



Extension
UNIVERSITY OF WISCONSIN-MADISON
MONROE COUNTY

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The Bridge

PRESIDENT’S UPDATE

Hello Everyone,

Spring is definitely in the air. We might get a “little” more snow but we know it won’t last too long. I hope everyone who attended the Day of Learning on March 18 enjoyed the trip to New Zealand given by Doug Peterson. Silvia Maurer spoke about the healing powers of your own body and mindfulness. Thanks for the snacks and drinks between speakers. In this newsletter is the registration for the West District Spring Meeting. Sounds quite interesting. It will be in West Salem, not too far to travel. Hope you can join us.

Our Spring Fling is May 14 at LaGrange Town Hall. Remember to bring your cultural arts and crafts. The criteria sheet is available in the February newsletter and also on line, www.wahceinc.org. The Executive Board has been busy planning the event. Thank you, Alyce for your articles on Caring and Sharing. I enjoy reading the information. Yes, please continue to pray for my husband, Terry; he is in a nursing home facility at the VA. I am there every day.

Take care,

Jean

April 2025

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

**April Anderson
608-269-8722**

CALENDAR OF EVENTS

April 28 - West District Spring Meeting at West Salem Presbyterian Church

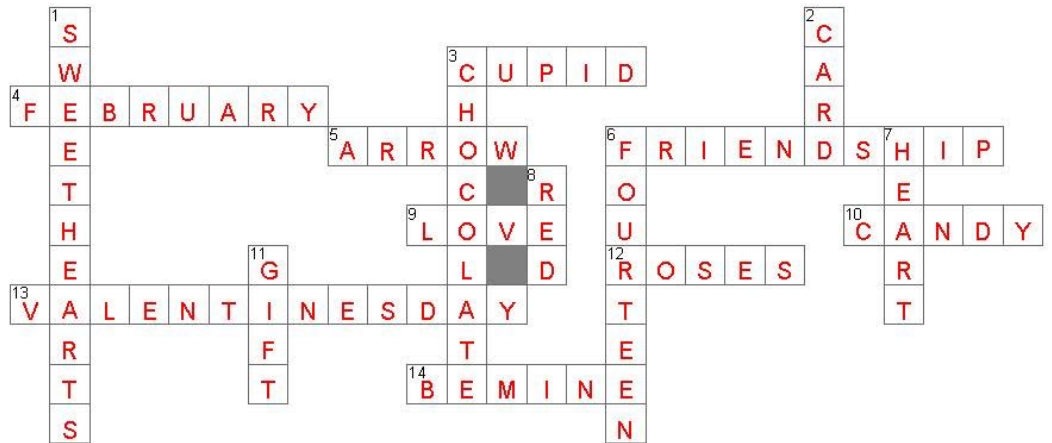
May 6– St. Clare Mission– Westside Club

May 14– Spring Fling at LaGrange Town Hall

May 20– St. Clare Mission– KM Doettes Club



Valentine's Day Crossword ANSWERS



MONROE COUNTY HCE INFORMATION

2025 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)

2025 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 CLUB NEWS

The Westside HCE Club met on February 20, 2025, at the Sparta Barney Center. All members were present. Members worked on making origami cranes for possible distribution at one of the nursing homes in Sparta. Despite great efforts by Kaye using the internet, the project was disbanded. Alyce will come up with a simpler project for us.

Alyce asked members to save old medicine bottles, but take the labels off. If you freeze the bottles, it's easy to get the labels off.

April mentioned the "Canning with Confidence" workshop on Thursday, April 3, 2025, at Tomah Health. It will go from 5:30 p.m. to 7:30 p.m. in Room B-1. There is no fee to attend, but you must register.

The PBS show "Women, Wine & Dementia" was brought up as a good show to watch.

April is getting information on "Creative Ways w/ Frozen Bread Dough" for a possible workshop.

Members were reminded to work on their cultural arts entries for our May 14th Spring Fling.

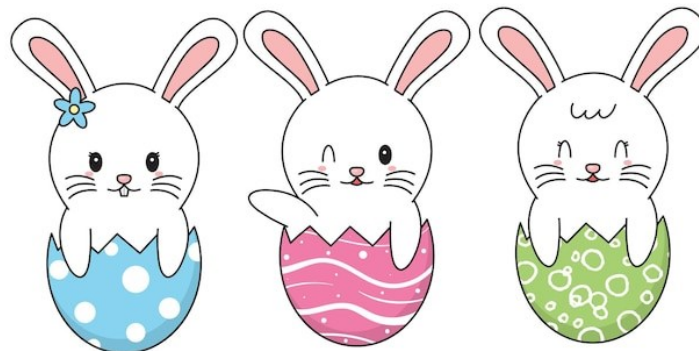
April said that March is National Nutrition Month. She urged us to try new foods and check out the website eatright.org.

The March 18th Day of Learning was discussed. Several members will bring food.

