



Extension
UNIVERSITY OF WISCONSIN-MADISON
MONROE COUNTY

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



The Bridge

PRESIDENT'S UPDATE

Hello Everyone,

Brrrrrrrr! Winter sure hit with a vengeance these past two weeks! I guess it was to be expected after the warmer December. Our club had to postpone our first meeting of 2024. We were able to catch up the following week.

We had a nice time at our Christmas event. Good food. Thank you Louise for sharing her craft skills and all of her supplies for making Christmas cards. We all made some very unique cards. Let's do it again next year!

We are planning our annual Leadership and Executive Board meeting on Wednesday, February 21st at Ginny's Cupboard in Sparta. Everyone is encouraged to come. The meeting is at 11:00 a.m. and then lunch is on your own. Our state president Eileen Gottbeheat will speak about her trip to Malaysia for the ACWW Triennial.

Our program books will be available in February. I'm sure everyone is making plans for the New Year, 2024!

Take care,

Jean

FEBRUARY/ MARCH 2024

President's Update.....	1
Calendar.....	2
In Memoriam/Westside	3
Babies/Caring/Juneau	4
K-M Doettes/Coloring.....	5
Feelings Wheel.....	6
Cultural Arts Requirements ...	7
Cultural Arts Categories	8
Cultural Arts Registration	9
Calendar.....	10



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

CALENDAR OF EVENTS

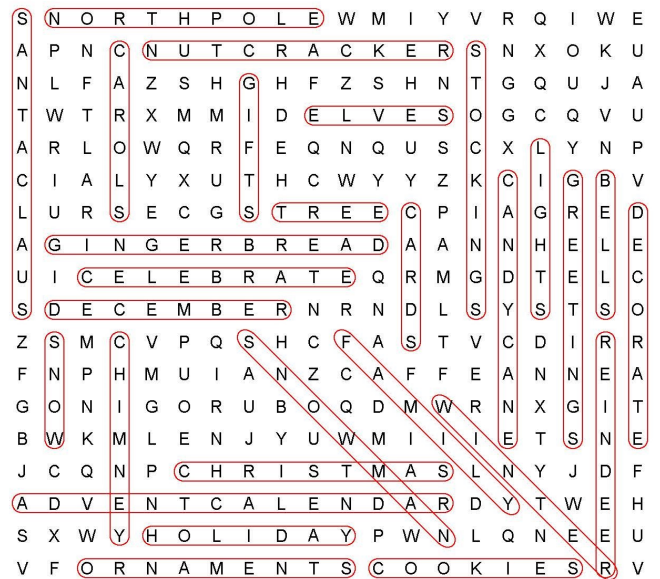


February 21st - Executive Board Meeting
Ginny's Cupboard-11 a.m.

February 27th- Juneau County HCE
Cabin Fever Day-10 a.m.



Christmas Word Search



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: All Members (372-4354)

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 **20th** of the month for the following month's newsletter.



IN MEMORIAM

Joan Koltermann, a member of the Westside HCE Club passed away on Monday, December 18, 2023 at the Tomah Care Center. She was born on October 13, 1942. She was a 1960 graduate of Norwalk High School. She, and her husband, Gerald, had four children.

She was a member of the Farmer’s Valley HCE Club till they merged with the Isham Valley Club in 2016 to become the Westside HCE.

Joan was an active member for over 60 years. She won a blue ribbon at the 2023 state HCE conference for her plastic canvas work. Just a couple years ago she sewed tote bags for the conference.

She was always busy with something. Though she only spent a couple short months at the Tomah Care Center, she was busy making plastic canvas crosses and flags for the residents and visitors.

She will be deeply missed.



WESTSIDE HCE NEWS

The Westside HCE Club held their annual bake sale on Friday, December 15, 2023, at the Sparta Barney Center. It was our best bake sale ever. Special thanks to Gerald Koltermann who made and delivered 20 dozen rosettes to the cause.

We are thankful to Sandy at the Sparta Nutrition Site for putting it in the ADRC newsletter and to Benny Mailman, who put it on Facebook the day of the sale, and who gave us some cool publicity after the sale.

Our longtime member, Joan Koltermann, passed away on Monday, December 18, 2023, at the Tomah Care Center. We will miss her presence and guidance at our meetings and outings.

We will meet on January 25th at the Sparta Barney Center at 12 noon.

