



**Extension**

UNIVERSITY OF WISCONSIN-MADISON  
MONROE COUNTY

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## The Bridge

### PRESIDENT'S UPDATE

Hello Everyone,

Happy Valentines. When we get past that date it sure seems like spring is right around the corner!

The Executive Board met on January 18th in Sparta at the Assembly Room. We did planning for our Spring Fling. Save the date, April 26. I think we have a very nice day planned. Registration for the Spring Fling will be in the April newsletter. Also talked about some future lessons or programs. Book drive, visit with our district cultural arts chairs, they are master gardeners. I also received a call from the Saint Clair Mission and we have signed up for a snack in May. They do appreciate our participation.

In this newsletter is the registration for the West District Spring meeting on April 11th. Also the State Marketing Chair is having a T-Shirt Design contest. The information is included in the newsletter.

Hope this finds everyone healthy. Take care. Bee Happy!

Jean

## March 2022

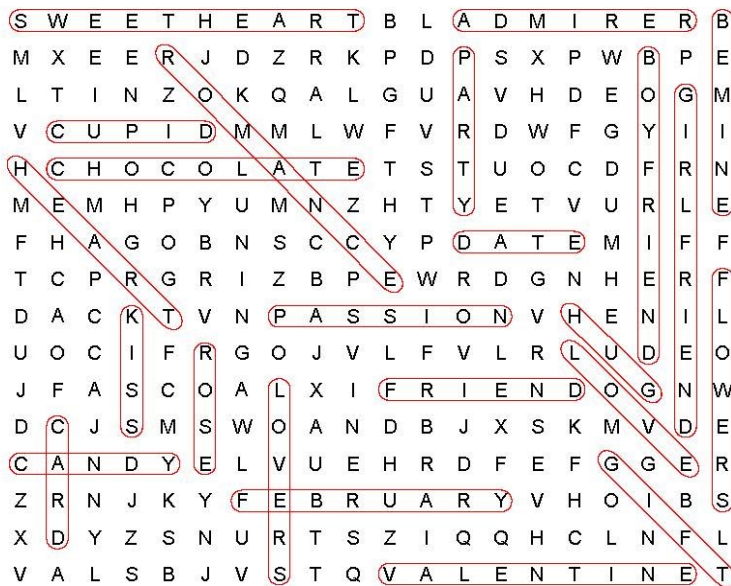
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**MONROE COUNTY  
HEALTH & WELL-BEING  
EDUCATOR**

**April Anderson  
608-269-8722**

## Answers to the Valentine's Day Word Search



### DATES TO REMEMBER

April 11th - West District  
Spring Meeting

April 26th - Spring Fling



## MONROE COUNTY HCE INFORMATION

### 2022 Executive Board Members

President: Jean Boak (372-4354)  
Vice President: Louise Buchholz (435-6435)  
Secretary: Sue Baker-Young (633-6457)  
Treasurer: Bernie Arena (272-3371)

### 2022 Educational Program Chairmen

Cultural Arts: Louise Buchholz (435-6435)  
Family: Bernie Arena (272-3371)  
International: Barbara Mueller (372-9077)  
Membership/Marketing: Phyllis Snider (372-5473)

### For more information please contact:

Jean Boak, President at (372-4354)

### Newsletter Deadline

Information for the HCE newsletter is due by the **20<sup>th</sup>** of the month for the following month's newsletter.

### UW-Extension Office

**(608)269-8722**

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



# WESTSIDE NEWS

The Westside HCE Club met on Monday, February 7th at the Family Restaurant in Sparta. The new program books were distributed.

Members collected some books for the “Kindness Book Drive”. April Anderson will deliver them.

Members were reminded to keep track of their hours and donations for HCE projects for the “Impact” survey. Pennies for Friendship were collected. Several Valentine treats were shared amongst the group. The next meeting will be on Monday, March 7th at 12 noon at the Family Restaurant.

# K-M DOETTES NEWS

We met at LaGrange Town Hall on Wednesday, February 9th. There were nine members in attendance. Thank you to Bernie, April and Vicky for our 2022 handbook. We signed several valentines for our friends at Greenfield House and Agape Acres. Jean and her husband, Terry will be delivering the valentines along with a selection of fresh fruits. We enjoyed the treats from Connie, Marge and Suzanne.



