



Extension

UNIVERSITY OF WISCONSIN-MADISON
MONROE COUNTY

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The Bridge

PRESIDENT'S UPDATE

Hello Everyone,

I'm sure everyone is back in the groove with HCE. Our club met on September 14; it was nice to see our friends.

I went to the State Conference in Onalaska. I toured the Pearl Street Brewery and DNA Winery, all very interesting. We left there in a great mood! After the opening session and dinner, we had a keynote speaker, humorist Lisa David Olson. Lots of laughter!

As a Monroe County representative, I attended the annual state business meeting. Bernie Arena was elected to be our new state secretary. I introduced April Anderson for her session on Health Matters. In the afternoon, I attended the education workshop, Getting Started with Advanced Care Planning. We will share information with you at Fall Fest. After lunch we had a very exciting entertainer. She gave us some interesting and flamboyant facts about "Dark La Crosse" in the late 1800's and early 1900's. Some of it was X rated!

Throughout the conference we were able to view the cultural arts items, make our bids at the silent auction and purchase items at The Market Place. On Wednesday I went to As Your Garden Grows and Prairie Wildflowers.

Thank you West District organizers and volunteers for a job well done! We're proud of our District.

Keep in mind... State Conference next year is in the Dells!

Take care,

Jean

PS Registration for Fall Fest is in this newsletter. See you there!

OCTOBER 2022



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

REMINDERS



October 10th—HCE Fall West District Meeting, McMillan Library, Wisconsin Rapids

November 3rd—Fall Fest, La Grange Town Hall



Autumn Word Search Answers

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

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 **20th** 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



STATE CONFERENCE ADVENTURE IN ONALASKA

Our conference involved learning, laughing, sharing and caring! I started my adventure with a trolley ride seeing the highlights of La Crosse. Our entertainment was laughing with Stranger Connections, lurking in the Dark Side of La Crosse and singing along with the Apple Annie's. Excellent entertainment!

Sustainable Living was about a local woman building a straw house. Work with nature not against it. Reuse, reuse, reuse. We should tour her home outside Holmen!

Leadership Legacy is influence. Be kind to yourself. Communicate: I see you, I support you.

In WAHCE we learn, we share, we care on a global and national basis with our memberships in ACWW, CWC, NVON. Yes, we fit into all of these letters. But don't test me.

Prairie Wildflowers for attracting butterflies, birds and pollinators was presented by the owner of Prairie Nursery from Westfield. He started this business years ago trying to sell "weeds". Very interesting and so much information! Get his catalogue!

I needed therapy after all this! I went to the Power of Pet Therapy!
- - Barb Mueller



Barb Mueller strolling through the International Friendship Gardens at Riverside Park.

Another State Conference has come and gone. Once again we had many opportunities to hear a variety of speakers on many different topics. Bernie, Barbara, Jean, and I represented Monroe County.

The Cultural Arts room was filled with 350+ articles. What a show!!! Connie Fields had a quilt in that show. She received a red. There were a lot of quilts there.

At the Conference we could choose from 5 different workshops. Three of mine were related to Cultural Arts. In one of them I made a Holiday Candle holder. Supplies needed for that was a wine glass, holiday decoration, snow and a round disc. At a second session I learned how to make goat milk soap. At the third session, Cultural Arts leaders from across the state discussed what categories should be included in the next Conference.

Time for all of you to start on a craft for next year.

CONGRATULATIONS Connie Fields on your beautiful entry this year.

- - Louise Buchholz



Louise Buchholz enjoyed a ride on the La Crosse Queen for her conference tour.

BERNIE'S CONFERENCE CHATTER

West District put on an awesome conference at the Stoney Creek Inn & Conference Center. Hats off to all of us! I was supposed to attend a session titled, “Hmong People and Their Journey to America” presented by Tony Yang, an associated professor at UW La Crosse and Co-Director of the Hmong Education Project. I had the privilege of introducing him, but had to leave to attend the Business Meeting. I contacted him after the conference to see if he could speak at our November 3rd Fall Fest. He accepted the invitation. I am looking forward to hearing his story as well as his program.

I attended the Wisconsin Bookworms session with Marianne Geiger. Since its beginning the program has reached a total of 100,500 Wisconsin preschool-age children, and a total of 934,000 books have been purchased. This year 32 counties are reaching more than 3,800 children with the program. Monroe County is reading to 122 children at three different sites—Ahuco Head Start, Tomah Head Start and Sparta Head Start.

