



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

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# The Bridge

## PRESIDENT'S UPDATE

Hello Everyone,

We sure have had a mild winter! But now it seems March may go out like a lion or so the saying goes. We had an enjoyable lunch and speaker at our Leadership and Executive Board meeting at Ginny's Cupboard. Eileen Gottbeheat gave us a sample of her trip to Malaysia for the ACWW Triennial. The next ACWW conference will be in Canada. In this newsletter is the registration for the Spring West District meeting on April 22. We won't have to drive very far for this event. It will be held at the Cranberry Research Center, just 2 miles from Millston. Should be a good experience. Our Learning Day on March 18th was very, very interesting! The speaker, Keith Cormican gave an excellent talk on why he started "Bruce's Legacy". He also took us on his recovery adventure to Nepal. He is from the Black River Falls area and is known internationally for his diving recovery experience! Thank you, Bernie for organizing this event! We may be getting the snow shovels out!

Take care,  
Jean

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

CALENDAR OF EVENTS



April 10—Spring Fling, Adams County, Arkdale, WI

April 11—Executive Board meeting, 1 p.m., Extension Office

April 22—West District Spring Meeting, Wisconsin Cranberry Research Center

April 29—ACWW Women Walk the World



MONROE COUNTY HCE INFORMATION

**2024 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)

**2024 Educational Program Chairmen**

Cultural Arts: Louise Buchholz (435-6435)  
Family & WI Bookworms: 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 **20<sup>th</sup>** of the month for the following month's newsletter.



## IN MEMORIAM



**Mary Ann Fries**, a long time member of the Valleyettes HCE Club, passed away on January 23, 2024. She was born in Springfield, Illinois, and grew up in that area.

Mary Ann and her husband, Doug, moved to Wisconsin in 1960, and purchased a dairy farm in the Tomah/Norwalk area. She was a devoted homemaker, raising her children, gardening, home canning, and helping on the farm. She is survived by her five children and their families.



**Dorothy Prell** passed away peacefully on March 3, 2024, surrounded by her family.

Most recently Dorothy was a member of the Westside HCE Club. Dorothy had many different jobs in her lifetime, including realtor, deputy sheriff for LaCrosse County, assisting Hmong families through VISTA, director of the Monroe County Child Support Agency, and her desk top publishing business, Prell Books and Multi Media. She is survived by her five children, 8 grandchildren and 14 great-grandchildren.



## BOOKWORMS THANK YOU

A very heartfelt “thank you” to the Monroe County Area Retired Educators’ Association for their generous donation of \$130.00 to our Wisconsin Bookworms reading program. They have been supporting this program for several years now. Thank you MCAREA!

-- 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](mailto:bernadine.arena@gmail.com).

Your thoughts and comments on this would also be appreciated.

-- Bernie Arena



## K-M DOETTES

Seven of our members met March 13th at LaGrange Town Hall. We collected 29 food items for our local pantry, Neighbor to Neighbor. This count will be added to the state wide International collection. We discussed future HCE opportunities: Learning Day March 18 with Keith Cormican, diving recovery. West District Spring meeting April 22 at Cranberry Research Center outside of Millston. Barbara gave some brief information about reading the “added sugars” part of food labels. Suzanne shared information about the “yuka” app that rates quality of foods after “reading” the food labels. Will we need our snow shovels in March or April??!

-- Barbara, Secretary

## DAY OF LEARNING PROVES VERY INFORMATIVE

Our first “Day of Learning” this year was held on Monday, March 18, 2024, at the Sparta Barney Community Center.

Guest Speaker Keith Cormican, of Black River Falls, a dive instructor and search and recovery expert explained “Bruce’s Legacy”—a non-profit he organized in 2013. Its mission is to provide assistance to families and public safety departments to locate drowned victims; do public safety education for the public; and provide Scuba diving experiences for the disabled.

To date he has provided closure to 56 families, having located their family members that drowned.

He has worked in eight states and five foreign countries. He uses sonar to find them.

He talked about his trip to Nepal to find three young teenagers that drowned while on a school trip to Goyko Lake, a glacial lake up about 16,000 feet elevation, near Mount Everest.

The pictures and videos were quite moving. For more information you can check out the website at [www.BrucesLegacy.com](http://www.BrucesLegacy.com).

Special thanks to Brad Gilbertson of the Sparta Recreation Department for providing assistance; Eileen Gottbeheat for bringing the projector; Alyce Johnson for the fruit tray; Jean Boak, Barb Mueller and myself for the homemade cookies; and to everyone who attended.

