



**Extension**

UNIVERSITY OF WISCONSIN-MADISON  
MONROE COUNTY

Monroe County Extension Office  
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# The Bridge

## PRESIDENT'S UPDATE

Hello Everyone!

By the time everyone receives this newsletter, the West District Fall meeting is already behind us. Thank you everybody for stepping up and helping with the district meeting. I'm sure it was a very interesting and enjoyable day.

Now we are planning our Monroe County Fall Fest for October 23rd. We already have our speaker and general plans set. Registration is in this newsletter. Fall events keep us very busy!

There were five members who attended the state conference, staying at the Tundra Lodge close to Lambeau Field. Three of us were able to tour the Green Bay Packer stadium. Very impressive! We all enjoyed the different sessions, gaining a variety of information. Suzanne earned a blue on her sunflower bee picture; Bernie earned a red on her bouquet of recycled flowers. We always have a nice time. Next year the state conference will be in Eau Claire.

Take care,

Jean

## October / November 2025

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## CALENDAR OF EVENTS

### OCTOBER

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



**October 15** — Westside Club meets at the Sparta Barney Center, 11:45 am.

**October 23** — Fall Fest at the La Grange Town Hall, 22731 Flint Ave., Tomah, WI (registration 9-9:30 a.m.)



### DECEMBER

**December 2** — Christmas Event at the LaGrange Town Hall, 10 a.m.—2 p.m.

**December 19** — Westside HCE Club Christmas Bake Sale, Sparta Barney Center, 9 a.m. to Noon

## 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 **20<sup>th</sup>** 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



## SUMMARY SHARED AT FALL WEST DISTRICT

We continue to be a mighty force of 23 members, two clubs and five individual members. In May we continued to give healthy snack meals to eighteen volunteers at the St Claire Mission in Sparta.

Our cultural arts chairperson, Louise Buchholz, guided us with a community project of making handmade cards, wheelchair bags and other items. These were donated to Rolling Hills nursing home and Family Promise. We also collected kitchen items for Family Promise.

We had our Spring Fling and Awards event in May. We brought craft items to be voted on for going to State Conference. Two items were selected to be taken. Our President, Jean had a plant award for each member for their continued support to HCE.

Early August we had a baby shower party collecting baby gifts to be given in November during HCE week. The first baby boy and baby girl born during this week receives a basket from us. We also checked out Barbara's Monarch nursery. She released 33 Monarch butterflies this season.

In August we had our annual potluck picnic. We collected items for the Nicaragua project to be taken to the State Conference. We had a meeting finalizing our plans for Fall West District.

Unfortunately, our Extension Agent, April Anderson, is no longer employed in her extension position. We will miss her knowledge, support and joyful character. She is still a member of our HCE. We are planning a trip to see her in her new job as librarian at the Viroqua library.

- - Jean Boak, West District, Monroe County President



## WESTSIDE HCE NEWS

The Westside HCE Club met on September 10, 2025, at the Sparta Barney Center.

Members discussed what donations each of them would be making to the October 6, 2025, West District Meeting being hosted by Monroe County in Warrens, Wisconsin.

The group also picked the date for our annual bake sale. It will be held on Friday, December 19, 2025, at the Sparta Barney Center beginning at 9 a.m.

Pennies for Friendship were collected.

Members are to bring a list of what they plan on making for the bake sale to the next meeting which will be held on Wednesday, October 15, 2025, at 11:45 a.m. at the Barney Center.

- - Bernie Arena



## INTERNATIONAL UPDATE



Thank you again for the donations to be sent to Nicaragua! I was supposed to take them to the State Conference. At the last minute, I was told not to bring them to State. Amy Wiza, Director of Wisconsin Nicaragua Partners, along with her dad, who helps her, was told that the ten containers that were sent were stalled in port due to political restraints. If these containers were to be returned, there would be no room in the warehouse for more materials to be stored. The one thing we can do on our end is to pray and to contact our state representatives. So currently, all your beautiful items are on my dining room table!

