



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

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# The Bridge

## PRESIDENT'S UPDATE

Hello Everyone,

It was nice to get together again for our Fling! The Spring Fling certainly had interesting weather! We had rain, snow, and sunshine. Only in Wisconsin!

During the meeting we were pleased to announce that we will be able to give two scholarships. There were no scholarships given out last year.

We did not have a West District Spring report. The meeting was cancelled because of the 12 inches of snow on Monday, April 17. That's four meetings that have been cancelled this year! Only in Wisconsin!

Our cultural arts were a great success. I know Louise was happy with all the participation. We'll have to do the same next year.

Our executive board meeting has been rescheduled from May 22nd to June 10 at Perkins in Tomah at 10am. After the meeting we'll go out to the Necedah Wildlife Refuge. The program is about Birds, Bees, Butterflies Celebration. Those who want to go to just the Celebration, meet us at 11:30 a.m. at the Refuge on Hwy 21.

We all enjoyed our speaker, Larry Scheckel. He gave us a grand tour of New Zealand. Are you ready for a vacation? We also were able to celebrate our 60 year member award given to Lois Eberhardt. Congratulations, Lois! I totaled up all the years that we have in HCE and Extension Homemakers, 563 years! Sounds pretty impressive!

I am sorry to inform everyone that we lost our dear friend and president of the K-M Doettes, Marge Tetzlaff on May 3rd. She will be deeply missed. Her involvement with HCE was very important to her!

Hope to see you June 10th. Have a great summer! See you at our picnic August 21st.

Take care!

Jean

## MAY 2023

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

## CALENDAR OF EVENTS



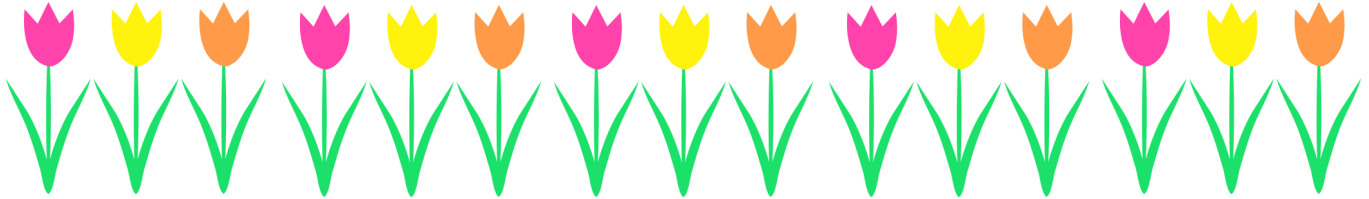
**May 16th**— Westside HCE Club takes lunch to the volunteers at St. Clare Mission

**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.

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

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



## 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  
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### Newsletter Deadline

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



## K-M DOETTES



We are deeply saddened by the loss of our dear friend, member and president, Marge Tetzlaff.

Nine members met on April 7 at the LaGrange Town Hall. We have collected \$130 towards a new United States flag for the Town Hall; Marge would be proud of us. We were disappointed that the West District meeting on April 17th was cancelled. Our group was well represented at the Spring Fling. We would love to take a trip to New Zealand. Thank you, Larry and Ann Scheckel. Jean and Barb packed 15 lunches on May 2 to take to the volunteers at the St. Clare Mission in Sparta.

- - Barbara Mueller

## WESTSIDE CLUB HOLDS MAY MEETING

The Westside Club met at the Sparta Barney Center on Monday, May 1, 2023. The club will be serving food for the St. Clare workers on Tuesday, May 16th. Bernie will purchase the food, and prepare it for that day.

Joan Koltermann's blue plastic canvas placemat and Bernie Arena's short story received blue ribbons at the cultural arts show at Spring Fling. The Westside Club's beehive entry also received a blue. All three of the items will go to the state conference cultural arts exhibit in September.

The \$10.00 scholarship funds will be collected at our next meeting. Members were reminded of the June 10, 2023 Executive Board meeting at 10 a.m. at Perkins in Tomah. Everyone is invited to attend. Following the meeting we will drive to the Necedah National Wildlife Refuge for their Birds, Bees and Butterflies event.

Bernie handed out native seed packets and a listing of upcoming county events to those present.

A fun club gathering is being planned for the summer.



## SCHOLARSHIP FUNDS DUE

Thank you to everyone who has already donated to our scholarships for this year. April is the month we make our scholarship collection. I am a little late in getting my notice to everyone. We are asking \$10 per member to keep our scholarship fund viable. Please make any checks payable to Monroe County HCE.

Thank you for your generosity to this project!

- - 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.