We are excited to welcome Carol Leis, Darlene Heistad and Sue Dumas as new members. Carol and Darlene will be Westside members and Sue will start out as an individual member. Welcome aboard ladies! Darlene will also be reading to the “littles” at the Sparta Head Start beginning next month.

--Bernie Arena



BABIES, BABIES, BABIES



Our 2023 baby basket recipients were both excited, and thankful for their gifts.

The baby boy was Dilan Diaz Sanchez. He was born on November 14, 2023. There were a few members of his family in the room when I delivered the basket. Everyone spoke Spanish. I didn't get much information, but I can say for sure they were very grateful and very excited about that baby boy.

Alexis and Kaleb Kragt of Wonewoc, Wisconsin are the proud parents of the baby girl. "Kolbie" was born on November 22, 2023. Her older brother, Rookie, was visiting when I brought the basket. The Kragt family sent a very nice thank you card to us.

-- Bernie Arena

CARING & SHARING

Our Westside HCE Club got to talking about keeping connected with each other across the county. Starting with our next newsletter we are going to try a "Caring & Sharing" column.

We have a handful of individual members who may not get all the news talked about at club meetings. This column would be news about our members and what is happening with them.

If we knew what was happening with fellow members we might give them a call or send a greeting to check on them. It would also be sharing good news as well.

Please give me a call (608-272-3371) or email me at

bernadine.arena@gmail.com.

Your thoughts and comments on this would also be appreciated.

--Bernie Arena



JUNEAU COUNTY CABIN FEVER EVENT



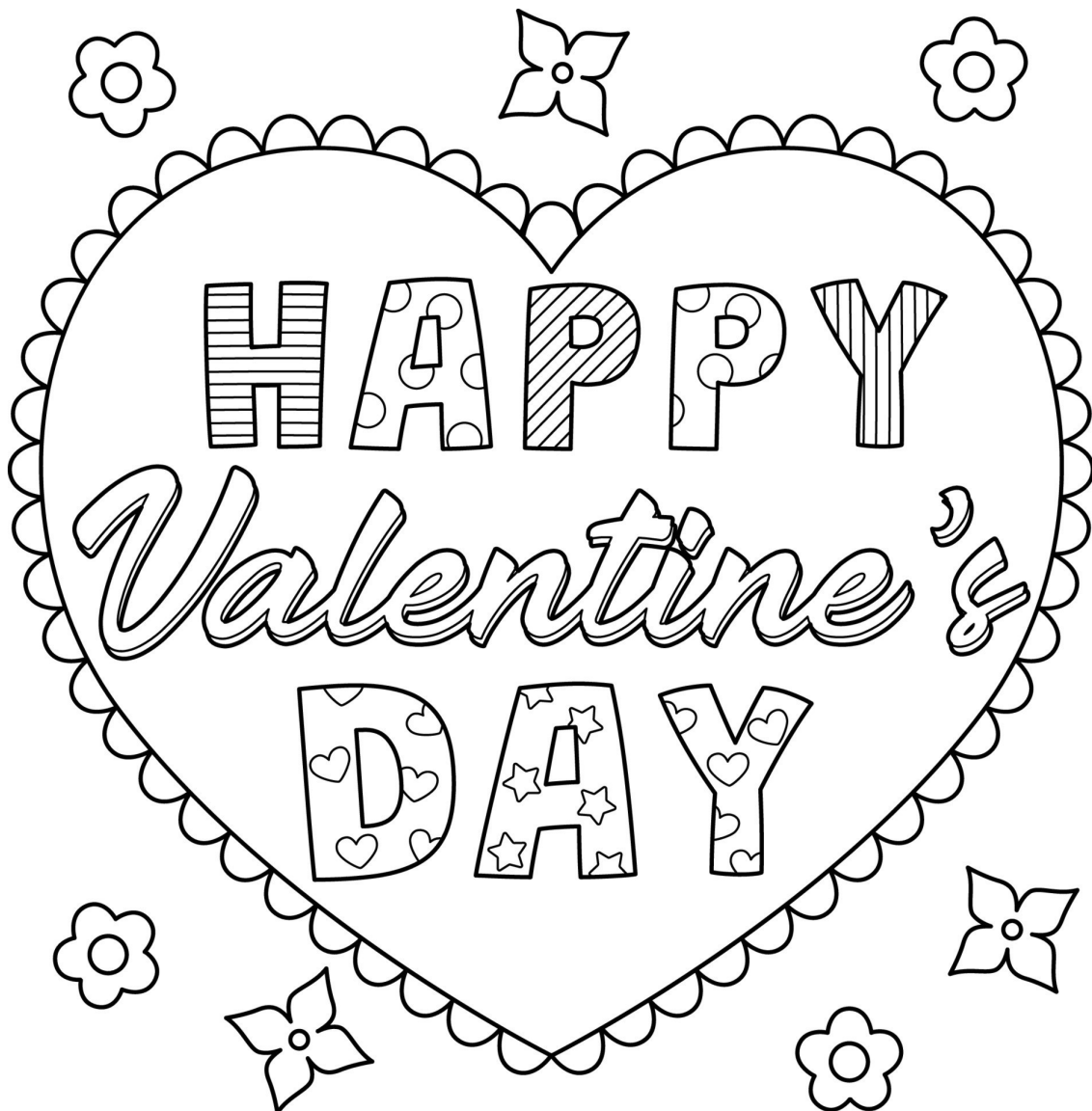
The Juneau County Home & Community Education group has invited our members to their annual Cabin Fever Day. It will be held on Tuesday, February 27, 2024, at the New Lisbon Community Center, 110 Welch Prairie Road in New Lisbon.

