



Extension
UNIVERSITY OF WISCONSIN-MADISON
MONROE COUNTY

Monroe County Extension Office
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WI Relay: 711



The Bridge

PRESIDENT'S UPDATE

Hello Everyone,

Hard to believe that January is almost over. We had one week of freezing cold and this week up to 50 degrees. Only in Wisconsin! It was nice to see everyone at Ginny's Cupboard for our January executive board meeting and educational speaker. We all received our new HCE books for the new year. Thank you, Bernie and Vicky! Now we can start making plans for the year 2025. Our extension agent, April is always busy with all her programs and lessons. She seems to be starting something new all the time. She is a great resource and we are very fortunate to have her guidance and knowledge! Emily Reitz from ADRC was our speaker at Ginny's. She had a lot of information to share with all of us about brain health and different ideas to keep our brains healthy. We learned a lot about dementia. The West District Spring Fling is April 28 in West Salem. We will have the registration in the next newsletter. We need to start planning for our Monroe County Spring Fling on May 14.

Take care,

Jean

February 2025

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**MONROE COUNTY
HEALTH & WELL-BEING
EDUCATOR**

**April Anderson
608-269-8722**

CALENDAR OF EVENTS

March 4 - Executive Board meeting, 1 p.m., Extension Office, 206 So K Street, Sparta

March 9 - Daylight Savings Time begins (spring ahead 1 hour)

March 18 - Day of Learning

March 20 - First Day of Spring

April 3 - Canning With Confidence -

This workshop will cover safety and supplies, recipes and resources, tips and tricks, and it will include a jelly-making demonstration.

The workshop will take place from 5:30-7:30 p.m. at Tomah Health. Registration is required. To register call or email Whitney Sanjari at 608-377-8615 or



MONROE COUNTY HCE INFORMATION

2025 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)

For more information please contact:

Jean Boak, President at (372-4354)

Newsletter Deadline

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

2025 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)

UW-Extension Office

(608)269-8722

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



TREASURER'S UPDATE



Thank you to everyone for getting your dues for 2025 to me. Out of the \$10.00 dues, I send \$5.00 to the state and \$1.00 to the West District. We have 23 members this year. I am happy to report we collected \$319.63 for pennies for friendship this year. I will be sending that amount to the state treasurer, Louise Dahlke, along with our dues. Thank you to everyone for supporting all of our projects throughout the year.

-- Bernie Arena

DAY OF LEARNING SET FOR MARCH 18TH

A Day of Learning will be held on Tuesday, March 18, 2025, at the La Grange Town Hall, 22731 Flint Avenue in Tomah. The speakers will be Doug Peterson of Black River Falls and Silvia Maurer of Kendall, Wisconsin. Doug will speak first, at 10 a.m., on his recent trip to New Zealand. Silvia will speak at 11:30 a.m. She will address how to better understand the healing powers of your own body, mind and spirit by resolving or downgrading the underlying cause rather than masking the symptoms of a disease. Beverages and snacks will be provided between the speakers.



-- Bernie Arena

WI BOOKWORMS EXPANDS READING SITES



Our Wisconsin Bookworms project currently covers three Head Start programs in the county—Sparta, Tomah and Ahuco Head Start in Wyeville. Beginning in the fall of 2025 we will also be reading to 29 students at the Tomah School of Childhood. I have worked with Michelle Wedemeier, the director, to set this up. I have been in touch with St. Patrick's School in Sparta. They are considering working with us, but, nothing has been finalized yet. The readers have all reported that things are going well as we head into the final half of the year.

-- Bernie Arena

CULTURAL ARTS COMMUNITY PROJECT

Are you working on our project? All handmade or purchased items will be accepted. Our card making session last fall was successful. Unfortunately our January session was canceled due to weather. We will reschedule sometime in March. The main focus that day will be Sympathy cards. Bring scissors and any embellishments suitable.

Our two places to donate are Rolling Hills and Family Promise. For Rolling Hills we are doing wheelchair bags and any other items the residents can use. Birthday and Sympathy cards are also being donated. For Family Promise we are collecting linen type things for the kitchen. The people receiving them are going out on their own and have nothing to set up housekeeping. Lap robes/quilts would be good. I may deliver some things that we already have in February. Deadline for this project is June 1.

