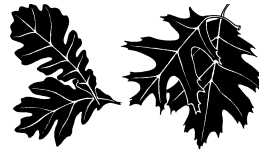


Monroe County Extension Office  
14345 County Hwy. B, Room 1  
Sparta, WI 54656  
Phone: (608)269-8722  
Fax: (608)366-1891



# The Bridge



## ERIN'S EDITORIAL

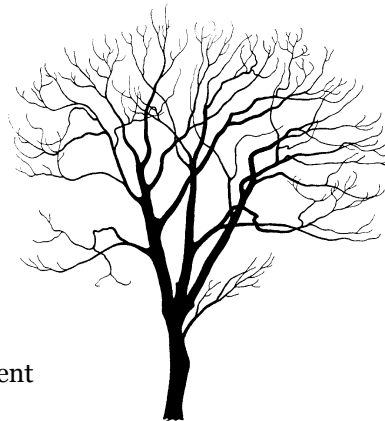
FALL IS HERE! FALL IS HERE! I can not begin to express my excitement for this fall! Having spent the last two falls on the far East side of South Dakota with minimal trees and flat land I didn't get much of a fall at all! And now I'm BACK and the leaves are changing and there's rolling hills filled with all colors of red, orange, and yellow! There's pumpkins, squash, caramel apples, corn fields, hay rides, crunchy leaves, soups, stews, and sweatshirts to wrap up in. Fall is my favorite season, can you tell!? I hope you all are as excited for Fall as I am. These are our last nice days before the bitter cold comes and we all count down the days until Spring!

As I ease into my new role as the Family Living Agent I am making a few changes (hopefully for the better) that I wanted everyone to be aware of. The newsletter is available online (see the web address at the bottom of this page). In addition, if you would rather receive the newsletter by email than through mail, please email me. (Don't worry, if you don't request an electronic copy you will continue getting the newsletter in paper form!) Enjoy Autumn!



*Erin Eggert*

Erin Eggert, Family Living Agent



## October 2015

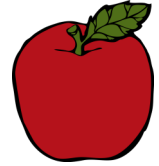
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MONROE COUNTY  
FAMILY LIVING AGENT  
Erin Eggert  
Erin.Eggert@ces.uwex.edu  
608-269-8722

## CALENDAR OF EVENTS

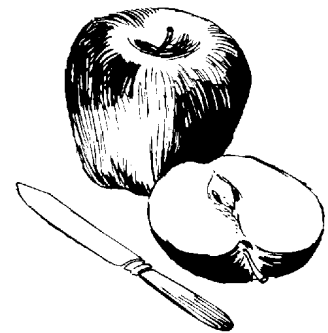
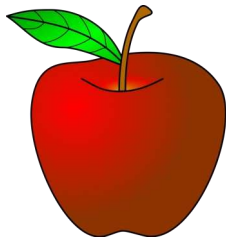
### October

- 7- Executive Board meeting
- 12- West District meeting (Black River Falls, WI)
- 15- Newsletter deadline
- 31- Fall Fest



### November

- 5- Potluck & Craft Day
- 1-7- HCE Week
- 15- County Organizational sheets due to District Director
- 15- Newsletter deadline



## MONROE COUNTY HCE INFORMATION

### 2015 Executive Board Members

President: Louise Buchholz (435-6435)  
 Co-President: Jean Boak (372-4354)  
 Vice Presidents: Bernie Arena (272-3371), Marlene Kamrath (372-4362), Ann Baker (372-2389)  
 Secretaries: Connie Fields (378-4796), Joan Koltermann (269-2894)  
 Treasurer: Bernie Arena (272-3371)

### Educational Program Chairmen

Community Outreach: Phyllis Snider (372-5473)  
Cultural Arts: Joan Koltermann (269-2894) and Annabelle Sharp (269-3433)  
Family: Bernie Arena (272-3371)  
International: Margaret Rowan (269-2924)  
Membership/Marketing: Phyllis Snider (372-8330)

### 2015 Center Chairmen

Sparta– Annabelle Sharp (269-3433), Ann Smith (269-2316)  
 Kendall– Lois Eberhardt (463-7206)  
 Tomah– Jean Boak (372-4354), Sue Baker-Young (344-8330)

