



**Extension**  
UNIVERSITY OF WISCONSIN-MADISON  
MONROE COUNTY

Monroe County Extension Office  
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WI Relay: 711



# The Bridge

## PRESIDENT'S UPDATE

Hello Everyone,

Fall is here and colors are starting to change. We met for our annual picnic and Executive Board meeting on August 21st. The weather turned out to be perfect and the food was delicious. There were ten members present. We discussed and made plans for our Fall Fest; the date was changed to November 6th. It will be at LaGrange Town Hall. Registration is in this newsletter. In September four members attended State Conference at Wisconsin Dells. It is always nice to renew old friendships and make new ones. The sessions are always interesting and informative. During the banquet awards are given out for different accomplishments. We received an award for our 25 years involvement in Bookworms. They also give out awards for membership. I think we need to try harder to get this recognition. Barb Mueller and I went on the tour of the International Crane Foundation. Really very spectacular! A good day trip. On October 9th seven of us attended the West District fall meeting in Loyal. The speaker, Debbie Gries, gave us a picture tour of her travels in South Africa, Zimbabwe and Botswana. Very, very interesting! We held our business meeting and committee reports before lunch. Then we enjoyed musical entertainment. We are deeply saddened to have lost our dear member, Phyllis Snider. She will be missed by all who knew her.

Take care!

Jean

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

CALENDAR OF EVENTS



**November 6th**— Fall Fest—La Grange Town Hall

**December 4th**— Christmas Event—La Grange Town Hall

WISCONSIN BOOKWORMS CELEBRATES 25 YEARS

Wisconsin Bookworms reached a major milestone in September. Wisconsin Bookworms is celebrating 25 years. In this time frame more than 934,000 books have been given out to 100,500 children in Wisconsin.

Monroe County received a certificate for being one of the original counties to start the program. I also got a certificate for being a 25 year coordinator and reader.

Currently, 33 WAHCE counties participate in the Wisconsin Bookworms project. For the 2023-2024 school year we will be reading to 3,655 children across the state of Wisconsin.

In Monroe County we will be reading to 105 children at the three Head Start sites. We also purchased sets of 8 books for the younger children at the Sparta Head Start.

A huge thank you to June Abbott and Barb Mueller for volunteering their time to read to the children, too.

Thank you to everyone for all your support of this wonderful project.

- - Bernie Arena



MONROE COUNTY HCE INFORMATION

**2023 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)

**2023 Educational Program Chairmen**

Cultural Arts: Louise Buchholz (435-6435)  
Family: Bernie Arena (272-3371)  
International: Barbara Mueller (372-9077)  
Membership/Marketing: All Members (372-4354)

**For more information please contact:**

Jean Boak, President at (372-4354)

**UW-Extension Office**

**(608)269-8722**

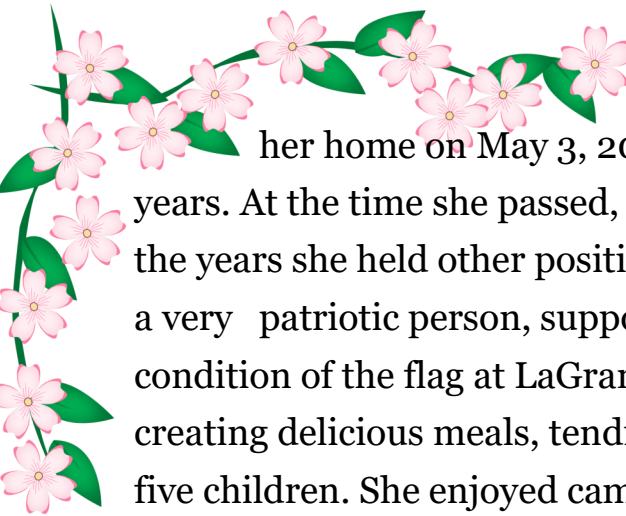
April Anderson, Health & Well-Being/FoodWise Educator  
april.anderson@wisc.edu

**Newsletter Deadline**

Information for the HCE newsletter is due by the **20<sup>th</sup>** of the month for the following month's newsletter.

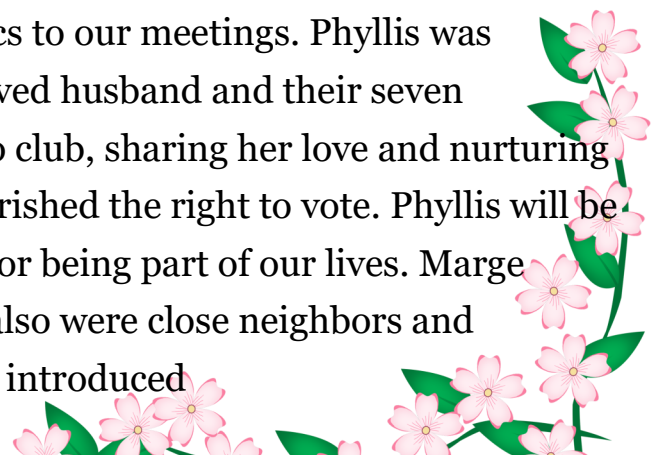


## IN MEMORIUM



**Margaret Tetzlaff**, age 88, passed away at her home on May 3, 2023. She had been a member of HCE for 56 years. At the time she passed, she was the president of our K-M Doettes. Over the years she held other positions of responsibility in Monroe County. She was a very patriotic person, supporting our veterans and checking out the condition of the flag at LaGrange Town Hall. Marge was a loving homemaker, creating delicious meals, tending to her garden and loving husband and their five children. She enjoyed camping, fishing, bird watching and shared some of her funny camping adventures. Her HCE friends deeply miss her! We are thankful for having known her. - - Jean & Barbara