Members of the Coulee Chapter of the Embroiderers Guild of America presented “Embroidery Technics”. They guided the class through various stitches, ways to thread the needle, how to separate threads and “park” your threads while you started another area. All of us received a really nice kit which included resources, the project we worked on, and information on the various groups in the area. They were all so helpful. I never knew there were so many different stitches!

I also attended Quilt Corner’s “Wool Basics” class. Crystal Treu and Connie Bakken (co-owners) were the presenters. These ladies know everything about wool and stitching, not to mention all the tips on tools, resources and materials you will ever want to know. It was a great experience. I will be stopping by their store in Sparta to pick up some winter projects. I see in the crystal ball an entry in cultural arts next spring.

I also attended the Prairie Wildflowers for Attracting Butterflies, Birds and Pollinators. Neil Diboll is a great speaker. Did you know that we have “continental” weather? Wisconsin’s high temp was 114 degrees in July of 1936. The low was -55 degrees in February of 1996. Bees love white flowers. The east side of your home is the “Goldilocks” side—because it’s “just right” for planting . . . no hot sun or west winds. These are just a few tips he shared with the audience.

We all enjoyed some great food, met old friends and new, watched the Packers defeat the Bears, bid at the silent auction, bought stuff at the Marketplace, and perused through the awesome cultural arts exhibits. April Anderson had a huge audience for her workshop, “Health Matters with April”. I heard many great comments on the session. Barb Mueller and Jean Boak stuffed a shoebox with items that were collected for Nicaragua. All of the entertainment was fun, enlightening and uplifting. Wow! What a fun-filled adventure.

- - Bernie Arena



Monroe County HCE Fall Fest

Thursday, November 3, 2022

LaGrange Town Hall, 22731 Flint Ave., Tomah, WI



"Thanking our Lucky Stars"

Schedule:

- 9:30 a.m. Registration, coffee, refreshments
Silent Auction setup, baby basket and children's books collection
- 10:00 a.m. Welcome . . . Jean Boak, County President
Pledge of Allegiance/Homemaker's Creed
- 10:15 a.m. Business Meeting
- Secretary's Report
 - Treasurer's Report
 - Membership/Marketing & Community Outreach
 - Family
 - Wisconsin Bookworms
 - Cultural Arts
 - International
- 10:45 a.m. April Anderson, Health & Well-Being Educator
- 11:00 a.m. Jean Boak . . . handouts from education program at conference
Reports from conference attendees: Jean, Barb, Bernie and Louise
Updates from West District by attendees
- 11:30 a.m. Lunch: POTLUCK
- 12:15 p.m. Speaker: Naohoua (Tony) Yang
Cultural and Family Connections Coordinator for the School District of LaCrosse, and
Co-Director for the Hmong Education Project
- 1:00 p.m. Silent Auction Wrap-up
Homemaker's Prayer/Adjourn



Registration due October 25, 2022, \$10 per person

Name: _____ Club/Individual _____

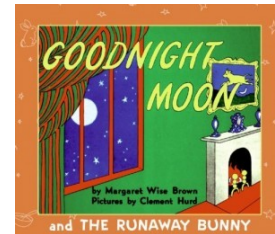
Phone: _____

Send to Bernie Arena, 4261 Basswood Road, Sparta, WI 54656 (608-272-3371)

FALL FEST REMINDERS

We will be collecting items for the baby baskets which will be delivered to the first boy and the first girl born at Tomah Health. All items must be new.

- Bring your potluck dish to pass.
- Bring your new or gently used children's books.
- Bring your items for the Silent Auction.
- Bring pennies for friendship.



Lastly, if you will not be coming to Fall Fest on November 3rd, please bring your children's books and baby basket items to your next club meeting so they can be included in our distributions.

Thank you so very much for all your support of our HCE projects.

- - Bernie Arena

WESTSIDE HCE NEWS



The Westside HCE Club met on Monday, September 12, 2022 at the Sparta Family Restaurant.

April Anderson presided at the meeting. Members reviewed the newsletter including updates on the West District meeting, the Fall Fest and the upcoming state HCE conference.

Items were collected for the Wisconsin Nicaragua project.

April shared handouts from the University of Wisconsin-Madison Extension on asparagus and the USDA Foods on radishes. The Healthy and Homemade 2023 calendar was handed out to everyone.

Pennies for Friendship were collected.

The next meeting will be on Monday, October 3, 2022 at 12 noon at the Family Restaurant.

