



Extension
UNIVERSITY OF WISCONSIN-MADISON
MONROE COUNTY

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



The Bridge

PRESIDENT'S UPDATE

Hello Everyone,

Summer is flying by! Summer just goes by too fast. Speaking of summer, it is almost time for our summer picnic. The date is August 21st at the Sparta Memorial Park, Shelter # 2. Bring your most favorite dish to pass and your own drink. We will provide plates and silverware. After lunch we'll have a short meeting and then put together the box for Nicaragua. We had an enjoyable Day of Learning on June 11th. Both speakers were very interesting. We could have listened more and more to both speakers. State Conference is coming up September 16 through 18. I know there are four people attending. There is still time to sign up; August 15 is the early bird registration.

Hope your summer has been enjoyable! We have had plenty of rain.

Take care,

Jean

AUGUST 2024

President's Update.....	1
Calendar	2
Westside	3
News Bites from Barb M.....	4
Canning	5
Caring & Sharing.....	6
Picnic/Shoebox Items.....	7
Bingocize	8
Bingocize	9
Calendar	10



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

**April Anderson
608-269-8722**

CALENDAR OF EVENTS



August 21 - Monroe County HCE Picnic at 11 a.m. at Shelter #2 in Memorial Park in Sparta, WI. Potluck lunch. Bring items for the Nicaragua Shoebox collection & pennies for friendship.

September 16-18 - WAHCE State Conference in Appleton, WI.

October 14 - West District Meeting at the Elroy American Legion Hall in Elroy, WI Juneau County hosting.

October 30 - Monroe County Fall Fest at the LaGrange Town Hall



MONROE COUNTY HCE INFORMATION

2024 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)

2024 Educational Program Chairmen

Cultural Arts: Louise Buchholz (435-6435)
Family & WI Bookworms: 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 **20th** of the month for the following month's newsletter.



WESTSIDE HCE CLUB NEWS

The Westside HCE Club welcomed two new members at their June 25, 2024 meeting. Erna Buchanan and Kaye Caulum attended the meeting as guests, and left as members. Erna is Kaye's mother. They both moved to Sparta from Pennsylvania, but at different times. A few members attended the haystack Amish dinners in June and July and the woolly mammoth presentation at the Barney Center on July 25th. There was discussion on putting together a spring 2025 food preservation workshop. April shared information on electric pressure canners and resource information on publications regarding canning concerns. Several members are planning on attending the Super Tuesday event on October 1, 2024, in Adams County. Darlene Heistad had requested additional funds to purchase board books for the two-year-old children at the Sparta Head Start because they attend school during the summer. The club purchased those books. Darlene enthusiastically shared copies of the books at our July 23rd meeting. April shared the new Monroe County Physical Activity Guide, handing out copies to all members. Members shared recipes and new ideas for our bake sale fundraiser. Plans were made for the August potluck picnic.

--Bernie Arena

Darlene showing
board books at the
Westside Club
meeting.



NEWS BITES FROM BARB MUELLER

At our summer picnic, I will bring a box for us to pack items to be sent to Nicaragua. The box will be delivered to the State Conference in September. Remember to keep track of the number of items you donate to food pantries and other programs. The final number will be taken to the State Conference and we'll get a state wide count. I'm struggling with my Monarch nursery this summer. Last summer I released 49 butterflies. However, this summer I'm not seeing Monarchs or finding caterpillars. I've released only three butterflies! I do have about 15 eggs right now. Let's hope they'll grow, hatch, be caterpillars, cocoon, emerge and fly away! Our Tomah club will be meeting Wednesday, September 11th, 10:30 a.m. See you all at our Monroe County picnic.



Jean Boak and Barbara Mueller examine a tile from the Taj Mahal

CANNING TIPS

USE A TESTED RECIPE

There is a significant amount of science and chemistry involved in home food preservation. When canning food at home, it is important to acknowledge this fact and understand that small variations in recipe measurements of ingredients will impact the quality and safety of products.

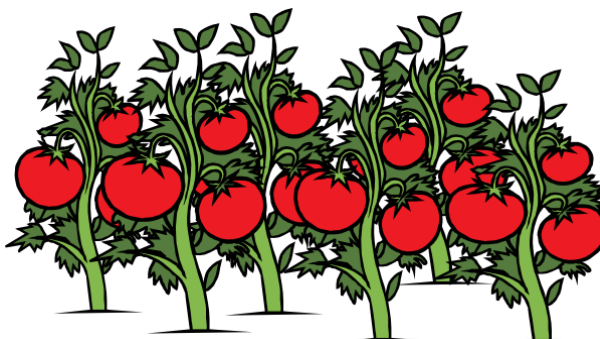
Canning foods at home requires the use of a scientifically tested recipe which has been specifically designed to ensure, that when accurately followed, it will result in a safe, quality product.

