



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

Monroe County Extension Office  
206 South K Street  
Sparta, WI 54656  
Phone: (608)269-8722  
Fax: (608)366-1809  
WI Relay: 711



# The Bridge

## PRESIDENT'S UPDATE

Hello Everyone,

It was good to see so many members at our January 26, 2023 Kickoff to HCE! There were twelve members and three guests present. Yeah! No weather cancellation! We were able to do our Christmas craft that we had planned for December. Thank you, Louise! After our Ginny's Cupboard lunch, we enjoyed our speakers, Benny Mailman and his wife Vicheka Oum. They shared some interesting information about living in Cambodia. Benny's wife is from Cambodia. Benny, Bernie's son, taught English there for six years. Thank you, Bernie, Benny and Vicheka.

After our speakers, we conducted the Executive Board meeting. We received our new handbook for 2023. Thanks for all the work putting our handbook together. We discussed different programs that would be interesting. If you have any more suggestions, let me know.

Registration for the West District spring meeting on April 17th is included in this newsletter. Sounds like another good event.

Our next Executive Board meeting is March 20, 1:00 p.m. at the Extension conference room.

Take care!  
Jean

## FEBRUARY 2023

President's Update .....	1
Reminders/HCE Info .....	2
In Memoriam/Westside.....	3
Jan. 26th Meeting .....	4
K-M Doettes/4-H Calendar .	5
Valetine's Word Scramble ...	6
West District Spring Mtg .....	7
Cultural Arts .....	8
Cultural Arts .....	9
Calendar .....	10



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

REMINDERS



**March 20th**– HCE Executive Board Meeting at 1:00 p.m.  
Extension Conference Room

**April 17th**– West District Spring Meeting  
1650 Church Street, Arkdale, WI



**Valentines commonly depict Cupid**, the Roman god of love, along with hearts, traditionally the seat of emotion.

The tradition of giving Valentine’s Day flowers dates back to the 17th century.



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.



## IN MEMORIAM



- Virginia T. Folgers passed away on Friday, December 23, 2022, at the age of 83. She was a resident at Mary Crest Assisted Living at Morrow Home in Sparta, WI. Virginia was a member of the Modernettes HCE Club. She was an excellent cook. She was very involved with Tomah Hospice Touch in organizing their annual Love Light ceremony and remained active in volunteering there. She is survived by her husband, Thomas; three children and their families.
- Myrna T. Giraud passed away January 3, 2023 at the Serenity House in Tomah, with her family by her side. She was a member of the Valleyettes HCE Club. Myrna received her 65 year membership award last year. She loved country living and all the hard work that came with it. In her younger days she enjoyed playing the accordion and taught accordion lessons. She is survived by her husband, Richard Sommerfeldt, five children and two step-children, and their families.
- Luella M. Greeno, age 91, of Sparta, passed away peacefully at her home on January 5, 2023. She worked as a nurse's aide at Rolling Hills for over 20 years. She was a volunteer at Mary Morrow's Attic in Sparta, and she was one of our Wisconsin Bookworms readers at the Sparta site. Luella is survived by her three children and their families.

These women were wonderful examples of the fine fabric our organization is made of. They all led by example and left shining legacies for us to ponder. May they rest in peace.

--Bernie Arena

## WESTSIDE CLUB

The Westside HCE Club's next meeting will be on Monday, February 20th at 12 noon at the Sparta Barney Center.

JAN. 26TH MEETING AT GINNY'S CUPBOARD



Louise Buchholz, our cultural arts chair person, demonstrated how to make a snow globe/candle holder using a wine glass. Everybody got to make one. She also shared some fun Valentine's Day ideas.



Members gathered at Ginny's Cupboard on January 26, 2023 for an executive board meeting and planning session. Benny Mailman and his wife, Vicheka Oum, gave a presentation on Cambodia and their journey back to the United States.

# TOMAH K-M DOETTES



Three canceled meetings! Two County meetings in December and our Tomah meeting January 11th! We Tomah members were able to meet January 12, the day after the ice mess that closed the freeway by Warrens!

Our group has collected \$105 to replace the United States flag at the LaGrange Town Hall. If you would like to contribute to the flag monies, you may send it to Jean. Our Monroe County HCE events often use this Hall.

We plan to work on some Valentines at our February 8th meeting.

Our meal was a delicious chili dump. It's amazing how a chili dump turns out!

Five of our members attended the January 26 Kickoff for 2023 at Ginny's Cupboard in Sparta. Our 2022 Pennies for Friendship monies was handed into Bernie. Fun easy craft, delicious food, good service and interesting speakers, Benny Mailman and Vicheka Oum, Bernie's son and daughter-in-law from Cambodia. We contributed ideas to the Executive Board planning.

Happy Valentines Day! - - Barbara

## 4-H 2023 CALENDAR

	<p><b>Muehlenkamp Excavating</b></p> <p>18001 Lasso Ave. Norwalk WI 54648</p> <p>(608) 792-3563</p>  	<p><b>2023 Monroe County 4-H Calendar</b></p>
	<p><b>1ST COMMUNITY CREDIT UNION</b></p> <p>"We put member service 1st and make affordable solutions easy"</p> <p>1stccu.com</p>  	<p>Do you need a 2023 calendar? We have a calendar that showcases our talented 4-H members with their fabulous photographs on every page. For just \$10 a calendar you can support Monroe County 4-H. All proceeds go directly to the program. Calendars are available at the Extension Office in Sparta, the Norwalk Library and &amp; Sew Much More in Norwalk.</p>
<p><b>Three Sisters' Treasures</b></p> <p>608-463-7505</p> <p>108 W. South Railroad St. Kendall, WI</p>	<p><b>JD Riley Construction LLC</b></p> <p>Troy Lietzau, Owner (608)343-3567</p> 	

