



**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,

We certainly had a very enjoyable picnic! It is always amazing the different and delicious foods that everyone brings for a potluck. I can attest for myself that I like to try a little sample of everything. Soooooo good!! After the picnic, we had our executive board meeting. During introductions, we were able to meet our new members from Sparta Westside Club. We all are so happy to have you join HCE. We had reports from our committees. Our very busy Extension Agent, April reported about what she's been involved in over the summer. The West District Fall Meeting will be October 14th in Elroy. The registration for this event is in this newsletter. Hope we can have a good attendance. At least it isn't that far away to travel. Our Fall Fest date has been changed to October 31st. Put it on your calendar. I'm looking forward to StrongBodies. It will start September 9th in Tomah. I need a strong body in my life!!

Take care,

Jean

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

**April Anderson  
608-269-8722**

CALENDAR OF EVENTS



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

**September 24** - Westside HCE Club Meeting at the Sparta Barney Center at 12:30 p.m.

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

**October 31st** - 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 **20<sup>th</sup>** of the month for the following month's newsletter.



## WISCONSIN BOOKWORMS UPDATE



The 2024-2025 Head Start classes have all begun. I have delivered the books for the 3-5 year olds to all three sites – Ahuco in Wyeville, Sparta Head Start and Tomah Head Start.

We will be reading to 75 children in the regular program. There are currently four children in the 2-year-olds' group.

Our volunteer readers for the Bookworms include June Abbott (Ahuco); Barb Mueller (Tomah) and Karen Cronick and myself at the Sparta site. Darlene Heistad is reading to the children in the 2-year-olds' class at Sparta.

A meeting is set with Kimberly Eckelberg at the Sparta Head Start site on Thursday, October 3, 2024, at 10 a.m. to go over Head Start policies and protocol. All volunteer readers should be attending.

Almost 4,000 children across the state will be participating in the Wisconsin Bookworms program for the 2024-2025 school year.

Thank you to all the volunteers for making this project work in our county.

## NEWS BITES FROM BARB MUELLER

Thank you for the many, many items brought to our picnic to be sent to Nicaragua! They will be packed into two boxes and taken to the State Conference in mid September. There were also 20 food pantry items brought to the picnic. Our final count of food pantry items for this past year will be taken to the State Conference for a state wide count. My Monarch butterfly summer is coming to an end. I will have released 25 butterflies. I have one chrysalis left to mature. Most of my eggs and caterpillars have come from friends bringing them to me. Only four came from the milkweed in my yard. I'll be going to the State Conference in Appleton September 16, 17, 18. The International workshop will have more information for me to share with you.





HCE PICNIC



Monroe County HCE members put together two shoe boxes of items for the Nicaragua project. In addition to the table full of items, there also was a \$20 donation. Missing from the photo is Barb Mueller, our International Chair, and the photographer.



## CARING &amp; SHARING

Hello September...And everyone...

It has been a hot one so far. Looks like it will cool a bit...nice. The hot weather really takes a toll on me. How about all of you? We had a garage sale during that hot weather. I will never have one again. But I like going to them. I feel bad that I missed our picnic...but I had a doctor's appointment in Madison to check on the Aneurysm in my head. I guess that is pretty important. Prayers appreciated. Also, we need to keep praying for Jean Boak's husband. Hope all of you are doing ok. Please let me know if you need a prayer or two. I would be so happy to do that. My number is 262-496-3748. I am glad Sue Dumas is back. It was so nice to see her. And so glad for 2 new members. Kay and Erna. Welcome!!!!!! I went to a painting class at the Library and April Anderson was there too. That was a fun class. Can't wait to see what the library has coming up next. Hope all of you have gone to the library. It is a Great place. Please let me know what all of you are doing. Kinda boring hearing about me all the time. Are you doing gardening, crafts, visiting, fishing, walking, etc.. I am looking for new members all the time. The more the merrier. We have fun at the meetings. We are planning a session on canning. It should be very informative and interesting. So many new products we need to be aware of. Are any of you canning or freezing for drying, etc. Now is the time with all the wonderful foods we have to work with. The library also put on a session on Woolly Mammoths, and things of that nature at the Barney center. We got to touch furs, bones, axes, spears and a TP. It was a very nice and interesting session.

