



Extension
UNIVERSITY OF WISCONSIN-MADISON
MONROE COUNTY

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The Bridge

PRESIDENT'S UPDATE

Hello Everyone,

'Tis the season. With winter beginning the snow, cold and wind, I do like the changing of seasons. Always something to look forward to besides weather.

We had a very enjoyable Fall Fest this year. Plenty of good food. Our speaker, Tony Yang gave an interesting talk on details of his journey as a small child in Laos during the Vietnam War coming to America. Thanks to Barb and Bernie for sharing more information on pollinators.

On Thursday, December 15th at Tap House Twenty is our Christmas Event. Louise is planning a craft for all of us. Should be fun. Our club always exchanged a \$5 gift in a brown paper bag; so if you would like to bring a gift and join us with our tradition. The party starts at 10:30 a.m. Lunch off the menu. See you there.

We plan to have our first Executive Board meeting on Thursday, January 26th at Ginny's Cupboard in Sparta at noon. We have guest speakers. Everyone is welcome; we need ideas for the coming year—2023!! Well, take care. Have a Merry Christmas and a blessed New Year! See you at our Christmas party!

Take care,
Jean

DECEMBER 2022 / JANUARY 2023

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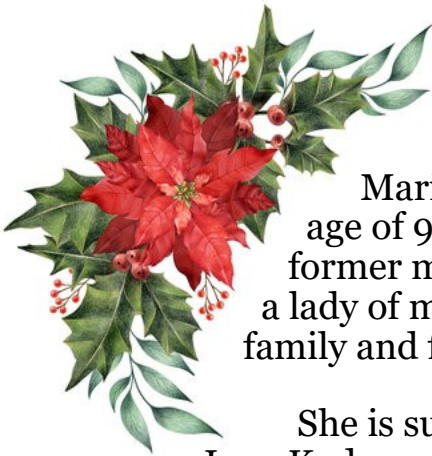
**MONROE COUNTY
HEALTH & WELL-BEING
EDUCATOR**
April Anderson
608-269-8722

REMINDERS



December 15th– Christmas Event, Tap House Twenty

January 26th–Executive Board Meeting– Ginny’s Cupboard



In Memoriam

Marion Semann passed away on October 22, 2022, at the age of 93 years at the Morrow Home in Sparta. Marion was a former member of the Farmers Valley HCE Club. She was a lady of many talents, which she lovingly shared with her family and friends.

She is survived by her seven children, including Joan Kuderer, our former Administrative Assistant at the Monroe County Extension Office.

Our deepest sympathy is extended to the entire family.



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.



CHRISTMAS PARTY DECEMBER 15TH



Our annual Christmas event will be held on Thursday, December 15, 2022 at the Taphouse Twenty Pub and Restaurant, 201 Helen Walton Drive, in Tomah. The gathering will commence at 10:30 a.m. with a break for lunch at noon.

Louise Buchholz will show us how to make a globe candle holder. She will provide the materials but you are encouraged to bring small items you might have at home to put in your snow globe.

We will have a \$5 gift exchange too. Bring your item in a brown paper bag, if you wish to participate.

Bring a favorite ornament and share the story behind it with the group.

Hope to see you there!

--Bernie Arena



PLANNING SESSION & SPEAKERS JANUARY 26

Join the Executive Board for a fun planning session on Thursday, January 26, 2023 at Ginny's Cupboard, 127 N. Water St., in Sparta. We will meet at 12 noon. Lunch will be on your own.

The Board will give updates on the committees and programs.

Benny Mailman, and his wife, Vicheka Oum, will be our guest speakers. They will give us an inside look at the people of Cambodia and their culture. They will also share their journey with us.

Please join us for this fun afternoon.

--Bernie Arena



TREASURER'S UPDATE

Our Fall Fest silent auction garnered \$173.00. These funds are in our regular checking account for scholarships and special projects. Thank you to everyone who contributed items to the auction and to those who bid and purchased them. Mary Cook did a wonderful job organizing the auction.

We also collected \$16.06 for pennies for friendship at Fall Fest. Good job everyone!

Remember that your 2023 dues are \$10.00. They can be sent anytime now so we know who to list in the 2023 program book.

Also, we are accepting any changes to the book. Just give me a call at 608-272-3371. Please leave a message if I am unable to answer the phone.

Thank you to everyone for all your support this year.

--Bernie Arena



BAKE SALE



The Westside HCE Club will hold their annual holiday bake sale on Monday, December 19, 2022 at the Sparta Barney Community Center, 1000 East Montgomery Street in Sparta.

The sale, which will include rosettes, cut out cookies and other holiday treats will run from 10 a.m. till noon.



WHERE HAVE ALL THE BABIES GONE?



This is the question I am asking myself.

HCE Week was November 6-12, 2022. This is normally when the two baskets are handed out.

I had to leave town Friday, November 11th, and had not heard from the hospital. I checked in with Tomah Health on Thursday (the 10th) and they had one baby born but did not have a chance to talk to the family yet.

They said they would talk with the family and give them my phone number if they were interested in the basket. I would then deliver it to their home whenever it was convenient.

I returned Monday, November 14th, and checked in with the hospital. Indeed, the second baby was born over the weekend. Both families were given my phone number to call for the basket.

I waited till Thanksgiving but did not hear from either family. So I called the hospital in late November looking for a baby girl and a baby boy to give the baskets to.

They happened to have a young couple in the hospital with a baby girl. Hooray!