These tested recipes have been extensively researched to ensure **density, viscosity, pH, processing times, and methods to destroy harmful microorganisms** and result in a consistent, safe product.



SAFE RECIPE RESOURCES

- *So Easy to Preserve, 6th Edition:* setp.uga.edu
- *USDA Complete Guide to Home Canning:* bit.ly/3z5ljpK
- *The Ball® Blue Book*
- *National Center for Home Food Preservation:* nchfp.uga.edu



Form of Acid	Pint	Quart
Bottled lemon juice	1 tablespoon	2 tablespoons
Citric acid	¼ teaspoon	½ teaspoon
Vinegar	2 tablespoons	4 tablespoons

ADDING ACID TO TOMATO-BASED PRODUCTS

Why Acid Matters When Canning

Foods containing high acid levels, those with a pH value of 4.6 or greater, inhibit the growth of *C. botulinum* spores.

- The pH is a measure of acidity.
- The higher the pH value, the less acid is in the food.

Whether using a boiling-water bath or pressure canner for processing, all tomato products must have acid added. Most fruits can be processed using a boiling water bath because they are naturally high in acid. Tomato products, pickled foods, and figs must have acid added to them because they are not acidic enough on their own to prevent spoilage.

CARING & SHARING

Hi Again, Alyce here from the Westside Club...

Happy August...the year is over halfway through. I am sure you are all enjoying this wonderful year.

A SPECIAL NOTE...JEAN BOAK'S HUSBAND NEEDS PRAYERS...PLEASE

We had another nice meeting at the LaGrange Town Hall in Tomah. Such a nice place. We had a speaker on the Taj Mahal in India. WoW. We learned a lot and had wonderful pictures. So interesting. Nice Man giving the talk.

Then we had a pizza lunch and finished with a speaker on Cuba. She showed us a lot of poor people and places. Was a bit depressing. But it did make me realize how lucky we are here.

RHUBARB is in season. Do y'all enjoy rhubarb? Jam, Tarts, Cakes, etc. Do any of you have rhubarb recipes? Please bring them to the next meeting. Thanks. I have a yummy one for a cake...at end of this.

PLEASE don't use pesticides on your flowers...The birds and bees NEED to get the pollen and nectar from them...Thanks so much.

DAIRY QUEEN has \$2.00 milk shakes...so they tell me...have to see.

Dipped cones are yummy too...They are all good in the hot weather.

What have you all been doing this summer? Let me know.

My cucumbers have itty bitty cukes on them...can't wait to eat one.

Sue Dumas has been busy doing a few crafts. Yea!!!!

I am so happy we are getting a new member. Her name is EMA BUCHANAN.

A very nice lady. I have eaten lunch with her at the Barney Center. Possibly two more are thinking it over. Makes me soooooooooo happy.

Now for that Rhubarb Cake: 1/2 c. butter, 1 c. brown sugar, 1/2 c. sugar, 2 eggs, 1 c. buttermilk or (soured ...milk & 1 T. lemon juice) 1 tsp Vanilla, 1/2 tsp salt, 2 tsp. Baking Soda, 2 c. flour, 2 c. chopped Rhubarb...Mix well, 9x12 Pan (Sprayed or greased.) 325 degrees metal pan or 350 degrees glass pan...30-40 minutes. When cool, serve with cool whip or ice cream or plain. GOOD. Anyway.

God bless you all and see you at the meeting. Love ya... Alyce



HCE PICNIC SLATED FOR AUGUST 21ST

The annual Monroe County HCE picnic is slated for Wednesday, August 21, 2024, at Memorial Park in Sparta. The potluck event will begin at 11 a.m. in Shelter #2 at the park. Remember to bring your items for the Nicaragua project. A list is in this newsletter. There will be a short business meeting following lunch. It'll be fun getting everyone together again. I hope to see you there.