**Phyllis Snider**, age 88, passed on September 21, 2023 at her home. She was a member of HCE for 66 years. Phyllis held many positions during her time, including being on the State of Wisconsin Homemakers Board. She was a lifelong learner and brought different educational topics to our meetings. Phyllis was also an avid homemaker providing for her beloved husband and their seven children. She brought her homemaking skills to club, sharing her love and nurturing nature. She believed in women's rights and cherished the right to vote. Phyllis will be deeply missed by her HCE friends. Thank you for being part of our lives. Marge and Phyllis were two weeks apart in age. They also were close neighbors and friends, raising many children together. Phyllis introduced Marge to Homemakers. - - Jean and Barbara



## SALAD LUNCHEON &amp; CRAFT FAIR

Juneau County's Home & Community Educators annual "Salad Luncheon & Craft Fair" will take place on Friday, October 20th from 11 a.m. to 1 p.m. at the New Lisbon City Hall located at 232 Pleasant Street in New Lisbon. All proceeds will go to local HCE activities. The cost is \$10 a plate.

## FALL FEST CHECK LIST

Fall Fest will be held at the LaGrange Town Hall on Monday, November 6 , 2023.

Please bring your items for the two baby baskets. We will be giving a baby basket to the first boy and the first girl born at Tomah Health during HCE Week—November 5th through the 11th.

Our Silent Auction will also take place at the event. Remember that baked items, garden produce and canned items also make wonderful silent auction stuff.

We will also be collecting new and slightly used books for children. These are distributed at places like Brighter Tomorrows and Serenity House in Monroe County.

I will not be able to attend this year’s meeting because of a state board meeting that day in Stevens Point.

Have a great meeting. Hopefully, I will see you at the Christmas event.

- - Bernie Arena



## STRONGBODIES

LIFTING PEOPLE TO BETTER HEALTH



STRONGBODIES

**Rec Park building in Tomah-** A new session began on Monday, September 11<sup>th</sup> and will continue through Wednesday, November 15<sup>th</sup>. The classes take place on consecutive Mondays and Wednesdays from 8:00-9:00 a.m. The cost for the remaining dates of this session is \$15.00. You can pay with cash or check. Checks should be made payable to Monroe County Extension.

**Virtual StrongBodies classes-**There is no cost to participate in these classes. There is a Monday/Wednesday session as well as a Tuesday/Thursday session. Feel free to sign up for both sessions if you would like. Both sessions take place from 9:00-10:00 a.m. The Monday/Wednesday class will start up again on October 16th and continue through Wednesday, December 13th. The Tuesday /Thursday class began on October 10th and will continue through December 21st. You can register for these classes at any time. If you would like to register please call the Extension office at 608-269-8722 and ask for April or email her at [april.anderson@wisc.edu](mailto:april.anderson@wisc.edu)

- - April Anderson



## STATE CONFERENCE

State Conference 2023 was held at the Wintergreen Conference Center at Wisconsin Dells. Had a great time seeing familiar people and meeting some new ones. A total of 270+ attended this year. On Monday I took the Wisconsin Dells Boat trip and visited the Bowman House. The Duck trip was interesting and somewhat relaxing (a bit bumpy). The Bowman House in Bowman Park was built in 1904. It was used as a vacation home for working women between the 1930's and 1970's. It has artifacts and images of the Dells during the early years. Has restored wood floors, 2 stories tall. Each room dedicated to a different subject.

Each night we had a program, awards handed out, and recognition of things we do. The Cultural Arts, Silent Auction and marketplace were open.

The workshops I attended were very informative. ESTATE PLANNING reminded us about having POA's (Power of Attorney's) and wills in place. Learned definitions of wills, probate, beneficiaries, and other terms.

Climate change was led by a man from Marshfield Clinic. He shared many statistics on climate affecting health. Climate may become the greatest health problem of the century. Global hunger expected to increase. Part of his message was to PLEASE VOTE, Government agencies are the greatest polluters and we need to avoid flying.

In the craft class an ornament was attempted, I will show it to you at Fall Fest.

In GRATITUDE/FINDING JOY, we had a very energetic speaker. Great session-be looking to the Christmas Event to learn more.

Lastly, I attended the CULTURAL ARTS wrap up. We dissected the entry blank and put together next years. Also discussed any other changes.

Thoroughly enjoyed the Conference even though my leg got tired. Next year is in Appleton. Hope we can have some more of you join us!

