



THE BRIDGE

Dear Friends,

Congratulations to Monroe County HCE Club and Individual members honored for their accomplishments and service to our communities recently. To share:

24 Traits of Successful Leaders

1. Leadership starts with the leader.
2. Leaders work for people.
3. Leadership is about flexibility.
4. Leadership is being a rock.
5. Leadership is understanding that we are all different.
6. Leadership is practicing what you preach.
7. Leadership is about continuous self-improvement.
8. Leadership is having the burning desire to lead.
9. Leadership is impossible without communication.
10. Leadership has to have tolerance.
11. Leadership is about building a team.
12. Leadership is different than management.
13. Leadership involves multicultural understanding.
14. Leadership is about trust.
15. Leadership is about consistency.
16. Leadership requires enthusiasm.
17. Leadership requires competency.
18. Leadership is action.
19. Leadership involves intuition.
20. Leadership does not allow fear.
21. Leaders know that fun helps make their job easier.
22. Leaders have charisma.

MAY/JUNE 2009

23. Leaders have an understanding of time.
24. Leadership needs credibility

(From: Howatt, W. A., (2008). Leadership vs. management. Kentville, Nova Scotia: Howatt HR Consulting Inc.

Karen

May

- 6—HCE Executive Board
- 6—Sparta School Community Alliance
- 7—WEAU-TV 13 Noon Show
- 7 & 14—"Raising A Thinking Child", Maplewood
- 8--BCCF Team Meeting, Stevens Point
- 12—Safe Communities Coalition
- 19—Western District Faculty, Eau Claire
- 20—Housing Education Committee
- 21—Agriculture & Extension Education Committee
- 25—Memorial Day, UW-Extension Office closed
- 26—MOGO
- 27—Monroe Co. Housing Coalition



June

- 4—County Safety Meeting
- 6—Monroe Co. Dairy Breakfast
- 9—Safe Communities Coalition
- 10—BCCF Team Meeting, Stevens Point
- 15-17—WACEC State Conference, La Crosse
- 17-18—Pathways Conference, Stevens Point
- 22—Rent Smart, Madison



PLANTING AN HERB GARDEN

Horticulturists recommend planting herbs after the last day of frost in the spring to avoid losing plants to a late freeze. If you've never planted herbs before, you may be more successful initially starting with transplants, rather than seeds.

When you're selecting herbs, be sure they are meant for culinary uses, not just as an ornamental herb. Some of the ornamental herbs may have a less desirable flavor because they have been bred for appearance rather than taste appeal.

There are three types of plants: annual, biennial, or perennial. An annual completes its life cycle in one growing season and must be planted yearly. A biennial completes its life cycle in two growing seasons; biennials produce only foliage the first year and bloom the second year. Some people plant biennials, such as parsley, yearly for their foliage. A perennial lives for many growing seasons and comes back yearly.

Popular fresh garden herbs include basil, chives (common chives and garlic chives), cilantro, dill, mint, and parsley. Herbs such as French tarragon, oregano, rosemary, thyme, sage and winter savory are satisfactory in both fresh and dried forms.

Many herbs are suitable for container gardening as well as planting in a ground bed. Container gardening is an especially good option if you're limited in space.

For more information on planting an herb garden, check with your local extension office, lawn and garden center and/or look for books at a local bookstore or library. They can help you determine the frost-free date after which you may plant herbs in your area and may offer additional suggestions for herbs to grow in your location.

SWINE FLU UPDATE

What You Can Do to Stay Healthy?

There are everyday actions people can take to stay healthy.

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective. Avoid touching your eyes, nose, or mouth. Germs spread that way.

Try to avoid close contact with sick people.

- Influenza is thought to spread mainly person-to-person through coughing or sneezing of infected people.
- If you get sick, CDC recommends that you stay home from work or school and limit contact with others to keep from infecting them.