Sharon Rosin will speak on a mission trip she took. Jean Morton will share a spring decoration in the afternoon. There is no charge to attend. The event begins at 10 a.m.

NEWS FROM TOMAH K-M DOETTES

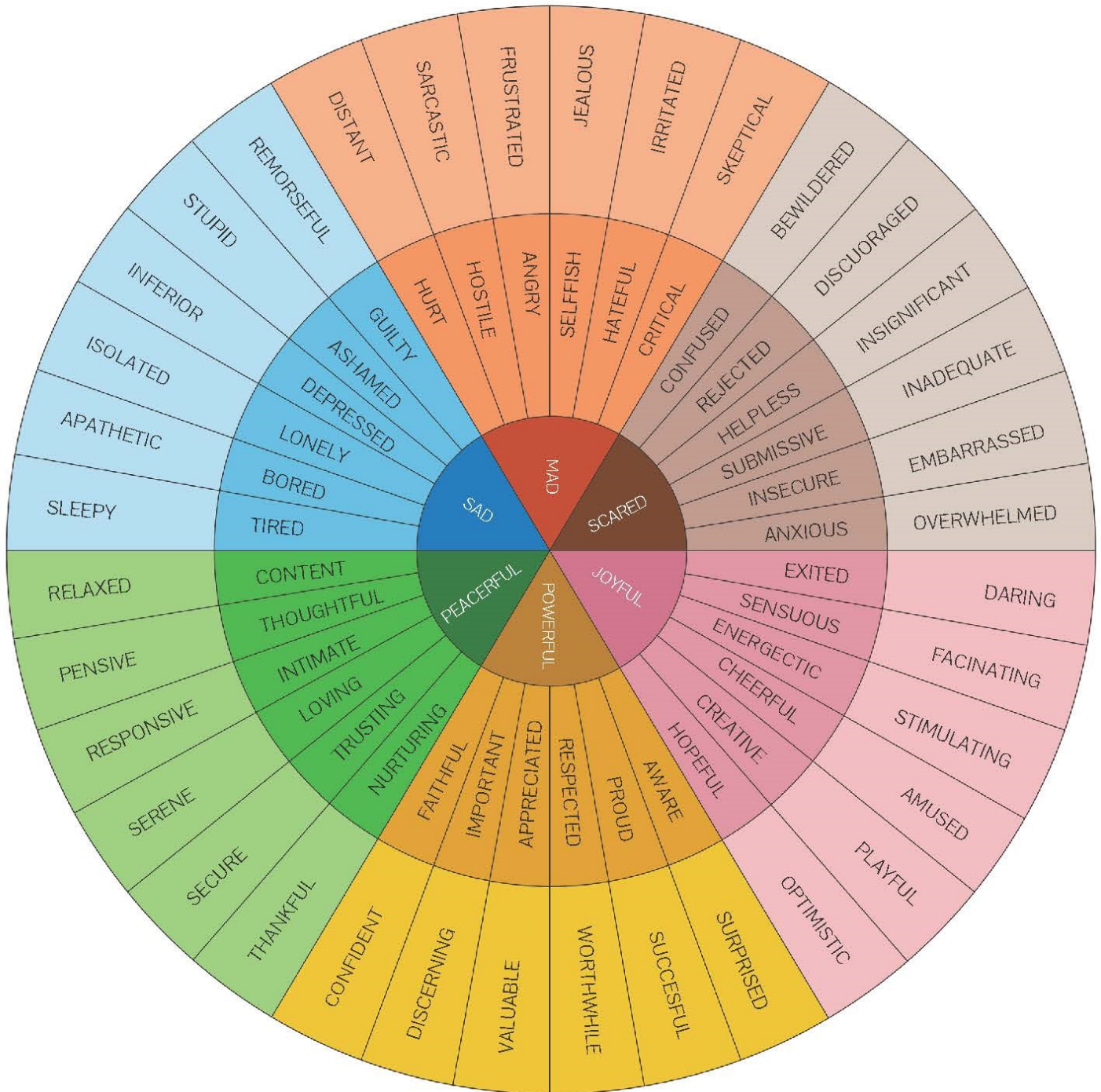
Our snow day rescheduled was January 17 at LaGrange Town Hall. There were seven in attendance for our meeting and chili dump lunch. It was definitely chili weather! We discussed several dates for our new year, 2024. We will attend the Board meeting on February 21 at Ginny’s Cupboard. There are opportunities we should take advantage of: ADRC Connect monthly newsletter and the Tomah Kupper-Ratsch Senior Center. We enjoyed the article in the Monroe County Herald, “HCE Holds bake sale for Bookworms”. That’s good advertising! We’re all encouraged to send Valentines to our vets at the VA. Mail them by January 31 to VA 500 E. Veterans St, Bldg 32, Tomah WI 54660 Stay warm and safe!

