



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

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# The Bridge

## PRESIDENT'S UPDATE



Hello Everyone,

Hard to believe winter is heading our way, since the weather this week has been in the 50s and 60s! We had a very enjoyable Fall Fest. The food was delicious thanks to the K-M Doettes. Thank you, Mary Cook for organizing the silent auction. We also collected baby items and many books. Even though we are few in number, we have big hearts. Our speaker wasn't able to attend. Thank you April for stepping up and providing information about the ADRC program. On December 4 we will be enjoying our annual Christmas event. We will be starting at 10:00 am at LaGrange Town Hall. Bring snacks and finger food for lunch. Louise has a Christmas card craft for us to make. Bring scissors for cutting paper. April will be giving us a lesson on gratitude and finding joy. We always need extra joy for every season. We'll be thankful and happy to see you there. A board meeting will be planned for February, 2024. All are welcome to attend. Merry Christmas and Happy New Year!

Take care!

Jean

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

CALENDAR OF EVENTS



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

**December 15th** — Westside Bake Sale – Barney Center @ 10 a.m.

The UW-Extension Staff  
wishes everyone a  
Merry Christmas and a  
Happy New Year!

*April Jason Vicky*



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.



## FALL FEST WRAP-UP & TREASURER UPDATE

I didn't get to attend the Fall Fest, but got back from my state meeting in time to catch the very end of the event.

Everything was beautifully set up. I got to hear April Anderson speak on the Aging & Disability Resource Center in Monroe County. Many resources are available to our residents.

Eleven members were registered for Fall Fest.

The auction netted \$93.00 which is earmarked for scholarships in our regular account. Pennies for Friendship totaled \$21.67.

Thank you to the KM Doettes for the lunch, and to April for stepping in as speaker.

Thanks to Mary Cook and her helpers for setting up the silent auction; and to everyone who brought items for the auction. Great job everybody.

Special thanks to Louise Buchholz and Barb Mueller for stepping in for me with the baby baskets and Bookworms, respectively.

It's time to be thinking about our new program book and dues for 2024.

Dues remain the same at \$10.00 per person. Clubs and individual members can send their \$10.00 dues in anytime now. Pennies should be turned in at this time, too.

Also, if there are any changes needed for the program books, please let me know.

Thank you again for all your support for our HCE programs.

-- Bernie Arena



## BOOKWORMS



### Our Wisconsin Bookworms Receives Theisen’s Grant

I was notified in October that we were awarded a \$1200 grant from the Theisen’s Home, Farm and Auto Store. The grant was directed and made possible by Theisen’s Home, Farm, and Auto in Dubuque, Iowa. They have stores in Iowa and Wisconsin.

I was invited to attend the award ceremony on Tuesday, November 7, 2023, at the Theisen’s Store in Sparta. Five local organizations got grants through them.

Store Manager Lance Wiersema gathered store employees and the recipients to hear about the organizations and what they do for the community.

Each person awarded a grant got to speak to the group about what they do as an organization, and what the funds will be used for. Photos were taken, and snacks and beverages were served. Everyone mingled and had the opportunity to visit with others and learn more about them and their work.

St. Clare Mission of Monroe County, Erv’s Sparta Area Protection District, Family Promise of Monroe County, and the La Farge Area Fire Association all got grants that day. Almost \$15,000 was awarded locally.

-- Bernie Arena



**Lance Wiersema, store manager of Theisen's Home, Farm & Auto in Sparta, presenting Bernie Arena with the Wisconsin Bookworms grant.**



## WISCONSIN/NICARAGUA & PENNIES FOR FRIENDSHIP

### Wisconsin/Nicaragua Partners Update & Pennies for Friendship Distribution

A total of \$9,561.85 was collected for Pennies for Friendship across the state of Wisconsin in 2023. WAHCE distributed those funds this fall.

The largest check went to Wisconsin/Nicaragua Partners in the amount of \$6,511.85. The largest portion was designated for their learning centers. Clean water, beekeeping and shipping expenses were also funded through them.

ACWW (Associated Country Women of the World) was given \$2,000 in support. This will help fund rural women projects in Uganda and Mongolia.