Swine Influenza Symptoms

The symptoms of swine flu in people are expected to be similar to the symptoms of regular human seasonal influenza. They include:

- Fever
- Lethargy
- Lack of appetite
- Coughing

Some people with the swine flu have also reported:

- Runny nose
- Sore throat
- Nausea
- Vomiting and diarrhea



Sharon Nelson
Director/Health Officer
Monroe County Health Department



Make Better Choices to Lower Salt

Many foods in the grocery store are laden with a lot of added sodium. Here are the danger foods along with ideas of how to make better substitutions to lower the amount of sodium you eat:

- **Canned foods**-most canned foods are very high in sodium. Soups, canned tomatoes, pasta sauce, canned veggies and pasta dishes are included in this mix. Choose canned foods that have no salt added or use fresh items instead
- **Deli meat and cheese** is high in sodium-use fresh chicken or fish, canned tuna, nut butter without added salt
- **Frozen dinners** are very high in sodium. Choose frozen veggies and make your own meals with fresh poultry/fish and plain rice or pasta
- **Boxed pasta and rice mixes** are very high in salt- use plain rice or pasta with seasonings instead
- **Grain** items like bread, crackers, and packaged cereals are high in salt- choose lower salt versions instead

Cook without salt:

Choose salt-free herbs and seasonings to flavor your food instead of using salt:

- Dried or fresh herbs
- Garlic or ginger
- Flavored vinegars and salt-free condiments

Choose better When Eating Out

Most restaurants foods are laden with sodium. Here is how to make better choices:

- Know before you go- most of your favorite places are likely to have nutrition information online- be aware of what you are ordering and make better choices.

- Order plain items without salt- Like baked fish or chicken, baked potatoes, pasta with diced fresh tomatoes, steamed veggies, a plain burger without condiments.
- Avoid: deli meat, breaded items, cheese, bread, olives, mustard, pickles, pretzels, sauces, soups, dressing.

Compare:	mg sodium
<i>Fresh potato</i>	3
Instant potatoes	440
<i>Fresh chicken</i>	62
Deli chicken/turkey	600
<i>Salt free tomato sauce</i>	30
Tomato sauce with salt	350
<i>Rice no salt</i>	0
Rice Mix	900
<i>Soup no salt</i>	20
Soup regular	950
<i>Salt free tuna</i>	30
Tuna regular	450
<p><i>Researchers from the U.S. Centers for Disease Control found that people take in 3,436 milligrams of sodium. 69 percent of those people, who are at risk for high blood pressure, should consume no more than 1,500 mg daily, according to the report.</i></p>	
Compare	mg sodium
<i>Plain burger</i>	520
Grilled Chicken Sandwich	1190
Big Mac	1040
<i>Plain salad</i>	10
Salad with chicken, dressing	1320
<i>Plain fruit, apples</i>	0
Cinnamon Melts	370
<i>Plain baked potato</i>	10
French fries, medium	270
<i>Oatmeal, regular</i>	10
Sausage Muffin	850
Bagel	420
Reduced fat turkey sandwich	910



Count Up Your Calcium

Calcium is important for good health – it keeps your bones strong, helps control high blood pressure and may play a role in weight control. But do you know if you are getting enough calcium? Use the chart below to count up the calcium in your diet. First, think about what you ate and drank yesterday at all meals and snacks. Now look at the foods in each column below and write the number of servings you had in the box provided. (For example, if you drank 1-1/2 cups of milk, put down 1.5 next to milk.) Next, add up the numbers for each column. Then, multiply these numbers as directed. Finally, add up the total from each column for your personal calcium count and see how you scored!

★★★ Foods that provide about 30% or more of the daily value for calcium:

- ___ Skim or 1% milk or calcium-fortified soymilk (1 cup)
- ___ Lowfat/fat-free yogurt (8 oz)
- ___ Lowfat buttermilk (1 cup)
- ___ Calcium-fortified orange juice (8 oz)
- ___ Reduced-fat, shredded cheddar or mozzarella cheese (1/4 cup)
- ___ Total® cereal – give yourself three points for every serving on this one (3/4 cup)
- ___ (subtotal)
- ___ (subtotal multiplied times 3)

★★ Foods that provide about 20% of the daily value for calcium:

- ___ Cheese (1 oz)
- ___ Reduced-fat cheese singles (1 slice)
- ___ Salmon, canned with bones (3 oz)
- ___ Kale, cooked (1 cup)
- ___ Soybeans or white beans, cooked (1 cup)
- ___ Pudding with milk (1/2 cup)
- ___ Lowfat blueberry muffin from calcium-fortified mix (1)
- ___ (subtotal)
- ___ (subtotal multiplied times 2)

