



Extension

UNIVERSITY OF WISCONSIN-MADISON
MONROE COUNTY

Monroe County Extension Office
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The Bridge

PRESIDENT'S UPDATE

Hello Everyone,

Sorry I missed our Spring Fling. My husband, Terry, continues to have good days and bad days. He is receiving Hospice care now; still good care but adapted care. Thank you for keeping us in your thoughts and prayers. The Executive Board met on June 5th. We did some finalizing plans for the Fall West District meeting. The theme for that date is "Back to Nature". We plan to have wicker baskets with our summer bounties that have been canned and other items. These will be the decorations and door prizes. Nice prize!

Don't forget our summer picnic is Tuesday, August 19th at Sparta Memorial Park 11am, shelter 2. Hope to see you there. We also planned a get together on August 1st. Bernie will let you know the details of that event in this newsletter. We received a very nice thank you from St. Claire Mission. They appreciate our donation for providing meals for their eighteen staff.

Take care,

Jean



**July/
August
2025**

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

**April Anderson
608-269-8722**

July/Aug 2025



The Bridge

CALENDAR OF EVENTS

JUNE

June 26-28—National Truck & Tractor Pull,
Recreation Park in Tomah



JULY

July 4— Parade at 10 am, Tomah, Superior Ave.,
fireworks at 10 pm

Sparta's Old Fashioned 4th of July at
Memorial Park

July 11-13—Wilton Weenie Days

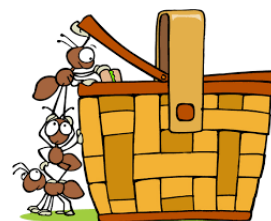
July 23-27—Monroe County Fair in Tomah

AUGUST

August 15-17—Leon Gator Fest

August 19 – HCE Picnic at Memorial Park, Sparta,
11 a.m., Shelter 2

Potluck: Bring a dish to pass



MONROE COUN-

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

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Newsletter Deadline

Information for the HCE newsletter is due by the
20th of the month for the following month's
newsletter.



EXECUTIVE BOARD MEETING HELD JUNE 5TH



We had a very productive Executive Board meeting on June 5th at the Extension Office. The St. Clare Mission sent a thank you note regarding the food prepared for the volunteers during the month of May. Thank you to Joan Kuderer, Bernie Arena, Jean Boak and Dorothy Shutter.

Our Wisconsin Bookworms readers will be adding the Tomah School of Childhood and Sprouts Christian Childcare to our list of sites. This will bring 37 new children into the program. Books for the 2025-2026 school year have been ordered.

Louise shared a list of all the items she collected for Rolling Hills and Family Promise. There were 108 cards made in the card making sessions. She also made a lap quilt out of material Sue Dumas donated.

We will be collecting items for the Nicaragua Project at our picnic on August 19th.

April reported that 180 people attended the Mental Wellness event. Another event, "Be the Light" will take place at Winnebago Park in Tomah on September 6th. She continues to do summer nutrition lessons, Strong Bodies and QPR (Question, Persuade, Refer) training.

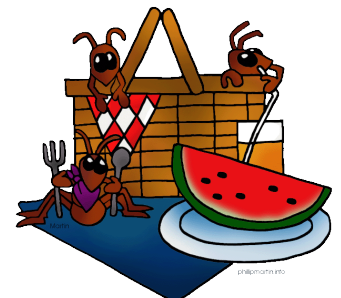
We will be hosting the West District meeting on October 6, 2025 at the Warrens Community Building. Our theme will be, "Back to Nature". Please plan to attend as we will need all hands on deck.

- - Bernie Arena

PICNIC SET FOR AUGUST 19, 2025

Our picnic will be held on Tuesday, August 19th, at Shelter #2 in Memorial Park in Sparta beginning at 11 a.m. It is a potluck affair. We will enjoy lunch, collect items for the Nicaragua boxes, and have a short business meeting. Barb Mueller has a list of items for the boxes elsewhere in the newsletter. It is always a fun gathering. Hope to see you there.

- - Bernie Arena



BABY SHOWER & TEA SET FOR AUGUST 1, 2025

The Executive Board has decided to host a baby shower to collect the baby items for the baby baskets distributed during HCE week. Normally we do it at the Fall Fling, but we are spotlighting it this year.

Barb Mueller will host the event at her home, 9800 Elkhorn Road in Tomah. Hopefully, Barb will have some Monarch eggs, caterpillars and chrysalises to show everyone. It will begin at 12 noon. There will be food, beverages (including tea) and a game or two.



Only new items are accepted for the baby baskets. We do one basket for the first boy and one for the first girl born at Tomah Health during HCE week.

- - Bernie Arena

ARTS AND CRAFTS SHOW WINNERS

CONGRATULATIONS to Bernie Arena and Suzanne Baker Young for winning our local Arts and Crafts show. Their entries will go on to State in September.

