



Extension

UNIVERSITY OF WISCONSIN-MADISON
MONROE COUNTY

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The Bridge

PRESIDENT'S UPDATE

Hello Everyone,

I'm still waiting for the nicer weather and sunshine. But as they say April showers bring May flowers!

We had a very enjoyable day for our Spring Fling. Thanks to April for being our speaker on "Bee Happy" and also thanks to Barbara and Bernie for filling in for our speaker on pollinators. All were very interesting.

We were able to award 5 members with significant years in HCE. Luann Marten with 65 years, Phyllis Snider with 65 years, Myrna Giraud with 60 years, and Margaret Rowan and Marge Tetzlaff with 55 years. Congratulations to all our members. We collected drawings for the T-shirt contest for the state conference competition. It'll be interesting to see which design the state board chooses.

We have received the registration for the State Conference to be in La Crosse. It is always a very enjoyable and interesting time. Come join us if only for one day. Remember, we need volunteers.

We're planning our first garden tour on Saturday, May 28 at Scott Parker's peonies. Beautiful flowers!

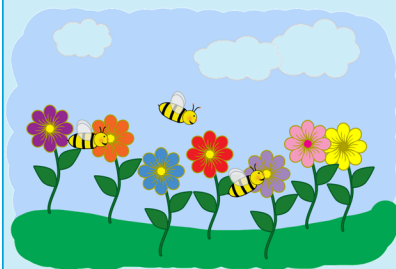
Don't forget Healthy Lifestyle and HCE Impact Report. Mail to Bernie by June 1st. Thanks.

Take Care and Bee Happy!

Jean

May / June 2022

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

**April Anderson
608-269-8722**

REMINDERS



May 28th
Garden Tour of
Scott Parker's peonies
23409 Desoto Avenue
in Tomah
@ 12:30 p.m.



Earth Day Word Search Answers



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)

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)

For more information please contact:

Jean Boak, President at (372-4354)

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.



K-M DOETTES NEWS

Eight members met at the LaGrange Town Hall April 13th. We signed six Easter cards to be sent. Four members brought their creative ideas for the HCE t-shirt contest. We will continue to collect donation items for Amvets.



Remember to color the Easter egg and turtle in our handbooks for our May 18th meeting. Note the meeting date change; we're not meeting May 11th.

--Bee Happy, Barbara

WESTSIDE HCE NEWS

Members and guests met at the Sparta Family Restaurant on Monday, May 2, 2022. April Anderson presided in the absence of Margaret Rowan.

Plans were made to take food to the St. Clare Mission volunteers the following day. Tentative plans for garden, wildflower and savanna tours were discussed. Members were reminded of the Pollinator Party taking place June 8th at Justin Trails.

Betty, Bernie and April gave a review of happenings at the Spring Fling held on April 26th.

April gave an update on several upcoming events including the bike trail opening celebration May 7th and the Mindful Movement for Mental Health event going on in the county during May.

Pennies and scholarship funds were collected.

--Bernie Arena

IMPACT OF HCE & HEALTHY LIFESTYLE REPORTS DUE



Hello Everyone! Just a reminder that these two reports are due now. I must compile them and send them in very shortly. If it is easier for you to call me with the information, that would also work. These compilations are important for work done in our county, and for the state organization. Thank you for taking time out to do the report. It is greatly appreciated. They should be sent directly to me.

--Bernie Arena

TREASURER'S UPDATE



We had seventeen attendees at our Spring Fling.

This spring we asked for \$10 per member towards our scholarship funds. I've collected most of the funds, but if you haven't already paid, please send it on to me. Thank you.

We made a \$2.50 profit on our Spring Fling reservations. That is funds remaining after the bills were paid.

Amazingly, I was able to deposit \$90.88 into our Pennies for Friendship after the Spring Fling. It broke down like this: Viewer's Choice (cultural arts) \$20.80; regular collection for Pennies for Friendship \$20.08; and the top silent bid for the beautiful tote bag made by Louise Buchholz, \$50.00. Wow!

Thank you to everyone for your unending support of all of our projects.

--Bernie Arena, Treasurer

HCE PERCH LAKE EVENT-JUNE 5TH

A Monroe County HCE event is set for Sunday, June 5th at Perch Lake in Sparta. It is being held on the Free Fishing Weekend, so no license is needed. Bring your family and friends. It will run from 8 a.m. till noon. Perch Lake is located in Memorial Park in Sparta. Drive the circle till you see a lake and then park. We will be near two shelters. Come anytime and fish. Bring a snack and a chair. We will have water to drink.

Stay a little while or a long while. This is not a fishing contest. It is just for fun.

