



Extension

UNIVERSITY OF WISCONSIN-MADISON
MONROE COUNTY

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The Bridge

Bernie's Buzz

Welcome to the Summer of 2022!

I am stepping in for Jean Boak for this newsletter. Jean and a cat had a little run-in that landed her in a Madison emergency room. I am happy to report that she is on the mend barring any unusual circumstances. Get well soon Jean!

We had a beautiful day for the garden tour at Scott Parker's Flower Farm.

Our next event will be our picnic in August. It is always a wonderful time for an HCE update, a delicious potluck lunch, and visiting with each other.

I hope everyone is keeping track of their HCE hours for next year's "Impact of HCE" survey. A good way to do it is to write your hours in your program book. Donations can be written in as well. Next year we will put an area in the book to help us all remember those items.

It isn't too late to register for this year's state conference in Onalaska. There are many wonderful tours, classes and a ton of fun.

Bernie Arena

July/August 2022

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

**April Anderson
608-269-8722**

REMINDERS



July 4—Parade at 10 am, Tomah, Superior Ave.

July 4—Fireworks at 10 pm, Sparta's Old Fashioned
4th of July at Memorial Park

July 27-31—Monroe County Fair, Tomah Recreation
Park

August 5—7 Frog Days in Melvina

August 6-7 Wilton Fest

August 22nd— HCE Picnic at Memorial Park Shelter
#1 in Sparta @ 11:30

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

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Newsletter Deadline

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



IN MEMORIAM

Luann Marten of the Valleyettes HCE Club passed away on Saturday, May 21, 2022, at her home. She was a member for 65+ years, holding many offices in the county organization. I knew her to always add something extra at our county meetings—a poem, or a story, or share a craft with everyone. She loved to read, do crafts, word puzzles and play cards. She especially enjoyed making greeting cards from recycled cards and exhibiting at the Monroe County Fair. Luann was always busy doing something. She is survived by 4 daughters, 8 grandchildren and 14 great-grandchildren.

Our sincerest sympathy is extended to her family and to the Valleyettes HCE Club. We will all miss the humor and spark she brought to our gatherings.

--Bernie Arena



2022 SURVEY RESULTS FOR IMPACT OF HCE SURVEY



The “Impact of HCE” survey covered the time period from June of 2021 through May of 2022.

The number of hours spent at HCE events totaled 777. Seventy-two hours were reported for fundraising activities. Community Outreach hours came to 58. Our total donations were \$826.00.

Our “Healthy Lifestyle Survey” covered the period from February 15th through May 8th of 2022. It concluded that 14 people walk weekly. Two members do yoga and three do an exercise class weekly. Also one person does exercise watching a video on a weekly basis.

Seventy percent of our members are active for a half hour or more each week. Ten of them are active for 5 or more times during that week. The survey showed most of us try to eat local food, and that we do pretty good eating our fruits and vegetables.

The results were tallied and sent to Lynn Marcks, our state vice-president for Family & Community Life.

Thank you to everyone who participated in the survey.

--Bernie Arena

GARDEN TOUR SPARKS FLOWER INTEREST

“Soft Lemon Kisses”, “She’s My Star”, “Brocaded Gown”, “Venus” and “Bess Bockstace” are just a handful of lovely peonies blooming during our tour at Scott Parker’s Peony & Perennial Farms on Tuesday, May 31, 2022. The sun was shining and the flowers were beautiful.

Whether you walked or drove through the gardens, it was a spectacular sight. Personally, I can’t imagine the thousands of hours spent getting the gardens to the point they are at today.

Scott shared his expertise with the group and fielded many questions. We are lucky to have such a wonderful resource so close at hand. Thank you Scott Parker for sharing your love and life-long collection of these lovely plants.

Attendees included Louise Buchholz, Betty Pottinger, Gerald and Joan Koltermann, Tim Prell, Dorothy Prell, Benny Mailman and Vicheka Oum, Jean Boak and Bernie Arena.

Happy Summer everyone!

