



Extension

UNIVERSITY OF WISCONSIN-MADISON
MONROE COUNTY

Monroe County Extension Office
206 South K Street
Sparta, WI 54656
Phone: (608)269-8722
Fax: (608)366-1809
WI Relay: 711



The Bridge

PRESIDENT'S UPDATE

Hello Everyone,

Fall is certainly in the air. A few snowflakes and colder days. Getting us ready for the winter months in Wisconsin. We had a very nice day at our Fall West District meeting on October 10th. Beautiful fall colors on our drive to and from Wisconsin Rapids. Seven of us from Monroe County attended. Five of us received door prizes!! Our speaker, Jackie Carattini, the extension agent from Wood County did an excellent presentation on "Do YOU Know How Valuable You Are?" We also had sing along entertainment from a local high school which was very enjoyable.

Fall Fest is November 3rd and is coming up fast. We can invite others to join us for lunch and listen to our speaker. Lunch is at 11:30 and the speaker is scheduled to speak at 12:15. Guests may come only to hear our speaker, Tony Yang, Hmong refugee from Laos.

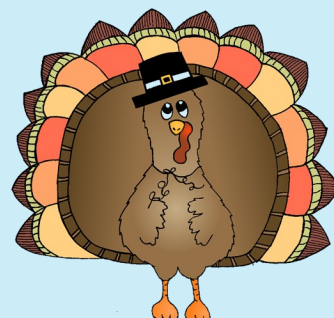
We have planned a Christmas Event on December 15th. Should be fun and doesn't involve any cooking! Let me know if you're coming and bring friends.

Take care,

Jean

NOVEMBER 2022

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

**April Anderson
608-269-8722**

REMINDERS

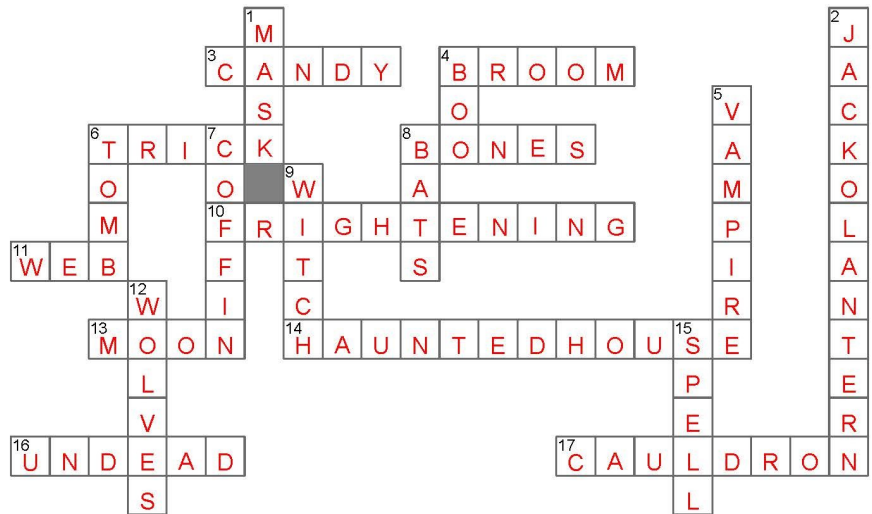


November 3rd—Fall Fest, La Grange Town Hall

December 15th— Christmas Event, Tap House Twenty

January 26th—Executive Board Meeting— Ginny's Cupboard

Halloween Crossword 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.



WEST DISTRICT GATHERING FUN & EVENTFUL



The McMillan Library in Wisconsin Rapids set a beautiful stage for the October 10, 2022, West District meeting.

Wood County Presidents Diane and Jim Nickel welcomed the group. Katherine Elchert, who took the reins as executive director of the library in August 2022, gave a history of the facility, an update of the new changes that have transpired recently, and answered a few questions from the audience.

Jacki Carattini gave a wonderful speech on mental health entitled, “Do You Know How Valuable You Are?” She stressed the importance of validating a person and connecting to people in our lives. She also invited us to identify the people who are our rocks, and to pinpoint the people who look up to us. We need connections for happiness, health, and a long life.

Director Joan Staffon chaired the meeting with her usual grace and style. The business meeting included the regular reports and approval of the new “West District Guidelines”. New officers sworn in for two year terms were Jean Boak as membership/marketing chair; Sheryl Smith for district secretary; and Joan Staffon as cultural and textile arts chair.