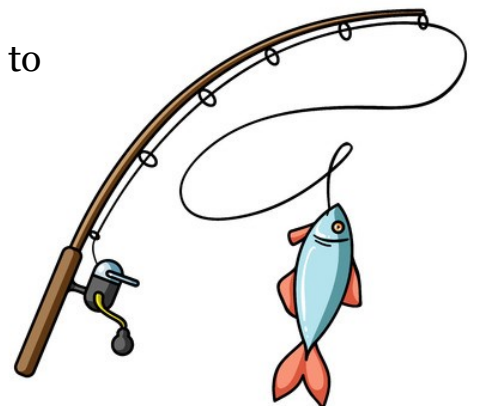
Need a fishing pole? Need bait? Let me know. We will borrow some fishing equipment and have it available. Just call me at 608-272-3371. If I don't answer, leave a message.

You know you want to do this. It would be a great time to spend with a friend, children and family.

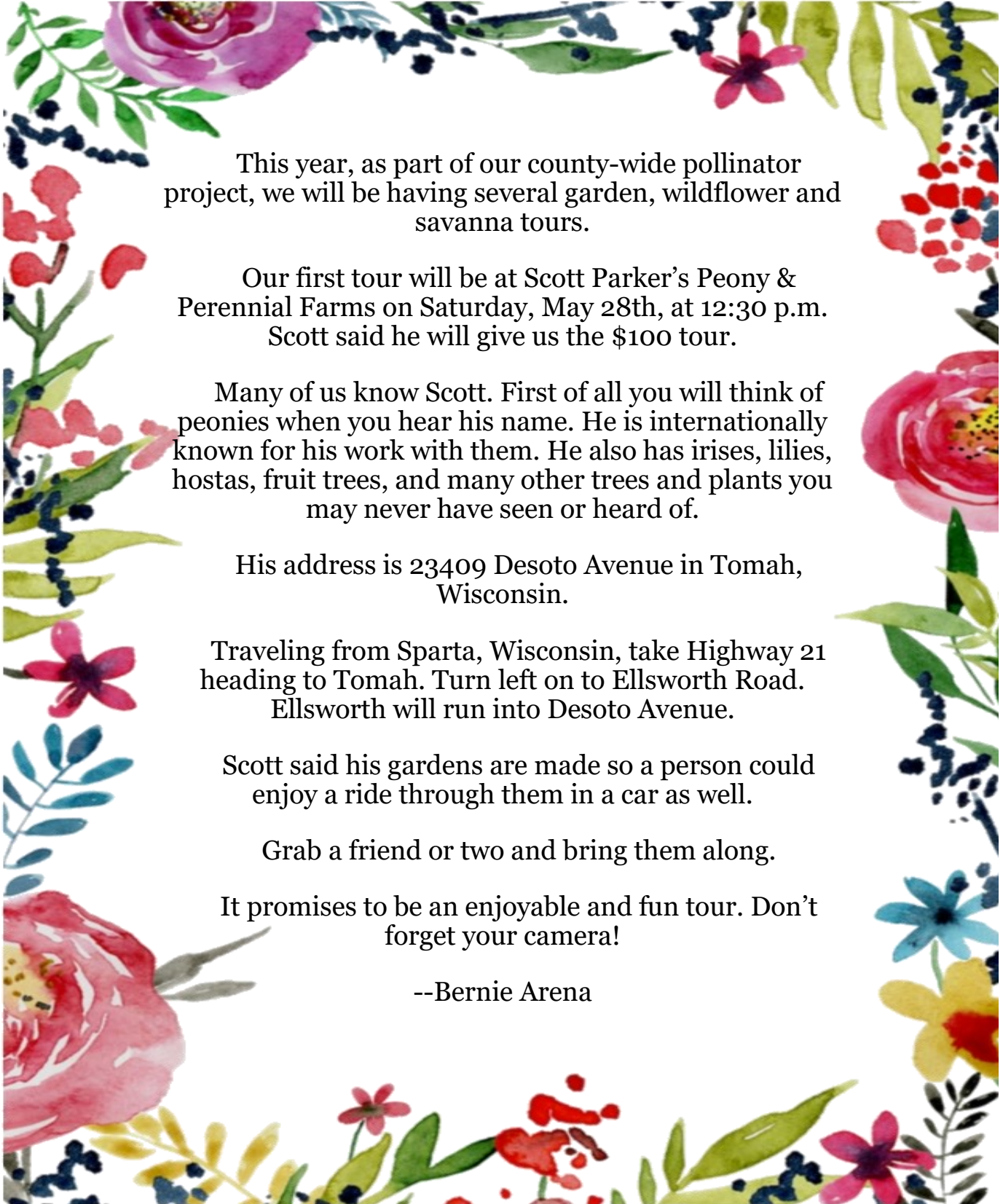
In my Brain Power class they said it is good to try something different—so here we go!

