

The Gold Sheet

Lafayette County Association for Home and
Community Education Bi-Monthly Newsletter



Notes from Marian

Hello Everyone!

We are still dealing with the pandemic and it's many, many cancellations. Lafayette County has had 73 cases total (at the time of this note) and it is still rising. Sure hope it ends soon. Dick and I are going downtown for breakfast again but are mostly staying home. We did go to Dodgeville on Sunday for our Great-Granddaughter's baptism. We had lunch at Mike & Donna's in their beautiful yard with a potluck and very good food. It was such a wonderful day!

The County Fair is still scheduled with a shortened agenda. I called the fair office and told them the HCE clubs decided not to work at the Floral Hall this year. The Fair was very understandable considering the crazy year. We will not be doing cultural arts either because the State Conference meeting at Hudson in September is cancelled.

We will be serving barbeque and pie at Tunes at Twilight on July 26, so we want anyone that can to donate a pie. Thank you in advance!

I would like to welcome Hannah McMunn to Lafayette County as our new Health & Well Being Educator. I am looking forward to meeting her real soon. We still don't know when we will be able to schedule any meetings or activities.

The Kelly Family have great news because our Grandson Tim Kelly is home from his deployment to Afghanistan. We were so happy to see him and his girlfriend on Saturday when they visited and gave us a souvenir from Afghanistan.

Hope everyone had a "Happy 4th of July" and enjoy your summer.

- Marian Kelly, LAHCE President

P.S.: We just made the decision to cancel the Clothing Exchange that was scheduled in August. We felt we could not do it without putting our health at risk. Hopefully everyone will understand and hope we can have it next year.



July 2020—
August 2020

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The LAHCE Gold Sheet Committee

*This newsletter was mailed on
Thursday, July 9, 2020.*

HCE Ongoing Programs

Wisconsin Bookworms™ - Volunteers read monthly during the school year.

Lunch Bunch - 2nd Monday of each month at Noon in the Lafayette County Board Room, Courthouse, Darlington



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Calendar of Events

July 2020

- 2 CANCELLED - LAHCE Executive Board Meeting, UW-Extension Lobby, 1:30 pm
- 3 *Courthouse Closed for Independence Day*
- 13 CANCELLED - Lunch Bunch
- 15-19 Lafayette County Fair - See article
- 9-10 CANCELLED - Grandparents University – UW - Session I, II (7/16-17/20) & III (7/23-24/20)
- 26 HCE Serving Lunch at Tunes at Twilight - Barbeque & Pie (PIES NEEDED)



August 2020

- 6 LAHCE Executive Board Meeting, UW-Extension Lobby, 1:30 pm
- 6-16 CANCELLED - Wisconsin State Fair 2020 - 1ST TIME SINCE POLIO EPIDEMIC IN 1948
- 10 Lunch Bunch, County Board Room, Noon -
- 25 Leader Training - "Update on UW-Madison, Division of Extension, Lafayette County" - **Town Bank**, 6:30-7:30 p.m.
- 29 CANCELLED - Children's Clothing Exchange



September 2020

- 3 LAHCE Executive Board Meeting, UW-Extension Lobby, 1:30 pm
- 10 **NOTE DATE CHANGE** - Lunch Bunch County Board Room, Noon "Urology/Continence"-*Lunch Provided*
- 21-23 CANCELLED - WAHCE Conference, Hudson, WI - "HCE 2020 Vision"
- 29 Leader Training - "Craft" - Peggy Davis - **Town Bank** 6:30-7:30 p.m. **Immediately followed by:** Club Program Planning for 2021



TUNES AT TWILIGHT - July 26 - PIES NEEDED

PIES NEEDED: Just asking both Clubs and Individual Members for pies for the lunch stand for Tunes at Twilight on July 26. Please call Marian Kelly at (608) 776-2883 and let her know that you can provide a pie or two.

Thank you in advance!

NOTICE: If you need to contact the Lafayette County Extension Office, please call Lisa's cell phone at 608-482-3623.

Calendar of Events (con't.)

- October 2020**
- 1 Southwest District Meeting - Lafayette County Hosting
- 12 Lunch Bunch, County Board Room, Noon - "Identity Theft, Phone Scams, Mail Scams, etc."
- TBA Fall Gathering
- 27 Leader Training - "Reiki & Essential Oils" with Nikki Larson - **Town Bank**, 6:30-7:30 p.m.