# Valentine's Day Word Scramble



1. PRAYT \_\_\_\_\_
2. FEORWSL \_\_\_\_\_
3. DICUP \_\_\_\_\_
4. NRREDIILFG \_\_\_\_\_
5. SSKI \_\_\_\_\_
6. DYANC \_\_\_\_\_
7. READIMR \_\_\_\_\_
8. NEIELTANV \_\_\_\_\_
9. HGU \_\_\_\_\_
10. RESO \_\_\_\_\_
11. CCHAOTOLE \_\_\_\_\_
12. ETAD \_\_\_\_\_
13. FENIDR \_\_\_\_\_
14. RCDA \_\_\_\_\_
15. HRATE \_\_\_\_\_
16. ARETETEHWS \_\_\_\_\_
17. LVOE \_\_\_\_\_
18. FRARBYUE \_\_\_\_\_
19. TFIG \_\_\_\_\_
20. NFERIDYOB \_\_\_\_\_

## HCE Spring West District Meeting Adams County

Monday, April 17, 2023  
Trinity Lutheran Church, 1650 Church Street, Arkdale, WI

Registrations with beverages and light refreshments will be from 9:30-10 a.m.

Business Meeting will start at 10 a.m.

Participants will choose one morning breakout session. Choices include: Quilts of Valor; Why We Need at Least 8 Hugs a Day; A Home Grown National Park; Delicious and Nutritious: Enjoying Health Food Choices That Taste Great.

At noon a delicious luncheon and dessert will be provided.

The afternoon keynote speaker is Marilyn Hermann, Waupaca County HCE, whose topic will be "The Life & Legacy of Our First Ladies".

---

### Member / Club Registration

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

Phone # or E-mail Address: \_\_\_\_\_

Cost of the meeting is \$12 per person due by March 21, 2023.

*Please send your reservation to:*

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



## 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.

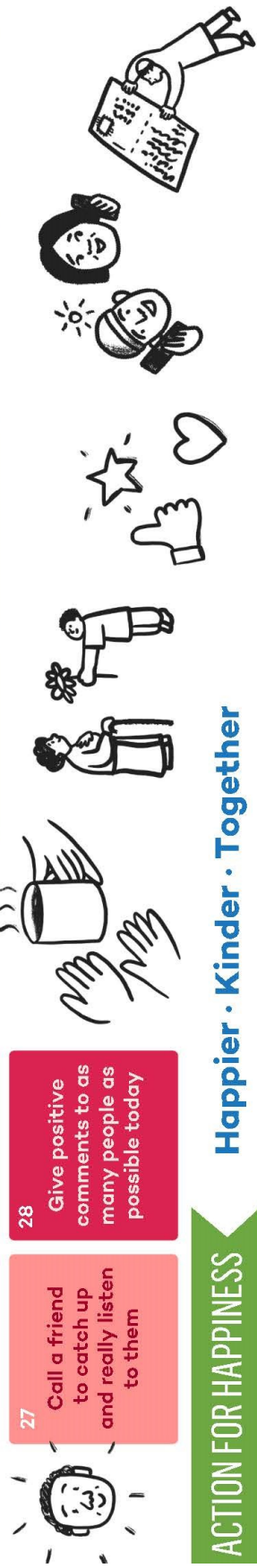
Registration and Claim Check form with fields for People's Choice Conference Vote#, Category, Class, District, County, Name, Address, City/Zip, E-mail, Phone #, Title/Color/Pattern Desc, and Claim Reference#.

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:

# Friendily February 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 <p>6 Get back in touch with an old friend you've not seen for a while</p>	 <p>7 Show an active interest by asking questions when talking to others</p>	<p>1 Send a message to let someone know you're thinking of them</p>	<p>2 Ask a friend how they have been feeling recently</p>	<p>3 Do an act of kindness to make life easier for someone</p>	<p>4 Invite a friend over for a 'tea break' (in person or virtual)</p>	 <p>5 Make time to have a friendly chat with a neighbour</p>
<p>13 Smile at the people you see and brighten their day</p>	<p>14 Tell a loved one or friend why they are special to you</p>	<p>8 Share what you're feeling with someone you really trust</p>	<p>9 Thank someone and tell them how they made a difference for you</p>	<p>10 Look for good in others, particularly when you feel frustrated with them</p>	<p>11 Send an encouraging note to someone who needs a boost</p>	<p>12 Focus on being kind rather than being right</p>
<p>20 Make a plan to connect with others and do something fun</p>	<p>21 Really listen to what people say, without judging them</p>	<p>15 Support a local business with a positive online review or friendly message</p>	<p>16 Check in on someone who may be struggling and offer to help</p>	<p>17 Appreciate the good qualities of someone in your life</p>	<p>18 Respond kindly to everyone you talk to today, including yourself</p>	<p>19 Share something you find inspiring, helpful or amusing</p>
<p>27 Call a friend to catch up and really listen to them</p>	<p>28 Give positive comments to as many people as possible today</p>	<p>22 Give sincere compliments to people you talk to today</p>	<p>23 Be gentle with someone who you feel inclined to criticise</p>	<p>24 Tell a loved one about the strengths that you see in them</p>	<p>25 Thank three people you feel grateful to and tell them why</p>	<p>26 Make uninterrupted time for your loved ones</p>



**ACTION FOR HAPPINESS**  
**Happier · Kinder · Together**