—Barbara



FEELINGS WHEEL

You can use this feelings wheel to help you identify the emotions you are feeling. Having a broad emotional vocabulary helps us to process a broad range of emotions.





Wisconsin Association for Home &
Community Education, Inc

Cultural Arts & Textiles Contest & Show - 2024 Entry Requirements (* explanations)

1. **Painting (1A,1B,1C,1D,1E):**
Artwork Must be framed or canvas wrapped.
2. **Drawing (2A,2B,2C):**
Artwork Must be framed or wrapped. Please spray charcoal or pencil drawings with fixative to avoid rubbing off onto other artwork.
3. **Photography (3A,3B,3C,3D,3E,3F,3G):**
Size Requirement: Must be an 8" x 10" print. (Unmatted and Unframed and placed in an 8 1/2" x 11" sheet protector.)
4. **Craft (4A and 4B only):** Up to 6 cards without envelopes must be mounted as a group on a flat, sturdy display board.
Size Requirement: No larger than 14" x 22".
6. **Poem (6)**
The writer must have Two Copies typed (12 pt font) which must accompany the registration form.
Entries must NOT be framed or in book form.
Staple a cover sheet with the category/title which is to be centered on the page.

The name and county should appear on the back side of the entry.
7. **Prose (7A,7B, 7C):**
(7A): This Must be an original **Non-Fiction** piece of writing written or published in the current year. (Aug 2023 to Aug 2024)
Written piece must be 3000 words or less.
The writer must have Two Copies typed (12-point font) which must accompany the registration form.
Entries must NOT be framed or in book form.

Staple a cover sheet with the category/title which is to be centered on the page.

The name and county should appear on the back side of the entry.
(7B): This must be an original **Fiction** Short Story which has a beginning, middle, and end.
Piece will need to be written or published in the current year. (Aug 2023 to Aug 2024)
Written piece must be 3000 words or less.

The writer must have two copies typed (12-point font) which must accompany the registration form.

Entries must NOT be framed or in book form.

Staple a cover sheet with the category/title which is to be centered on the page.

The name and county should appear on the back side of the entry.
(7C): **Other**
This must be original piece of writing written and/or published in the current year (Aug 2023 to Aug 2024)
Written piece must be 3000 words or less.

The writer must have two copies typed (12 pt font) which must accompany the registration form.

Entries must NOT be framed or in book form.

Staple a cover sheet with the category/title which is to be centered on the page.

The name and county should appear on the back side of the entry.
8. **Original Published Book (8):**
Copy of Book must Accompany the Entry
Book must have been published in the current year. (8/2023 to 8/2024)
16. **Bed Quilt (16A,16B,16C,16D,16E,16F):**
Size Requirement: Must be Larger than 60" x 80" (4800 Square Inches) Measurement must be written on entry form and be confirmed by County Cultural Arts Chair.