Well time to go with a little recipe. BROWNIE IN A MUG or bowl if you don't have a 12-14 oz. mug.....1/4 cup flour, 1/4 cup sugar, 2 T cocoa, 2 T oil, 2 T. water, 1/4 t. vanilla, Mix and put in LARGE cup. (or bowl) and microwave on HI for 1 minute and 30 seconds. You will have a treat for one. Enjoy!

Hope your days are full of love and happiness.....Love you all, Alyce





## CARING & SHARING (update)

“Jean’s husband, Terry Boak was hospitalized on Friday, August 30, in La Crosse Gundersen. He’s had two tramas over the summer and fell again on Friday. Doctors say it is a brain bleed so he is showing stroke like symptoms. Hopefully he will be transferred to the Tomah VA for rehab.”

If you want to give Jean a call, her cell # is 608-387-6880



## FALL FEST DATE MOVED TO OCTOBER 31ST

Wonderful things happen at our Fall Fest every year. Here is a checklist of what will be happening and what to bring with you.

**Silent Auction:** Members bring items which are placed into about 10 different boxes. Members then bid on the boxes until a certain time. The funds are put in our regular account to go for scholarships. Suggestions include “white elephant” items, baked or canned products, fresh produce, books, basically almost anything in good condition.

**Children’s Books:** We collect new or used books in good condition to distribute to Brighter Tomorrows and Family Promise.

**Baby Baskets:** We gather new items to make up two baby baskets. They are distributed to the first girl and the first boy born at Tomah Health during “HCE Week”. This year HCE Week is November 3rd through the 9th.

Plan on coming and having a great time. More details will be in the next newsletter. There are always fun surprises, too. Mark the date down and start gathering your items together.

--Bernie Arena

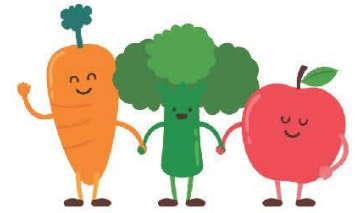


# Fall Fest

SEPTEMBER IS NATIONAL FRUITS & VEGGIES MONTH!

Eat More Color

BINGO CHALLENGE



Name: \_\_\_\_\_ Email: \_\_\_\_\_

Phone Number (to contact if you win): \_\_\_\_\_

Directions: Check off each box as you eat the fruits or veggies listed. Get 5 in a row to make a Bingo (horizontal, vertical, or diagonal). Then, email a picture of your bingo card to [moco.health@co.monroe.wi.us](mailto:moco.health@co.monroe.wi.us) by September 30, 2024 to be entered to win prizes! Make sure your picture includes the contact information section above. Winners will be contacted on October 1st.

Blueberries	Beets	Carrots	Artichokes	Kiwis
Avocados	Corn	Bananas	Dates	Cranberries
Cauliflower	Cucumbers	Red Potatoes	Pineapples	Purple Grapes
Red Apples	Raisins	Broccoli	Mushrooms	Sweet Potatoes
Peaches	Parsnips	Eggplants	Tomatoes	Spinach



American Heart Association  
Healthy for Good

### BLUE & PURPLE

- blackberries
- blueberries
- black currants
- dates
- eggplants
- grapes
- plums
- prunes
- purple figs
- raisins

### RED & PINK

- beets
- cherries
- cranberries
- pink grapefruit
- pomegranates
- radicchio
- red radishes
- red apples
- red grapes
- red peppers
- red potatoes
- rhubarb
- strawberries
- tomatoes
- watermelons



# EAT MORE COLOR

The best way to get all of the vitamins, minerals and nutrients you need is to eat a variety of colorful fruits and veggies. Add color to your plate each day with the five main color groups.

