



**Extension**

UNIVERSITY OF WISCONSIN-MADISON  
MONROE COUNTY

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# The Bridge

## PRESIDENT'S UPDATE

Hello Everyone,

March is certainly going out like a lion! We will have nicer weather and sun shine to come.

Unfortunately I did not make it to our Learning Day on March 24th. I've heard several good comments about the event. They were happy to have three visitors join them. Thanks to everyone who planned the day and brought the lunch.

Don't forget the Spring Fling on Tuesday, April 26th. The registration for this event is in this newsletter. Bring your arts and crafts to be judged for the State Conference. This year our conference is nearby, La Crosse. It is very impressive to see the variety of skilled projects! We'll need volunteers to help throughout the conference. Remember, our West District sponsors this conference. Let me know when you'll be able to help out.

We're still thinking about visiting some gardens this summer. Let me know if you have any ideas.

Don't forget to complete and return the Healthy Lifestyle and HCE Impact Report. The forms were in the Jan Feb newsletter. Due by June 1 to Bernie.

Take care! Bee happy!

Jean

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

**April Anderson  
608-269-8722**

## REMINDERS



April 26th —  
Spring Fling



## Answers to the Spring Scramble

- |                                |                              |
|--------------------------------|------------------------------|
| 1. NIAR <u>RAIN</u>            | 11. EFOSRWL <u>FLOWERS</u>   |
| 2. AESETR <u>EASTER</u>        | 12. SBSMLOO <u>BLOSSOM</u>   |
| 3. CHRAM <u>MARCH</u>          | 13. AMRW <u>WARM</u>         |
| 4. TFRBLTEYU <u>BUTTERFLY</u>  | 14. SANESO <u>SEASON</u>     |
| 5. IETK <u>KITE</u>            | 15. DASYI <u>DAISY</u>       |
| 6. UTLIP <u>TULIP</u>          | 16. ILARP <u>APRIL</u>       |
| 7. DBIRS <u>BIRDS</u>          | 17. SASRG <u>GRASS</u>       |
| 8. RNWIOAB <u>RAINBOW</u>      | 18. AMY <u>MAY</u>           |
| 9. EEGRN <u>GREEN</u>          | 19. HNNUEISS <u>SUNSHINE</u> |
| 10. NSPUORGIT <u>SPROUTING</u> | 20. INCPIC <u>PICNIC</u>     |

## MONROE COUNTY HCE INFORMATION

### 2022 Executive Board Members

President: Jean Boak (372-4354)  
Vice President: Louise Buchholz (435-6435)  
Secretary: Sue Baker-Young (633-6457)  
Treasurer: Bernie Arena (272-3371)

### 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.

### 2022 Educational Program Chairmen

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



## K-M DOETTES NEWS

Nine of our members met at the LaGrange Town Hall for our March 9th meeting. We discussed community dinner options in Tomah at the Gloria Dei Church on Mondays. Warrens also has a once or twice monthly options. A donation is optional. We're looking forward to the Learning Day on March 24th. Connie shared a suggestion for the t-shirt contest for our State Conference. Dorothy and Barbara brought delicious treats. See you at the April District meeting and Spring Fling.

--Barbara, Secretary



## DAY OF LEARNING

## Day of Learning is A Life Saving Success

We held our first "Day of Learning" of the year on Thursday, March 24th at the La Grange Town Hall. We had thirteen participants including three guests. Emily Newbury and Shayla Tessman from Tomah Health taught us, "Hands-Only CPR". This was followed by each of us trying the technique on the "dummies". It was definitely not a "walk in the park". It was hard work. Many excellent questions were brought forward. They also showed us how to use an AED (automatic external defibrillator). The machine talks you through everything. Definitely use the AED first if it is available. Thank you both for an enlightening program.

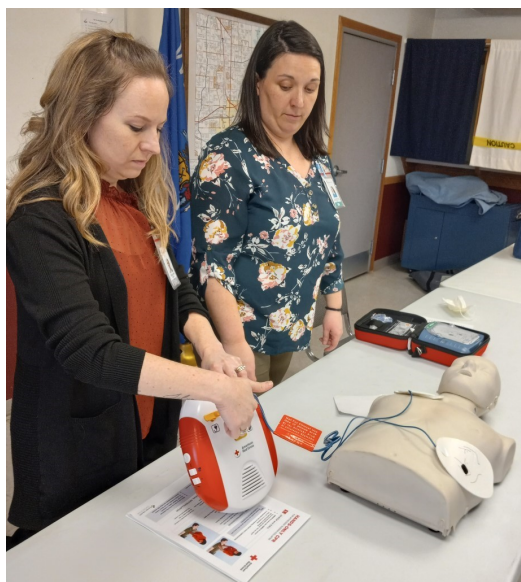
The audience enjoyed a potluck luncheon before our second speaker took the stage. Thank you to everyone who brought items for the meal.