### UW-Extension Office (608)269-8722

Erin Eggert, Family Living Agent  
 erin.eggert@ces.uwex.edu  
 Joan Kuderer, Administrative Assistant  
 joan.kuderer@co.monroe.wi.us

### Newsletter Deadline

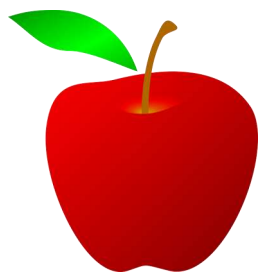
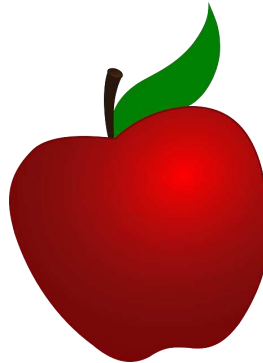
Information for the HCE newsletter is due by the 15th of the month for the following month's newsletter.

## LOUISE'S UPDATE

Greetings to all the members,

Hope all your clubs got off to a good start. Did you have a new member join you?

Bernie, Joan, Margaret, and I just returned from State Conference in Stevens Point. We had 3 great days of learning, meeting up with old friends, and making new ones. We all share the common bond of belonging to HCE and volunteering.



October is a busy month with Executive Board, West District, and Fall Fest. Registration forms for Fall Fest are on the last page of this newsletter. Be observant of the deadline. A Silent Auction will occur at this event. Bring in an item for this event. Proceeds will be used to help pay for materials needed to make table favors for State Conference 2016. Bernie has found an excellent speaker who has an orchard – Doug and Gale Schefelbine. Kendall, Jolly Janes, will be our hostess.

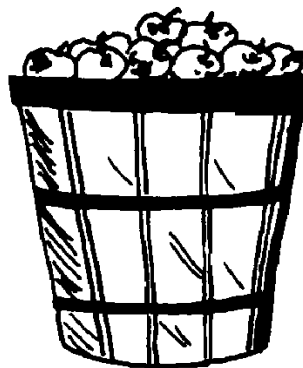
Remember that deadline for submitting BRIDGE articles is the 15 of the month.

Elections will be held at Fall Fest for Vice-President, Secretary, Sparta, and Kendall chairs. These positions could be co-positions.

Enjoy all the signs of fall. We know what comes next so enjoy NOW.

~Louise

~Louise



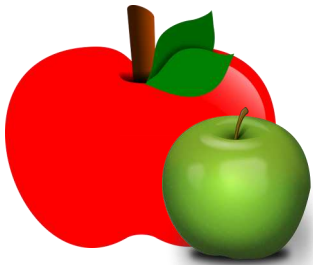
## BECOME A MEMBER OF HCE

Interested in opportunities for personal growth through learning, sharing, or volunteering? Looking for leadership opportunities? Want to meet great people and form new friendships while instilling the values of family and community? Become a member of the Monroe County Association for Home & Community Education (HCE)!

### For more information please contact:

Louise Buchholz, Co-President at  
(608)435-6435  
or  
Erin Eggert, Family Living Agent at  
(608)269-8722

## STATE CONFERENCE 2015



Four of your members just returned from State Conference. We each attended 6 sessions, took a tour, or helped get the Cultural Arts show set up. There was a wide variety of sessions. Just to name a few: Bee Keeping, Food Labeling Lingo, making a Sun Catcher, Gardens, Bookworms™, Membership, International, Cultural Arts, Potatoes and many others.

We will be reporting on our sessions and tours at Fall Fest

Next year our district will be hosting State Conference. Start saving up your coins now so you can join in on the FUN

This year's attendance was 400. What a fun way to meet new friends and learn from them. There were over 400 Cultural Arts exhibits – what an impressive show!

Come to Fall Fest to hear about our experience.

## BUSINESS MEETING AT STATE CONFERENCE

The state, just like our county has low membership and budget concerns. One item deleted from the budget was \$100 per county for Bookworms™. Another concern is interest rates and the effect they have on the budget.

Changes were made to the by-laws mostly for clarification purposes. I have a copy of that if you would like to read it. I will be making copies of many of the reports and sharing them with you at Fall Fest.

