



THE BRIDGE

JANUARY 2009

Dear Friends,

Here are some thoughts for the New Year.

Change Follows You

Change isn't something that happens here and there. No matter where you go, there it is – and no wonder. Life is a complex interaction of millions of factors, all connected to each other. If any one thing changes, so do all the interactions, sometimes in imperceptible ways.

You live in a world where everything is changing. It's not that change stalks you. Instead, since change is everywhere, it is already where you are heading (Yaverbaum & Sherman, 2008, p. 194-195).

Reference: Yaverbaum, E. & Sherman, E. (2008). The everything leadership book: 2nd edition. Avon, MA: Adamsmedia.

Comfort Zones

Discomfort always signals growth. Life begins at the edge of your comfort zone.

The French poet-philosopher Guillaume Apollinaire wrote:

*Come to the edge.
We can't. We are afraid.
Come to the edge.
We can't. We will fall!
Come to the edge
And they came
And he pushed them
And they flew.*

Your comfort zone is very familiar to you. But just outside of it, is your Discovery

Zone. You'll discover marvelous things about yourself if you take a few steps out of your comfort zone.

(Robinson, 2007, p.74).From: Robinson, M. (2007). Your own magic wanda for getting what you want. Victoria, BC, Canada: Trafford Publishing.

Happy New Year,

Karen

HAPPY NEW YEAR

JANUARY CALENDAR



JANUARY

- 1—NEW YEARS DAY, OFFICE CLOSED
- 5—SPARTA CHAMBER EDUCATION
- 6—NOW SCHOOLS GRANT MEETING
- 8—AGRICULTURE & EXTENSION EDUCATION COMMITTEE
- 10—HCE EXECUTIVE BOARD AND LEADERSHIP EVENT
- 14—HOUSING EDUCATION COMMITTEE
- 15—CHILD ABUSE PREVENTION TASK FORCE
- 15—WACEC CONFERENCE PLANNING, LA CROSSE
- 19—FAMILY RESOURCES PROGRAM
- 20—WESTERN DISTRICT FACULTY
- 26—RENT SMART CURRICULUM TRAINING, ALTOONA
- 27—MOGO TASK FORCE
- 28—MONROE COUNTY HOUSING COALITION

TAKING AWAY THE STRESS FROM DOWNSIZING TO A NEW HOME

No matter how you approach it, downsizing can be very stressful.



However, if you are making a transitional move to a more suitable, convenient, manageable, and safer space, it can be just what the doctor ordered to give you a boost in your quality of life. Before you begin, ask the basic questions about whether downsizing is right for you.

You might need to downsize if:

- Your needs dictate a smaller, one story home.
- You need different space for hobbies and entertaining, since your children are grown and no longer living at home.
- You have problems with stairs.
- The upkeep on your present home has become extensive and is difficult for you to maintain.
- You have had a life-altering experience, lost a spouse, become ill, or can no longer live alone safely.
- Your neighborhood has changed, or you no longer feel safe in your home.
- You need accessible housing because of wheelchair use or the need for a walker.
- You want a different lifestyle during retirement.
- You wish to relocate or move closer to your children.
- You want to simplify your life.

How do you shop for a neighborhood? First, decide where you want to live. Your interests dictate your choice of location, to focus first on the areas that meet your lifestyle needs. Local chambers of commerce, senior centers and city and

state offices on aging provide extensive information about their areas. Most of the information is available on the Internet, but local agencies also readily provide hard copies. In person visits to areas, neighborhoods, and retirement communities are important. Use the following checklist when making your decision to move.



Noise—Is the neighborhood or community quiet, orderly, noisy, or peaceful?

Hidden factors—Are there traffic shortcuts, train tracks, and truck and ambulance routes?

Parking—Is there enough room in driveways for people to park their vehicles?

Upkeep—Do neighbors keep their yards and homes tidy?

Stability—Are there many rental homes, or do owners live in? The city directory shows whether neighbors are renters or owners.

Crime statistics—Ask the police department community representative about illegal activity in the neighborhood or community you might consider moving to.

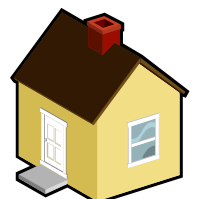
Friendliness—Will neighbors be helpful and supportive?

Proximity—Are you close to grocery shopping, library, parks, recreational facilities, hospital and medical care?

Neighbors—Mixed neighborhoods offer a diverse population by age, ethnic and religious backgrounds, and economics, all necessary components for a community or neighborhood to be energetic, interesting, and exciting.

Fit—Is it suitable to fit your specific needs and desires for a new home?