### GREEN

- artichokes
- asparagus
- avocados
- bok choy
- broccoli
- Brussels sprouts
- celery
- collard greens
- cucumbers
- green beans
- green cabbage
- green grapes
- green onions
- green peppers
- kale
- kiwis
- leeks
- limes
- mustard greens
- okra
- pears
- peas
- romaine lettuce
- snow peas
- spinach
- sugar snap peas
- watercress
- zucchini

### ORANGE & YELLOW

- acorn squash
- butternut squash
- apricots
- cantaloupes
- carrots
- corn
- grapefruit
- lemons
- mangoes
- nectarines
- oranges
- orange peppers
- papayas
- peaches
- pineapples
- pumpkins
- summer squash
- sweet potatoes
- tangerines
- yams
- yellow apples
- yellow peppers
- yellow squash

### WHITE

- bananas
- cauliflower
- garlic
- Jerusalem artichokes
- mushrooms
- onions
- potatoes
- parsnips
- shallots

[heart.org/HealthyForGood](http://heart.org/HealthyForGood)



# West District Fall Meeting

## Fall Has Gone to the Dogs



When: Monday, October 14, 2024

Where: Elroy American Legion Hall  
402 Franklin Street  
Elroy, WI



Registration at 9:00 a.m. with refreshments

9:30 a.m. Welcome and Introduction

9:45 a.m. Business Meeting - Committee Reports

10:15 a.m. Short Break

10:30 a.m. Speaker: Juneau County Sheriff's K-9 Unit and Support Dog

11:30 a.m. Business Meeting cont.

12:00 Noon Lunch

1:00 p.m. Tour of Elroy Museum or Activity at Legion

2:15 p.m. Wrap-Up: Evaluation Sheets, Invitation to Spring District Meeting and Door Prizes

2:30 p.m. Adjourn

Meal will be chicken salad or ham sandwich, salad, pickles, potato chips, dessert and drink

Name: \_\_\_\_\_

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

Number Attending \_\_\_\_\_ x \$15.00 = \_\_\_\_\_ Enclosed

Indicate sandwich choice: \_\_\_\_\_ Chicken \_\_\_\_\_ Ham

Make checks payable to: Monroe County HCE

Mail payments to: Bernie Arena, 4261 Basswood Rd., Sparta, WI 54656

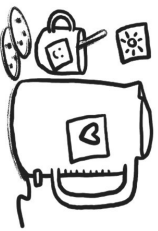
Registration deadline: September 18, 2024

# Self-Care September 2024



**ACTION FOR HAPPINESS**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Find time for self-care. It's not selfish, it's essential	2 Notice the things you do well, however small	3 Let go of self-criticism and speak to yourself kindly	4 Plan a fun or relaxing activity and make time for it	5 Forgive yourself when things go wrong. Everyone makes mistakes	6 Focus on the basics: eat well, exercise and go to bed on time	7 Give yourself permission to say 'no'
8 Be willing to share how you feel and ask for help when needed	9 Aim to be good enough, rather than perfect	10 When you find things hard, remember it's ok not to be ok	11 Make time to do something you really enjoy	12 Get active outside and give your mind and body a natural boost	13 Be as kind to yourself as you would to a loved one	14 If you're busy, allow yourself to pause and take a break
15 Find a caring, calming phrase to use when you feel low	16 Leave positive messages for yourself to see regularly	17 No plans day. Make time to slow down and be kind to yourself	18 Ask a trusted friend to tell you what strengths they see in you	19 Notice what you are feeling, without any judgement	20 Enjoy photos from a time with happy memories	21 Don't compare how you feel inside to how others appear outside
22 Take your time. Make space to just breathe and be still	23 Let go of other people's expectations of you	24 Accept yourself and remember that you are worthy of love	25 Avoid saying 'I should' and make time to do nothing	26 Find a new way to use one of your strengths or talents	27 Free up time by cancelling any unnecessary plans	28 Choose to see your mistakes as steps to help you learn
29 Write down three things you appreciate about yourself	30 Remind yourself that you are enough, just as you are					



**Happier · Kinder · Together**