- - Louise Buchholz



COMMUNITY PROJECT

A NOTE OF



All of our made and collected items have been taken to Rolling Hills and Family Promise. The total numbers were **108 cards** and **77 donated or sewn items**. THANK YOU- THANK YOU - THANK YOU. So many of you helped make this project successful.

We are hosting West District this Fall. If you have any ideas for table decorations or can help make some please let someone on the board know. THANKS!

CARING & SHARING



Sharing is caring

This year is going really fast. But the weather has been pretty nice. We had warm spells and rain spells. Just right. I think God likes the color green. There is so much wonderful green now. I kind of like it to...although my favorite color is blue. The flowers are really in bloom now. They are beautiful. Jim has such a green thumb and makes everything grow...makes me happy. I have 2 tomato plants and 2 rhubarb plants. Nice. What do all of you have?

We had a nice meeting in LaGrange. A very nice speaker on wild flowers and a super nice lunch.

Now for some sad news...Jean's husband has taken a turn for the worse. Jean is spending all the time she can with him. I am asking for all of us to say prayers for him and Jean too. This has to be hard on Jean. Sue Dumas is in the Morrow home. Hope she is doing better. Will be nice when she can come back to Homemakers and Bingo. We all miss her. Prayers for her too. Kay is on a new heart medicine and feeling better. Her son is doing so much better...thank you all for prayers. Kay's mom Erna fell and hurt her side. She said she is thinking about getting a necklace to wear to alert Kay. That would be wonderful. Prayers.

April had a birthday. Said she is now 40...never know it. She is so busy and looks so nice and young. Happy birthday April.

Carol is still having tummy problems but comes to "OP" lunch when she can and to Bingo twice a month. Love having her there..

Mary Cook was hospitalized in ICU for seven days in early June. Bernie said she talked to Mary recently. She is doing well. She had a pacemaker put in and is taking it easy.

I don't know how Bernie does it...she is sooo busy, couldn't find a nicer person.

I have been working on Joanne's clock...It is taking forever she is a very patient person. Love her.

Come to think of it I am blessed with a lot of good friends. God is good to me. Well that is all for today. If you have any news, please let me know. I love you all!!!!!!

- - Alyce

CARING & SHARING CONT.

Hello Alyce,

Here is my little article on Herb Rowan.

Margaret Rowan's husband, Herb, passed away on April 7, 2025 at the age of 90 years. Margaret was a very active member of the Isham Valley Club and (after a merge of clubs) of the Westside HCE Club through 2022. She still resides on the farm at 11880 Cty. Hwy. Q Sparta, WI 54656.

Bernie attended the funeral and said Margaret looked good. Margaret told her she often thinks of our organization and the fine ladies in it.

Thanks for including this Alyce. You rock!

- - Bernie



INTERNATIONAL UPDATE



Time to collect items for our Nicaragua partners. You can refer to the listed items (on the next page) needed for their vocational training and lively hood. Only new things are collected.

Bring your donation to our summer picnic on Tuesday, August 19. As we did last year, the items will be packed into two boxes and taken to the State Conference in September. Thank you for your contribution!

- - Barbara, Tomah Club member and International Rep



NICARAGUA ITEMS

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



DONATIONS NEEDED TO SUPPORT THE 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.