Hope to see you there.

--Bernie Arena



SPRING GARDEN TOUR-SLATED FOR MAY 28TH



This year, as part of our county-wide pollinator project, we will be having several garden, wildflower and savanna tours.

Our first tour will be at Scott Parker's Peony & Perennial Farms on Saturday, May 28th, at 12:30 p.m. Scott said he will give us the \$100 tour.

Many of us know Scott. First of all you will think of peonies when you hear his name. He is internationally known for his work with them. He also has irises, lilies, hostas, fruit trees, and many other trees and plants you may never have seen or heard of.

His address is 23409 Desoto Avenue in Tomah, Wisconsin.

Traveling from Sparta, Wisconsin, take Highway 21 heading to Tomah. Turn left on to Ellsworth Road. Ellsworth will run into Desoto Avenue.

Scott said his gardens are made so a person could enjoy a ride through them in a car as well.

Grab a friend or two and bring them along.

It promises to be an enjoyable and fun tour. Don't forget your camera!

--Bernie Arena

HONEY IN THE VALLEY-MAY 14TH

Come see what the buzz is all about at this HONEY and BEE fair! “Honey in the Valley” is a family friendly event, with activities for all ages.

Start the afternoon by visiting us at the Dorset Valley Schoolhouse Restaurant, featuring a honey inspired lunch and dessert menu. After a satisfying lunch, join the beekeepers outside to learn more about beekeeping, take a hive tour, and collect honey from the farm.

A variety of vendors will “Bee” on hand, showcasing honey and bee inspired goods, handcrafted just for YOU.

Kids will have plenty to do at this event, while taking part in educational opportunities, dressing up in bee-suits, and exploring the petting zoo.

And can’t forget about the ADULTS. We will have local beer and Honeywine MEAD samples, as well as a honey inspired drink menu.

We look forward to you joining us at “Honey in the Valley”, on May 14th. Spend time exploring all Dorset Valley and its’ community has to offer. Take the opportunity to tour the farm, the Mercantile, and learn about the history of the schoolhouse.

If you’re feeling up to it, bring your bicycles, and enjoy a ride on the Elroy Sparta Trail, located directly behind the property.

AMERICANA MUSIC IN THE PARK

AMP is a non-profit music fest at Gillett Park in Tomah. Held the 1st and 3rd Wednesday of the month during the summer. This is our 12th year in Tomah and we are Tomah's original music festival. We have live music, kids games, raffles, events by the scouts, cultural performances, a car show, craft booths and free giveaways. We are a family events serving mostly families and seniors and veterans. We do not sell alcohol at our event but you may bring it to the park (in non glass containers). We provide food trucks and drinks and treats at an affordable price. All the money made from our event goes back into the event and given to projects to benefit the Tomah community.

Dates for 2022 are:

June 1st & 15th

July 6th & 20th

August 3rd & 17th

Shows begin at 6:00 p.m. and wrap up at 8:00.



SPRING FLING FEATURES “BEE HAPPY” THEME

Our Spring Fling event was held on Tuesday, April 26, 2022. It was a rousing success. Where do I begin?



Louise Buchholz brought a variety of quick breads (apricot, chocolate, banana and lemon-poppy seed); and Barb Mueller baked apple muffins. Jean Boak and the KM-Doettes provided coffee and juice, and decorated the town hall with a “pollinator” theme. Many thanks for the treats and the amazing décor.

Pollinator information folders filled with articles and information on native plants were available for everyone. There were also a variety of flower and pollinator stickers for the taking. Wildflower seed packets and a box of seeds were handed out to each person. These were put together by our International Chair Barb Mueller.

Jean Boak presided over our business meeting which included the committee reports.

April Anderson presented an educational and fun program entitled “Bee Happy”. Did you know that 50% of your happiness is inherited? Thank you for the awesome program and resources April.

We were down with the number of cultural arts, but the entries were awesome. Congratulations to Connie Fields. Her quilt will be going to the state conference in September. Our judge was Karen Joos. Thanks Karen.



Viewer’s Choice pennies totaled \$20.80. I think that’s a record!



Virgil and Donita Schmitz catered our lunch. It was delicious—as usual.

Barb Mueller and I shared some pollinator information with the attendees, and Jean Boak handed out membership awards.