Our State newsletter, UPDATE, was discussed. It is an expense on the budget. Rates for the publication are due to go up on January 1, 2016. The new rates are \$8.00 for one year or \$15.00 for 2 years. Those already getting the publication know that the subscription form is in your current copy. If you are a new subscriber see me or anyone currently getting to get the form. This publication helps us to know what is going on in the state.

Check out the website, [www.wahceinc.org](http://www.wahceinc.org) for many things pertaining to HCE. We are also on Facebook. To get on type in Wisconsin Association for Home and Community Education. In the search bar, LIKE US. – I am not on Facebook so I hope this makes sense.

New officers for next term are Joan Staffon – President; Phoebe Shourds – treasurer; Lori Hlinak – Marketing; and Lylene Scholz – International



## ON THE MOVE & IN THE GROOVE



Margaret Rowan, Bernie Arena, Louise Buchholz, Theresa Tichenor and Jean Boak participated in this state-wide project.

For each hour of exercise three points were recorded. The time frame was March 1, 2015 to May 23, 2015. The six participants recorded a total of 1,041 points, or 347 hours. Amazing! Leading the pack was our co-president and dog walker, Jean Boak.

Hopefully we will have more involvement next year. Everything counts—lawn mowing, working inside or out, gardening etc. I know many more of us are, “On the Move and in the Groove”.--Bernie Arena

## HCE TREASURER’S UPDATE

It’s time to renew our HCE relationships and get started planning for the new year.

Our program coordinators will begin work on the new program book in November. It would be nice to have the lists of the club members and individual members for the book by November 15, 2015.

Dues for the 2016 membership year will remain at \$10.00 per person. Of this \$5.00 goes to the state HCE organization and \$1.00 goes to the West District.

Pennies for friendship can be turned in at any time. I send a check to the state in early January each year for the pennies collected up to December 31. At our Fall Fest we can decide if we want to designate them to a particular project.

The funds for the Wisconsin Bookworms™ reading program have been sent to the state. We will be reading to 110 children this year at three sites in the county.

I just mailed checks to our two scholarship winners—Olivia Hanson of Sparta for the college scholarship and Joan Koltermann of Farmers Valley for the conference scholarship. Olivia is the grand-

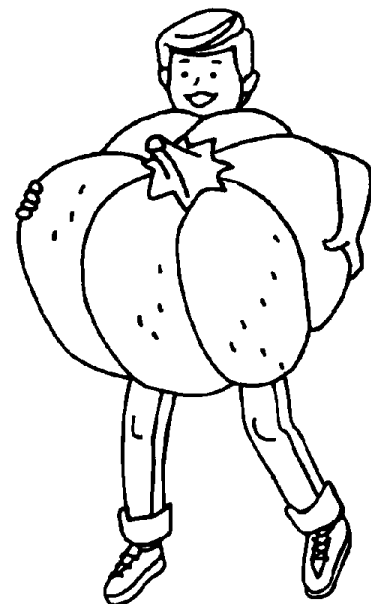
daughter of Annabelle Sharp of Farmers Valley HCE. Congratulations to them.

This year I would like members to include their e-mail addresses on the information sheets with the dues. I will not put these in the program books. But it is nice to have them for communication purposes if you care to share them.

Information from members should include name, address, phone number and e-mail if you care to share it. This info should be sent along with the 2016 dues.

Thank you to all our HCE members for the strong support of all of our ongoing projects.

--Bernie Arena



The 4000 Foundation, Limited  
presents the ... **25<sup>th</sup> Annual La Crosse**

## **GREAT TRI-STATE RAIL SALE**



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• **SWAP MEET** •



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• **Railroad Antiques & Memorabilia**

• **R.R. Books, Magazines & Pictures** •

• **Hobby Supplies** • **Die-Cast Models**

• **Antique Toys** • *and much, much, more!!*

**Saturday, January 30<sup>th</sup>, 2016**

**9:00 a.m. - 3:00 p.m.**

Admission \$5.00 - Children under 12 FREE

### **LA CROSSE CENTER**

2nd & Pearl Streets • La Crosse, Wisconsin

**Swap Tables • Hobby Dealers**

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P.O. Box 3411 • La Crosse, WI 54602-3411

Phone: 608-781-9383 or 608-498-9522

[www.4000foundation.com](http://www.4000foundation.com)