★ Foods that provide about 10% of the daily value for calcium:

- ___ Beans, cooked (1 cup)
- ___ Calcium-fortified cereal (1/2 cup)
- ___ Dried figs (4)
- ___ Light ice cream (1/2 cup)
- ___ Fat-free or lowfat cottage cheese (1/2 cup)
- ___ Light string cheese (1 piece)
- ___ Fat-free American cheese singles (1 slice)
- ___ I Can't Believe It's Not Butter!® Sweet Cream & Calcium (1 Tbsp)
- ___ (subtotal)

___ (Total of all three columns)

Scoring (for adults):

- 10+ points = Excellent! Keep up the good work; eat plenty of fruits and vegetables.
- 8-9 points = Great! Your calcium intake is high. Adding a 2- or 3-star food will boost your calcium count.
- 6-7 points = Good! You're off to a good start. Add at least one 3-star food to improve your calcium intake.
- 4-5 points = Just about halfway there! Add at least two 3-star foods to get that calcium into your diet.
- 3 or fewer points = Get to work! The easiest way to get the calcium your body needs is to eat at least three 3-star foods daily.

How much calcium do YOU need?

Age 19-50 yrs	1,000 mg
Older than 50 yrs	1,200 mg
Age 9-18 yrs	1,300 mg
Age 4-8 yrs	800 mg
Age 1-3 yrs	500 mg

Calcium facts

- "High in calcium," "rich in calcium" or "excellent source of calcium" means that the food provides at least 20% of the daily value of calcium (at least 200 mg).
- "Good source of calcium" or "contains/provides calcium" means that the food provides 10 to 19% of the daily value of calcium (100-190 mg).
- The upper limit for calcium is set at 2500 mg.

By Hollis Bass, MEd, RD



Association for Home and Community Education

"BITS AND PIECES FROM LOUISE"

"CARING FOR THE ENVIRONMENT" WAS THE THEME FOR SPRING FLING. OUR SPEAKER, DAVE BECKMAN, GAVE A VERY INFORMATIVE TALK ON INVASIVE SPECIES. IT WAS AN EYE-OPENER FOR MANY OF US. CONGRATULATIONS TO ALL THE CULTURAL ARTS PARTICIPANTS AND WINNERS. SUCH TALENTED PEOPLE WE HAVE IN OUR COUNTY. BE SURE TO READ THE MINUTES FROM THE MEETING TO SEE WHAT WAS DISCUSSED. CONGRATULATIONS TO ALL THE CLUB AWARD WINNERS AND THE INDIVIDUAL MEMBERS THAT WERE RECOGNIZED. (THIS LIST IS ON THE LAST PAGE OF THIS NEWSLETTER.)



OUR NEXT EVENT IS COMING UP ON MAY 6. LOCATION IS THE SPARTA BARNERY COMMUNITY CENTER IN SPARTA. THE EXECUTIVE BOARD MEETS AT 10:00 A.M. THAT MORNING. A SPECIAL INTEREST ON "CAREGIVERS" WILL BEGIN AT 1 P.M. IF YOU PLAN ON ATTENDING FOR THE ENTIRE DAY AND WISH TO EAT WITH THE SENIORS YOU NEED TO CALL IN YOUR RESERVATION.

THE BAKE SALES WENT WELL. AS STATED IN THE APRIL NEWSLETTER, EACH INDIVIDUAL IS TO DONATE BAKED GOODS OR \$7.50. DID EVERYONE DO THIS? THIS ACTIVITY SUPPORTS OUR EDUCATIONAL ACTIVITIES WHICH IS ONE OF OUR PURPOSES.

OUR RUMMAGE AND BAKE SALE WILL BE AUGUST 14-15, 2009. THERE ARE ADDITIONAL DETAILS ELSEWHERE IN THIS NEWSLETTER.

ENJOY THE FLOWERS AND BEGINNING OF SUMMER.

Louise Buchholz, HCE President



Annual Fall Bookworm/Scholarship Rummage and Bake Sale



The Bookworm/Scholarship Rummage and Bake Sale will be held on August 14 & 15th from 8:00 a.m. to 4:00 p.m. at 803 Hollister in Tomah. Set up day will be Thursday August 13th.