Ventures in People will get \$982.60 to fund six school scholarships for the year.

Thank you for all your efforts with your pennies collections this year.

Amy Wiza, director of the Wisconsin/Nicaragua Partners, spoke at our November 6th state meeting in Plover. No one from our organization is traveling to Nicaragua right now, but she was able to secure three tickets to bring some people from the learning centers to Wisconsin this fall. They will be arriving November 30th and departing on December 9th.

Petronila Solis Blanco, program assistant at the Managua Office, will be one of the people coming over. At one point there will be a treadle sewing machine demonstration.

Juan Carlos Medoza, Careli Tour Guide for W/NP and Jose Luis Hernandez, an accountant for W/NP will also be visiting. There will be opportunities to meet with them. As soon as I hear from Amy what those will be, I will let everyone know. Perhaps we can take a car load or two to meet with them in the Stevens Point area.

Stay tuned!

-- Bernie Arena



## WESTSIDE CLUB NEWS

The Westside HCE Club met at the Barney Center in October. The 2024 dues, pennies for friendship, and reservations for the Fall Fest were collected.

The club welcomed Carol Leis, of Sparta, as a new member.

April Anderson gave an update on county happenings and events. Bernie Arena shared some news from the state conference.

Club member Joan Koltermann is currently at the Tomah Care Center.

Plans were made to hold a Christmas bake sale on Friday, December 15th, at 10 a.m. at the Sparta Barney Center.

- - Bernie Arena



## WESTSIDE HCE BAKE SALE

Westside HCE Bake Sale Set for December 15th.

Rosettes and cut out cookies are just a couple of items that will be featured at our annual Christmas bake sale. There will be lots of other cookies and baked items.

The sale will be held on Friday, December 15th at the Sparta Barney Center beginning at 10 a.m.

We hope to see you there!

- - Westside HCE Club



## WARM UP WITH SOUP

**Minestrone Soup****Ingredients:**

- 1 tablespoon oil (canola, olive, or vegetable)
- 1 cup onion, chopped (1 medium onion)
- 2 cloves garlic, minced
- 1 box (32 ounces) reduced sodium chicken or vegetable broth
- 1 can (14.5 ounces) diced tomatoes
- 1 teaspoon Italian seasoning
- 1 can (15.5 ounces) kidney beans (drained and rinsed)
- 1 1/2 cups frozen vegetables
- 1 cup whole wheat pasta (uncooked)

**Instructions:**

1. Heat oil in a large saucepan over medium high heat. Add onion and garlic. Sauté for 3 minutes.
2. Add broth, tomatoes, and Italian seasoning. Heat until boiling.
3. Reduce heat to medium. Add beans, vegetables, and pasta. Simmer until pasta is tender (about 15 minutes), stirring off and on.

**Tips:**

- Top with shredded or grated Parmesan cheese.
- Use 1 teaspoon garlic powder instead of the minced garlic.