Mary Ann Bays, our district director-elect shared some state conference statistics, noting that we did make a profit on our conference this year. The audience recognized Cathy Onsage and Sheryl Smith for their hard work as conference chairs.

Several people shared ideas on crafts and projects with the group.

The Assumption High School band and choir—28 members strong—entertained us after lunch. It was a rousing time. The group joined in many of the musical songs as we kept “rollin’ down the river”.

Committee reports were done in quick order.

Jane Grabarski invited members to the Spring West District meeting in Adams County. It will be held on Monday, April 10, 2023 at the church in Arkdale, Wisconsin, right off of Highway 21.

Monroe County had the luckiest group there. Jean Boak and Roberta Allen won plants. Dorothy Shutter, Ann Baker, and Louise Buchholz won some of the cutest acorns I’ve ever seen. Jim Nickel made all the stuffed acorns that were on the tables. He and Diane also donated the plants.

It was a great gathering. Thank you Wood County! You were a shining star.

--Bernie Arena

CHRISTMAS GATHERING SET FOR DECEMBER 15TH



We will meet on Thursday, December 15, 2022 at the TapHouse Twenty Pub and Restaurant, 201 Helen Walton Drive, in Tomah for our Christmas event. The affair will begin at 10:30 a.m. with a break for lunch at noon. Lunch will be on your own.

Our cultural arts chair, Louise Buchholz, will show us how to make a globe candle holder. She will bring enough materials for each of us to make a candle holder. This was one of Louise's state conference sessions.

Do you have a favorite Christmas ornament? Please bring it along and tell us the story behind it.

Everyone is invited to bring something to share with the group—a project, a poem or whatever. Or, just bring yourself.

We may even sing a few songs.

Hope to see you there!

--Bernie Arena



GEARING UP FOR THE 2023 PROGRAM BOOK

We should be in full swing for 2023. Now is the time for clubs and individual members to get any changes for the new program book to me.

Did your land line phone change to a cell phone number? Any new addresses? Any changes as to when clubs meet? Is there something you would like to change in the book, or add?

Please bring any ideas for speakers or program planning to our Fall Fest on November 3rd. Or drop me a note, an email, or make a phone call. I'd love to hear from you.

Dues for 2023 will remain the same at \$10 per member. Dues for 2023 can be sent at any time now. My phone number is 608-272-3371; email: bernadine.arena@gmail.com; address: 4261 Basswood Road, Sparta, WI 54656.

Thank you so very much.

--Bernie Arena



2023 GET TOGETHER SET FOR JANUARY 26TH



Put your thinking caps on, and get ready to kickoff the new year with HCE.

The Executive Board invites everyone to join them for a fun planning session on Thursday, January 26, 2023 at Ginny's Cupboard, 127 N. Water St., in Sparta.

We will start out with lunch on your own at 12 noon.

Benny Mailman and Vicheka Oum will be our guest speakers that day. They will give us an inside look at Cambodia and the Khymer culture. They will also share some of their journey together with us.

Please come and help us plan for 2023. All ideas are welcome.

--Bernie Arena

K-M DOETTES

Eight members met at the LaGrange Town Hall on Wednesday October 12. We were happy and surprised to have Marge attend after her heart surgery and a pacemaker too!

Jean and Barb gave some brief comments about their State Conference experience. Dorothy, Ann, Roberta and Jean shared interesting news about their attendance at the West District meeting in Wisconsin Rapids.

Our November meeting will be on the 16th, delayed by a week due to voting day.

We discussed plans and responsibilities for the Fall Fest on November 3rd. Our Christmas event is set for Thursday, December 15.

See you at our Fall Fest next week!

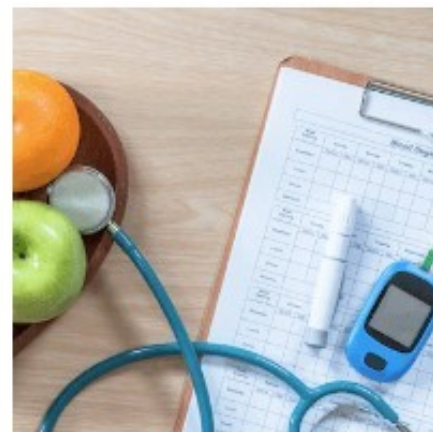
--Barb Mueller



NOVEMBER IS NATIONAL DIABETES MONTH

What is Diabetes?