Wisconsin Nicaragua Partners will be celebrating 60 years in November. We'll wait for the celebration to be announced.

- - Barbara, Tomah Club member and International Rep



# FALL

## Word Search



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

CHESTNUTS  
APPLE  
AUTUMN  
PEARS  
SEASON  
HALLOWEEN

HARVEST  
PUMPKIN  
ACORN  
RAINCOAT  
LEAF  
CINNAMON

COZY  
ORCHARD  
THANKSGIVING  
MAPLE  
HAYSTACK  
RAINY

SQUIRREL  
COOL  
FESTIVAL  
SWEATER  
CHANGE  
COLORFUL



FALL FEST



**Thursday, October 23, 2025**  
**LaGrange Town Hall**  
**22731 Flint Ave., Tomah, Wisconsin**

- 9:00 a.m. Registration & Refreshments  
Bring your silent auction items and children's books
- 9:30 a.m. Welcome / Homemaker's Creed / Pledge of Allegiance to the Flag
- Business Meeting — Jean Boak presiding  
Officer Reports  
Committee Reports  
Unfinished Business  
New Business
- 10:30 a.m. Speaker(s) Mike Huber and/or John Krause of Badgerland EMS Services
- 11:45 a.m. Lunch—Catered (to be announced)  
Awards / Adjournment / Door Prizes



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**Registration for Fall Fest**

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

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

Number attending \_\_\_\_\_ x \$14.00 = \_\_\_\_\_ (enclosed)



Make checks payable to Monroe County HCE

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

Email: Bernadine.arena@gmail.com or 608-272-3371

Registration deadline is October 17, 2025  
(registration is transferable but not refundable)

## CHECK LIST FOR FALL FEST—OCTOBER 23rd



Fall Fest has rolled around again.

Think Silent Auction. Think Children's books. Think Pennies for Friendship.

Think a GREAT TIME!

October has been a crazy month for HCE in our county.

Club meetings, state conference, planning and hosting the West District meeting, and Fall Fest. The Board is taking a deep breath and getting this newsletter out. Thank you Vicky Kast! While all the final details are not in yet, we are ready to rock and roll for Fall Fest. Come ready to have a good time!

- - Bernie Arena

## STATE CONFERENCE PHOTOS

Here are some pictures from the State Conference. Looks like everyone had a great time!



Roberta Allen,  
\$100 Scholarship Winner



Barb Mueller, Roberta Allen, Bernie Arena,  
Jean Boak, Louise Buchholz

## Optimistic October 2025



ACTION FOR HAPPINESS

Happier • Kinder • Together



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



6 Remind yourself that things can change for the better

7 Look for the good in people around you today

8 Make some progress on a project or task you have been avoiding

9 Share an important goal with someone you trust

10 Take time to reflect on what you have accomplished recently

11 Avoid blaming yourself or others. Find a helpful way forward

12 Look out for positive news and reasons to be cheerful today

13 Ask for help to overcome an obstacle you are facing

14 Do something constructive to improve a difficult situation

15 Thank yourself for achieving the things you often take for granted

16 Put down your to-do list and do something fun or uplifting

17 Take a small step towards a positive change you want to see in society

18 Set hopeful but realistic goals for the days ahead

19 Identify one of your positive qualities that will be helpful in the future

20 Find joy in tackling a task you've put off for some time

21 Let go of the expectations of others and focus on what matters to you

22 Share a hopeful quote, picture or video with a friend or colleague

23 Recognise that you have a choice about what to prioritise

24 Write down three specific things that have gone well recently

25 You can't do everything! What are your three priorities right now?

26 Find a new perspective on a problem you face

27 Be kind to yourself today. Remember, progress takes time

28 Ask yourself, will this still matter a year from now?

29 Plan a fun or exciting activity to look forward to

30 Identify three things that give you hope for the future

31 Set a goal that brings a sense of purpose for the coming month