**Source:** [spendsmart.extension.iastate.edu](http://spendsmart.extension.iastate.edu)

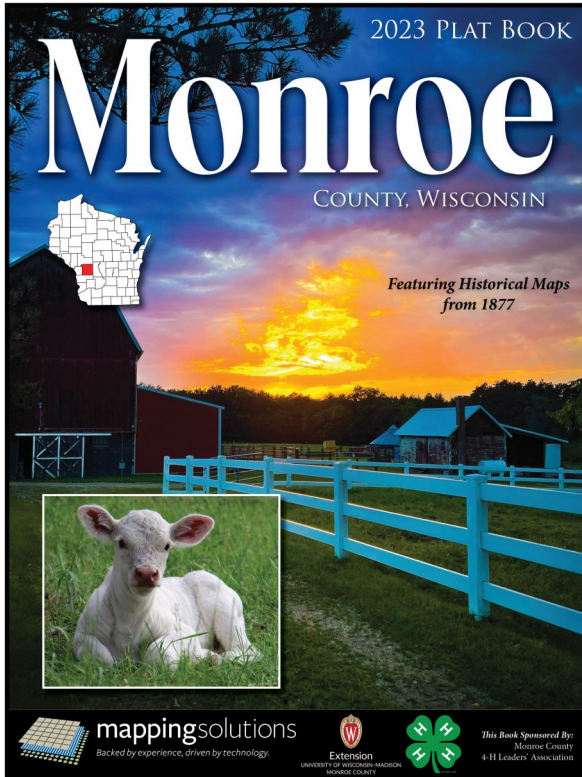
NEW PLAT BOOKS AVAILABLE

2023 PLAT BOOKS AVAILABLE

The new 2023 plat books are available for purchase! You will find an updated government directory page, school district maps, fishing stream maps, and the 1877 antique landowner maps.

The new edition is for sale for \$35 at the Monroe County Extension office, Bank of Cashton, Citizens First Bank in Sparta, St. Joseph Equipment in Norwalk, Ergo Bank locations in Kendell, Norwalk and Wilton, Dependable Title in Tomah, and the Register of Deeds in Sparta.

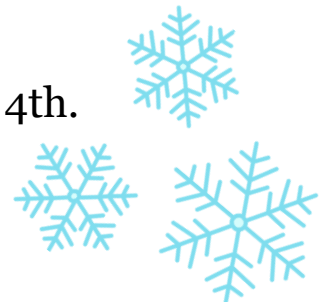
Great gift idea for the hunter in your family and a unique holiday gift!



NEWS FROM K-M DOETTES

Six of us met November 15 at our LaGrange Town Hall. Rita Dreier, during their board meeting, pushed for our continued use of the town hall for free. We are thankful for being able to use this facility. We will be taking fruit to our two assisted living homes, Greenfield House and Agape Acres. Jean delivered clothes to the AMVETS. We will have a chili dump treat for our January meeting.

We'll see you all at the Christmas event on December 4th.







# Christmas Word Search



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

HOLIDAY  
 GINGERBREAD  
 BELLS  
 COOKIES  
 STOCKINGS  
 ELVES  
 GREETINGS

CAROLS  
 CANDY CANE  
 NORTH POLE  
 CELEBRATE  
 ADVENT CALENDAR  
 CARDS  
 LIGHTS

DECEMBER  
 WINTER  
 SNOW  
 SNOWMAN  
 DECORATE  
 CHIMNEY  
 TREE

REINDEER  
 SANTA CLAUS  
 FAMILY  
 NUTCRACKER  
 ORNAMENTS  
 CHRISTMAS  
 GIFTS

# NATURE BINGO

B	I	N	G	O
Make a <a href="#">do-it-yourself bird feeder</a> out of recycled materials	Explore weather and make your own music by <a href="#">making a DIY rain stick</a>	Create a family plan to reduce, reuse, and recycle	Go outside or to a window and use your senses to be <a href="#">mindful of your environment</a>	Host a family nature photoshoot and create a collage with your photos
Invite a friend on an outdoor adventure in your community	Team up with a friend or neighbor and start a <a href="#">Little Free Library</a> , seed library, or food pantry	Count the star constellations you can identify in the night sky – try the free SkyView app	Borrow a book about nature from a friend or the library and learn something new	Dream up your next nature adventure – add it to your <a href="#">family vision board</a>
Try a new food and learn about its cultural significance	<a href="#">Make up a new game</a> and invite a friend or neighbor to play	FREE PLAY	Find a quiet spot to observe nature and write a <a href="#">nature-inspired Haiku</a>	Learn about an animal habitat and recreate it with natural objects you find
Become a Blue Star Families volunteer in your community	Visit a park in-person or virtually and learn something new from a ranger or guide	Plant an <a href="#">indoor herb plant</a> to use in the kitchen	Draw a map of your favorite places to watch nature and share it with a new friend or neighbor	Collect leaves outside and make a <a href="#">leaf rubbing</a>
Host a neighborhood field day	Create a neighborhood chalk obstacle course	Create a <a href="#">nature journal</a> to record items and moments that are meaningful to you	Spend 15 minutes <a href="#">playing outside</a> at least three times this week	Enjoy an <a href="#">outdoor activity</a> (like walking) with the whole family