Diabetes occurs when your blood glucose, also called blood sugar, is too high. High blood glucose can cause health problems over time. The main types of diabetes are type 1, type 2, and gestational.



Symptoms & Causes

Increased thirst and urination, feeling tired, unexplained weight loss, and blurred vision are symptoms of diabetes. Many people have no symptoms and don't know they have diabetes. Each type of diabetes has different causes.

Risk Factors for Type 2 Diabetes

You are more likely to develop type 2 diabetes if you have a family history of diabetes, are overweight or have obesity, or are 35 or older. Physical inactivity, race, ethnicity, and certain health problems also affect your chances of developing type 2 diabetes. A history of gestational diabetes is a risk factor for the parent and the child.

- [Diabetes Risk Test](#)

Preventing Type 2 Diabetes

You can prevent or delay type 2 diabetes by losing weight if you are overweight, being active for 30 minutes most days of the week, and following a reduced-calorie eating plan. Some people also take the diabetes drug metformin to help prevent type 2 diabetes.

Diabetes Tests & Diagnosis

Doctors use a variety of tests to diagnose diabetes and prediabetes. Your doctor may recommend different tests depending on whether you have symptoms or not, or whether you are pregnant.

Source: <https://www.niddk.nih.gov/health-information/diabetes/overview>



Veteran's Day



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

ARMY
 NAVY
 NOVEMBER
 AMERICAN
 COMMEMORATE
 PATRIOT
 VIETNAM WAR

AIR FORCE
 INFANTRY
 HERO
 VETERANS
 HONOR
 MILITARY
 NATIONAL GUARD

COAST GUARD
 MARINES
 GRATITUDE
 FLAGS
 PARADES
 MEDALS
 RESPECT

WORLD WARS
 SOLDIERS
 TROOPS
 SALUTE
 KOREAN WAR
 THANKS



4-H 2023 Calendar

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.

Things I am grateful for:

A _____
B _____
C _____
D _____
E _____
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X _____
Y _____
Z _____





New Ways November 2022



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 <p>1 Make a list of new things you want to do this month</p>	<p>2 Respond to a difficult situation in a different way</p>	<p>3 Get outside and observe the changes in nature around you</p>	<p>4 Sign up to join a new course, activity or online community</p>	<p>5 Change your normal routine today and notice how you feel</p>	<p>6 Try out a new way of being physically active</p>	<p>7 Be creative. Cook, draw, write, paint, make or inspire</p>
<p>8 Plan a new activity or idea you want to try out this week</p>	<p>9 When you feel you can't do something, add the word "yet"</p>	<p>10 Be curious. Learn about a new topic or an inspiring idea</p>	<p>11 Choose a different route and see what you notice on the way</p>	<p>12 Find out something new about someone you care about</p>	<p>13 Do something playful outdoors - walk, run, explore, relax</p>	<p>14 Find a new way to help or support a cause you care about</p>
<p>15 Build on new ideas by thinking "Yes, and what if..."</p>	<p>16 Look at life through someone else's eyes and see their perspective</p>	<p>17 Try a new way to practice self-care and be kind to yourself</p>	<p>18 Connect with someone from a different generation</p>	<p>19 Broaden your perspective: read a different paper, magazine or site</p>	<p>20 Make a meal using a recipe or ingredient you've not tried before</p>	<p>21 Learn a new skill from a friend or share one of yours with them</p>
<p>22 Find a new way to tell someone you appreciate them</p>	<p>23 Set aside a regular time to pursue an activity you love</p>	<p>24 Share with a friend something helpful you learned recently</p>	<p>25 Use one of your strengths in a new or creative way</p>	<p>26 Try out a different radio station or new TV show</p>	<p>27 Join a friend doing their hobby and find out why they love it</p>	<p>28 Discover your artistic side. Design a friendly greeting card</p>
<p>29 Enjoy new music today. Play, sing, dance or listen</p>	<p>30 Look for new reasons to be hopeful, even in tough times</p>					

Happier • Kinder • Together

ACTION FOR HAPPINESS