



Extension
UNIVERSITY OF WISCONSIN-MADISON
MONROE COUNTY

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The Bridge

PRESIDENT'S UPDATE

Hello Everyone,

While I am writing this the sun is shining and will warm up to 60 degrees; spring is officially here. After a year of the pandemic I look into my closet and find new clothes or outdated clothes. I have been wearing the same few things for a year. Hopefully we'll be able to get the dust off and get back together again!

I'm planning an Executive Board meeting on April 15th, 1:00 at the LaGrange Town Hall. We will have a limited amount of people but at least that's a start getting back to normal. We do have a few things to plan. It will be nice to get back to planning!

On April 12th we will be having our West District Meeting. We're not meeting in person. If you would like to join let me know; they will be meeting via zoom. I'm the Membership/Marketing chair. If you have any ideas to share with the district let me know. I know it's rather difficult to find new members when we have not met for a year. But we will need to keep trying if we want to continue with HCE.

In this newsletter there is a history tribute to the Valleyettes; they have been together for 65 years. Doris Kelly has been a charter member, that's 65 years! Thanks Luann Marten, a 64 year member, for putting this history article together. Congratulations!

A joyous Easter to you all! Take care, Jean

April 2021

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**MONROE COUNTY
HEALTH & WELL-BEING
EDUCATOR**
April Anderson
608-269-8722

REMINDERS

Remember to complete the “Impact of HCE Survey” and the “HCE Healthy Lifestyle Survey” that were printed in the February Bridge.

Student scholarships are due May 1st. Contact Mary Cook to get an application.

Happy Spring and Happy Easter to everyone.



**Answers
to the
Valentine’s Day
Crossword
Unscramble**

- | | | |
|----------------|---------------|--------------------|
| 1. sweethearts | 6. friendship | 11. gift |
| 2. card | 7. heart | 12. roses |
| 3. chocolate | 8. red | 13. Valentines day |
| 4. February | 9. love | 14. be mine |
| 5. arrow | 10. candy | |

MONROE COUNTY HCE INFORMATION

2021 Executive Board Members

President: Jean Boak (372-4354)
Vice President: Ann Baker (372-2389)
Secretary: Sue Baker-Young (633-6457)
Treasurer: Bernie Arena (272-3371)

2021 Educational Program Chairmen

Community Outreach: Phyllis Snider (372-5473)
Cultural Arts: Louise Buchholz (453-6435)
Family: Bernie Arena (272-3371)
International: Barbara Mueller (372-9077)
Membership/Marketing: Phyllis Snider (372-5473)

2021 Center Chairpersons

Sparta– Westside HCE Club (272-3371)
Tomah– Suzanne Baker-Young (633-6457)

UW-Extension Office

(608)269-8722

April Anderson, Health & Well-Being/FoodWise Educator
april.anderson@wisc.edu

For more information please contact:

Jean Boak, President at (372-4354)

Newsletter Deadline

Information for the HCE newsletter is due by the **20th** of the month for the following month’s newsletter.



Treasurer's Update

I have sent the year-end treasurer reports for our regular checking account and for the Wisconsin Bookworms account to our state treasurer, Mary Ann Bays.

I also included a copy of the 990-N IRS report that needs to be filed each year to retain our non-profit status.

We have 30 members this year. The state dues and West District dues have been paid.

\$32.39 was collected in 2020 for pennies for friendship. This was also sent in to the state.

We paid \$550.00 in scholarships in 2020.

Thank you to everyone for getting your dues in and for donations to both the scholarship fund and the Bookworms program.

Happy Spring!

--Bernie Arena, Treasurer



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)!

BOOKWORMS UPDATE

The Wisconsin Books program for the 2021-2022 school year is falling into place.

I was part of the Review Team for selecting the books. Thank goodness we were able to use YouTube for doing the reviews. I made an appointment at the library to pick up whatever books they had available on the list. They had three of the books, which I promptly checked out. The rest of the books they ordered for me from other libraries. The very next day the library closed totally because a staff member tested positive for covid. They did not re-open till after the review deadline was over.

Activity worksheets will be posted on the WAHCE website after they are developed, and will be available in both English and Spanish. Copies will be provided at the Wisconsin Bookworms Workshop at the state conference.

Once again the state organization is providing the bookplates/labels at no cost to the counties.

A Wisconsin Bookworms Wisline will be held on Thursday, April 8th from 4 p.m. to 5 p.m. The number to call is 1-888-291-0312. The passcode is 7388294#.

The Ahuco Head Start was going to let readers come in person to read this year. However, just a few sessions took place because of school closings and weather. Thank you to June Abbott and Barb Mueller for volunteering to read there. The Sparta and Tomah Head Starts did not permit in classroom reading. The books, activity sheets and labels were given to the teachers to incorporate in their lessons.