I had the honor of delivering three of the membership awards. Luann Marten of the Valleyettes was thrilled to get her 65 year award. She said to say “hello” to everyone, and “thank you”. Myrna Giraud, also of the Valleyettes, got a 60 year award. She also wanted to thank everyone and was delighted to receive it. I dropped Margaret Rowan’s 55 year award off at her home. Margaret is a former member of the Isham Valley Club, and is currently a member of the Westside HCE Club. She called to thank me, and say she was pleased to get the honor. Congratulations also to Phyllis Snider for 65 years, and Marge Tetzlaff, for 55 years. Both are members of the KM Do-ettes.

Thanks to the KM Do-ettes and Mary Cook for the door prizes; to Louise Buchholz for the beautiful “bee” tote bag; and to April Anderson and Vicky Kast for the programs, and for printing up the reports.

Thanks to everyone for attending and supporting our organization in so many ways.

--Bernie Arena



WHAT IS A POLLINATOR PARTY?



This event drew almost 30 people to Justin Trails Resort Mother's Day afternoon for a very informative and fun afternoon.

Joey Esterline shared her knowledge of native plants, why to plant them, and the benefits to native wildlife and insects obtained from those plants. She cautioned against purchasing plant seed mixtures that may contain invasive species. Joey is an avid supporter of the Monarch butterfly, having tagged hundreds of them since the 1990s. Creating a Monarch Waystation is one way to create, conserve, and protect Monarch habitats. Check out the website www.monarchwatch.org.

A very excited young lady, Thyra Davey, dressed in a bee suit, joined her Mom, Melissa Davey, sharing the book, "Rusty Bumble, A Bee's Story". Melissa wrote the book. Their family lives in Minneapolis. It's a well illustrated and fun book. It highlights the Rusty Patched bumble bee's purpose, its food and habitat needs, as well as ways to protect pollinators.



Justin Nooker, a habitat biologist from the Bureau of Natural Heritage Conservation (DNR) spoke on what Wisconsin has to offer as far as natural areas. There are hundreds of them in the state and a few in our county. He is also connected with the Prairie Enthusiasts, and spoke on some of their work with habitat. He noted that books by Doug Tallamy, "Nature's Best Hope" and "Bringing Nature Home" were excellent resources. "Butterflies of North America" by Jeffrey Glassberg was another recommended book for its excellent illustrations.

Steve Krause's interactive bee display got a lot of attention. He and his wife brought honey and bee products to share at the event. You can usually find them at the Sparta Farmer's Market.

Plenty of art activities were available for children, attendees made plans to exchange seeds and plants, and there was talk of forming an informal group to help people with habitat ambitions and work.

Thank you Dawn Justin and Justin Trails for planning and hosting this wonderful event; and to Prairie Moon Nursery for native seeds and the gift packet filled with information.

There is much more to share. We will do that at another county HCE event this summer. Stay tuned.

--Bernie Arena and Barb Mueller



POLLINATOR PARTY



Thyra Davey, bumble bee for the day, entertained the group. Joey Esterline is in the background, ready to speak on native plants and monarch butterflies.

Somewhere between 75% and 95% of all flowering plants on the earth need help with pollination — they need pollinators.

1 out of every three bites of food you eat is there because of pollinators.

Pollinators provide pollination services to over 180,000 different plant species and more than 1200 crops.



Melissa Davey, left, and Dawn Justin, putting gift packets together for guests at the Pollinator Party.

Meaningful May 2022

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1

Do something kind for someone you really care about

2

Focus on what you can do rather than what you can't do

3

Take a step towards an important goal, however small

4

Send your friend a photo from a time you enjoyed together

5

Let someone know how much they mean to you and why

6

Look for people doing good and reasons to be cheerful

7

Make a list of what matters most to you and why

8

Set yourself a kindness mission to help others today

9

What values are important to you? Find ways to use them today

10

Be grateful for the little things, even in difficult times

11

Look around for things that bring you a sense of awe and wonder

12

Listen to a favourite piece of music and remember what it means to you

13

Find out about the values or traditions of another culture

14

Get outside and notice the beauty in nature

15

Do something to contribute to your local community

16

Show your gratitude to people who are helping to make things better

17

Find a way to make what you do today meaningful

18

Send a hand-written note to someone you care about

19

Reflect on what makes you feel valued and purposeful

20

Share photos of 3 things you find meaningful or memorable

21

Look up at the sky. Remember we are all part of something bigger

22

Find a way to help a project or charity you care about

23

Recall three things you've done that you are proud of

24

Make choices that have a positive impact for others today

25

Ask someone else what matters most to them and why

26

Remember an event in your life that was really meaningful

27

Focus on how your actions make a difference for others

28

Do something special and revisit it in your memory tonight

29

Today do something to care for the natural world

30

Share a quote you find inspiring to give others a boost

31

Find three reasons to be hopeful about the future

HAPPINESS

Happier · Kinder · Together

Happier • Kinder • Together

ACTION FOR HAPPINESS