Pennies were collected.

April noted that articles for the newsletter need to get to her by March 18th because she will be out of the office the last week in March.

-- Bernie Arena



CULTURAL ARTS COMMUNITY PROJECT

Are you working on our project? All handmade or purchased items will be accepted. Our card making session last fall was successful. Unfortunately our January session was canceled due to weather. We will reschedule sometime in March. The main focus that day will be Sympathy cards. Bring scissors and any embellishments suitable.

Our two places to donate are Rolling Hills and Family Promise. For Rolling Hills we are doing wheelchair bags and any other items the residents can use. Birthday and Sympathy cards are also being donated. For Family Promise we are collecting linen type things for the kitchen. The people receiving them are going out on their own and have nothing to set up housekeeping. Lap robes/quilts would be good. I may deliver some things that we already have in February. Deadline for this project is June 1.

-- Louise Buchholz



REMINDER



If you are doing a craft or writing for Cultural Art Show they should be brought to Spring Fling on May 15. They need to be in place before the meeting starts. Be sure the class number is attached to the item. All that info was in your Feb. newsletter.

-- Louise Buchholz

TOMAH KM DOETTES NEWS

Our Tomah group of seven members brought 25 items for our local food pantry. We also okayed a \$26.50 donation to Feed My Starving Children. Our Pennies for Friendship was passed around for more donations. Please bring money to our April 9th for the Bakeless Sale and registration money for the West District Spring Meeting. That's \$10 + \$15. For Women's History Month, Suzanne presented a slide show about a local renowned author, poet and literacy advocate, Fidelia VanAntwerp. Fidelia had roots in Sparta and Purdue Valley, the section that was taken over by Camp McCoy in the early 1940s. We have several upcoming events: Days of Learning, March 18; West District Spring Meeting, April 28; Monroe County Spring Fling, May 14; West District Fall Meeting; October 6. We are hosting this October meeting.

-- Barbara Mueller



CARING & SHARING

Cares, Concerns & Stuff,

Hi, hope you are all doing well. I am writing this on March 20, 2025. We just had a snow storm yesterday. March came in like a lamb so it is going out like a lion. I guess the saying is true. But we do need the moisture. And hopefully April Showers will bring May flowers. Jim always has the prettiest flower garden. Yesterday Jim went in for a Stress Test for this heart. Don't have any results yet, but am praying for good news.

We had a good day of learning on Tuesday. Doug Peterson gave a talk on New Zealand and Kiwi birds and people. Wow what a beautiful country. He always give the best presentations. So interesting. Last year he told us about the Taj Mahal. He takes the nicest trips and tells us about them. Hope he come again next year. The second talk was from Silvia Maurer about wellness and was very interesting too. She had a nice presentation too. She talked about Tai Chi. April has been giving a class on it and will be giving another class soon.

Bernie is looking so good since her surgery. Kaye is on a pill for A-Fib. Hope it is helping her. Sue was gone for a week or so to her sister's. I think she had a nice time but it tired her out. Having fun wears one out. Carol has been having "tummy" trouble. She can't eat a lot of foods. So prayers all around would be appreciated.

There will be a session on bread soon. How to make it...different ways to use bread dough, sounds like a fun session. Another session on the canning class will be coming up too. You can always check with April Anderson about upcoming events. 608-269-8722

I would like empty pill bottles (no labels). My church is sending them to Nicaragua. They used to give out meds in plastic bags. This didn't work out so well so now they use the bottles we send to them. If you get leg, finger or wherever cramps try eating more potatoes, bananas, or pickles and juice. You are probably low on potassium.

"Wine, Women & Dementia" is a PBS documentary that can be viewed on YouTube. Good information.

EASY. GOOD PUMPKIN PIE... 1-9" unbaked pie shell, 1-16 ounce can pumpkin, 1-14 ounce can "Eagle" Brand Milk (any brand works) Not evaporated...3 large or 4 small eggs, 1 teaspoon cinnamon, 1/2 teaspoon each: ginger, nutmeg, salt. Mix well, pour into shell. Bake 425 for 15 minutes. Then lower heat to 350 for 45 minutes. Yummy!

Bye for now, have a good month. I love each of you very much. So happy I got to meet you all. God Bless you real big. Alyce...262-496-3748



Musical Terms Word Search

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

CHROMATIC
 CHORD
 MELODY
 ALLEGRO
 FERMATA
 TIME SIGNATURE

SCALE
 ACCELERANDO
 HARMONY
 DYNAMICS
 KEY SIGNATURE
 RITARDANDO

STACCATO
 DECRESCENDO
 TEMPO
 LEGATO
 CRESCENDO
 DIATONIC

ANDANTE
 ADAGIO
 FORTE
 COUNTERPOINT
 SYNCOPATION
 BAR

WEST DISTRICT SPRING MEETING



When: Monday, April 28, 2025

**Where: West Salem Presbyterian Church
625 West Franklin St. West Salem, WI.**

9:00 AM Registration with refreshments.