## 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](mailto:april.anderson@wisc.edu). Thank you!



## HCE Spring West District Meeting

### Trempealeau County

Monday, April 11, 2022

Immanuel Lutheran Church, 109 Elm St, Strum, WI 54770

(handicap accessible)

#### Schedule:

- 9:00 a.m. Registration, coffee, refreshments
- 9:30 a.m. Welcome ... Carolyn Boehne, Trempealeau County President
- 9:35 a.m. Business Meeting... Joan Staffon, West District Director
- 10:00 a.m. Short Break
- 10:15 a.m. Gary Barone, award winning wood craftsman
- 11:30 p.m. Lunch (soup, sandwich, dessert, milk, juice, water, coffee)
- 12:15 p.m. HCE Market Place
- 12:30 p.m. Musical Entertainment
- 1:00 p.m. Committee Reports
- 1:30 p.m. Invitation to Fall West District Meeting – Wood County
- 1:35 p.m. Wrap-Up

### Member/Club Registration

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

Phone # or E-mail address \_\_\_\_\_

Cost of the meeting is \$12.00 per person due by March 28, 2022.

*Please send your reservation to:*

**Bernie Arena**  
**4261 Basswood Road**  
**Sparta, WI 54656**





## NEW TITLE

**Design a T-Shirt Contest for the  
WAHCE 2022 State Conference**

HCE ® official log should be included and can be copied from [www.wahceinc.com](http://www.wahceinc.com). Feel free to change to a color of your choice.

Be creative and use your imagination to promote HCE ®. A prize will be rewarded to the winning entry. Votes will be cast by the board. You may enter multiple designs; there is no limit. Send entries to: Lori Hlinak, State Marketing Chair, P.O. Box 219, Luxemburg, WI 54217 or email to [lynnz23cat@gmail.com](mailto:lynnz23cat@gmail.com) by May 31, 2022. Indicate whether the design is intended for the front or back of the t-shirt.

Name: \_\_\_\_\_

County: \_\_\_\_\_

District: \_\_\_\_\_

## HCE STATE CONFERENCE IN OUR NEIGHBORHOOD

The WAHCE State Conference will be in our backyard this year. The conference will be held at the Stoney Creek Inn in Onalaska from September 19th to the 21st. Our West District is the host.

Many hours of planning have gone into setting the stage for this awesome conference. Sheryl Smith and Cathy Onsager from La Crosse County are the conference co-chairs.

Our own April Anderson will be a speaker at the conference.

This would be a great time to attend the conference or attend one or two days of the event.

A person could also consider volunteering to help at the conference.

The entry form to attend the conference will be in an upcoming "Update" magazine. If you don't get the "Update" and want to attend please let me know and I will get a form to you.

There are some wonderful tours planned and the break-out sessions are always very fun and informative.

There are two opportunities to apply for a partial scholarship to the conference. One is a \$100 scholarship from our county, and there is one for a member of West District that is in this newsletter.

I encourage you to consider this fun and educational affair.

--Bernie Arena

## SAVE THE DATE!

Looking for a fun Mother's Day event?

Justin Trails in Sparta is hosting a "Pollinator Day" from 1 p.m. to 3 p.m. on May 8th.

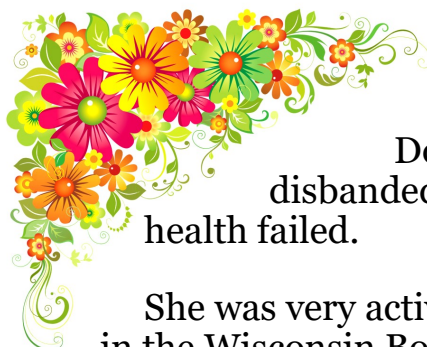
They are partnering with Prairie Moon Nursery to educate people about the various pollinators and how to attract them to your yard. The whole program is not etched in stone yet but it sounds like a fun affair.

I'll have more information as it becomes available.

