



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!

Thank you for all your thoughts and prayers. My husband, Terry, passed away on August 5th.

The summer picnic, once again, a very nice day, plenty of good food, socializing and items for the Nicaragua boxes. We will be taking the boxes to the state conference.

We also had an executive board meeting. We discussed finalizing plans for the West District meeting on October 6th. Our table decor and door prizes will be wicker baskets with our summer bounty, highlighting our theme, "Back to Nature". Do you have any appropriate summer bounty to share? I have made 12 small canning jars of pickle relish. I may also have enough acorn squash to contribute. Suzanne said she will get small packages of cranberries. We may need more wicker baskets. We'll need these items by Friday, October 3rd. Let us know what items you have to share.

We also need volunteers to help with registration and morning treats. We are able to set up the night before with help from the Warrens Lions. Registration for this District meeting is in this newsletter.

Our next Executive Board meeting will be in Sparta September 24th at the extension office at 10:30 a.m. We will see you after the State Conference September 15 - 17.

Take care,

Jean

September 2025

President's Update.....	1
Calendar	2
Conf. Scholarship/Ext. Office..	3
Baby Shower.....	4
Baby Show Pictures.....	5
Scholarship/International.....	6
West District Fall Meeting.....	7
Calendar	8



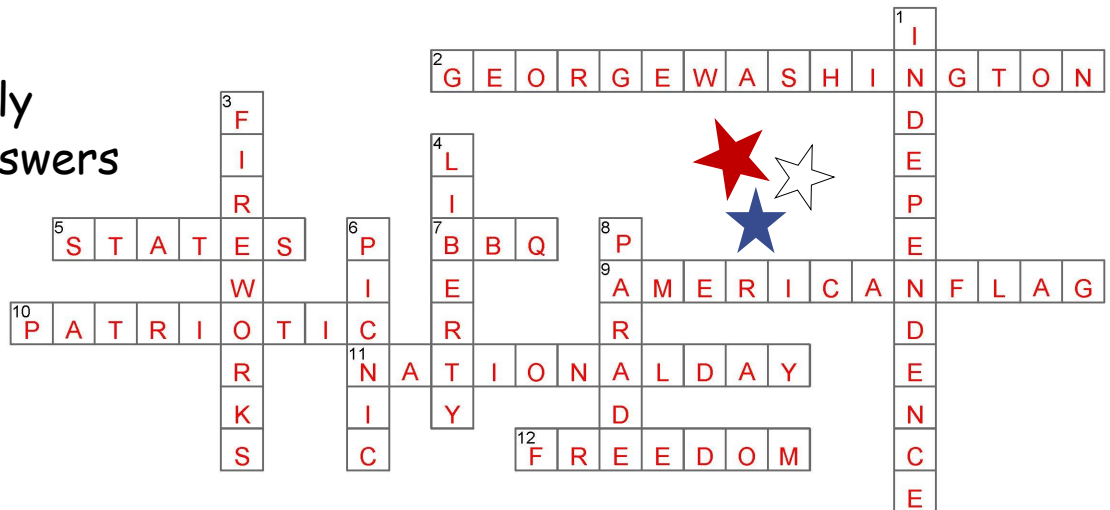
CALENDAR OF EVENTS

OCTOBER

October 6 — West District Meeting, Warrens
Community Building, 720 Pine Street, Warrens, WI

October 23 – Fall Fest at the La Grange Town Hall,
22731 Flint Ave., Tomah, WI

4th of July 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)

For more information please contact:

Jean Boak, President at (372-4354)

Newsletter Deadline

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

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)

UW-Extension Office

(608)269-8722

Vicky Kast, Administrative Associate
vicky.kast@wisc.edu



HCE CONFERENCE SCHOLARSHIP

Roberta Allen of the K-M Doettes HCE Club received the \$100 scholarship from the Monroe County Association for Home & Community Education.

Roberta will be attending the Wisconsin Association of Home & Community Education state conference in Green Bay September 15-17, 2025. It is being held at the Tundra Lodge in Green Bay. Congratulations Roberta!

- - Bernie Arena



CHANGE IN EXTENSION OFFICE STAFF

April Anderson has left her position as the Health & Well-Being Educator for Monroe County. She has taken a position with the Viroqua Public Library. Thank you and good luck in your new job April!

Vicky Kast, Administrative Associate, will be assisting our HCE group with newsletters, and appropriate other tasks. We look forward to her assistance as we move forward. You can reach Vicky by calling the office at 608-269-8722 or by email at vicky.kast@wisc.edu. Thank you Vicky!

