



**Extension**  
UNIVERSITY OF WISCONSIN-MADISON  
MONROE COUNTY

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# The Bridge

## PRESIDENT'S UPDATE

Hello Everyone,

It's looking and feeling more like spring. Something we all have been waiting for. We had our Executive Board meeting on March 20th. We finalized our plans for the Spring Fling that will be on April 24th. Sounds like another nice event. Registration is in this newsletter. The State Conference has announced a bonus category for a craft. It's called Build a Beehive. Think of an idea and bring it to the Spring Fling. It will be fun to see different ideas. Also don't forget to bring your cultural art projects during that day. We also discussed going on a field trip on June 10th. The Necedah Wildlife Refuge is hosting an open house event from 10 ~ 3. It sounds like a good adventure. We will keep you posted.

Congratulations to Louise Buchholz for accepting the position as West District Cultural Arts chairman. Well, take care and we will see you on April 24th.

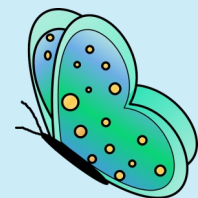
Take care!

Jean



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

## CONGRATULATIONS & THANK YOU



Louise Buchholz recently stepped up to take the West District Cultural Arts position.

She replaced Joan Staffon who is unable to continue in that role.

Thank you Louise for taking on that responsibility. It's what makes our organization run so smoothly. We are proud of you!



## MONROE COUNTY HCE INFORMATION

### 2023 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)

### 2023 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)

### UW-Extension Office

**(608)269-8722**

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

### Newsletter Deadline

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



## WAHCE CONFERENCE SCHOLARSHIP



Offered to First Timers

A \$250.00 scholarship is being offered to WAHCE members who are attending their very first conference.

The scholarship is being offered by Lori Hlinak in memory of her mother, Jeanie Hlinak.

The state conference is slated for September 18th through the 20th at Wisconsin Dells.

No application is required. Just register and attend the 2023 WAHCE State Conference as a first timer. Good luck! Please contact Lori Hlinak at 920-304-1171 or lynnz23cat@gmail.com if you have any questions.

--Bernie Arena

## K-M DOETTES

Nine members met on March 8 at the LaGrange Town Hall. Our group has collected more money for a new United States flag for the LaGrange Town Hall. Thank you Sparta group for your donation. We approved a donation to Bookworms in memory of Virginia Folgers, a former Tomah Modernettes HCE member. Jean brought our new HCE blue T-shirts. Five of us have registered for the Spring West District meeting in Arkdale on Monday, April 17. We discussed plans for the Spring Fling on Monday, April 24. Happy Easter!



--Barbara Mueller

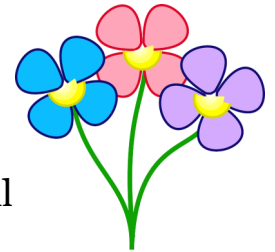
## ATTENTION CRAFTERS

Hope you have a craft ready for Spring Fling. Items brought that day will be judged in anticipation of going to State. Be sure you also bring in the entry form from Feb. newsletter. There is a Bonus Category that anyone or club could enter– info. also in Feb. newsletter. See you at SPRING FLING.



--Louise Buchholz

CALENDAR OF EVENTS



**April 17th**— Spring West District Meeting in Arkdale, WI

**April 24th**— Monroe County Spring Fling at the Lagrange Town Hall

**May 2nd**— Juneau County Spring Fling in New Lisbon, WI

**May 2nd**— KM Doettes take lunch to the volunteers at St. Clare Mission

**May 13th**— Pollinator Party at Justin Trails Resort in Sparta, 1 p.m.-3p.m.

**May 13th**— Celebrate Honey Bees & Blossoms at Dorset Valley Schoolhouse Restaurant, Mercantile & Trailside Inn in Wilton, WI, 11 a.m.-5 p.m.  
Vendors displaying honey related items

**May 16th**— Westside HCE Club takes lunch to the volunteers at St. Clare Mission

**May 22nd**— Monroe County HCE Executive Board meeting at the Extension Office at 1 p.m.

**June 10th**— Birds, Bees & Butterflies celebration at the Necedah National Wildlife Center From 10 a.m.-3 p.m.

**Sept. 18-20th**— WAHCE State Conference in Wisconsin Dells

**October 9th**— West District Meeting at Trinity Lutheran Church in Loyal, WI (Clark County)



## JUNEAU COUNTY INVITE TO MAY 2ND CELEBRATION



The Juneau County HCE is holding their Spring Fling on Tuesday, May 2, 2023, at the New Lisbon Municipal Building, 232 Pleasant St., in New Lisbon, Wisconsin.