9:30 AM Welcome and Introductions

9:45 AM Business Meeting and Committee Reports

10:15 AM Short Break

10:30 AM Speaker: Terry Visger, Professional Storyteller

Terry takes on the role of a clammer’s wife and explains how mussels were harvested, and how they were made into buttons. She will also talk about the valuable pearls that were found. Then she will talk about mussels and the clamming industry. Terry weaves stories for all ages and engages her listeners, educates & take them on a journey of the imagination.

11:30 AM Business Meeting (cont).

12:00 PM Lunch

1:00 PM Chair Yoga with Jean Mengelt

2:00 PM Wrap-Up: Invitation to Fall Meeting and Door Prizes

Meal will be pulled pork on buns, salads, veggies and dip, desserts and beverages (Please let us know if there are any dietary restrictions).

Name _____

Phone # _____

Number Attending _____ **X\$15.00=** _____ **Enclosed**

Make checks payable to Monroe County HCE

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

Registration deadline is April 8, 2025 (Registration transferable but not refundable)

FOOD WASTE PREVENTION WEEK— APRIL 7-13**Meal Planning**

Planning out meals can save food waste and money. The average U.S. household throws out one in every four bags of groceries costing \$1,866 per year. By planning meals in advance, individuals and families can have a much better idea of the quantities of food they will need for a specific period of time. By eating all the food you buy, you save money that may have been spent on food bought on impulse that ends up going to waste.

* TIP: If planning out a whole week of meals feels overwhelming, start with two or three days' worth of meals. As meal planning becomes a more comfortable habit, add one to two days at a time into your meal plan.

Shopping

1. BEFORE you go shopping, “shop” in your own kitchen so you can plan meals around what you currently have and avoid buying food duplicates. Make your shopping list based on your current “inventory.”



2. Make a list and stick to it! In addition to reducing food waste, this can save time and money by eliminating browsing and impulse purchasing.

3. Include amounts on your shopping list to make sure you buy just what you need. This is particularly relevant for fresh ingredients, such as meat and produce.

4. Be realistic about your lifestyle and make your shopping list based on how many meals you plan to eat at home. Consider how often you plan to eat out or order in each week.

5. Consider timing. Only shop for the food you plan to eat until your next shopping trip, whether that will be in two days or two weeks.

6. Beware marketing ploys that persuade you to buy large quantities. Although “10 potatoes for \$10” may sound like a great deal, if you eat only three potatoes and throw away seven, that is still money and food wasted.

7. Fresh foods tend to spoil more quickly than packaged foods and should be bought in smaller quantities more frequently. (Alternatively, you may plan to freeze certain items.) Buy fresh ingredients in smaller quantities more often so you waste less and enjoy fresher ingredients.

8. Choose loose fruit and vegetables over pre-packaged to better control the quantity you need and ensure fresher ingredients.

FOOD WASTE PREVENTION WEEK— APRIL 7-13

Storing Food

Storing food properly can also help ensure foods last longer. This is particularly true for produce. On average, Americans throw out 19% of vegetables and 14% of fruits after purchasing. Produce often emit or absorb a gas called ethylene. Ethylene gas is a natural gas that fruits and vegetables release as they ripen. However, if your produce rots within a few days of purchasing, you might need to separate your ethylene gas-releasers from your produce that are ethylene gas-sensitive. A list of ethylene gas-releasers and gas-sensitive produce is below:

Ethylene gas-releasing produce:

Apples
Cantaloupe
Honeydew
Kiwi
Plums
Avocados
Bananas
Nectarines
Peaches
Tomatoes



Ethylene gas-sensitive produce:

Ripe bananas
Broccoli/Cauliflower
Cabbage
Carrots
Cucumber
Peppers
Sweet Potatoes
Watermelon

*TIP: Use ethylene gas to your advantage, when you need to ripen produce more quickly, put ethylene sensitive-produce next to ethylene-releasing produce.

Source: <https://njaes.rutgers.edu/fs1332/>

Reducing food waste means less in our landfills.
What a great way to celebrate Earth Day, April 22!





Earth Month - April 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6  donate clothing	7  World Health Day	1  pick up trash	2  protect pollinators	3  be a weather watcher	4  walk and roll	5  use a reusable water bottle
13  conserve water	14  Nat'l Gardening Day (US)	8  create a recycling station	9  be a friend to animals	10  start a compost pile	11  unplug electronics	12  recycle plastic
20  turn off the AC	21  collect rainwater	15  use less paper	16  What is your Carbon Footprint?	17  explore the outdoors	18  say "no" to food waste	19  reuse & recycle to create
27  turn off the lights	28  use safe products	22  Earth Day	23  World Book Day	24  trash can audit	25  advocate for Earth	26  Arbor Day
	30  create art for the Earth	29  use reusable bags				