We anticipate reading to 122 students this fall. I will be grant writing and fundraising to raise the necessary funds. Thank you for all your continued support for this program.

--Bernie Arena, Coordinator

**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 Monroe County Extension Office, Attn: April Anderson or email to april.anderson@wisc.edu. Thank you!

The Best Egg Salad

Prep time: 10 minutes

Cook Time: 15 minutes

Ingredients:

8 large eggs

1/4 cup mayonnaise

1/4 cup dill minced

2 tbsp chives minced

2 tbsp Dijon mustard

1/2 tsp salt

1/4 tsp pepper

Instructions

1. Add the eggs to a saucepan and fill with cold water. Bring water to a boil and immediately remove from heat. Cover and let the eggs stand for 10-12 minutes. Take the eggs out of the water and let cool.
2. Peel and chop the eggs and add them to a medium sized bowl. Add mayonnaise, dill, chives, Dijon mustard, salt and pepper. Mix well. Spread on bread or use with your favorite crackers.

Servings: 4

Source: therecipecritic.com



Easter Word Scramble



1. LIYL _____
2. DEHI _____
3. ELEALBJYNS _____
4. ASETER _____
5. HICKC _____
6. PRILA _____
7. SEWLORF _____
8. OMALMSWAHLR _____
9. POH _____
10. USDNAY _____
11. PPEES _____
12. BNNYU _____
13. STKEAB _____
14. SARSG _____
15. NACDY _____
16. NTUH _____
17. GGES _____
18. YED _____
19. NSET _____
20. OTCACHOEL _____

Memories

(1)

Memories of a few things
beginning 65 years ago until
now - This story will only
~~be~~ tell a few things -

It all began on April
26 1956 when a group of ladies
from our Valley wanted to
~~be~~ belong to a Homemakers club
They met at the home of Mrs
~~the~~ Henry Brudde along with the
CO. Ex. Agent and one member from
the Utopian club - when they went
home they had officers and a name
the Valleyettes - Every one took a turn
as hostess - we served a meal on all
our good china - then it went to paper
plates and now out to cafes. We started
out getting lessons on canning - growing
a garden - budgets, health and much
more. We tried to adopt a Veteran
but he only wanted the treats later
we got two ladies from the nursing
home, We did benefits, helped at
~~our~~ Auctions, Church County Meetings
Went to some State and District Meetings

When some school kids needed scarfs we made some out of fleece and made about 100 picture books for the nursing homes. Everything was going good until the computers and cell phones came - Everyone could get all the information on line so why go to meetings - When the energy crisis hit we made mittens and booties out of old sweaters - Start of recycling. Even by raising our families ~~and~~ and working at outside jobs our members served as Co President - Center Chair, News Editor and on many committees - two served on the town board, worked elections - recycling - tractor pull, Dairy days the County fair - the Cook books years ago - and the Blood mobile (one still helps) - But we had fun, too. We went to dinner plays tours in La Crosse, dressed up for Halloween, made Easter Hats and Valentines we had a secret friend each year - Had ^{mock} ~~weddings~~ ^{weddings}, basket socials and put on a skit the Basic Black Dress - We also treated our hubbies

(3)

to a big meal every year - Now we are
having extra interest meetings and
craft lessons. As our members have
been having a lot of health problems we
can't do much anymore. Years ago we
beat polio and the flu so with
everyones help we will beat this one.
We started out as neighbors, became like
a big family, but ended up as friends -
Only time will tell if our little
club can keep making memories

Luann Martin
Volleyballer -



The Action for Happiness website states, This month we're encouraging you to get active, get outdoors and take care of your body! Let's reap the benefits of getting our bodies moving and breathing more deeply as a result of exercising, laughing and even singing! We don't all need to run marathons - there are simple things we can all do to take care of our bodies - for example unplugging from technology, getting outside and - importantly - making sure we get enough sleep!

Here are some ideas to get you active throughout the month:

- Commit to doing something active every day this month.
- Listen to your body and be grateful for what it can do.
- Go up and down the stairs whenever possible.
- Enjoy dancing to your favorite music. Really go for it! :)
- Get outside and plant a tree, flowers, or some seeds.
- Have a day free from TV or screens and get moving instead.
- Go exploring around your local area and notice new things.
- Choose to park further away and enjoy some extra exercise.
- Take an extra break in your day and go for a 15 minute walk outside.
- Actively 'eat a rainbow' of multi-colored fruits and vegetables.
- Get out into nature. Feed the birds or go wildlife spotting.
- Go out and do an errand for a loved one or neighbor.
- Spend as much time as possible outdoors.
- Make time for doing your favorite sport or exercise.
- Relax your body and mind with yoga, Tai Chi, or meditation.
- Make some time to walk, dance, stretch or cycle.
- Sing your favorite song.



“Take care of your body. It’s the only place you have to live” - Jim Rohn