**ALL PROCEEDS GO TO MAINTAIN AND RESTORE  
THE LA CROSSE SHORT LINE RAILROAD DISPLAY**

– NEXT SHOW –

### **RAIL FAIR**

**SATURDAY, JULY 16<sup>th</sup>, 2016**

held at: **COPELAND PARK**, Rose & Clinton Streets

## EASTSIDE NEWS

Editor: Luann Marten

### **K-M DOETTES**

Held first meeting of fall on Sept 8. Sent \$20.00 to St. Clare Mission– Held a discussion on changing our meeting time and dates. Will try keeping the same dates but start at 6:00pm instead of during the days. Talked about all the places not available for handicap people. Going to try to get some speakers for our first club meeting. Adjourned until October.

### **NEEDLECRAFT**

Didn't have much business at our first meeting. Marlene attended summer H.C.E. picnic, met new FLA person. Marlene plans to attend fall West District meeting. Club discussed all the places not good for handicap people.

*Check out this event for a club field trip!*

### **VALLEYETTES**

First meeting was our Stanley party to raise club money. All members were able to attend. Sent a memorial to a former member Mary Ann Fries on the death of her husband. No one can attend the West District meeting. Paid money for the food pantry. Will send it in December. Luann attended the HCE picnic and met the new FLA. Talked about all the places that aren't good for anyone who is handicap. Luann gave a quiz using seven different colors as the answers. Adjourned until October.

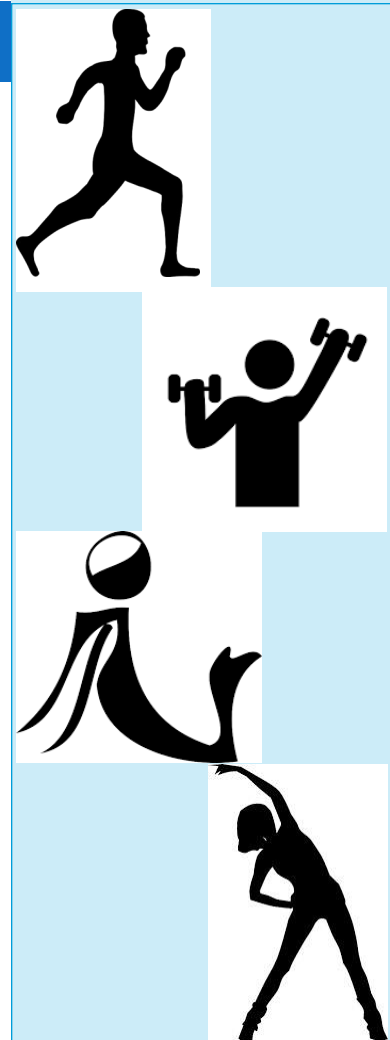
## ARTICLE REQUEST-WE WANT TO HEAR FROM YOU!

Do you have something to share with the HCE newsletter? A story, a recipe, an upcoming event, some ideas to share? If you have an article to share please submit it to the Family Living Agent, Erin Eggert, to the address or email address on the front page. Thank you!



## WHAT IS THIS “EXERCISE CORNER”?

As some of you may know, my background lies with Exercise and Fitness. I have previously worked as an Exercise Specialist and Fitness Class Instructor at a facility that was geared towards senior citizens. Exercise has tremendous benefits at all stages of life. As we age it becomes more and more important to be physically active. For this reason, I am starting “Erin’s Exercise Corner”. I will feature a monthly exercise geared towards strength, flexibility, or neuromotor function. I will include detailed instructions and photos to help guide you through the exercise. As you perform the exercise you may feel a stretch, but you should never feel any pain. If you do experience pain, stop the exercise as you may not be performing it correctly or you may have other complications that do not allow you to perform the specific exercise. If you ever have any questions about performing the exercise in “Erin’s Exercise Corner”, or are looking for further exercises to help improve something, please don’t hesitate to ask. One of the top reasons people enter nursing homes is due to decreased range of motion (not being able to reach up into the cupboards or bend over to pick something up off the floor). These exercises are intended to maintain or improve your range of motion, and improve your balance and neuromotor behavior to help decrease your risk for falls. So read on and try something new! Try doing these exercises together at club meetings and sharing with others!