Registration will begin at 9 a.m. It includes coffee, tea, juice, sweets and fresh fruits. The event also includes entertainment by the Royall Madrigal Choir, a dice game, a presentation by the Juneau County K9 unit and door prizes. Lunch will be soup and build your own sandwich. Cost of this day is \$15.00 per person, which includes everything.

Please make checks payable to Juneau County HCE. Include your name, county, phone or email, and your address. Send your registration to Veronica Sustar, N2894 Overgaard Road, Mauston, WI 53948. Please mail registration by April 18, 2023.

What a nice opportunity to meet area HCE members and friends.

--Bernie Arena

## BIRDS, BEES & BUTTERFLIES

This is a free outdoor event taking place on Saturday, June 10, 2023 at the Necedah National Wildlife Refuge Visitor Center, Outdoor Classroom, Green Space and Trails. It includes naturalist programs, vendor booths and presentations.

The vendor booths will include beer tasting, honey sales, birdhouses, cards, pollinator plants and Karner booklets.

Pre-registration is required for the presentations. Call 608-565-2551 to sign up.

10:30 a.m. Keep Hives Alive, James Cook

1:00 p.m. Native Plants & Native Bees of Wisconsin, Susan Carpenter

2:15 p.m. Karner Blue Butterfly Hike



The gathering will also feature door prizes, a silent auction, arts & crafts and family activities. There will also be a food truck on the grounds that day. We are planning to make this a county-wide HCE field trip. We will have more details later. This gives you a chance to think about what you might want to register for. We will iron out details at our Spring Fling.

--Bernie Arena

**Monroe County HCE Spring Fling**

**Monday, April 24, 2023**

**La Grange Town Hall, 22731 Flint Ave., Tomah, WI**

*“Bee a Sunflower”*



- 9:00-9:30 am Registration, coffee and refreshments  
Place cultural arts entries on the tables
- 10:00 am Welcome: Jean Boak, county president  
Pledge of Allegiance/Homemaker’s Creed
- 10:15 am Business Meeting
  - Secretary’s Report
  - Treasurer’s Report
  - Membership/Marketing/Community Outreach
  - Family
  - Wisconsin Bookworms
  - Cultural Arts
  - Scholarship
  - International
- 10:45 am Reports from the West District Meeting
- 11:00 am Judging of cultural arts items
- 11:30 am Lunch catered by Donita & Virgil Schmitz
- 12:15 pm Speaker: Larry and Ann Scheckel on New Zealand
- 1:00 pm Awards and recognition
- 1:15 pm Homemaker’s Prayer/Adjournment

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*Registration*

\$15.00 per person due by April 15, 2023

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

Phone: \_\_\_\_\_

Club/Individual: \_\_\_\_\_

Please make checks payable to Monroe County HCE, and send to Bernie Arena, 4261 Basswood Rd., Sparta, WI 54656 (608-272-3371). Thank you

## French Grated Carrot Salad with Lemon Dijon Vinaigrette

### Ingredients

1 pound carrots, peeled

2 teaspoons Dijon mustard

1 tablespoon freshly squeezed lemon juice, from one lemon

1½ tablespoons vegetable oil

1½ tablespoons extra virgin olive oil

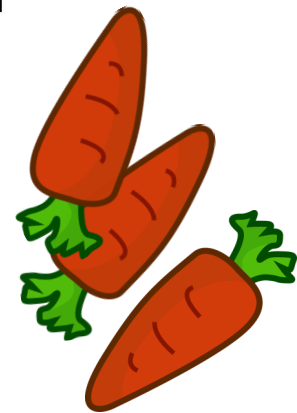
1-2 teaspoons honey, to taste

Heaping ¼ teaspoon salt

¼ teaspoon freshly ground black pepper, to taste

2 tablespoons chopped fresh parsley

2 finely sliced scallions (or 1 tablespoon finely chopped shallots)



### Instructions

Shred the carrots in a food processor. Set aside.

In a salad bowl, combine the dijon mustard, lemon juice, honey, vegetable oil, olive oil, salt, and pepper. Add the carrots, fresh parsley, and scallions (or shallots) and toss well. Taste and adjust seasoning if necessary. Cover and refrigerate until ready to serve.

Notes: Depending on the sweetness of the carrots, you may want to add more or less honey. Also, if you make this salad ahead of time, be sure to check the seasoning again before serving as the flavors tend to mellow.