Ethan and Amanda Urban and their beautiful baby girl were the recipients of the girl's basket. They had not decided on a name for her yet. They were very excited to get the basket. The couple moved to Sparta from Minneapolis just a couple years ago. They have family ties in Hillsboro and Muscoda.

I am currently awaiting a call from Tomah Health when that baby boy arrives. Stay tuned!

We collected 46 books at our Fall Fest. They have been delivered to Brighter Tomorrows.

--Bernie Arena



WESTSIDE CLUB NEWS

Members met on November 7, 2022 at noon at the Sparta Family Restaurant.

Members reported on Fall Fest activities: beautiful items collected for the baby baskets; a delicious lunch; Tony Yang was a terrific speaker; and Mary Cook did a great job with the silent auction.

2023 officers were elected. April Anderson will be the President/Secretary and Bernie Arena will be the treasurer.

A bake sale will be held on December 19th with a back update of December 21st. Betty Pottinger will reach out to the Sparta Barney Center. 2023 dues will be collected at the December meeting.

Members were reminded of the upcoming Christmas event December 15, 2022 at 10:30 a.m. and the January 26 kickoff at Ginny's Cupboard at noon.

The December meeting was moved to the second Wednesday, which is December 12, 2022 at noon at the Sparta Family Restaurant.

--Bernie Arena

4-H 2023 CALENDAR

	<p>Enjoying the Flower Garden Claire Flock, Leon Livewire</p> <p>Muehlenkamp Excavating</p> <p>18001 Lazo Ave. Norwalk WI 54648</p> <p>(608) 792-3563</p>	<p>2023 Monroe County 4-H Calendar</p>
		<p>1ST COMMUNITY CREDIT UNION</p> <p>"We put member service 1st and make affordable solutions easy"</p> <p>1stccu.com</p>
	<p>Three Sisters' Treasures</p> <p>608-463-7505</p> <p>108 W. South Railroad St. Kendall, WI</p>	<p>JD Riley Construction LLC</p> <p>Troy Lietzau, Owner (608)343-3567</p>

Do you need a 2023 calendar? We have a calendar that showcases our talented 4-H members with their fabulous photographs on every page. For just \$10 a calendar you can support Monroe County 4-H. All proceeds go directly to the program. Calendars are available at the Extension Office in Sparta, the Norwalk Library and & Sew Much More in Norwalk.



MERRY CHRISTMAS



CHRISTMAS JOKES



1. What do you call an obnoxious reindeer? Rude-olph!
2. What did the stamp say to the Christmas card? Stick with me and we'll go places!
3. What do reindeer say before they tell you a joke? This one's gonna sleigh you!
4. What do you call Santa's little helpers? Subordinate clauses!
5. What do you call an elf that can sing and dance? Elfis!
6. What do angry mice send to each other at Christmas? Cross-mouse cards!
7. What do you call a bunch of chess players bragging about their games in a hotel lobby? Chess nuts boasting in an open foyer!
8. What did the beaver say to the Christmas Tree? Nice gnawing you!
9. How does a sheep say Merry Christmas? Fleece Navidad!
10. What do snowmen eat for breakfast? Frosted Flakes or Ice Crispies!
11. Why didn't Rudolph get a good report card? Because he went down in history!
12. What kind of ball doesn't bounce? A snowball!



CHRISTMAS WORD SCRAMBLE



1. **dnorewadnl** _____
2. **escrogo** _____
3. **asnat lacsu** _____
4. **teesrnsp** _____
5. **uhrdplo** _____
6. **ejssu** _____
7. **mashcris eert** _____
8. **bwos** _____
9. **enol** _____
10. **wnmosan** _____
11. **rwehta** _____
12. **ndyca ance** _____
13. **yollh** _____
14. **ftgis** _____
15. **nirgch** _____
16. **emryr** _____
17. **ngtsoikc** _____
18. **gnwraipp** _____
19. **tooeicadrsn** _____
20. **eblls** _____



December Kindness 2022

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY



5 Give a gift to someone who is homeless or feeling lonely



6 Leave a positive message for someone else to find



7 Give kind comments to as many people as possible today

1 Spread kindness and share the December calendar with others

8 Do something helpful for a friend or family member

2 Contact someone you can't be with to see how they are

9 Notice when you're hard on yourself or others and be kind instead

3 Offer to help someone who is facing difficulties at the moment

10 Listen wholeheartedly to others without judging them

4 Support a charity, cause or campaign you really care about

11 Buy an extra item and donate it to a local food bank

12 Be generous. Feed someone with food, love or kindness today

13 See how many different people you can smile at today

14 Share a happy memory or inspiring thought with a loved one

15 Contact an elderly neighbour and brighten up their day

16 Look for something positive to say to everyone you speak to

17 Give thanks. List the kind things others have done for you

18 Ask for help and let someone else discover the joy of giving

19 Contact someone who may be alone or feeling isolated

20 Help others by giving away something that you don't need

21 Appreciate kindness and thank people who do things for you

22 Congratulate someone for an achievement that may go unnoticed

23 Choose to give or receive the gift of forgiveness

24 Bring joy to others. Share something which made you laugh

25 Treat everyone with kindness today, including yourself!



26 Get outside. Pick up litter or do something kind for nature

27 Call a relative who is far away to say hello and have a chat

28 Be kind to the planet. Eat less meat and use less energy

29 Turn off digital devices and really listen to people

30 Let someone know how much you appreciate them and why

31 Plan some new acts of kindness to do in 2023



ACTION FOR HAPPINESS

Happier · Kinder · Together