We need all the help we can get to make this another success. We will take crafts, clothing in good shape, bedding, furniture, appliances in working order, books, rugs, dishes and knickknacks (not broken).

Please call Sharon Jensen at 372-7618; Ruth Sommerfield at 372-4762 or Marlene Kamrath at 372-4362 if you need help in getting items to the sale. Louise Buchholz can also be contacted.

For the bake sale items that go well are breads, pies, cookies, bars; cakes and cupcakes do not sell well.

Please, please, please participate and help.

In Memorium

Heartfelt sympathy to the family of Dolores Jenkins and to the Isham Valley HCE members upon her recent passing. Dolores was not only an HCE member for 55 years, but served many years in various capacities on the Monroe County HCE Executive Board.



HCE CALENDAR

May

- 1 Deadline for Student Scholarship
- 6 HCE Executive Board, 10:00 a.m. Sparta Barney Community Center
- 7 Special Interest, "Caregiving", Sparta Barney Community Center 1:00 p.m. (Invite friends to come with you.)

June

- 6 Dairy Breakfast, Harvey Menn Farm, Norwalk



WEST SIDE NEWS

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

Farmers Valley: Joan Kolterman, Secy. Pro Tem

Isham Valley: Vera Siekert, Secy.

The Isham Valley HCE met with Wilma Tucker at 1:30 p.m. on Monday, April 6. President Dorothy Peterson called the meeting to order with the Homemaker's Creed. Roll call was answered with Easter stories, poems and ideas. Secretary's and treasurer's reports were given and accepted. A report was given from the Executive Board meeting and members were reminded of the District meeting at Arcadia and the Spring fling on April 18th. Dorothy, Dolores K. and Margaret will furnish food for the morning coffee. The BRIDGE was reviewed and accomplishments listed. Items were collected for Brighter Tomorrows. Margaret presented the lesson Clean Sweep. The next meeting will be May 4 with Dolores Kenyon. There will be plant exchange and roll call will be hints for raising the plant you bring. Items for the Food Pantry will be member's choice. Wilma will present the lesson "Generation Gap".

EAST SIDE NEWS

-Luann Marten, News Editor
Tomah Center, Luann Marten, Chair



Needlecraft:

Valleyettes:

EXECUTIVE BOARD MEETING & SPECIAL INTEREST SESSION

Slated for May 6th

The next Executive Board meeting will be Wednesday, May 6, 2009. The meeting will begin at 10 a.m. and run until 11:30 a.m. The Executive Board will meet in Room B in the basement of the Barney Center. An elevator is available. There will be a lunch break from 11:30 a.m. to 1 p.m.

Make a lunch reservation to dine at the Sparta Nutrition Site, located in the Barney Center, that day by calling Paulette at 269-6778. Your reservation must be made by 10 a.m. on Tuesday, May 5th. The suggested donation for the meal is \$3.75.

A special interest meeting on "Caregivers" will be presented at 1 p.m. upstairs in the Barney Center. Presenters will be Margaret Rowan and Louise Buchholz. The public is invited to attend.

Please call Marlene Kamrath at 372-4362, or Bernie Arena, 272-3371, to make reservations for the afternoon meeting, so enough handouts will be available.

The Barney Center is located at 1000 E. Montgomery St., in Sparta.

Thanks.