Servings: 4

Source: <https://www.onceuponachef.com>

## Wisconsin Association for Home & Community Education, Inc. Cultural & Textile Arts Show & Contest – 2023 Categories



**STATE  
REGISTRATIONS  
DUE BY:  
AUGUST 1, 2023**

### 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", unmatted only, in 8½"  
x 11" sheet protector.  
Framed photographs will  
be disqualified.*

- A. Color–Landscape
- B. Color– Waterscape
- C. Color – Plants
- D. Color – Animals/  
Creatures
- E. Color – People
- F. Color – Skyscape
- G. 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. Needle Punch
- 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. Diamond Dot (Full)
- H. Diamond Dot (Part)
- I. Other

### 8. Heritage Skill

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

### 9. Bed Quilt

*Larger than 60" x 80" or  
4,800 sq inches. Attach  
5x7 color photo or larger  
(encouraged).*

- A. Tied
- B. Hand quilted

*Computer Pattern/Quilted  
by You or Professional.\**

- C. Pieced\*
- D. Other\*

*Freehand Quilted by You  
or Professional.\*\**

- E. Pieced\*\*
- F. Other\*\*

### 10. Lap/Baby Quilt

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

- A. Tied
- B. Hand-quilted

*Computer Pattern Quilted  
By You or Professional\**

- C. Pieced\*
- D. Other\*

*Freehand Quilted by you  
or Professional\*\**

- E. Pieced\*\*
- F. Other\*\*
- G. Not Quilted

**11. Quilted Wall  
Hanging (NO frame) --  
One (1) item only; no  
larger than 50 inches  
square.**

- A. Hand Quilted,  
fabric
- B. Machine Quilted,  
fabric
- C. Other  
(Embellishments)

**12. Quilted Table  
Topper/Runner**

- A. Hand Quilted
- B. Machine Quilted
- C. Not Quilted

### 13. Jewelry

- A. Bracelet
- B. Necklace/Pendent
- C. Set
- D. Earrings
- E. 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 Fiction or  
Non-Fiction 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 – "Driftless Dreaming".

**Build a Beehive.** *Limit of  
one entry per county. 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.  
**Have fun!***





Wisconsin Association for Home & Community Education, Inc.
Cultural & Textile Arts Show
2023 Guidelines for County Chairs (Revised: 12/6/22)



ALL items, including Bonus Category, must be pre-registered. Registration is due August 1, 2023. 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. Judges have authority to put items in proper category if needed.

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 (C) - White, Southeast (SE) - Green, Northeast (NE) - Yellow, Southwest (SW) - Orange, Northwest (NW) - Light Blue, West (W) - Pink

Entry Day: Deliver items Sunday (9/17/23) from 7-9pm or Monday (9/18/23) 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 19, 2023. Hours on Tuesday for viewing will be announced or posted. Pickup times will be posted.

Send registration and written entries to: Darlene Schumacher, Cultural Arts Chairperson
2531 Golf Course Road, Wisconsin Rapids, WI 54494

Email: Darlenschumacher41@gmail.com 715-741-0503 (C) or 715-424-2851 (H)
Contact Darlene 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.

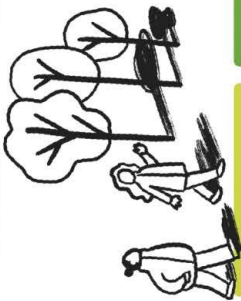
Registration and Claim Check form with fields for People's Choice Conference Vote#, Category, Class, District, County, Name, Address, City/Zip, E-mail, Phone #, Title/Color/Pattern Desc, and Are you bringing an easel? Y or N.

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. Ref #

Signature: County Date:

## Active April 2023

MONDAY



3 Listen to your body and be grateful for what it can do

TUESDAY



4 Eat healthy and natural food today and drink lots of water

WEDNESDAY



5 Turn a regular activity into a playful game today

THURSDAY



6 Do a body-scan meditation and really notice how your body feels

FRIDAY



7 Get natural light early in the day. Dim the lights in the evening

SATURDAY



8 Give your body a boost by laughing or making someone laugh

SUNDAY



9 Turn your housework or chores into a fun form of exercise

10 Have a day with less screen time and more movement

17 Be active outside. Dig up weeds or plant some seeds

24 Get active in nature. Feed the birds or go wildlife-spotting

11 Set yourself an exercise goal or sign up to an activity challenge

18 Try a new online exercise, activity or dance class

25 Have a 'no screens' night and take time to recharge yourself

12 Move as much as possible, even if you're stuck inside

19 Spend less time sitting today. Get up and move more often

26 Take an extra break in your day and walk outside for 15 minutes

13 Make sleep a priority and go to bed in good time

20 Focus on 'eating a rainbow' of multi-coloured vegetables today

27 Find a fun exercise to do while waiting for the kettle to boil

14 Relax your body & mind with yoga, tai chi or meditation

21 Regularly pause to stretch and breathe during the day

28 Meet a friend outside for a walk and a chat

15 Get active by singing today (even if you think you can't sing!)

22 Enjoy moving to your favourite music. Really go for it

29 Become an activist for a cause you really believe in

16 Go exploring around your local area and notice new things

23 Go out and do an errand for a loved one or neighbour

30 Make time to run, swim, dance, cycle or stretch today



ACTION FOR HAPPINESS

Happier · Kinder · Together

