaurant.

Members are to bring gently used and new books for the "Kindness Book Drive".



Increasing Impact Hours

Donation hours may include: leading, attending meetings one to one or in a group setting, planning and developing reports, newsletters, agendas, presentations; participation in extended electronic/phone/Zoom conversations; travel time to events and meetings; ordering, unpacking, labeling, reading and distributing the Wisconsin Bookworm books and involvement in creating craft and homemade cultural arts items to be donated in the community.

Send your finished report to Bernie by May 30th. Thank you!

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)!

IMPACT REPORT

HCE MEMBER CONTRIBUTION REPORT FOR JUNE 2021 THRU MAY 2022

Club member's Name:

County:

Club:

Event: Time spent in hours	June	July	August	Sept.	Oct.	Nov.	Dec.	Jan.	Feb.	March	April	May	Total Hours
County HCE Executive Board Meetings													
County HCE Spring Event													
County HCE Fall Event													
County HCE Educational Sessions													
HCE Club Meetings													
HCE District Meetings													
HCE State Meetings													
Event: Total Hours													
Fundraising Activities: Time spent													
Fundraising Activities Total Hours													
Community Outreach: Time Spent													
Wisconsin Bookworms Reading Program													
Community Outreach Total Hours													
Donations: Estimated \$ value													
Donations: Total Estimated \$ Value													

Complete and mail by June 1, 2022 to: Bernie Arena, 4261 Basswood Road, Sparta, WI 54656

Wisconsin Association for Home
and Community Education, Inc.

HCE Healthy Lifestyle Survey

Get moving and eat healthy with HCE members across Wisconsin. Please reply to this four-question survey about maintaining your healthy lifestyle for thirteen weeks, between February 15 and May 8, 2022.

Name (optional) _____

County _____, Wisconsin

1. Which activities do you usually participate in weekly? Check all that apply.

☐ walking ☐ hiking ☐ running ☐ dancing ☐ bowling
☐ biking ☐ spinning ☐ yoga ☐ swimming ☐ Tai Chi
☐ Strong Bones or other exercise class ☐ exercise DVD
☐ Other (please list) _____

2. How many times a week are you usually active for ½ hour or more?

☐ 5 or more ☐ 3 or 4 ☐ 1 or 2 ☐ zero

3. How many ½ cup servings of fruits & vegetables do you usually eat daily?

☐ 8 or more ☐ 5 - 7 ☐ 1 - 4 ☐ zero

4. How much of your diet is raised, grown or made within 100 miles of you?

☐ Most ☐ About half ☐ Some ☐ Very little ☐ Unsure

Please complete and mail your survey by June 1, 2022 to:

Bernie Arena
4261 Basswod Rd.
Sparta, WI 54656

Valentine's Day Word Search

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



LOVERS
 HEART
 DATE
 HUG
 FEBRUARY
 CUPID

VALENTINE
 SWEETHEART
 ADMIRER
 ROMANCE
 CHOCOLATE
 PASSION

FRIEND
 GIRLFRIEND
 LOVE
 KISS
 BOYFRIEND
 CANDY

CARD
 PARTY
 FLOWERS
 BE MINE
 ROSE
 GIFT

DECEMBER 2021 CHRISTMAS EVENT



Busy at work on our craft projects! We created patterns on tiles using a variety of alcohol ink colors! Some of us used straws to blow the ink around.



Our completed craft projects! We all had a lot of fun!

The “Action for Happiness” website asks “How can we start this new year happier?” Things have certainly not been easy over the last year, and we are still in difficult and uncertain times. The best way to try to handle our difficult emotions and experiences is by focusing on what we can control.

This month, we're encouraging everyone to focus on small steps to try to boost happiness - for ourselves and others around us - to spread kindness and hopefully inspire others to do the same.

Happier January 2022

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Find three things to look forward to this year	2 Make time today to do something kind for yourself	3 Do a kind act for someone else to help brighten their day	4 Write a list of things you feel grateful for and why	5 Look for the good in others and notice their strengths	6 Take five minutes to sit still and just breathe	7 Learn something new and share it with others
8 Say positive things to the people you meet today	9 Get moving. Do something active (ideally outdoors)	10 Thank someone you're grateful to and tell them why	11 Switch off all your tech at least an hour before bedtime	12 Connect with someone near you - share a smile or chat	13 Take a different route today and see what you notice	14 Eat healthy food which really nourishes you today
15 Get outside and notice five things that are beautiful	16 Contribute positively to your local community	17 Be gentle with yourself when you make mistakes	18 Get back in contact with an old friend	19 Focus on what's good, even if today feels tough	20 Go to bed in good time and allow yourself to recharge	21 Try out something new to get out of your comfort zone
22 Plan something fun and invite others to join you	23 Put away digital devices and focus on being in the moment	24 Take a small step towards an important goal	25 Decide to lift people up rather than put them down	26 Choose one of your strengths and find a way to use it today	27 Challenge your negative thoughts and look for the upside	28 Ask other people about things they've enjoyed recently
29 Say hello to a neighbour and get to know them better	30 See how many people you can smile at today	31 Write down your hopes or plans for the future				

ACTION FOR HAPPINESS

Happier · Kinder · Together