2022 FLU VACCINE CLINICS

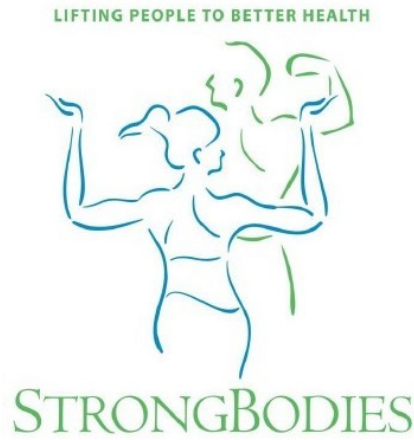
Monroe County Health Department will be offering influenza vaccine clinics at the following sites throughout Monroe County this fall. Monroe County Health Department can bill Medicare, Medical Assistance, Senior Preferred, and third party insurance companies. The CDC recommends anyone 6 months of age and older receive a flu vaccine.

Flu Vaccine Cost: \$30 Regular Dose / \$65 High Dose

<u>Date</u>	<u>Time</u>	<u>Location</u>
10/01/22	9:00 am - 12:00 pm	Community Drive-Thru – Sparta Memorial Park Pine Street Entrance *Follow Signs*
10/03/22	6:30 pm – 7:00 pm	Cashton Fire Department
10/06/22	9:00 am – 5:00 pm	Community Drive-thru - Tomah VA – 2 nd Street
10/07/22	9:00 am – 5:00 pm	Community Drive-thru – Tomah VA – 2 nd Street
10/08/22	8:00 am – 12:00 pm	Community Drive-Thru – Organic Valley 509 Organic Drive, Cashton, WI
10/10/22	11:15 am– 12:00 pm	Cashton Community Hall
	5:00 pm – 6:00 pm	Warrens Fire Station
10/11/22	11:00 am – 11:45 am	Sparta Community Center / Barney Center
10/12/22	10:30 am – 11:15 am	Kupper-Ratsch Senior Center - Tomah, WI
10/14/22	9:00 am – 6:00 pm	Monroe County Health Dept. – 315 W. Oak St., Sparta, WI
10/15/22	7:30 am – 11:00 am	Oakdale Electric – Tomah, WI
10/17/22	12:00 pm – 2:00 pm	Community Drive-thru – Tomah Fairgrounds County Highway CM, Tomah, WI *Follow Signs*
10/18/22	10:30 am – 1:00 pm	Wilton Fire Station
10/21/22	9:00 am – 6:00 pm	Monroe County Health Dept. – 315 W. Oak St., Sparta, WI
10/28/22	9:00 am – 6:00 pm	Monroe County Health Dept. – 315 W. Oak St., Sparta, WI
11/10/22	12:30 pm – 3:00 pm	Kupper-Ratsch Senior Center – Tomah, WI

***To pre-register or to schedule individual appointments, please contact
Monroe County Health Department at 608-269-8666***

STRONGBODIES CLASSES



UW-Madison Division of Extension in Monroe County is again offering StrongBodies at the Sparta Barney Center. A new session just started on Tuesday, September 20th and will continue through Friday, December 2nd. The classes take place on consecutive Tuesdays and Fridays from 10:00-11:00 a.m.

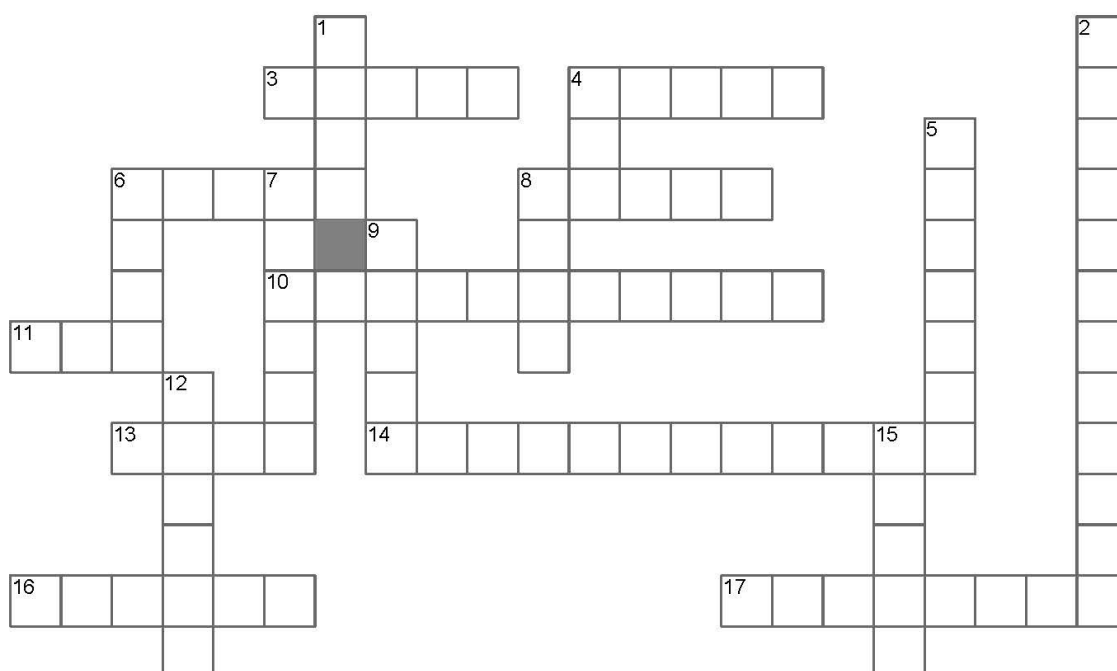
What is StrongBodies? StrongBodies is an evidence-based community strength training program for middle-aged and older adults. Participation in StrongBodies has proven to increase muscle strength, balance, flexibility, and improve chronic health conditions such as diabetes, arthritis, and osteoporosis.