-- Louise Buchholz



ARTS AND CRAFTS SHOW



This event is held during Spring Fling. Guidelines for the show are in this newsletter. Anything you have made should be done since Sept. 2024. All items will be judged that day and the very best will go on to State in Sept. 2025. Read all directions carefully, especially sizes. Any questions please call 608-435-6435.

-- Louise Buchholz

TOMAH KM DOETTES NEWS

We cancelled our January meeting due to the winter weather. We planned on attending the HCE meeting at Ginny's Cupboard January 28. There was good attendance from our Tomah group at this meeting. Great gathering! As International representative, I shared information about how our Pennies for Friendship and State Conference silent auction monies is spent toward "Rural Women in Action" programs. The variety of projects are in three different categories. 1. Climate Smart Agriculture. 2. Women's Health. 3. Education and Community Development. The "Orange the World" project was to advocate against violence in families. The project in Monroe County HCE was to bring items for our local food pantries. Our Tomah group has brought items for each meeting since September. When food pantries are available, it reduces frustration in families which can lead to anger and violence. No anger and violence here!



-- Barbara Mueller

CARING & SHARING

Hi everyone,

I am writing this very late in January. Hard to believe we are in 2025 already. Almost done with January, headed into February. What a January we have had . . . a few nice days and a lot of blustery cold days . . . not much snow though, and that has been nice for driving on the roads. A lot of people had frozen pipes. Glad ours were ok. Hope you all made it through so far.

Our new puppy is growing and doing good. He is very playful. We are enjoying him very much. Do any of you have a pet or two? I would love to hear about it or them.

Erna has been having a bit of a hard time. She fell a while back and has been going to the chiropractor for a while. Hope he is helping her. I am proud of her using a cane and walker as she can. Please send up a prayer for her. Sue also uses a walker and I am proud of her too. Also Kay has heart trouble and could use our prayers too. Three very sweet ladies. So glad to have them with us.

I made some "Bear Creek" potato soup and added some bacon bits, their suggestion. Oh, so good!

Thanks goodness the political commercials are done. I was really getting tired of them.

Valentine's Day is coming soon. Do you have a special other? I have a special man and daughter. They are both a blessing. Some of you probably have grandchildren . . . that is a super blessing . . . you are sooo lucky. So much love.

And just around the corner is Easter. I am seeing a lot of cute crafts lately. Wish I could do them all. Do any of you like to craft?

You can text me through my phone number, 1-262-496-3748. Alyce Kobs Johnson . . . I really would love to hear from you. Tell me something I can pass on to others. I know everyone wants to know more about all of us.

Love you all - - Alyce

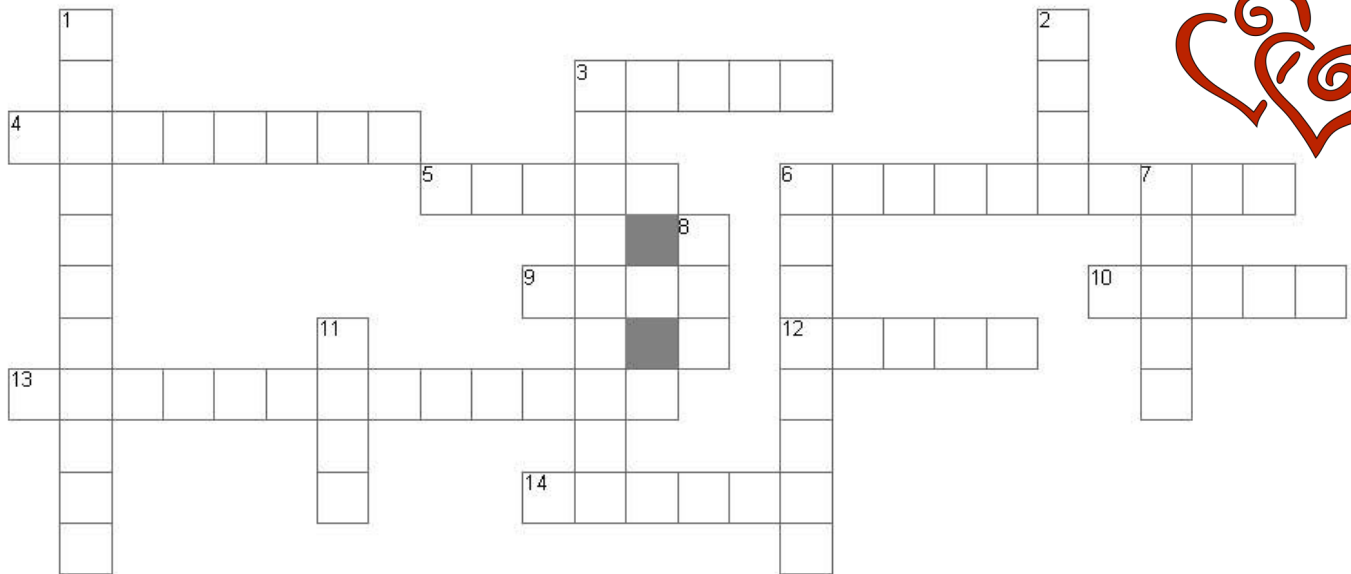
Did you know Wisconsin started out with 2 counties? Now we have 72.