--Bernie Arena



Benny Mailman and his wife, Vicheka Oum, enjoyed the garden tour and the beautiful day. Jean Boak is in the background. Ben and Vicheka are visiting from Cambodia.



Scott Parker shares some insight on his plants to Dorothy Prell and Louise Buchholz.



Gerald and Joan Koltermann viewed the gardens from their car. Driving through the plants was a nice feature.

2022 CONFERENCE UPDATE

Jean Boak, Barbara Mueller, Louise Buchholz and I were at the state conference planning committee on May 19, 2022.

Darlene Schumacher, conference registrar, reported that there were 99 registrants so far, with eleven being first-timers. She also gave an update of how many were signed up for each session. A huge thanks to Darlene for all her efforts.

Adams County has gathered 90 door prizes that will be used in the workshops.

Hostesses will wear hand sewn caps to be visible to attendees.

Sheryl Smith displayed the tote bags that have the conference logo on them. Two banners are also being printed. 87 rooms have already been booked at the Stoney Creek Inn. The Apple Annies from La Crescent, Minnesota will be entertaining with a 30 minute program.

Signage at the conference, menus and workshops were also discussed and assigned.

Members had lunch and made centerpieces for the conference.

It's not too late to register for the conference. It promises to be a great time.

Sheryl Smith and Cathy Onsager, the co-chairs, have done a great job organizing the conference. Also, thanks to Veronica Sustar for working on the menus.

--Bernie Arena



Members of the West District Planning Committee met in May in Tomah. They made these centerpieces for the state conference being held in September.

BOOKWORMS PROJECT RECEIVES FUNDS



Thank you to Rose Berry and to the Pharmacy staff at Molter's Grocery Store in Tomah. We received a check for \$105.00 from them.

Rose creates beautiful baskets. She shared some of her profits, and the pharmacy staff sent funds from their "jeans day".

We also received a check for \$300.00 from Oakdale Electric Cooperative's "Operation Round Up ®".

Oakdale Electric Cooperative rounds up the electric bills to the next highest dollar of participating members each month. The money goes into a trust for a variety of worthy causes. Since 2002 the Operation Round Up® Trust Board awarded over \$100,000 back in the communities they serve.

Thank you Oakdale Electric Cooperative!

--Bernie Arena

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:

July 6th & 20th

August 3rd & 17th

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



HCE PICNIC SLATED FOR AUGUST 22nd

Our annual HCE picnic will be held on Monday, August 22, 2022 at Memorial Park in Sparta in Shelter #1.

The event will begin at 11:30 a.m. with a potluck luncheon.

Please bring your own tableware and utensils in addition to your dish to pass.

An Executive Board meeting with updates from all committees will follow the luncheon.

Memorial Park is the park where Butterfest is held and is the one with the ball diamonds and the swimming pool. Shelter #1 is located behind the swimming pool, near the playground equipment.

Hope to see you there!

--Bernie Arena



4TH OF JULY WORD SCRAMBLE

ASTSET _____ AEQTIULY _____

ENDDEEEPNICN _____ ERIRFKWOS _____

DEARAP _____ ARLANCDITEO _____

LUEB _____ FDREOME _____

TENIUD _____ DER _____

TWEHI _____ ILBEYTR _____

ALL AMERICAN TRIFLE

This is a creamy, fruity, heavenly dessert. I've been told it's like supercharged strawberry shortcake! -Rachel Mehl

Ingredients:

- 3 pounds fresh strawberries, hulled and sliced
- 1/4 cup white sugar
- 1 quart heavy cream
- 1 (3.3 ounce) package instant white chocolate pudding mix
- 1 (6 ounce) container lemon yogurt
- 2 (16 ounce) prepared pound cakes, cubed
- 2 pints fresh blueberries, or as needed



Directions:

1. In a bowl, sprinkle the strawberries with sugar; stir to distribute the sugar, and set aside. Chill a large metal mixing bowl and beaters from an electric mixer.
2. Pour the cream into the chilled mixing bowl, and add white chocolate pudding mix, and lemon yogurt; beat until fluffy with an electric mixer set on Medium speed.
3. Spread a layer of pound cake cubes into the bottom of a glass 10x15-inch baking dish. Cover the pound cake with a layer of strawberries; sprinkle blueberries over the strawberries. Spread a thick layer of whipped cream over the berries. Repeat the layers several times, ending with a layer of strawberries sprinkled with blueberries and reserving about 1 cup of whipped cream; top the trifle with dollops of whipped cream to serve. Refrigerate leftovers.