-Bernie Arena

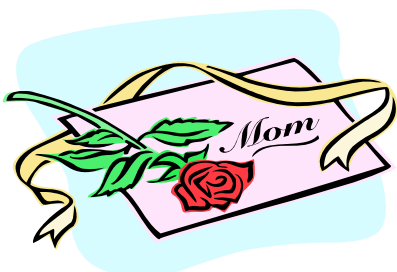


- A** thank you to Annabelle Sharp who supplied us with this information: “SEWING SUPPLIES FOR NICARAGUA”
- Light weight fabric: 1 yard or more, no wool or heavy double knits. Light weight knits are acceptable for the very warm climate.
 - Thread: all colors and weights
 - Safety pins, straight pins
 - Embroidery floss, beads, sequins and other embellishments
 - Knitting yarns (no wool) crochet cotton, and needles
 - 4-H sewing books...other sewing books...sewing kits
 - New or used patterns, toy patterns, quilt patterns and designs, pattern tracer, carbon paper, hooks and eyes, tailor’s chalk, etc.
 - Bias tape, rickrack, all trims, zippers (can be used) elastic, snaps
 - Zipper feet for machines, thimbles, tape measures, seam ripper, belt buckles, belt material, interfacing, fabric stiffener
 - Button, kits for covering buttons, scissors (big or small), sewing machine oil
 - Fabric for stuffed animals (especially fabric with a nap for teddy bears), etc.
 - Any and all craft supplies, craft kits and stuffing

Equipment

- Irons and ironing boards (electrical current same as here)
- Scissors of all sizes
- Sewing machines, (in good condition) with or without a cabinet, machine parts, repair kits.

Also needed are: eyeglasses, sunglasses, cases



I’m sure our President Louise thought we were trying to get lost as we journeyed to Arcadia taking the back roads to Galesville and Highway 93. We did arrive in time for morning refreshments of coffeecake, coffee and juice. Monroe County was represented by ten members. District Director Judy Williams welcomed us and introduced the county presidents and district board. She told us they are looking for ideas for the State Conference to be held in Onalaska at the Stoney Creek Inn in the fall of 2011. The wall hanging of the WI Bookworm™ quilt squares was displayed for the first time.

Tours of the Arcadia Memorial Park and the Arcadia Area Historical Society & Museum were offered to attendees. Workshops on quilting and crocheting a scrubbie were also given.

After everyone returned to the meeting, the ladies of the Arcadia Christ Lutheran Church served a delicious lunch. It was also a time for visiting other HCE members. There were members from buffalo, Clark, Crawford, Jackson, La Crosse, Monroe, Richland, Trempealeau and Vernon counties.

The guest speaker was Mary Knappen of Galesville. She and her husband have a business called Phoneco. They collect, repair and sell old phones. She reminisced about the use of telephones years ago. Several people talked about using the party line and having an operator put through the calls. She had a display of old phones and part of the operator’s switchboard. The Knappens welcome people to their business for tours.

After the guest speaker, the meeting was opened up for questions and suggestions. The biggest concern seems to be the dwindling number of members. Hopefully, we can bring some suggestions to the Fall District Meeting at Viroqua in Vernon County.

MONROE COUNTY HOME AND COMMUNITY EDUCATION ASSOCIATION 2009 STATE CONFERENCE SCHOLARSHIP



Monroe County Home and Community Education Association Scholarship Applications for State Conference are now being accepted. All entries must be received by June 1, 2009.

One scholarship will be awarded in the amount of \$100.00 and will be paid to winner prior to registration.

The winner must report to the Executive Board their experiences at State Conference. This report may be either written or oral; also their report must be given to two clubs or at the Fall Fest.

Winner must submit vouchers verifying their expenses.

HCE STATE CONFERENCE IS SEPTEMBER 14-16, 2009 at SUPERIOR, WI.

Applications are due to Wilma Tucker, 12295 St. Hwy. 27, Sparta WI 54656 by June 1, 2009.

DONATIONS WANTED:



The Morrow Home Auxiliary is going to open a resale shop soon. They are recruiting volunteers to help in various facets of the shop. This project is another ministry of the Home. They will donate to needy families, victims of fire or flood as well as have a variety of items to sell. The profits from the shop will all go directly to the residents in the home.

They are seeking donations of GOOD, RESALEABLE items such as children's things, small appliances, knick knacks, etc. THEY CANNOT ACCEPT LARGE FURNITURE, REFRIGERATORS, COMPUTERS, WASHERS, DRYERS, or TV'S. They will issue tax deductible receipts for any donations they receive. Keep this in mind as you do your spring cleaning. If you do not want to have a garage sale or if you have one and you have things left over, let us know.

For more information contact Jean Mattakat at 269-1544.