A 4x6 picture is required for this category. (The picture must be placed inside of a plastic bag along with the entry form and then attached to the right, bottom corner of quilt with a safety pin)
17. **Small Quilt (17A,17B,17C,17D,17E,17F,17G):**
Size Requirement: Smaller than 60" x 80" (4800 Square Inches) Measurement must be written on entry form and be confirmed by County Cultural Arts Chair.
A 4x6 Picture is required for this category. (The picture must be placed inside of a plastic bag along with the entry form and then attached to the right, bottom corner of the quilt with a safety pin)
18. **Quilted Wall Hanging (18A,18B,18C):**
Size Requirement: ~~Smaller~~ Larger than 50" square.
One Item only allowed. Must be submitted WITHOUT frames.
20. **Bonus Category (20):**
Bonus Category Theme: "The Magic of HCE"

Directions: This category is open to the artist's interpretation. Artists are encouraged to collect ideas from fellow club members. People can use any medium to create their one-of-a-kind pieces. Only one entry per county can be chosen to enter at the state level. This category will be judged on originality and how unique and creative the concept is along with how well it has been crafted and designed.

Size Restrictions: 10"L x 10"W x 20"H. Sizes must be measured by the County Cultural Arts Chair and then written on each entry before it will be judged at the state level.

Wisconsin Association for Home & Community Education, Inc. Cultural Arts and Textiles Contest & Show – 2024 Categories				State Registration Deadline: August 1, 2024	
1* - PAINTING		9 – HERITAGE SKILL		15 - SEWING	
1A*	Oil	9A	Hardanger	15A	Children’s Wear
1B*	Acrylic	9B	Tatting	15B	Adult Wear
1C*	Watercolor	9C	Woodworking	15C	Useful Item
1D*	Alcohol Ink	9D	Basketry	15D	Purse or Tote
1E*	Other	9E	Spinning/Weaving/Dreideling	15E	Pillow
2* - DRAWING		9F	Felting	15F	Item made from Recycled Mats
2A*	Pencil	9G	Wool Applique	15G	Wearable Access (apron, hat, etc)
2B*	Charcoal	9H	Rug Making	15H	Other
2C*	Other	9I	Rug Hooking	16* - BED QUILT	
3* - PHOTOGRAPY		9J	Quilting	16A*	Tied Quilt
3A*	Color – Landscape	9K	Other	16B*	Hand Quilted
3B*	Color – Waterscapes	10 – CONSTRUCTED ORIGINAL ITEM		16C*	Pieced-Machine/Computer Pattern Design
3C*	Color – Plants	10A	Clay/Pottery	16D*	Other-Machine/Computer Pattern Design
3D*	Color – Animals/Creatures	10B	Wood	16E*	Pieced-Machine Freehand Design
3E*	Color – People	10C	Fabric/Felt	16F*	Other-Machine Freehand Design
3F*	Color – Skyscapes	10D	Other	17* - SMALL QUILT	
3G*	Other	11 – PAINTED OBJECT		17A*	Tied Quilt
4* - CRAFT		11A	China	17B*	Hand Quilted
4A*	Cards – Paper Only – 6	11B	Glass	17C*	Pieced-Machine/Computer Pattern Design
4B*	Cards – Mixed Media – 6	11C	Fabric	17D*	Other-Machine/Computer Pattern Design
4C	Scrapbooking	11D	Wood	17E*	Pieced-Machine Freehand Design
4D	Craft Made from Recycled Matl	11E	Ceramic/Kiln Fired	17F*	Other-Machine Freehand Design
4E	Handcrafted Doll/Toy	11F	Other	17G*	Not Quilted
4F	Glass Craft	12 - KNITTING		18* - QUILTED WALL HANGING	
4G	Diamond Dot (Full)	12A	Wearable Item	18A*	Hand Quilted Fabric
4H	Diamond Dot (Part)	12B	Wearable Access (hat, scarf, etc)	18B*	Machine Quilted Fabric
4I	Other	12C	Afghan	18C*	Other (ie. Embellishments)
5 – JEWELRY		12D	Other	19 – QUILTED TABLE TOPPER/RUNNER	
5A	Bracelet	13 - CROCHETING		19A*	Hand Quilted
5B	Necklace/Pendant	13A	Wearable Item	19B*	Machine Quilted
5C	Set	13B	Wearable Access (hat, scarf, etc)	19C*	Not Quilted
5D	Earrings	13C	Doily/Dresser Scarf	20* - BONUS CATEGORY “The Magic of HCE” (Open to Artist Interpretation)	
5E	Other	13D	Afghan	Please see Entry Requirement Criteria Sheet for size restrictions and entry requirements for categories marked with an (*). All entries that do not meet the entry requirements criteria will be disqualified!	
6* - POEM		13E	Other		
7* - PROSE		14 – HAND STITCHING			
7A*	Non-fiction	14A	Needle Point		
7B*	Fiction (Short Story)	14B	Embroidery		
7C*	Other	14C	Cross Stitch		
8* - ORIGINAL PUBLISHED BOOK		14D	Other		