- - Louise Buchholz



STATE CONFERENCE



Jean, Barbara, Louise, and Bernie at State Conference



Sand hill cranes



The "living flag" ladies led us in a patriotic sing-along at the conference.



Louise Buchholz listens intently to the Duck ride guide as she explains safety precautions.



Shoe box items that were collected for the Wisconsin Nicaragua Project

## STATE CONFERENCE CRAFTS



Monroe County was again well represented with our crafts at State Conference. We received 3 blues, 1 red, and 1 white. Considering that there were 362 items to be judged, I feel we did real well. Congratulations Bernie Arena, Joan Kolterman, Connie Fields, and myself. We are proud of you.

## NEWS FROM K-M DOETTES

News from K-M Doettes Seven of us began our season on Wednesday, September 13 at our LaGrange Town Hall. The flag looks good, dear Marge. We have a sizable money fund for the next new flag. We briefly discussed the summer picnic, declutter session, opportunities at the Tomah Senior Center and the coming State Conference. Each of us briefly shared the highlights of our summer. We received a most delightful thank you card from the Tetzlaff family. Plans were set for attending the West District meeting on Mon, Oct. 9th. Our next club meeting has been moved to October 18th. We all signed a thinking of you card to be sent to Phyllis; she said she'd be at our next meeting!

- - Barbara Mueller



## INTERNATIONAL NEWS

What does "orange the world" mean? This phrase reflects the desire we all have for a world free of violence of all kinds for all people. Orange is a warm happy color. Orange is the color for the International Day for the Elimination of Violence Against Women and Children. This day is November 25 and today and every day! Let's all wear orange to our November meetings and on November 25th. Our whole world needs to be painted orange to wipe out the darkness!

- - Barbara Mueller



# FALL FEST REGISTRATION



## Registration



### *Monroe County HCE Fall Fest*

Monday, November 6, 2023

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

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  
Reports from conference attendees: Jean, Barb, and Louise  
Updates from West District by attendees
- 11:30 a.m. Lunch: Meatloaf, Mashed Potatoes, Green Bean Almond Dine, Salad, Sweet Bread,  
Dessert, Cake, & Juice (Provided by the K-M Doettes)
- 12:15 p.m. Speaker: TBD
- 1:00 p.m. Silent Auction Wrap-up  
Homemaker’s Prayer/Adjourn

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Registration due October 30, 2023, \$10 per person

Name: \_\_\_\_\_ Club/Individual \_\_\_\_\_

Phone: \_\_\_\_\_

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



# DON'T FALL SHORT!

Everyone 6 months & older should get the flu vaccine every year!

## MONROE COUNTY HEALTH DEPT. 2023 FLU VACCINE CLINICS:

DATE	TIME	LOCATION
Oct. 2	5 pm-6 pm	Warrens Fire Station - 506 Hartwell Dr.
Oct. 6	8:30 am-5 pm	Monroe County Health Dept. - 315 W. Oak St., Sparta
Oct. 9	6:30 pm-7 pm	Cashton Fire Department - 645 Front St.
Oct. 11	11 am-11:45 am	Sparta Community Center - 1000 E. Montgomery St.
Oct. 12	9 am-5 pm	Tomah VA / Drive-Thru - Enter on 2nd St. and follow signs
Oct. 13	9 am-5 pm	Tomah VA / Drive-Thru - Enter on 2nd St. and follow signs
Oct. 14	7:30 am-11:00 am	Oakdale Electric Cooperative - 489 N. Oakwood St., Tomah
Oct. 16	12 pm - 2 pm	Monroe Co. Fairgrounds / Drive-Thru - Recreation Building County Highway CM, Tomah *Follow Signs*
Oct. 17	10:30 am-12:45 pm	Wilton Fire Station - 806 Railroad St., Wilton
Oct. 19	12:30 pm-2:50 pm	Kupper-Ratsch Senior Center - 1002 Superior Ave., Tomah
Oct. 20	8 am-10:30 am	Organic Valley / Drive-Thru - 509 Organic Dr., Cashton
Oct. 20	11:15 am-12 pm	Cashton Community Hall - 812 Main St., Cashton
Oct. 23	8:30 am-5 pm	Monroe County Health Dept. - 315 W. Oak St., Sparta
Oct. 31	8:30 am-4 pm	Monroe County Health Dept. - 315 W. Oak St., Sparta

Pre-registration is strongly encouraged for the flu vaccine by scanning the QR code or clicking the link:

**Cost Without Insurance: Regular Dose \$30 / High Dose \$65**



[bit.ly/3t1Dq1d](https://bit.ly/3t1Dq1d)

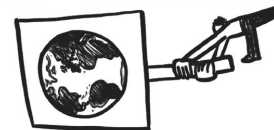
Monroe County Health Department can file insurance claims with most insurance companies (including Medicare Part B & Medicaid). However, any amount not covered by insurance will be billed to the participant.

**Please bring a copy of your insurance card (front and back).**



**For questions or more information, please call us at 608-269-8666.**

Optimistic October 2023



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

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 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



ACTION FOR HAPPINESS

Happier · Kinder · Together