Different States of Bee-ing



Bee Careful



Bee Cool



Bee Creative



Bee Mine



Bee Proud



Bee Predictable



Bee Worldly



Bee Sweet



Bee Stellar



Bee Spooky

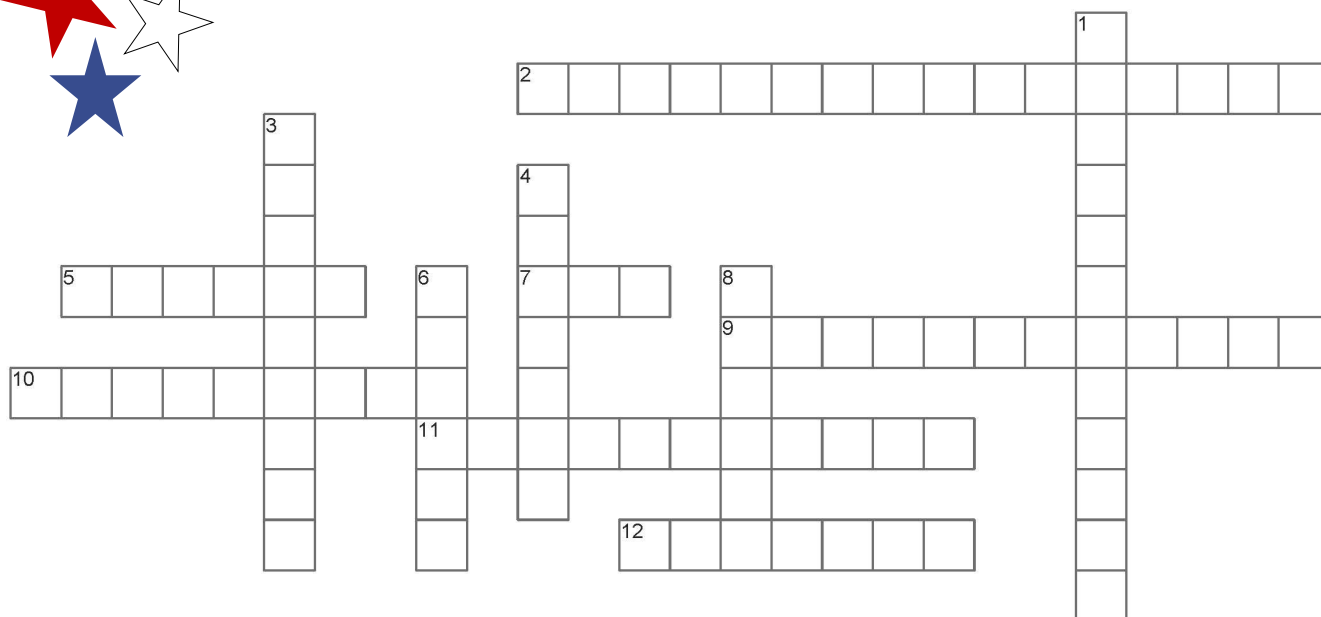
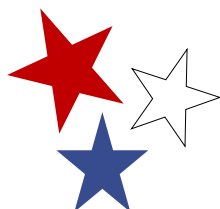


Bee Different



Bee Merry

4TH OF JULY CROSSWORD



ACROSS

2. The first president of the United States of America.
5. The US consists of fifty _____.
7. A meal or gathering at which food is cooked outdoors on a rack over an open fire or on a grill.
9. Consists of thirteen equal horizontal stripes of red alternating with white, with a blue rectangle bearing fifty small stars.
10. The Fourth of July is considered a _____ holiday.
11. Independence Day is the _____ of the United States.
12. Independence also means _____.

DOWN

1. The Declaration of _____ was adopted on July 4, 1776.
3. A device containing gunpowder and other combustible chemicals that causes a spectacular explosion, used typically for display or in celebrations.
4. The Statue of _____.
6. An outing in which the participants carry food with them and share a meal in the open air.
8. A public procession, especially one celebrating a special day or event.

FIREWORKS	AMERICAN FLAG	FREEDOM	PATRIOTIC
BBQ	LIBERTY	PARADE	GEORGE WASHINGTON
PICNIC	INDEPENDENCE	STATES	NATIONAL DAY

Jump Back Up July 2025



ACTION FOR HAPPINESS

Happier • Kinder • Together

MONDAY



7 Shift your mood by doing something you really enjoy

14 Get outside and move to help clear your head

21 Identify what helped you get through a tough time in your life

28 Think about what you can learn from a recent problem

TUESDAY

1 Take a small step to help overcome a problem or worry

8 Avoid saying "must" or "should" to yourself today

15 Set yourself an achievable goal and take the first step

22 Find 3 things you feel hopeful about and write them down

29 Be a realistic optimist. Focus on what could go right

WEDNESDAY

2 Adopt a growth mindset. Change "I can't" into "I can't...yet"

9 Put a problem in perspective by seeing the bigger picture

16 Find fun ways to distract yourself from unhelpful thoughts

23 Remember that all feelings and situations pass in time

30 Reach out to a friend, family member or colleague for support

THURSDAY

3 Be willing to ask for help when you need it

10 Reach out to someone you trust and share your feelings with them

17 Use one of your strengths to overcome a challenge today

24 Choose to see something good about what has gone wrong

31 Remember we all struggle at times - it's part of being human

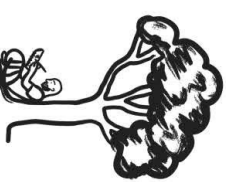
FRIDAY

4 Find something to look forward to today

11 Look for something positive in a difficult situation

18 Let go of the small stuff and focus on the things that matter

25 Notice when you are feeling judgmental and be kind instead



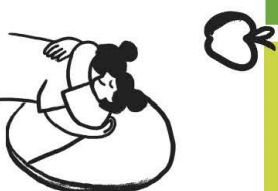
SATURDAY

5 Get the basics right: eat well, exercise and go to bed on time

12 Write your worries down and save them for a specific 'worry time'

19 If you can't change it, change the way you think about it

26 Catch yourself over-reacting and take a deep breath



SUNDAY

6 Pause, breathe and feel your feet firmly on the ground

13 Challenge negative thoughts. Find an alternative interpretation

20 When things go wrong, pause and be kind to yourself

27 Write down 3 things you're grateful for (even if today was hard)