Traci Castro of "Schell Farm Gardens" in Norwalk was our second speaker. She shared a marvelous story about the Schell Farm where she visited when she was young. Her life journey eventually brought her back to that farm. Traci plants 11,000+ seeds in her basement. On ¼ acre of land she has 28 fifty foot beds, five of which are perennials. She shared photos of how she got started organizing, planting and selling her cut flowers. She shared many tips along the way, including that she pulls her tulips out by the bulb. It gives them a longer stem in a cut arrangement. She also shared that bees were very attracted to "honeywort". Traci resides in Norwalk with her husband and three daughters. You can find her beautiful cut flowers at the Sparta Farmers Market located on Water Street in Sparta at Mueller Square, and at Northwoods Country Market in Sparta. The farmers market is open Saturday mornings beginning in May and Wednesday late afternoons.

Thank you to Bill Halfman and the Monroe County Extension Office for use of technical equipment. Special thanks to everyone who took time out to attend the event.

--Bernie Arena

## DAY OF LEARNING



Shayla Tessman, left, and Emily Newbury of Tomah Health, demonstrate how to use an AED.



Betty Pottinger assesses the patient, getting guidance from Shayla Tessman of Tomah Health.



Traci Castro shows off one of her sprouting tubers. She shared tips on keeping flowers fresh, and some planting techniques.



Phyllis Snider and Mary Cook listen to instructor Emily Newbury before starting "hands only CPR" .



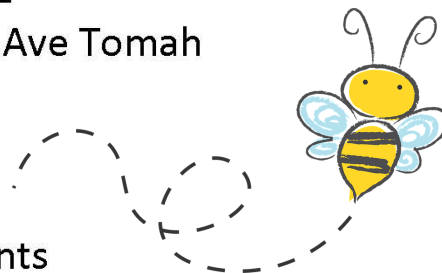
June Abbott places the heel of one hand on top of the other, lacing her fingers together and positions her shoulders directly over her hands. Shayla Tessman guides her along.

## HCE Spring Fling

Tuesday, April 26, 2022

La Grange Town Hall, 22731 Flint Ave Tomah

"Bee Happy"



- 9:00 a.m. Registration and Refreshments  
9:30 a.m. Welcome and Creed  
Business Meeting  
Arts, Crafts, and Writings in place for judging  
10:00 a.m. Speaker, April Anderson, Bee Happy  
11:00 a.m. Vote for Viewer's Choice  
11:45 a.m. Lunch Croissants, salad, dessert  
12:30 p.m. Pollinator Information  
1:15 p.m. Awards, Wrap Up, Announcements  
2:00 p.m. Adjourn HCE Prayer

Dress up for bees, joy, spring! Invite a friend!

\*\*\*\*\*

### Registration

Name: \_\_\_\_\_ Club/Individual \_\_\_\_\_

Phone: \_\_\_\_\_

Please send registration and \$12 (make checks payable to Monroe County HCE) to Bernie Arena, Monroe County HCE Treasurer, 4261 Basswood Rd. Sparta, WI 54656 by April 22, 2022. Thank you!

## POLLINATOR PARTY



### Pollinator Party Set for May 8th

Pollinators are responsible for bringing us 1 out of every 3 bites of food we eat.

Justin Trails Resort is throwing a “Pollinator Party” on Mother’s Day, May 8th, from 1 p.m. to 3 p.m. They are located at 7452 Kathryn Avenue, Sparta, Wisconsin.

The event is free and open to the public. They would like to get a count for the number of handouts. Register at [eventbrite.com](https://eventbrite.com). Go to the site and scroll down to “Pollinator Party” to register. Or call me, Bernie Arena at 272-3371 and I will register you.

Booked speakers include Joey Esterline addressing pollinators, and Grace Kaiser of Norwalk on keeping bees. Prairie Moon Nursery will also be participating in the program.

It sounds like a fun day, and a great way to kick-off our own pollinator project!

--Bernie Arena



## THANK YOU !

Thank you to the Monroe County Area Retired Educators Association for the very generous donation of \$145.00 towards our Wisconsin Bookworms reading project. They have donated to this project over the last several years. We appreciate your continued support.

--Bernie Arena





# Earth Day Every Day

Find all of the Earth Day related words from the list below. The words can be up, down, forward, backward, or diagonal.

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

AIR  
APRIL  
CLEAN  
CLIMATE  
COMPOST  
CONSERVATION  
ENERGY

ENVIRONMENT  
EXTINCTION  
FOREST  
GLOBAL  
LAND  
LITTER  
NATURE

OCEAN  
OZONE  
PEOPLE  
PLANET  
POLLUTION  
RECYCLE  
REDUCE

RESOURCES  
REUSE  
SMOG  
TRASH  
TREES  
WASTE  
WATER  
WILDLIFE

## EARTH DAY



In honor of Earth Day, here are 15 practical steps you can take toward living a more sustainable life and help protect the Earth:

**SMART HEATING AND COOLING TIPS**

**1. Weather seal your home.** This is a big one. So much of the energy most of us use to heat our homes just slips out through the cracks. Have an energy audit performed on your home—some communities and organizations even offer them for free—and insulate, insulate, insulate!