Source: allrecipes.com

WORD SEARCH



Our Flag Word Search

Circle all the words associated with our flag.

STARS	S	T	R	I	P	E	S	A	Z	O	P	S	T	S	T	Z
STRIPES	P	M	U	Z	V	X	S	T	A	R	S	M	O	F	Q	S
RESPECT	Q	V	N	U	L	Y	O	A	D	A	R	D	E	R	P	U
RED	O	O	I	S	T	W	R	E	S	P	E	C	T	E	A	N
WHITE	L	Z	T	X	Y	O	L	T	N	N	U	O	S	E	T	D
BLUE	D	J	E	U	E	B	S	F	Y	B	S	O	K	D	R	O
FREEDOM	G	M	P	W	H	I	T	E	R	Y	U	E	F	O	I	W
OLD GLORY	L	M	S	S	V	R	E	D	B	N	N	L	L	M	O	N
UNITED STATES	O	P	T	U	Q	P	B	E	L	E	U	A	A	N	T	N
FLAG DAY	R	Q	A	R	R	S	N	E	U	M	P	D	G	F	I	A
PLEDGE OF ALLEGIANCE	Y	S	T	D	A	L	L	N	E	A	M	T	D	I	C	M
SUNUP	P	L	E	D	G	E	A	L	L	E	G	I	A	N	C	E
SUNDOWN	M	A	S	E	L	R	S	T	O	I	N	D	Y	N	N	E
PATRIOTIC																

Jump Back Up July 2022

ACTION FOR HAPPINESS

Happier · Kinder · Together



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 <p>4 Find something to look forward to today</p>	 <p>5 Get the basics right: eat well, exercise and go to bed on time</p>	 <p>6 Pause, breathe and feel your feet firmly on the ground</p>	 <p>7 Shift your mood by doing something you really enjoy</p>	<p>1 Take a small step to help overcome a problem or worry</p>	<p>2 Adopt a growth mindset. Change "I can't" into "I can't...yet"</p>	<p>3 Be willing to ask for help when you need it</p>
<p>11 Look for something positive in a difficult situation</p>	<p>12 Write your worries down and save them for a specific 'worry time'</p>	<p>13 Challenge negative thoughts. Find an alternative interpretation</p>	<p>14 Get outside and move to help clear your head</p>	<p>8 Avoid saying "must" or "should" to yourself today</p>	<p>9 Put a problem in perspective by seeing the bigger picture</p>	<p>10 Reach out to someone you trust and share your feelings with them</p>
<p>18 Let go of the small stuff and focus on the things that matter</p>	<p>19 If you can't change it, change the way you think about it</p>	<p>20 When things go wrong, pause and be kind to yourself</p>	<p>21 Identify what helped you get through a tough time in your life</p>	<p>15 Set yourself an achievable goal and take the first step</p>	<p>16 Find fun ways to distract yourself from unhelpful thoughts</p>	<p>17 Use one of your strengths to overcome a challenge today</p>
<p>25 Notice when you are feeling judgmental and be kind instead</p>	<p>26 Catch yourself over-reacting and take a deep breath</p>	<p>27 Write down 3 things you're grateful for (even if today was hard)</p>	<p>28 Think about what you can learn from a recent problem</p>	<p>22 Find 3 things you feel hopeful about and write them down</p>	<p>23 Remember that all feelings and situations pass in time</p>	<p>24 Choose to see something good about what has gone wrong</p>
				<p>29 Be a realistic optimist. Focus on what could go right</p>	<p>30 Reach out to a friend, family member or colleague for support</p>	<p>31 Remember we all struggle at times - it's part of being human</p>

