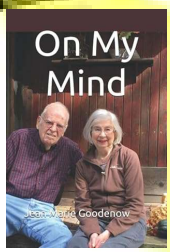
The Cove

Fall 2025



Meet Jean Goodenow For those of you who do not know Jean Goodenow, she has been a part of the Monarch Cove community for over fifty years. A retired Middle School English Teacher, Jean grew up the daughter of a journalist. Her father wrote for various newspapers and owned newspapers in Mount Vernon and Battle Creek. She remembers as a child her dining room table being almost entirely covered with notes about potential news stories.

The writing gene was passed down to Jean, as she has been writing since she was in grade school. Jean writes short stories and recollections, though she generally writes for herself. However, several years ago, Jean's stories were published as a collection in the book *On My Mind*. Jean had not intended to publish her stories, but one day her son asked if he could take some of her writing home with him to read. The next thing Jean knew, her son had compiled her stories and had them published - great present by the way! Several Monarch Cove residents own a copy of *On My Mind* and have said that Jean's is the kind of book you can just pick up, open to a random page, and find something interesting to read. Jean is fascinating to talk to, so if you get the chance to visit with her, don't pass it up. If you're interested in reading Jean's book, it is available on Amazon.

TOP STORIES

Winterizing Osceola Rural Water would like to remind everyone to properly winterize their cabin and meter equipment to prevent freezing and potential damage during the winter. Think of it as an insurance policy if you don't plan to heat the cabin, won't be at the cabin throughout the winter, and/or your meter equipment is outdoors.

While you own your curb stop, if you would like ORWS to turn off the water at your curb stop and/or perform winterization of the meter equipment, please contact ORWS. This is a free service. *Please note that this does not include winterizing of the cabin*.

If you usually hire a plumber or winterize yourself, plan to continue. ORWS can coordinate with you/your plumber to winterize at the same time, if notified at least 48 hours prior. The meter must stay at the cabin and be attached to the cellular endpoint throughout the winter. If you would like ORWS to turn your water back on in the spring, please remember to contact the office at least 48 hours prior. This is also a free service.

The ORWS staff is happy to answer any questions you may have regarding winterizations or anything else you may need!

Contact Natalie Nelson natalie.nelson@orws.net 712-461-0232 or
Osceola Rural Water System Office: (712) 735-6795 M-F 7:30a-3:30p

For the Good of the Community

MC Board The Monarch Cove annual meeting took place on July 26, and we had a good turnout. First and foremost, the board would like to extend a huge THANK YOU to Mark Lemke for his time serving as MC Board President. Mark faced some big challenges, such as last year's flooding, and we appreciate his time and efforts.
Your current board members are: President- Tim Kennedy, Vice President- Sandy Bowman, Secretary- Keith Brann, and Treasurer- Paul Hansen. Other At Large Directors - Dan Bennett, Laura Brann, and Dave Harry.
Ward 1 Rep- Matt Shultz, Ward 2 Rep- Rod Earleywine, Ward 3 Rep- Dave Erkes
If you are having an issue that you would like addressed, please first contact your ward rep. If your ward rep cannot resolve the issue, they can bring it to the board on your behalf. Contact information can be found in your Monarch Cove directory. Thank you!

An Ounce of Prevention…

Winter Mental Health Cooler weather and less daylight can affect anyone. Some may experience the winter blues, while others may have seasonal affective disorder (SAD). SAD is considered a depressive disorder that starts in autumn and lasts through the winter months, improving in the spring. And it is real!

Symptoms include: Feeling listless, sad most of the day nearly every day, losing interest in activities you once enjoyed, having low energy, and feeling sluggish.
sleeping too much, change in eating habits, having difficulty concentrating, feeling hopeless, worthless, or guilty, and having thoughts of not wanting to live.

Prevention and Self-Care Tips Include:
-Make a habit of getting outside for a daily walk.
-Add vitamin D to your diet.
-Consult with a nutritionist or physician on what kinds of things you should target in your diet.
-Plan fun activities *and stick to those commitments even if you don't feel like it*.
-Get social with friends and family, *even if you don't feel like it*.
-Move your body with physical activity. It doesn't have to be hard exercise, but move your body!
-Reach out to your support network. Tell your family and friends how this change of season affects you so they can check in on you & encourage you to get out and socialize more.
-Seek professional help/talk to your doctor.

Announcements

- Do you have an idea for the "spotlight" section of the newsletter? Email me!
- Check out monarch-cove.com for meeting minutes & newsletter archive.
- Board meetings - 9:00 a.m. 12/13/25, 3/14/26, 6/13/26, 9/12/26
- Annual Meeting 7/25/26

If you would like something included in the announcements, please send requests to mcbojinews@gmail.com