Happy Home Recipe . . . 4 cups love, 2 cups loyalty, 3 cups friendship, 5 spoons hope, 2 spoons tenderness, 4 quarts Faith, 1 barrel of laughter . . . mix and serve in sunshine!

Thank God for dirty dishes. They have a job to tell. With home and health and happiness, we shouldn't want for this stock of evidence, God is very good to us.



Valentine's Day Crossword



HORIZONTAL

- 3. Shoots arrows at people.
- 4. The month of Valentine's Day.
- 5. Cupid shoot this and people fall in love.
- 6. Valentine's Day is also time for...
- 9. Valentine's Day is the day of
- 10. Kids love Valentine's Day because they want to eat a lot of
- 12. Favorite flower for Valentine's Day.
- 13. The name of this holiday is
- 14. Expression often said on Valentine's Day "Be _____"

VERTICAL

- 1. Heart shaped candy with words
- 2. Many people send one to a friend on Valentine's Day.
- 3. "Kisses" is one kind of this type of candy.
- 6. Valentine's Day is celebrated this day of the month.
- 7. Symbol of love.
- 8. Favorite Valentine's Day color.
- 11. A present.

FRIENDSHIP	CUPID	CANDY	RED
HEART	BE MINE	CHOCOLATE	GIFT
FOURTEEN	FEBRUARY	SWEETHEARTS	CARD
ARROW	VALENTINE'S DAY	LOVE	ROSES

**Wisconsin Association for Home & Community Education, Inc.
Cultural Arts & Textiles Contest & Show - 2025 Categories**

**State Registration Deadline
August 1, 2025**

1* - PAINTING/DRAWING

- 1A* Oil
- 1B* Acrylic
- 1C* Watercolor
- 1D* Alcohol Ink
- 1E* Pencil
- 1F* Charcoal
- 1G* Other

2* - PHOTOGRAPHY

- 2A* Color - Landscape
- 2B* Color - Waterscapes
- 2C* Color - Plants
- 2D* Color - Animals/Creatures
- 2E* Color - People
- 2F* Color - Skyscapes
- 2G* Other

3* - CRAFT

- 3A* Cards - Paper Only - 6
- 3B* Cards - Mixed Media - 6
- 3C Scrapbooking
- 3D Craft Made from Recycled Matl
- 3E Handcrafted Doll/Toy
- 3F Glass Craft
- 3G Diamond Art (Full)
- 3H Diamond Art (Part)
- 3I Other

4 - JEWELRY

- 4A Bracelet
- 4B Necklace
- 4C Set
- 4D Earrings
- 4E Other

5* - POEM

6* - PROSE

- 6A* Non-Fiction
- 6B* Fiction (Short Story)
- 6C* Other

7* - ORIGINAL PUBLISHED BOOK

8 - HERITAGE SKILL

- 8A Hardanger
- 8B Tatting
- 8C Woodworking
- 8D Basketry
- 8E Spinning/Weaving/Dreideling
- 8F Felting
- 8G Wood Applique
- 8H Rug Making
- 8I Rug Hooking
- 8J Quilling
- 8K Other

9 - CONSTRUCTED ORIGINAL ITEM

- 9A Clay/Pottery
- 9B Wood
- 9C Textiles
- 9D Other

10 - PAINTED OBJECT

- 10A China
- 10B Glass
- 10C Fabric
- 10D Wood
- 10E Ceramic/Kiln Fired
- 10F Other

11 - KNITTING

- 11A Wearable Item
- 11B Wearable Access (hat, scarf, etc.)
- 11C Afghan
- 11D Other