- - Bernie Arena



FIRST BABY SHOWER HELD

First Baby Shower Held For HCE Week Babies

June Abbott, Joan Kuderer, April Anderson, Dorothy Shutter, Louise Buchholz, Roberta Allen, Barb Mueller and Bernie Arena gathered on Friday, August 1, 2025, for the first ever official baby shower for the babies that will be born during HCE Week in November.

Barb Mueller graciously volunteered to host the event at her home in Tomah.

Members arrived around 12 noon, and visited a bit before enjoying a delicious “finger foods” luncheon. Sandwiches, pretzels and dip, fruits and veggies, and delicious sweet treats were all on the luncheon buffet.

Jim Arena arrived bringing some milkweed plants (for Barb’s hungry caterpillars) that I forgot at home.

Following lunch, Barb spoke about her Monarch butterfly raising efforts. She took us on a tour of her back porch, where she keeps her caterpillars, that eventually turn into the Monarch butterflies. They were in various stages in her “butterfly house”. What an amazing project.

We then went into the house and shared the gifts that each of us brought for the baby shower.

What a fun time it was . . . seeing the beautiful array of baby items. Louise Buchholz showed a baby blanket she made from material that Sue Dumas had donated.

These babies will be dressed in style and have a good supply of baby items for quite a while.

Thank you to everyone who came to the baby shower. It was a huge success.

I believe this will have to become “an event” on our yearly calendar.

Since the shower I have received items from Connie Fields and Sue Dumas as well. Thank you!

- - Bernie Arena





June Abbott, Bernie Arena, Joan Kuderer, April Anderson, Louise Buchholz, Dorothy Shutter, Roberta Allen, Barb Mueller



Louise Buchholz shows a beautiful baby blanket she made from material Sue Dumas donated.



Barb Mueller shows a milkweed plant with Monarch butterfly eggs on the leaves.

HCE SCHOLARSHIP AWARDED

Cole Eberhardt Receives 2025 HCE Scholarship

Cole Eberhardt of Kendall, Wisconsin, is the recipient of the 2025 HCE scholarship. He is the son of Teresa and Scott Eberhardt, and the grandson of Lois and Arlen Eberhardt, also of Kendall. Lois Eberhardt has been a Monroe County HCE member for 63 years.



Cole graduated from Royall High School, and he will be attending Western Technical College in the fall. He will be studying business management. He has been involved in many activities including FFA judging, playing baseball and basketball, working as a Teacher's Assistant in elementary school, volunteering for the Blood Drive, highway clean-up, and serving and ushering at church.

He mows and trims grass for the City of Elroy, operates farm equipment on his family farm, coaches Little League, and works as a Carpenters Assistant for Hyer Home Improvements.

Congratulations Cole! Good luck as you move on with your education.

Thank you Mary Cook for heading up the Scholarship Committee.

- - Bernie Arena

INTERNATIONAL UPDATE

Thank you for the donations you all brought to the picnic on August 19. I will be listing and taking pictures of all the items. Then they will be packed into two or three boxes to be taken to the state conference in Green Bay. Bernie will take a few of the larger items that don't fit in the boxes when she goes to Stevens Point. These donated items will be sent to Nicaragua for their vocational training and livelihood. We typically have a report at the state conference as to how this project with Nicaragua is progressing. Jean and I were wondering why there were no requests for hairdresser items as in previous years.

- - Barbara, Tomah Club member and International Rep



WEST DISTRICT FALL MEETING

Monday, October 6, 2025
Village of Warrens Community Building
720 Pine St., Warrens, Wisconsin



9:00 a.m. Registration & Refreshments

9:30 a.m. Welcome & Introductions

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

10:15 a.m. Short Break

10:30 a.m. Speaker: Larry Scheckel on the “Amish in Wisconsin”

Larry, and his wife, Ann, have traveled extensively. He has written many books and does speaking engagements throughout the state.

11:45 a.m. Lunch

(chicken stuffing casserole, broccoli salad, fresh fruit, pumpkin bars and apple pie bars)

12:30 p.m. Speaker: Jim Suchanek on “Growing Large Pumpkins”

Jim hails from Black River Falls. He will take us into the underground world of growing the pumpkins, the various contests around and the secrets of this fun endeavor.

1:30 p.m. Invitation to the 2026 Spring West District Meeting & Door Prizes

Name _____

Phone # _____

Number Attending _____ x \$16= _____ (enclosed)

Registration deadline is September 25, 2025.

Make checks payable to Monroe County HCE.

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

Email: bernadine.arena@gmail.com Phone: 608-272-3371

ACTION FOR HAPPINESS

SUNDAY

7 Give yourself permission to say 'no'

14
If you're busy, allow yourself to pause and take a break

21
Don't
compare how
you feel inside
to how others
appear outside

28 Choose to see your mistakes as steps to help you learn