--Bernie Arena



## IN MEMORIAM



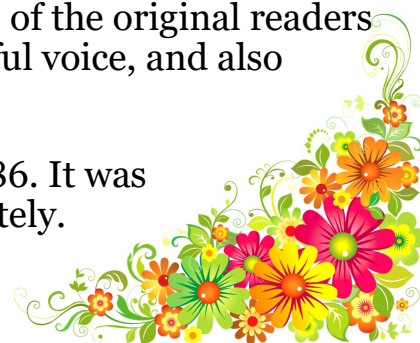
Doris Johnson passed away on January 28, 2022 at the age of 92 years at Rolling Hills.

Doris was a member of the Jenkins Valleys HCE Club until it disbanded in 2002. She then became an individual member until her health failed.

She was very active in our organization. Doris was one of the original readers in the Wisconsin Bookworms program. She had a beautiful voice, and also played and taught piano.

Doris invited me to attend an HCE meeting in February of 1986. It was one of the nicest group of people I ever met. I joined immediately.

--Bernie Arena



## Spring Word Scramble

- |                     |                    |
|---------------------|--------------------|
| 1. NIAR _____       | 11. EFOSRWL _____  |
| 2. AESETR _____     | 12. SBSMLOO _____  |
| 3. CHRAM _____      | 13. AMRW _____     |
| 4. TFRBLTEYU _____  | 14. SANESO _____   |
| 5. IETK _____       | 15. DASYI _____    |
| 6. UTLIP _____      | 16. ILARP _____    |
| 7. DBIRS _____      | 17. SASRG _____    |
| 8. RNWIOAB _____    | 18. AMY _____      |
| 9. EEGRN _____      | 19. HNNUEISS _____ |
| 10. NSPUORGIT _____ | 20. INCPIC _____   |

## Wisconsin Association for Home & Community Education, Inc. Cultural Arts Show & Contest – 2022 Categories



**STATE  
REGISTRATIONS  
DUE BY:  
AUGUST 1, 2022**

### 1. Painting/Drawing

*Framed or Wrapped.  
Easels must have securely  
taped label with name,  
county, and district.*

- A. Oil
- B. Acrylic
- C. Watercolor
- D. Alcohol Ink
- E. Other

### 2. Photography

*Photograph must be 8" x  
10", unmatd only, in 8½" x  
11" plastic. Framed  
photographs be  
disqualified.*

- A. Color–Landscape
- B. Color– Waterscape
- C. Color – Plants
- D. Color – Animals/  
Creatures
- E. Color – People
- F. Color – Skyscape
- G. Black & white/sepia
- H. Other

### 3. Sewing

- A. Children's Wear
- B. Adult Wear
- C. Original Design
- D. Wearable Art
- E. Useful Item
- F. Purse or Tote
- G. Pillow
- H. Item made from  
recycled materials
- I. Wearable Accessory  
(apron, scarf, hat,  
etc.)
- J. Other

### 4. Knitting

- A. Wearable Item
- B. Accessory (i.e., hat,  
scarf, mittens)
- C. Afghan
- D. Other

### 5. Crocheting

- A. Wearable Item
- B. Accessory (i.e., hat,  
scarf, mittens)
- C. Doily/Dresser Scarf
- D. Afghan
- E. Other

### 6. Hand Stitching

- A. Plastic Canvas
- B. Embroidery
- C. Cross Stitch
- D. Other

### 7. Craft

*Six (6) Cards without  
envelopes MUST be  
mounted as a group on a  
flat sturdy display board  
no larger than 14" x 22".*

- A. Cards–paper only-6
- B. Cards–mixed  
media-6
- C. Scrapbooking
- D. Craft made from  
recycled materials
- E. Handcrafted  
doll/toy
- F. Glass craft
- G. Other

### 8. Heritage Skill

- A. Hardanger
- B. Tatting
- C. Woodworking
- D. Basketry
- E. Spinning/Weaving
- F. Felting
- G. Swedish Weaving
- H. Rug Making
- I. Macramé
- J. Quilling
- K. Other