- - Bernie Arena

## SPRING FLING 2023 - "BEE A SUNFLOWER"

Fourteen members and three guests honored us with their presence at our April 24th Spring Fling.

The cultural arts tables filled up quickly as members placed their entries in the proper spots.

June Abbott, Barb Mueller and I reported that the Wisconsin Bookworms program was going well. The 2023 -2024 school year marks the 25th anniversary for this program in our county and for the state. Books are already ordered for next year.

International Chair Barb Mueller had a couple of cool handouts. One was entitled "Calling all birds, butterflies, and bees". It described what to plant to attract one, two, or all three of these helpful garden pollinators. She also distributed packets of seeds she saved from her zinnia flowers last year. I handed out packets of sunflower seeds and a pollinator flower seed mix to attendees. Barb also read a poem, "Big Bee".

Mary Cook said she has received two scholarship applications. Members voted to fund both scholarships.

Jean Boak read April Anderson's report which included information on the Monroe County Nutrition Coalition, Monroe County Mental Health Coalition, HEAL (Healthy Eating, Active Living), FoodWise, Strong Bodies, Sparta Farmers' Market, the Suicide Prevention Task Force and HCE.

The KM Doettes will serve food for the St. Clare volunteers on May 2nd, and the Westside HCE will serve food for them on May 16th.

"Tour of New Zealand" was the topic of Larry and Ann Scheckel's presentation. It included many beautiful photos.

Lois Eberhardt was honored with a 60 year certificate and a plant. Lois has been our county historian for many years. She has also served in many county offices over the years. Thank you Lois!

Thank you to everyone for your strong support of our programs.

\$34.23 was collected for pennies for friendship. This included \$19.60 for the viewer's choice and \$14.63 for the regular collection.

Thank you to Louise Buchholz for her wonderful work with the cultural arts.

A big thanks to everyone who donated door prizes, brought food, decorated or in any way helped to make this day a huge success.

- - Bernie Arena

## CULTURAL ARTS WINNERS FROM SPRING FLING

What a great display of crafts and writing we had at Spring Fling!!! Thank you to all who brought in those items. The number of items was beyond my expectations. Now is the time to start working on next years entries.

I have set JUNE 1st for all winners to fill in those pink slips and return them to me. I must send them in by August 1. My address is in the program booklet. THIS IS YOUR ONLY REMINDER FROM ME.

The following are going to state:

Bernie Arena - a writing  
 Joan Kolterman - needlepoint doily  
 Connie Fields - quilt  
 Jean Boak - crochet dolls and quilt  
 Louise Buchholz - needlepoint tissue cover and quilt  
 Westside Club - bonus category - Beehive

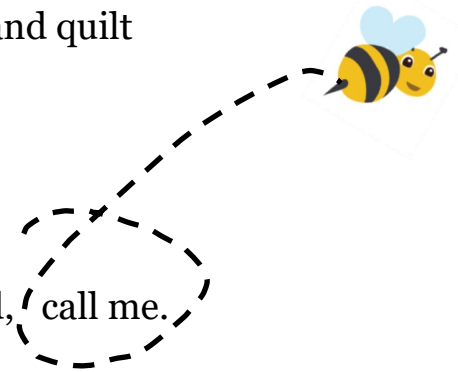
People's Choice Award to Connie Fields on her quilt.

Over \$19.00 was collected for Pennies for Friendship.

I have several flowering cactus to give away. If interested, call me.

Happy Mother's day to all the moms.

-- Louise Buchholz



## INTERNATIONAL

At our Spring Fling, everyone was given a baggy with zinnia seeds to plant. They are easy to care for flowers to attract birds, bees and butterflies. I also handed out information I had gotten from Ann about what to plant to attract helpful garden pollinators. For the State Conference in September, we will be packing a shoe box full of items for Nicaragua again this year. The items will be collected at the August picnic and September meetings.

-- Barb Mueller



## BRIGHTER TOMORROWS COLLECTION - AUG PICNIC

Brighter Tomorrows provides hope to individuals facing domestic violence and sexual assault in Monroe County. Last year they helped 311 survivors of abuse by providing them with advocacy and support.

Monroe County's need is greater than their existing budget can handle. They rely solely on grants and the generous support of community members.

They are reaching out to our community for help with their efforts. No donation is too small to make a difference.

Monroe County HCE will collect items for them at our August picnic on Monday, August 21, 2023.

Items currently needed include baby wipes, kids toothpaste, baby wash, diapers, liquid hand soap, dish soap, paper towels, toilet paper, laundry detergent, dishwasher soap/tabs, all purpose cleaners, Lysol cleaning wipes, shampoo, conditioner, nail polish, makeup, shaving cream, hair brushes/combs, hair bands, deodorant, mouthwash, toothpaste, feminine pads and tampons.