**2. Put on a sweater.** Why heat up your whole home when you're just using one room? Dress for the season. Don't expect to be comfortable in shorts and a tank top when it's snowing outside. Put on layers, even indoors, and bundle up under blankets when you're not moving around.

**3. Use your curtains and blinds.** Curtains are good for more than just privacy, they can also help you regulate the temperature inside your home. In the winter, open your curtains or blinds during the day to let in the sunlight and close them at night to keep in the heat. In the summer time, do the opposite.

**4. Cool cooking.** During those Dog Days of Summer, try grilling outside or using the microwave more. It will help keep the heat out of the house so you don't have to crank the A/C.

**REDUCE WASTE**

**5. Reduce.** Try to fix old things before buying new things. Buy used items whenever possible. Say "no" to drinking straws at the restaurant and plastic cutlery at takeout.

**6. Reuse.** Whenever possible, opt for reusable versions of popular disposable items, including water bottles, coffee cups, and razors. Reuse plastic food containers for storage. Don't just throw away unwanted items. Donate them. Repurpose them. Turn them into craft projects. Be creative.

**7. Recycle.** We all know to do it by now, but a reminder never hurts. It can be so easy to just toss that one tin can into the trash, just this one time. By being conscientious about everything you throw in the trash, recycling will become second-nature.

**8. Compost.** When you say "recycle," most people think of bottles, cans, and paper. Composting is nature's original way of recycling — turning "trash" into healthy new soil. You don't need a complicated bin, just set aside a corner of your yard to dump out food scraps and yard debris, and turn it over every so often. Don't have a yard? Many cities, towns, and community gardens have a public compost pile. Or try worm composting!

## EARTH DAY

**EAT GREEN**

**9. Eat locally.** By eating foods that are in season, and grown in your local area, you not only support your local ecosystems, but your food will also be fresher and require less fuel (and carbon output) to get to you. If possible grow your own vegetables.

**10. Eat less meat.** Environmental advocates and health experts agree that Americans eat too much meat. Cutting out meat for even one day a week can help to reduce the environmental impacts of meat production, and it's good for your health.

**CHANGE BEHIND THE WHEEL HABITS**

**11. Drive less.** Find ways to combine errands to make fewer trips.

**12. Keep your car well maintained.** A poorly running car is a gas-guzzling car, no matter what the owner's manual says. Keep your tires properly inflated, and your engine tuned up, and follow your recommended maintenance schedule.

**REMEMBER MOM'S ADVICE**

**13. Turn it off.** If you leave a room, turn off the lights. Same with the television, the stereo, or any other appliance. Switch to LED lights.

**14. Be water wise.** Take shorter showers. Wait until you have a full load of laundry. Shut off the water when brushing your teeth or hand washing dishes.



**15. Hang it up.** Instead of using the clothes dryer, hang clothes up to dry, whether inside or outside. You only need to toss clothes into the dryer for about 10 minutes if you miss that soft out-of-the-dryer feeling.

**Source:** <https://www.farmersalmanac.com/what-when-earth-day-quiz-activities>

## Active April 2022

ACTION FOR HAPPINESS

Happier · Kinder · Together



25 Have a 'no screens' night and take time to recharge yourself

18 Try a new online exercise, activity or dance class

11 Set yourself an exercise goal or sign up to an activity challenge

4 Eat healthy and natural food today and drink lots of water



5 Turn a regular activity into a playful game today



6 Do a body-scan meditation and really notice how your body feels



13 Make sleep a priority and go to bed in good time

20 Focus on 'eating a rainbow' of multi-coloured vegetables today

27 Find a fun exercise to do while waiting for the kettle to boil

21 Regularly pause to stretch and breathe during the day

28 Meet a friend outside for a walk and a chat

7 Get natural light early in the day. Dim the lights in the evening



8 Give your body a boost by laughing or making someone laugh

1 Commit to being more active this month, starting today

15 Get active by singing today (even if you think you can't sing!)

22 Enjoy moving to your favourite music. Really go for it

29 Become an activist for a cause you really believe in



9 Turn your housework or chores into a fun form of exercise

2 Spend as much time as possible outdoors today

16 Go exploring around your local area and notice new things

23 Go out and do an errand for a loved one or neighbour

30 Make time to run, swim, dance, cycle or stretch today

10 Have a day free from TV or screens and get moving instead

3 Listen to your body and be grateful for what it can do

17 Be active outside. Dig up weeds or plant some seeds

24 Get active in nature. Feed the birds or go wildlife-spotting