- November 2020**
- 5 LAHCE Executive Board Meeting, UW-Extension, 1:30 pm
- 1-7 **National HCE Week**
- 11 Courthouse Closed for Veterans Day
- 12 **NOTE DATE CHANGE** - Lunch Bunch, County Board Room, Noon - "Audiologist"
- 26-27 Courthouse Closed for Thanksgiving



- December 2020**
- Leader Training - Club Choice
- 3 LAHCE Executive Board Meeting - Potluck
- 14 Lunch Bunch, UW-Extension Lobby, Planning for 2021 & Potluck
- 24-25 Courthouse Closed for Christmas
- 31-1 Courthouse Closed for New Years Holiday



CHILDREN'S CLOTHING EXCHANGE - 2020 - CANCELLED

CANCELLED for this year. If you have any questions, please contact me.

- Judy Andrews, *Clothing Exchange Chairperson*
(608) 482-3104

MEMBERSHIP

Thank you to all you paid their HCE "2020" dues. I really appreciate you!

- Betty Williams, *Membership*

LAFAYETTE COUNTY FAIR - JULY 11-19

The Lafayette County Fair will be on an alternative schedule this year. The fair will allow members to exhibit in floral hall, and one-day animal shows, as well as crops, vegetables, plants, and flowers. However due to COVID-19 pandemic, the fair will be putting extra safety precautions in place as well as limiting the size of the spectator crowds and requiring a signed waiver before entrance to the fair is permitted.

Please check out the Lafayette County Fair Facebook page for the latest updates and information.

- Lisa Carpenter, *Cultural Arts Chairperson*

Message from your Vice President of LAHCE

Well, time seems to be racing on even though there's so many things we can't do. We will be serving lunch at Tunes for Twilight on July 26 and will be doing Barbecue and pie as usual. Last night when Point Five, from Mineral Point (they were very good), performed, there were red boxes six feet apart all over the Memorial Park, for about 4-6 chairs to be together. The entertainers were all six feet apart although the main two were husband and wife so they were closer. A tape showed where to walk for the "walking tacos meal" which also included a Culver's large sundae and water. It was suggested to me that maybe a good will offering would be better than actually handling money so we're open to suggestions on that, You could call President Marion at 776-2883, if you have any thoughts on the offering. She will probably be easier to get ahold of than me.

Since we won't be holding our annual clothing exchange I have to make a trip to St. Vinnie's at Monroe whenever they start accepting clothing. I have a trunkful to take to them. Have been cleaning attics and closets.

I did go for lunch after church on Sunday. Church is different. Every other pew is taped so you can't sit in them and our choir isn't able to sing as a group. We're very lucky that Tom Black is leader of our choir and he does some beautiful solos, although I usually sing along as do some of the other choir members. We had shaved prime rib sandwiches (they were delicious) at the Darlington Country Club and every table is more than six feet apart. Most people stay outside but it was pretty warm at noon.

I've decided that masks are very warm to wear and it's hard to keep my glasses steamfree. The lady handling the money at the Antique Club's lunch stand suggested turning the elastic on one side of mask before you put it over the ear. She said she always wears masks and that really helps.

The flowers are really requiring a lot of water these days as we people are too. I really think water is the best drink anyhow although my breakfast coffee tastes really great, too. I spent one hour on my front porch with a good book and coffee before going to work. Makes the day pretty special and I've always loved to read. Back before TV everyone in my home read. Sunday afternoons after a trip to the library on Saturday evening for weekly grocery shopping at Shreiters (not sure of correct spelling but it was where Legend's is now) and usually read an entire book on Sunday afternoon. Church was always attended, my sisters and I started the day with Sunday school and then my parents and grandmother came for the service after which we stopped at Schultz's drug store for the Sunday paper and some Sundays went to the pool alley across the street for some vanilla ice cream to serve with our cake mother made for Sunday dinner. We always had a big Sunday dinner, roast beef or chicken, mashed potatoes, gravy, green beans and mother always made a molded ring jello salad either green or red with many fruits or vegetables. I tried meals like that on Sunday when I was first married but my new husband was used to home-made hamburgers and malts so quickly we changed to that menu. I could never understand how efficiently my mother had her potatoes done so we could eat as soon as we got home from church. I do remember her mashing them almost as soon as we got home. No microwave! And mother was one to be very protective against fires so don't know if she left them cooking while we were gone or what she did, anyway those were always meals to be remembered! We many times had relatives from either Madison or Whitewater join us.