### 9. Bed Quilt

*Larger than 60" x 80" or  
4,800 sq inches*

- A. Tied
- B. Hand quilted

*Machine Quilted by You:*

- C. Pieced
- D. Appliqued
- E. Embroidered

*Machine Quilted*

*Professionally:*

- F. Pieced
- G. Appliqued
- H. Embroidered
- I. Any other Bed Quilt

### 10. Lap/Baby Quilt

*Smaller than 60" x 80" or  
4,800 sq. inches*

- A. Tied
- B. Hand-quilted

*Machine Quilted By You*

- C. Pieced
- D. Appliqued
- E. Embroidered

*Machine Quilted*

*Professionally*

- F. Pieced
- G. Appliqued
- H. Embroidered
- I. Any other lap quilt

### 11. Quilted Wall Hanging (with hanging sleeve, NO frame) -- One (1) item only; no longer than 50 inches

- A. Hand Quilted,  
fabric
- B. Machine Quilted,  
fabric
- C. Other i.e., collage  
of assembled  
materials or mixed  
media

### 12. Quilted Table Topper/Runner

- A. Hand Quilted
- B. Machine Quilted
- C. Other

### 13. Jewelry

- A. Bracelet
- B. Necklace
- C. Set
- D. Other

### 14. Constructed Original Item

- A. Clay/Pottery
- B. Wood
- C. Fabric/Felt
- D. Other

### 15. Painted Object

- A. China
- B. Glass
- C. Fabric
- D. Wood
- E. Ceramic/Kiln Fired
- F. Other

### Poem, Non-Fiction, Fiction

**Two (2) copies** typed on  
plain paper with 12 point  
font, must accompany the  
registration forms. Entries  
must not be framed or in  
book form. Staple a cover  
sheet with the category/title  
which is to be centered on  
the entry. Name and  
county should appear on  
the back side. Do not  
count "a", "an", and "the"  
for either essays or short  
stories.

### 16. Poem

### 17. Non-Fiction

*Original, 1 topic; 250-500  
words*

### 18. Fiction

*Original with beginning,  
middle and end, 3,000  
words or less*

### 19. Original Published Book

*One copy must accompany  
entry.*

### 20. Bonus Category – "Rollin on the River with HCE", the Fun Category.

*Limit of one entry per  
county. Use your  
imagination. You may use  
any media to construct  
your entry.*

*Size restriction - base no  
larger than 10"x10" with  
maximum height of 20".  
Judging - those attending  
will vote for their favorite  
"Reach for the STARS with  
HCE" entry. **Have fun!***



**Wisconsin Association for Home & Community Education, Inc.  
Cultural & Textile Arts Show  
2022 Guidelines for County Chairs**



**ALL items, including Bonus Category, must be pre-registered. Registration is due August 1, 2022.** Any items NOT pre-registered will NOT be judged or displayed. Only one entry on each registration form. Send all forms together immediately after county show including written entries. A County may enter a total of 12 entries plus one Bonus Category 20. A county cannot have duplicate entries in any lettered sub-category. The County Cultural Arts Chair must include a self-addressed postcard or email address to verify receipt of registration forms. If you do not receive verification within three weeks, please call or email the WAHCE Cultural Arts Chair.

**IMPORTANT: All entrants MUST sign the Registration form.** Please read and sign below; entries will NOT be accepted if unsigned. Entrants will not hold WAHCE responsible for any loss or damage to any item submitted for use in the WAHCE Cultural Arts Show. Entrants give permission for their photo, photos of their entry, and/or print copies of their written entry to be used by WAHCE as seen fit.

All work must be done by entrant and completed after last year's county show. It must receive a first place at this year's county show or fair. All items must be clean or laundered or will be disqualified by the judge. Kits and patterns may be used as long as entrant does all the work. All easels must have securely taped label with name, county and district.

**Color Coding of Registration Forms by Districts:**

Central – White

Northeast – Yellow

Northwest – Light Blue

Southeast – Green

Southwest – Orange

West – Pink

**Entry Day:** Deliver items Sunday (9/18/22) from 7-9pm or Monday (9/19/22) 9-11:30 am. Judging will begin at 12:30PM. Members may view the show after the Monday evening activity until 10:30pm and during the day Tuesday, September 20, 2022. Hours on Tuesday for viewing will be announced or posted. Pickup times will be posted.

Send registration and written entries to:

**Phoebe Shourds**, Cultural Arts Chairperson

401 State Hwy 65, River Falls, WI 54022

Email: [pnpaulson@yahoo.com](mailto:pnpaulson@yahoo.com) 715-821-1606 (c)

Contact Phoebe with any cultural arts questions.