Source: Article from Humana Active Outlook, Donald Hoffman



ENJOY YOUR VEGGIES

EVERYDAY
NUTRITIOUS
JUST TASTES GREAT
OH SO LOW IN FAT AND
CALORIES
YUMMY



- **Enjoy** lots of vegetables everyday for good health. Try to include some dark green leafy vegetables, beans and orange vegetables at least several times every week. Almost everyone would benefit from eating a few more vegetables everyday.
- **The nutritional benefit** in vegetables is impressive. Eating plenty of vegetables may help reduce the risk of many diseases including heart disease, diabetes, arthritis, high blood pressure, and some cancers. Vegetables are naturally high in vitamins, minerals and antioxidants.
- Vegetables **just taste good**. Select fresh, frozen, canned, dried, or 100% juice for a variety of flavors, textures and combinations. Try some new ones!
- You **can eat lots of vegetables** and have a healthy diet. Vegetables are naturally low in fat and calories. Vegetables are naturally high in dietary fiber, which can help you feel fuller, faster and can help you eat less calories. Fiber is good for your digestive system too.
- Vegetables add color, textures, and **yummy** flavors to your snacks and meals. They are quick, natural and convenient.

OVEN-FRIED SWEET POTATOES

2 large sweet potatoes
No stick cooking spray
Seasonings of your choice



Preheat oven to 450 degrees. Peel sweet potatoes and slice into even wedges (select uniform sized potatoes if possible to avoid overcooked thin ends). Place potatoes in a single layer on cookie sheet. Spray potatoes

with no stick cooking spray and immediately sprinkle with seasonings. Place in oven and bake 30 minutes or until tender and edges are crisp. Turn potato wedges several times for even cooking on all sides. Cooking time will vary with size of potatoes.

Seasoning suggestions: combination of cumin, red pepper and cayenne OR cinnamon, nutmeg and allspice.

Serves 4. Each 1.2 cup serving: 80 calories, 0 g fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 6 mg sodium, 19 g carbohydrate, 3 g fiber, 1 g protein.

Sweet potato tip: Buy extra sweet potatoes; bake them whole while the oven is on. Freeze the baked sweet potatoes whole. When you want a baked sweet potato simply defrost in the microwave and re-heat. Oven baked sweet potatoes taste so wonderful, you hardly need any butter or toppings because they are so sweet and moist!

LOW CAL COLE SLAW

(Adapted from leafy-greens.org)



1 bag pre-shredded cole slaw mix (cabbage and carrots) about 8 cups
1/2 cup sliced green onion
1/4 cup chopped parsley (optional)
1/2 cup sliced green pepper (optional)
2 Tablespoons salad oil
1 teaspoon celery salt
1/4 teaspoon ground pepper
1 Tablespoon toasted sesame seeds
1/4 cup rice vinegar

Combine cole slaw mix, green onions, green pepper, and parsley. Pour on salad oil and toss until slaw is evenly coated.

Sprinkle on and toss in seasonings—pepper, celery salt, and sesame seeds. Finally, add the vinegar and toss.

Makes 8 cups. Serves 8. Each 1-cup serving: 60 calories, 4 g fat, .5 g saturated fat, 0 g trans fat, 14 mg sodium, 0 mg cholesterol, 5 g carbohydrate, 2 g fiber, 2 g protein.

Source: Communicating Food for Health, December 2008

Weekly Menu Planner

Are you often stuck in a rut for dinner and wondering how to plan meals that are more healthful yet appeal to everyone in your family? Do you want a simple way to plan dinner each week and ensure you are getting enough of the right foods? Here are 7 different healthful meal themes to pick for each day of the week.

1. Bean dish - lentil soup, beans and rice, minestrone soup, chili, burritos or tacos are just a few bean-based dishes that are easy to make and high in fiber. If you are planning and experimenting with bean recipes each week you will develop a nice repertoire of meals based on them.

2. Fish - keep it low in fat and sodium by baking or grilling fresh fish instead of using breaded or fried

3. Brown rice - rice is one of the lowest calorie dense grain dishes and it makes a base for many different meals including stir fry dishes. Risotto or paella are also two choices using rice.

4. Pasta or potatoes - baked potatoes, spaghetti or baked yams make excellent entrees for low-fat plant-based meals.



5. Lean poultry or meat - there is always room for a favorite meal of poultry or meat during the week. The good news is that you can roast once and serve more than once - use leftovers in soups, stir fry dishes, salads or chili for one of the other meals

6. Salad - make a large entrée salad with grilled fish, tuna or leftover chicken.

7. Low-fat soup - homemade soups that are low in fat and sodium make a hearty meal that is high in fiber and low in calories.

Weekly Menu #1

Make your own bean taco

Baked salmon, potatoes, steamed veggies

Brown rice stir fry

Pasta with tomato sauce, salad

Baked chicken breast, zucchini

Chef salad with roasted chicken

Roasted tomato soup, rolls, salad

Weekly Menu #2

Lentils with browned onions

Baked tilapia, cornbread, broccoli

Mushroom risotto, salad

Low-fat lasagna, spinach

Turkey cutlets, winter squash, green beans

Salad with tuna, potatoes

Minestrone soup, salad

Weekly Menu #3

Vegetarian Chili, baked chips

Fish tacos, slaw

Paella (rice with chicken and vegetables)

Baked potato stuffed with broccoli

Chicken Stew

Spinach salad with toasted nuts

Barley soup with lean beef and veggies

Visit foodandhealth.com for recipes and a cooking bog for more ideas.