Currently they do not need toothbrushes/hotel toiletries, food products, clothing items, razors or bar soap.

All donations must be unused and unopened.

Monetary donations and gift cards to local merchants are also greatly appreciated.

Thank you for considering this worthy cause.

-- Bernie Arena



Brighter Tomorrows

## INTERNATIONAL

Since the state conference is being held in Lake Delton this year, we will not be accepting any large items for W/NP at the conference. However, we will accept one shoebox full of small items from each county. Please tie the shoebox and label it with the county name and contact information along with a note listing what smaller items you have put in the shoebox. We will not have transportation to get any more than that to Stevens Point from Lake Delton.

The following is a list of items you might include in the shoe box:

For Sewing

Sewing Machine Needles

Spools of thread

Scissors/Cutting Wheels

Bias Tape/Lace/Buttons

Measuring Tapes

Pins/Needles

For Cooking

Wooden Spoon

Measuring Spoons

Measuring Cups

Cupcake Papers

Spatulas

For Gardening

Garden Gloves

Garden Clippers

Garden String

Garden Markers

For Hair / Personal

Combs &amp; Brushes

Hair Clippers

Hair Clips/Barrettes

Barber Scissors

Rollers



- - Barbara Mueller



# Mother's Day Word Search

E S Z W S J R Y C H I L D R E N V X P Y C U  
 X U F Z J B L G O M W I S E P B T H H A D R  
 R P R T U C Q B C P F W X A M L M Q U P V G  
 A P C C F O R T C A M K V O I K K P G P I I  
 H O E N A M E C H R P T F Z E P I D S R F F  
 D R G W M F A S U E U V S M R P M N G E G T  
 J T V M I O Y H K N B C S S G O J N D C S K  
 V I Z V L R L R O T Y E S P E C I A L I T I  
 Z V B J Y T E Z N F J O S O X B I B C A L S  
 W E L L O V I N G B E A U T I F U L E T S S  
 V O V M K M O M I Z K C C H H Y C L M I S E  
 Y R R Q A B R U I F F Q B O N Z O N M O N S  
 C C Z K L T A G H G Q L F L M H R X I N B O  
 Z A C Z E M P L X J H Q O I P F L U F L P B  
 M R R F O R G I V E C F K D C L M V N I T P  
 T M H E D Y H X R J F C K A H F U O Q D N C  
 Y N A T P P R E C I O U S Y F L O W E R S H  
 N B A Y C A C E L E B R A T E V F N D W H Q

APPRECIATION  
 SUPPORTIVE  
 CARE  
 LOVING  
 COMFORT  
 HOLIDAY

BEAUTIFUL  
 GIFT  
 WORKER  
 CELEBRATE  
 HUGS  
 THE BEST

FAMILY  
 KIND  
 PARENT  
 PRECIOUS  
 WISE  
 FORGIVE

MOM  
 MAY  
 CHILDREN  
 KISSES  
 FLOWERS  
 SPECIAL

Meaningful May 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
1 Do something kind for someone you really care about	2 Focus on what you can do rather than what you can't do	3 Take a step towards an important goal, however small	4 Send your friend a photo from a time you enjoyed together	5 Let someone know how much they mean to you and why	6 Look for people doing good and reasons to be cheerful	7 Make a list of what matters most to you and why	
8 Set yourself a kindness mission to help others today	9 What values are important to you? Find ways to use them today	10 Be grateful for the little things, even in difficult times	11 Look around for things that bring you a sense of awe and wonder	12 Listen to a favourite piece of music and remember what it means to you	13 Find out about the values or traditions of another culture	14 Get outside and notice the beauty in nature	
15 Do something to contribute to your local community	16 Show your gratitude to people who are helping to make things better	17 Find a way to make what you do today meaningful	18 Send a hand-written note to someone you care about	19 Reflect on what makes you feel valued and purposeful	20 Share photos of 3 things you find meaningful or memorable	21 Look up at the sky. Remember we are all part of something bigger	
22 Find a way to help a project or charity you care about	23 Recall three things you've done that you are proud of	24 Make choices that have a positive impact for others today	25 Ask someone else what matters most to them and why	26 Remember an event in your life that was really meaningful	27 Focus on how your actions make a difference for others	28 Do something special and revisit it in your memory tonight	
29 Today do something to care for the natural world	30 Share a quote you find inspiring to give others a boost	31 Find three reasons to be hopeful about the future					
							

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ACTION FOR HAPPINESS