StrongBodies classes continue to be offered virtually as well. There is a Monday/Wednesday session as well as a Tuesday/Thursday session. Both sessions take place from 9:00-10:00 a.m. The current Monday/Wednesday session will be wrapping up on Wednesday, September 28th. The next session will begin on Monday, October 17th and continue through Monday, December 19th. The Tuesday/Thursday session began September 7th and will continue through December 22nd.

To register for these classes or if you have questions, please email april.anderson@wisc.edu or call the Monroe County Extension office at 608-269-8722 between the hours of 8:00 a.m.—4:30 p.m. Monday through Friday.



CROSSWORD

TRICK OR TREAT HALLOWEEN CROSSWORD


ACROSS

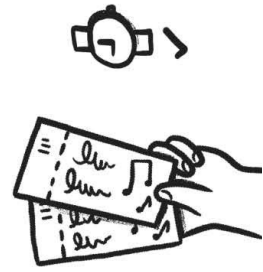
3. Treat given out on Halloween.
4. Witches need one to fly.
6. If is not a treat is a _____.
8. A skeleton is just a bunch of...
10. Something that is terrifying.
11. Spiders catch insects with this.
13. Might be half, full or new.
14. Place where a ghost might be.
16. Returned from the death.
17. Witch cookware.

DOWN

1. You use this to cover your face on Halloween.
2. Carved pumpkin for Halloween.
4. A word used to scare
5. Blood is his favorite drink.
6. Where the dead are buried.
7. Where dracula sleep in.
8. Little creatures that fly at night.
9. Likes to fly on a broom.
12. They like to howl at the moon.
15. Words or sounds believed to have a magical effect.

Optimistic October 2022

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Write down three things you can look forward to this month	2 Find something to be optimistic about (even if it's a difficult time)	3 Take a small step towards a goal that really matters to you	4 Start your day with the most important thing on your to-do list	5 Be a realistic optimist. See life as it is, but focus on what's good	6 Remind yourself that things can change for the better	7 Look for the good in the people around you today
8 Make some progress on a project or task you have been avoiding	9 Share an important goal with someone you trust	10 Take time to reflect on what you have accomplished recently	11 Avoid blaming yourself or others. Find a helpful way forward	12 Look out for positive news and reasons to be cheerful today	13 Ask for help to overcome an obstacle you are facing	14 Do something constructive to improve a difficult situation
15 Thank yourself for achieving the things you often take for granted	16 Put down your to-do list and do something fun or uplifting	17 Take a small step towards a positive change you want to see in society	18 Set hopeful but realistic goals for the days ahead	19 Identify one of your positive qualities that will be helpful in the future	20 Find joy in tackling a task you've put off for some time	21 Let go of the expectations of others and focus on what matters to you
22 Share a hopeful quote, picture or video with a friend or colleague	23 Recognise that you have a choice about what to prioritise	24 Write down three specific things that have gone well recently	25 You can't do everything! What are your three priorities right now?	26 Find a new perspective on a problem you face	27 Be kind to yourself today. Remember, progress takes time	28 Ask yourself, will this still matter a year from now?
29 Plan a fun or exciting activity to look forward to	30 Identify three things that give you hope for the future	31 Set a goal that brings a sense of purpose for the coming month				



Happier · Kinder · Together

ACTION FOR HAPPINESS