Cut on the dotted line and send in the **SIGNED** completed Registration Form and Claim Check **with both parts filled out**. You will receive your Claim Check when you bring in the items.

**2022 Registration Form**

Category/Class (example 2D) \_\_\_\_\_

County \_\_\_\_\_ District \_\_\_\_\_

Name (print) \_\_\_\_\_

Address \_\_\_\_\_

City/Zip \_\_\_\_\_

E-mail \_\_\_\_\_

Phone # \_\_\_\_\_

Title or Description \_\_\_\_\_

Are you bringing an easel? Y or N

**2022 Claim Check**

Category/Class (example 2D) \_\_\_\_\_

County \_\_\_\_\_ District \_\_\_\_\_

Name (print) \_\_\_\_\_

Address \_\_\_\_\_

City/Zip \_\_\_\_\_

E-mail \_\_\_\_\_

Phone # \_\_\_\_\_

Title or Description \_\_\_\_\_

Are you bringing an easel? Y or N

Peoples' Choice # (Official use only) \_\_\_\_\_

**Please read and sign:** Entries will NOT be accepted if unsigned. Entrant will not hold WAHCE responsible for any loss or damage to any item submitted for use in the WAHCE Cultural Arts Show. Entrant gives permission for their photo, photos of their entry, and/or print copies of their written entry to be used by WAHCE as seen fit.

Signature: \_\_\_\_\_ County \_\_\_\_\_ Date: \_\_\_\_\_

## Mindful March 2022

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

1 Set an intention to live with awareness and kindness

2 Notice three things you find beautiful in the outside world

3 Start today by appreciating your body and that you're alive

4 Notice how you speak to yourself and choose to use kind words

5 Bring to mind people you care about and send love to them

6 Have a 'no plans' day and notice how that feels

7 Take three calm breaths at regular intervals during your day

8 Eat mindfully. Appreciate the taste, texture and smell of your food

9 Take a full breath in and out before you reply to others

10 Get outside and notice how the weather feels on your face

11 Stay fully present while drinking your cup of tea or coffee

12 Listen deeply to someone and really hear what they are saying

13 Pause to watch the sky or clouds for a few minutes today

14 Find ways to enjoy any chores or tasks that you do

15 Stop. Breathe. Notice. Repeat regularly

16 Get really absorbed with an interesting or creative activity

17 Look around and spot three things you find unusual or pleasant

18 If you find yourself rushing, make an effort to slow down

19 Appreciate nature around you, wherever you are

20 Focus on what makes you and others happy today  
dayofhappiness.net

21 Listen to a piece of music without doing anything else

22 Notice something that is going well, even if today feels difficult

23 Tune into your feelings, without judging or trying to change them

24 Appreciate your hands and all the things they enable you to do

25 Focus your attention on the good things you take for granted

26 Choose to spend less time looking at screens today

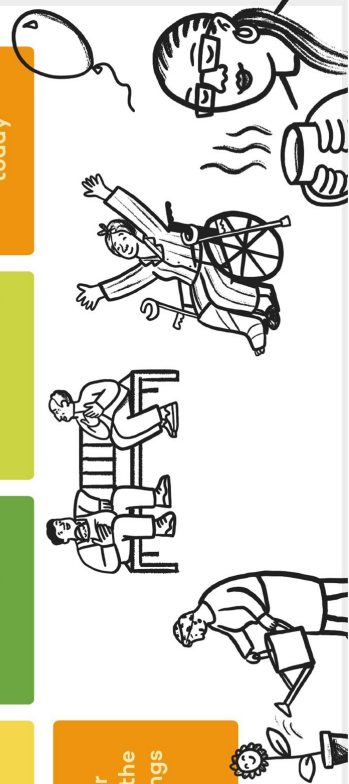
27 Cultivate a feeling of loving-kindness towards others today

28 Notice when you're tired and take a break as soon as possible

29 Choose a different route today and see what you notice

30 Mentally scan your body and notice what it is feeling

31 Discover the joy in the simple things of life



Happier • Kinder • Together

ACTION FOR HAPPINESS