Do-Not Call Lists



Want to reduce those annoying telemarketing phone calls? Then get on these two lists:

The WI Do-Not-Call list is updated quarterly for landlines and cell phones. You must re-register every two years. To join the list call 866-966-2255 or go to the web site at no-call.wisconsin.gov

The National Do-Not-Call is a permanent list for landlines and cell phones. To register by phone, call 1-888-382-1222 from the telephone you wish to register. Or go to their web site to register at www.donotcall.gov

The registry applies to all phone calls from telemarketers, with the exception of businesses with whom you have existing relationships and certain non-profits and political organizations.

2008 MONROE COUNTY HOME AND COMMUNITY EDUCATION AWARD WINNERS

HCE LEADER OF THE YEAR

Ruth Sommerfield—Needlecraft



SMILE AWARD

Linda Murphy—Jolly Janes

Elaine Schwarz—Farmers Valley

COMMUNITY SERVICE AWARD

Wilma Tucker—Isham Valley

2008 CLUB AWARDS

FARMERS VALLEY—CITIZENSHIP - HONORABLE MENTION; INTERNATIONAL - SUPERIOR; CULTURAL ARTS - OUTSTANDING; COMMUNITY AND FAMILY - SUPERIOR; HCE INVOLVEMENT - OUTSTANDING; OVERALL - OUTSTANDING

IDEAL—CITIZENSHIP - HONORABLE MENTION; INTERNATIONAL - HONORABLE MENTION; CULTURAL ARTS - HONORABLE MENTION; COMMUNITY AND FAMILY - SUPERIOR; HCE INVOLVEMENT - OUTSTANDING; OVERALL - HONORABLE MENTION

ISHAM VALLEY—CITIZENSHIP - OUTSTANDING; INTERNATIONAL - SUPERIOR; CULTURAL ARTS - SUPERIOR; COMMUNITY AND FAMILY - SUPERIOR; HCE INVOLVEMENT - SUPERIOR; OVERALL - SUPERIOR

JOLLY JANES—CITIZENSHIP - OUTSTANDING; INTERNATIONAL - OUTSTANDING; CULTURAL ARTS - OUTSTANDING; COMMUNITY AND FAMILY - SUPERIOR; HCE INVOLVEMENT - OUTSTANDING; OVERALL - OUTSTANDING

K-M DOETTES—CITIZENSHIP—HONORABLE MENTION; INTERNATIONAL—OUTSTANDING; CULTURAL ARTS—OUTSTANDING; COMMUNITY AND FAMILY—SUPERIOR; HCE INVOLVEMENT—OUTSTANDING; OVERALL—OUTSTANDING

NEEDLECRAFT—CITIZENSHIP - HONORABLE MENTION; INTERNATIONAL - OUTSTANDING; CULTURAL ARTS - HONORABLE MENTION; COMMUNITY AND FAMILY - SUPERIOR; HCE INVOLVEMENT - HONORABLE MENTION; OVERALL - HONORABLE MENTION

VALLEYETTES—CITIZENSHIP - SUPERIOR; INTERNATIONAL - SUPERIOR; CULTURAL ARTS - SUPERIOR; COMMUNITY AND FAMILY - SUPERIOR; HCE INVOLVEMENT - SUPERIOR; OVERALL - SUPERIOR

INDIVIDUAL MEMBER AWARD—LOUISE BUCHHOLZ—CITIZENSHIP - SUPERIOR; INTERNATIONAL - OUTSTANDING; CULTURAL ARTS - OUTSTANDING; COMMUNITY AND FAMILY - SUPERIOR; HCE INVOLVEMENT - SUPERIOR; OVERALL - SUPERIOR

YEARS OF MEMBERSHIP

60—Mae Flaig, Farmers Valley
Dolores Kenyon—Isham Valley
55—Caroline Braund—Jolly Janes
Rose Parrish—Jolly Janes
Betty Severson—Jolly Janes
Dolores Jenkins—Isham Valley
50—Nora Jernander—Individual
45—Lois Eberhardt—Jolly Janes
Sharon Degenhardt—Valleyettes
40—Ella Hubert—Valleyettes
Janice Schlenuser—posthumous
30—Wilma Tucker—Isham Valley
25—Ellen Chapman—Valleyettes
20—Donna Heilman—Jolly Janes
10—Annabelle Sharp—Farmers Valley



SPECIAL AWARD

Lloyd & LaVerne Cramer for their support of HCE

Congratulations!