Association for Home and Community Education

"BITS AND PIECES FROM LOUISE"

HAPPY NEW YEAR. May this new year bring you more happiness through family, friends, and HCE.

In December's newsletter, Karen had an article titled "Nine Things You Can Do To Bring People Into Your Circle." There are many items in that article that pertain to HCE—What do you think? Go back and read it again.

Our Christmas Event was well attended. We had an enjoyable day. Thank you Mae for your lesson on Ireland. Thank you Karen for your craft project. Last but not least, thanks to all who brought snacks and craft ideas to share.

How did the Christmas cookie bake sale go? Let me know.

January 10th - Is it marked on your calendar? Your reservations should be in to Bernie (December 31). Any part or all of the day is open to ALL MEMBERS. Executive Board meets at 10:00 a.m., lunch at 11:30 a.m. followed by the program on slow cooking. All of this is being held @ Ginny's Cupboard, Sparta. I have many recipes from State Conference to share with you. There will be a \$2 charge to cover miscellaneous costs including copies of recipes.

Summary of Accomplishments are due to Ann Baker by January 31.

Just received word that 2011 WAHCE State Conference will be held at Stoney Creek Inn in Onalaska. There will be a planning meeting January 8th at Stoney Creek. Anyone interested in attending that meeting, call me. I will be going.

Keep warm!

Louise Buchholz, HCE President

WISCONSIN BOOKWORM - WIGGLY



"Wiggly the Wisconsin Bookworm." At the 2008 Wisconsin Association for Home and Community Education's (WAHCE) annual conference, Shelley Tideman, UW-Extension Advisor, announced the name chosen for the new Wisconsin Bookworm logo. A contest was held with over 30 names being entered. "Wiggly" won out, which was submitted by three counties.

Wisconsin Bookworm is a partnership between the WAHCE, UW-Extension Family Living programs and Wisconsin Public Television. The program provides eight free books per year and volunteer readers to children who otherwise might not be able to own them. It is celebrating its eleventh-year anniversary this year.

WEST SIDE NEWS

-Margaret Rowan, News Editor
Sparta Center, Annabelle Sharp, Chair



Isham Valley: Vera Siekert, Secy.

The Isham Valley HCE met December 1st with Vera Siekert. After dessert at 1:30 p.m., President Dorothy Peterson called the meeting to order. We sang "Deck the Halls" and "Silent Night". Roll call was a "Memorable Song". Secretary's and treasurer's reports were read and accepted. Three members are planning to attend the HCE Christmas Activity. It was decided to contribute money in place of a "cookie sale" We will send the adopted veteran money for Christmas. Summary of Accomplishments are due January 31st. Leadership Day will take place Saturday, January 10th at Ginny's Cupboard. Reservations are due to Bernie Arena by December 31st. After discussion of fruit baskets, Margaret Rowan will deliver one to a neighbor. Next meeting will be with Eva Clay on January 14th. Each member will bring a "joke" for roll call and cleaning supplies for the Food Pantry. We will plan to "eat out" in February. Dolores Jenkins won the door prize. The meeting closed with the Homemaker's Prayer and Vera read a poem about snow.

Farmers Valley: Joan Koltermann, Secy.

The Farmers Valley HCE met November 18th at the Senior Center with seven members present. Mae Flaig called the meeting to order with the Homemaker's Creed and Pledge of Allegiance. Roll call was taken and secretary's and treasurer's reports were given. Cards were signed for the Sunshine report. There was a discussion of the Helpful Cookie Sale and the Christmas Basket. The BRIDGE was discussed. A door prize was won by Pat.


The meeting adjourned with the Homemaker's Prayer.

KENDALL NEWS

Jolly Janes: Lois Eberhardt, Secy.

New officers are President - Linda Murphy, Vice-President - Donna Heilman, Secretary - Lois Eberhardt and Treasurer - Caroline Braund. Secret pals were guessed and new ones chosen. Attended the Kendall Library—local artists display of paintings, reviewed the newsletter, The Bridge, collected for "Pennies for Friendship", sent in our dues for 2009, donated Golden Books for the baby basket, gave shoes and money donations to Tomah Haiti Medical Mission trip for January 2009, and signed Christmas cards for Operation Homefront for Wisconsin American Heroes Overseas, will attend January 10th Executive Board and training lesson on slow cookers, send sunshine, birthday and sympathy cards, made plans for Christmas party at the Kendall Legion Hall on December 6, Saturday at noon.



 The roof of the home symbolizes our past heritage with Extension Homemakers. The letters H (Home) C (Community) E (Education) make it a suitable logo by the state, county and club. The house without walls confirms a commitment to membership open to all, regardless of race, color, creed, religion, sex, age, handicap or national origin.