- - Bernie Arena

MATERIALS FOR THE WNP BAKING PROJECT

Along with the usual materials and supplies HCE has been so generous donating we are now asking for baking equipment

- Mixers
- Baking pans: round, rectangular and sheet
- Medium bowls
- Plastic rubber scrapers
- Metal spatulas
- Measuring cups and spoons
- Metal spatulas
- Cake icing bags
- Couplers and tips especially flower tips



MATERIALS FOR THE WNP SEWING/LEARNING PROJECT

Materials

- Fabric, one/half yard or more (no heavy wool or polyester, Nicaragua is a tropical country).
- Notions: pins, needles, buttons, thread, ribbon, Velcro, zippers, snaps, trims, laces, beads, other accessories.
- Crochet needles, knitting needles, hoops, yarn, embroidery floss, crochet and knitting patterns.
- Quilting materials, quilting patterns and books.

Equipment

- Sewing machines (electric and treadle) in good working order.
- Sergers and supporting equipment,
- Commercial sewing machines and supporting materials and equipment.
- Irons and ironing boards. (electric current is the same as in the U.S.)
- Scissors of all sizes.

BINGOCIZE



BINGO + EXERCISE = BINGOCIZE

Did you know exercise can help prevent chronic diseases and falls in older adults?

Unfortunately, less than 15% of older adults exercise regularly, which leads to inactivity and related health issues. Bingocize offers a unique solution that mixes exercise, health education and BINGO to help overcome health problems in participants. Evidence shows social, cognitive, and physical improvements from doing Bingocize and the best part is that it's fun and provided at no-cost.

Please join us if . . .

- 1) You are over the age of 60
- 2) You want to improve lower/upper body strength, way of walking, balance and range of motion
- 3) You want increased social engagement
- 4) Enjoy BINGO!

Bingocize participants will meet twice a week for 10 weeks for 45-60 minute sessions of **BINGO** and **Exercise!!**

We are looking to start our 1st Bingocize class in July. Location, Date and Time are to be determined based on interest.

If you are interested in joining Bingocize please contact:.....

Stephanie Haas at 608-269-8636.



BINGO *cize*®

Bingo + Exercise = Bingocize

A fun 10-week health promotion program that combines the game of bingo with inclusive exercises for everyone!



Exercise Only Workshop!

Join us for our 1st BINGO *cize* Class
Please call 608-269-8636 to register!

Spots are limited

Where: Sparta Meal Site (Sparta Barney Center)
1000 W. Montgomery Street
Sparta WI 54656

When: Tuesdays & Thursdays
Starting July 30th

Time: 10:00 am - 11:00 am

Tuesday July 30th Class will start at 9:30 am to complete necessary paperwork.

Free prizes
Lots of smiles



Altruistic August 2024



ACTION FOR HAPPINESS

Happier · Kinder · Together

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 <p>5 Spend time wishing for other people to be happy and well</p>	 <p>6 Smile and be friendly to the people you see today</p>	 <p>7 Give time to help a project or cause you care about</p>	<p>1 Set an intention to be kind to others (and yourself) this month</p>	<p>2 Send an uplifting message to someone you can't be with</p>	<p>3 Be kind and supportive to everyone you interact with</p>	<p>4 Ask someone how they feel and really listen to their reply</p>
<p>12 Contact a friend to let them know you're thinking of them</p>	<p>13 No plans day! Be kind to yourself so you can be kind to others too</p>	<p>14 Take an action to be kind to nature and care for our planet</p>	<p>8 Make some tasty food for someone who will appreciate it</p>	<p>9 Thank someone you're grateful to and tell them why</p>	<p>10 Check in with someone who may be lonely or feeling anxious</p>	<p>11 Share an encouraging news story to inspire others</p>
<p>19 Be thankful for your food and the people who made it possible</p>	<p>20 Look for the good in everyone you meet today</p>	<p>21 Donate unused items, clothes or food to help a local charity</p>	<p>15 If someone annoys you, be kind. Imagine how they may be feeling</p>	<p>16 Make a thoughtful gift as a surprise for someone</p>	<p>17 Be kind online. Share positive and supportive comments</p>	<p>18 Today do something to make life easier for someone else</p>
<p>26 Find a way to 'pay it forward' or support a good cause</p>	<p>27 Notice when someone is down and try to brighten their day</p>	<p>28 Have a friendly chat with someone you don't know very well</p>	<p>22 Give people the gift of your full attention</p>	<p>30 Give away something to help those who don't have as much as you</p>	<p>24 Forgive someone who hurt you in the past</p>	<p>25 Give your time, energy or attention to help someone in need</p>
			<p>29 Do something kind to help in your local community</p>	<p>31 Share Happiness with other people today</p>		