## Erin’s Exercise Corner

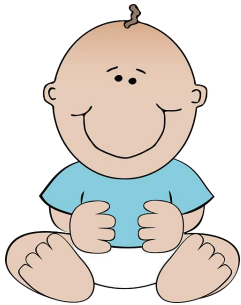
### CHAIR MARCHING

1. Start seated tall in your chair, scooted about half way forward so your butt is on the front half of the chair.
2. Lift one leg so your foot leaves the ground (Option 1) or as far as you can lift leaving your toes on the ground to press up on if needed (Option 2).
3. In a controlled motion, slowly set your foot back on the ground.
4. Repeat with other foot.
5. Repeat 10 times on each leg.
6. Try repeating 3 times each day.

This is a *strengthening* exercise to improve leg strength.



## FALL FEST IS GATHERING TIME FOR YOUNG FAMILY PROJECTS



Baby basket items for the first boy and girl born at Tomah Memorial Hospital during HCE Week will be collected at Fall Fest. HCE Week is the first week in November. The first babies born that week will each receive a basket of goodies from our organization. This year that week begins the day after

our gathering!

We will also collect children's books. These will be distributed to several organizations in the county. A couple will also go into the baby baskets.

--Bernie Arena  
Young Family Chair



*Please bring baby basket items and children's books to Fall Fest!*



## FEATURED RECIPE: PUMPKIN SOUP

### Ingredients

- 3 Cups water
- 1/4 pound beef round roast, thawed, sliced thinly
- 2 cans (~30 ounces) low-sodium pumpkin
- 2 tablespoons maple syrup (or 2 tablespoons brown sugar)
- 1/4 teaspoons black pepper
- 1/2 teaspoon ground cinnamon
- 1/4 cup onions, diced

### Directions

1. In a medium-size pot, bring water to a boil.
2. Add beef roast to boiling water. Boil for 5 to 10 minutes.
3. Add pumpkin, maple syrup, and pepper to pot. If using cinnamon, add that too. Mix well.
4. Lower heat and cook for about 10 minutes.
5. Put 2 teaspoons of onion on top of each bowl of soup. Serve hot.  
Serves 6



Tips for cooking beef roast: The recommended safe minimum internal temperature for beef roast is 145 degrees F

### Nutrition Facts

Serving Size 1 cup (293g) Calories 133 Total fat 2.2g Saturated fat 1g Cholesterol 14mg Sodium 18mg Carbohydrate 17g Dietary Fiber 4g Sugars 9g Protein 8g Vitamin A 441% DV Vitamin C 11% DV Calcium 5% DV Iron 15% DV Percent Daily Values are based on a 2,000 calorie diet.

Recipe from: *A Harvest of Recipes with USDA Foods*, United States Department of Agriculture  
<http://www.whatscooking.fns.usda.gov/sites/default/files/featuredlinks/HarvestofRecipes.pdf>



# MONROE COUNTY HOME AND COMMUNITY EDUCATION



## 2015 FALL FEST

La Grange Town Hall, Hwy 21, Tomah  
Saturday, October 31, 2015

**C**ome and join the fun!



**Theme:** "HCE IS THE APPLE OF MY EYE"

**Schedule:** 9:00 a.m.—Registration, Refreshments & Placement of Silent Auction items

9:30 a.m.—Welcome & Business Meeting  
Recognition of 55+ year members

11:30 p.m.—Lunch (Chicken salad, 2 different apple salads, apple pie slices, & beverage)

Speaker—Doug and Gale Schefelbine

Please bring silent auction item, baby basket items and children's books. Cost: \$10.00 per person. Please make checks payable to Monroe County HCE and send to: Bernie Arena, Monroe County HCE Treasurer, 4261 Basswood Rd., Sparta, WI 54656. All registrations are non-refundable, only transferable and they need to be prepaid before the event. Deadline for registration is October 20, 2015.

## MONROE COUNTY HCE 2015 FALL FEST

La Grange Town Hall, Hwy. 21, Tomah  
Saturday, October 31, 2015

Deadline: October 20, 2015

Name(s) \_\_\_\_\_

Club \_\_\_\_\_ Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Number attending \_\_\_\_ X \$10.00 = \$ \_\_\_\_ check enclosed.

Please make check payable to Monroe County HCE and mail registration form and check to Bernie Arena, Monroe County HCE Treasurer, 4261 Basswood Rd, Sparta, WI 54656.