Wisconsin Association for Home & Community Education, Inc. Cultural & Textile Arts Show 2024 Guidelines for County Chairs



ALL items, including Bonus Category, must be pre-registered. Registration is due August 1, 2024. Any items NOT pre-registered will NOT be judged or displayed. Only one (1) entry on each registration form. Send all forms together immediately after the 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 (3) 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 the proper category, if needed.**

All work must be done by the entrant and completed after last year's county show. It must receive first place at the current 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 if the entrant does all the work. All easels must have a securely taped label with name, county, and district.

Color Coding of Registration Forms by Districts:

Central – White
Southeast – Green

Northeast – Yellow
Southwest – Orange

Northwest-Light Blue
West – Pink

Entry Day: Deliver items Sunday (September 15th) from 2-7 pm or Monday (September 16th) 9-11:30 am. Judging will begin at 12:00 pm. Members may view the show after the Monday evening activity until 10:30 pm and during the afternoon and evening on Tuesday, September 17th. The viewing hours on Tuesday will be announced or posted. Times to pick up items will be posted.

Send registration and written entries to:

Darlene Schumacher, Cultural Arts Chairperson
2531 Golf Course Road, Wisconsin Rapids, WI 54495
Email: darlenschumacher41@gmail.com
(715) 741-0503 Cell | (715) 424-2851 Home

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

2024 Registration Form

Registration # and People's Choice Vote #: _____

Category (i.e., 2D) _____

Class (i.e. Acrylic Oil) _____

District: _____ County: _____

Name (PRINT) _____

Address _____

City/Zip _____

Email _____

Phone _____

Title/Color/Pattern Description: _____

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 printed copies of their written entry to be used by WAHCE as they see fit.

Signature _____

County _____ Date: _____

2024 Claim Check Claim Reference # _____

Category (i.e., 2D) _____

Class (i.e., Acrylic / Oil) _____

District: _____ County: _____

Name (PRINT) _____

Address _____

City/Zip _____

Email _____

Phone _____

Title/Color/Pattern Description: _____

Friendily February 2024

MONDAY



5 Make time to have a friendly chat with a neighbour

TUESDAY



6 Get back in touch with an old friend you've not seen for a while

WEDNESDAY



7 Show an active interest by asking questions when talking to others

THURSDAY

1 Send a message to let someone know you're thinking of them

FRIDAY

2 Ask a friend how they have been feeling recently

SATURDAY

3 Do an act of kindness to make life easier for someone

SUNDAY

4 Invite a friend over for a 'tea break' (in person or virtual)

12 Focus on being kind rather than being right

13 Smile at the people you see and brighten their day

14 Tell a loved one or friend why they are special to you

15 Support a local business with a positive online review or friendly message

16 Check in on someone who may be struggling and offer to help

17 Appreciate the good qualities of someone in your life

18 Respond kindly to everyone you talk to today, including yourself

19 Share something you find inspiring, helpful or amusing

20 Make a plan to connect with others and do something fun

21 Really listen to what people say, without judging them

22 Give sincere compliments to people you talk to today

23 Be gentle with someone who you feel inclined to criticise

24 Tell a loved one about the strengths that you see in them

25 Thank three people you feel grateful to and tell them why

26 Make uninterrupted time for your loved ones

27 Call a friend to catch up and really listen to them

28 Give positive comments to as many people as possible today

29 Acknowledge someone's problem or pain rather than trying to fix it



ACTION FOR HAPPINESS

Happier · Kinder · Together