12 - CROCHETING

- 12A Wearable Item
- 12B Wearable Access (hat, scarf, etc.)
- 12C Doily/Dresser Scarf
- 12D Afghan
- 12E Other

13 - HAND STITCHING

- 13A Needle Point
- 13B Embroidery
- 13C Cross Stitch
- 13D Other

14 - SEWING

- 14A Children's Wear
- 14B Adult Wear
- 14C Useful Item
- 14D Purse or Tote
- 14E Pillow
- 14F Item made from Recycled Matl
- 14G Wearable Access (apron, hat, etc)
- 14H Other

15* - BED QUILT

- 15A* Tied Quilt
- 15B* Hand Quilted
- 15C* Pieced-Machine/Computer Pattern Design
- 15D* Other-Machine/Computer Pattern Design
- 15E* Pieced-Machine/Freehand Design
- 15F* Other-Machine/Freehand Design

16* - SMALL QUILT

- 16A* Tied Quilt
- 16B* Hand Quilted
- 16C* Pieced-Machine/Computer Pattern Design
- 16D* Other-Machine/Computer Pattern Design
- 16E* Pieced-Machine/Freehand Design
- 16F* Other-Machine/Freehand Design
- 16G* Not Quilted

17* - QUILTED WALL HANGING

- 17A* Hand Quilted Fabric
- 17B* Machine Quilted Fabric
- 17C* Other (ie embellishment)

18 - QUILTED TABLE TOPPER/RUNNER

- 18A Hand Quilted
- 18B Machine Quilted
- 18C Not Quilted

Please see **Entry Requirement Criteria Sheet** (next page) for any category marked with an (*). All entries that do not meet the entry requirement criteria will be disqualified!

**Wisconsin Association for Home & Community Education, Inc.
Cultural Arts & Textiles Contest & Show—2025 Entry Requirements (*explanations)**

1. Painting/Drawing:

Artwork must be framed or canvas wrapped.

Please spray charcoal or pencil drawing with fixative to avoid rubbing off onto other artwork.

2. Photography:

Size requirement: Must be an 8" x 10" print. (Unmatted and unframed and placed in an 8 1/2" x 11" sheet protector.)

3. Craft: Up to 6 cards without envelopes must be mounted as a group on a flat, sturdy display board.

Size requirement: No larger than 24" x 24".

5. Poem:

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.

6. Prose:

(6A): This must be an original **Non-Fiction** piece of writing written or published in the current year. (4/2024 to 8/2025)

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.

(6B): 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. (4/2024 to 8/2025)

Written piece must be 3000 words or less.

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

Entries must NOT be framed or in a 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.

(6C): Other

This must be original piece of writing written and/or published in the current year. (8/2024 to 8/2025)

Written piece must be 3000 words or less.

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

Entries must NOT be framed or in a 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. Original Published Book:

Copy of book must accompany the entry.

Book must have been published in the current year (4/2024 to 8/2025)

15. Bed Quilt:

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 the quilt with a safety pin)

16. Small Quilt:

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)

17. Quilted Wall Hanging:

Size requirement: No larger than 50" square.

One item only allowed. Must be submitted WITHOUT frames.



Cultural & Textile Arts Show
2025 Guidelines for County Chairs

ALL items must be pre-registered. Registration is due August 1, 2025. 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. 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 14th) from 2-7 pm or Monday (September 15th) 9-11:30 am. Judging will begin at 11:30 am. Members may view the show after the Monday evening activity until 10:30 pm and during the afternoon and evening on Tuesday, September 16th. 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: darleneschumacher41@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.

Registration and Claim Check form with fields for People's Choice, 2025 Registration Form, 2025 Claim Check, and signature/date lines.

Friendly February 2025

MONDAY

TUESDAY

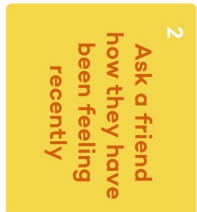
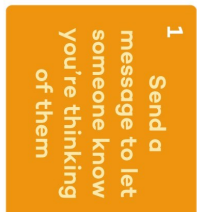
WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



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

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

5 Make time to have a friendly chat with a neighbour

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

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

8 Share what you're feeling with someone you really trust

9 Thank someone and tell them how they made a difference for you

10 Look for good in others, particularly when you feel frustrated with them

11 Send an encouraging note to someone who needs a boost

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

ACTION FOR HAPPINESS

Happier · Kinder · Together