- - Bernie Arena





## SMILES



A smile costs nothing but gives much. It enriches those who receive it without making poorer those who give it. It takes a moment, but the memory of it sometimes lasts forever. None are so rich or mighty that can get along without it. A smile creates happiness in the home and in the hospital, fosters goodwill in business and is a sign of friendship. It brings rest to the weary, strength to the sick, sunshine to the sad, cheer to the discouraged and is nature's best antidote for trouble. Some people are too tired to give you a smile. Give them one of yours, as no one needs a smile so much as one who has none to give. :)

## CULTURAL ARTS

Is everyone working on their Cultural Arts entries for Spring Fling on May 15? In addition to the individual entries there is a BONUS CATEGORY. This class is open to any member or group of members. The theme is THE MAGIC OF HCE. Directions for this category can be found on page 7 of the Feb.-Mar. newsletter-Class 20.

To all those entering an item in the show—PLEASE READ ALL THE DIRECTIONS for that class. Quilters, especially, notice the size requirements. Incorrect sizes WILL BE disqualified.

Viewers choice will be done with that money going to Pennies for Friendship.

All entries must be in place by 9:00 a.m. with a label from the last newsletter. Only your name and class number need to be filled in.

Any questions please call me.

KEEP CRAFTING !

-- Louise Buchholz



## WESTSIDE HCE NEWS

Members met on Thursday, March 14, 2024, at the Sparta Barney Community Center.

Alyce Johnson brought a pop-up Easter craft. Everyone painted and decorated an Easter rabbit clothespin and added a pin to make it wearable.

Roll call was a sharing of a woman who influenced your life. Ruth Bader Ginsberg, Mother Theresa, Martha Stewart, grandmothers and other relatives were on the list. Members also shared soup recipes. Darlene Heistad shared a quote from Mother Theresa, “Do small things with a great deal of love”.

Sue Dumas brought her Swedish weaving she is working on for the cultural arts contest. Darlene Heistad shared a beautiful story she is going to write for the contest.

The club purchased Update memberships for all the members. Pennies for Friendship were collected.

Sue Dumas and Bernie Arena will be attending the Adams County Spring Fling.

Plans were set in place for hosting the “Day of Learning”. Updated calendars were handed out.

April Anderson shared information of the May 16th Mental Wellness Fair that will take place at Mueller Square in downtown Sparta from 2 p.m. to 6 p.m.

All members were present. The next meeting will be at 12 noon on April 25th at the Barney Center.

- - Bernie Arena





**West District Spring Meeting**

**“Cranberry Marshing”**

When: Monday, April 22, 2024

Where: Wisconsin Cranberry Research Station, W8510 County Rd. O

Black River Falls (Between Millston and Shamrock)

Registration at 9:00 AM with Refreshments

9:30 Welcome and Introductions

9:45 Business Meeting -Committee Reports

10:15 Short Break

10:30 Speaker: Tom Lochner-Wisconsin Cranberry Growers Association

11:30 Lunch or Outside Tour of Grounds

12:30 Outside Tour of Grounds or Lunch

1:30 Entertainment by Pat Carlson with some HCE Jackson County songs

2:15 Wrap-Up: Evaluation Sheets, Invitation to Fall District Mtg, and Door Prizes

2:30 Adjourn

Meal will be Chicken salad with cranberries or Ham salad sandwich on a crescent roll, salads, pickles, potato chips, dessert & drink

Name \_\_\_\_\_

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

Number Attending \_\_\_\_\_ X \$15.00 = \_\_\_\_\_ Enclosed

Indicate sandwich choice: \_\_\_\_\_ Chicken \_\_\_\_\_ Ham

Make Checks payable to: Monroe County HCE

Mail payment to: Bernie Arena, 4261 Basswood Rd., Sparta, WI 54656; Email: bernadine.arena@gmail.com

Registration transferable but not refundable.

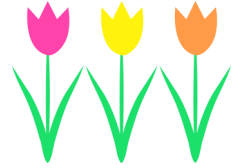
608-272-3371

**Registration deadline: April 1, 2024**





# Spring Word Search



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

KITES  
 SEEDS  
 APRIL  
 WARM  
 BLOSSOM  
 BIRDS

RAINBOW  
 SPRING  
 BUNNY  
 GREEN  
 MAY  
 PICNIC

MARCH  
 SEASON  
 SUNSHINE  
 TULIP  
 EGG  
 SPRING BREAK

BEEES  
 NEW LEAVES  
 GARDEN  
 APRIL FOOL  
 FLOWERS  
 EASTER

## WOMEN WALK THE WORLD

### Celebration Set for April 29

Every year, women worldwide celebrate April 29th as ACWW (Associated Country Women of the World) day. They have been doing it since 2012. It's a day to gather with members and their friends and walk together to raise funds, or share information about work in our communities. It's called, "Women Walk the World". Our organization is under their umbrella.

This is an opportunity for awareness -raising, and connecting with each other through partnership and friendship.

Funds collected that day are donated to ACWW's Rural Women in Action Fund, which supports ACWW's work from development and empowerment projects to advocacy, education and awareness-raising.

I think this is an excellent opportunity to take a walk, share information, and take a photo. If you can't do it on that day . . . pick a day close to it. Take a photo and send it to April for the next newsletter. For more information on their work check out [www.acww.org.uk](http://www.acww.org.uk).

-- Bernie Arena