Our HCE club has been meeting outside and as we have only 4 active members it's easy to be social distancing.

Hope all you fellow members stay healthy and happy!

- Marilyn Whalen, LAHCE Vice President



COVID-19 Stay at Home Tips

Stay at Home Tips: What to do if you live alone

So many of us live by ourselves. But as we practice social distancing living alone can begin to feel lonely. Social distancing really means physical distancing, or staying away from other people. Social isolation and loneliness can be bad for our health, but there are many ways to stay socially connected with friends and family, even if you are not able to visit them in person.

How do we cope with this new mode of living in a way that maintains our well-being?

Stay connected

- Make a phone call.
- Write letters.
- Video chat with friends, family and neighbors.
- Help others by calling to check in on older children who may be alone while parents or guardians are at work.
- Get creative. Video conference a family dinner or a game night, or visit a virtual museum together over the phone.
- If you have a smartphone or tablet, try a new app! Technology can help you stay connected in fun, new ways.
- Talk about more than just the weather. Reminisce about a family photo, pull out an old joke book, practice asking meaningful questions.
- Brainstorm a list of people that you could reach out to and make a plan to do so.

Take good care of yourself

Most important: If you need medical care or advice, stay home and call your doctor or clinic. If you have an emergency, call 911. If you become sick or feel unwell, make sure a family member or friend knows that you are unwell and ask them to check on you by phone or video chat every day.

- Get outdoors as much as you can. Sit on your porch, go for a walk, work in your yard, or plant a container garden.
- Maintain a regular routine, including mealtimes and bedtimes.
- Find ways to share your skills and talents from a distance. Services like VolunteerMatch can help you find local opportunities you can help with from home. Or make a call to a local school, community center, or organization to learn how you can help from home.
- Perform random acts of kindness. Send notes or cards to a local residential care facility, make a donation to a local food bank or shelter, or send a note or letter of gratitude to someone in your life.
- Begin or continue a gratitude practice. Make a list of things you are thankful for, or send a note or letter of gratitude to someone in your life.
- Consider a new hobby or revive an old one. Try learning a new language, line dancing or playing bridge online.
- Check some things off your to do list. Organize those family photos or clean out those closets.
- Try to move your body every day in ways that are safe for you.
- It's OK to ask for help. If you are feeling distressed, call the National Disaster Distress Helpline (800-985-5990) for emotional support, or call 2-1-1 and ask about your county's emotional support hotline.

Get organized

Post a contact list on your fridge or near your phone:

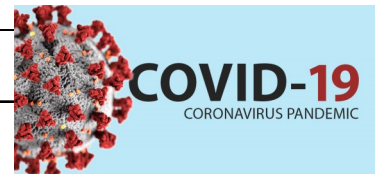
- Name and phone number of your doctor and pharmacy
- Family contacts
- Neighbors
- Other frequently called numbers

Know where to find resources to get help meeting your needs:

- Your local Aging and Disability Resource Center
- Local counseling services
- Food and supply sources
- Call 2-1-1, a service that can help you get information about resources to meet your immediate needs

See more Extension Stay at Home Tips from the University of Wisconsin-Madison Division of Extension
For reliable information you can trust about COVID-19 go to www.dhs.wisconsin.gov/covid-19

EDUCATION - 2020: The Year We Will Never Forget



2020 - The Year We will Never Forget

We are only half way through the year 2020, and without a doubt, we will always remember the events of this year. Early in January we began to hear of Wuhan, China, Unbelievable that this city, with a huge population, was being shut down because its people were dying of a mysterious disease. No one could leave the city, no one could enter the city. It all sounded like a science fiction movie.

By February, we were learning that the disease had spread to Iran, and to Italy, Spain and Greece resulting in an alarming number of deaths. By March the virus, now named COVID-19, had spread to the United States in the states of Washington, Oregon, and California. Travelers from Europe spread the disease to New York and New York City became the epi center.

New words came into our national vocabulary such as pandemic, social distancing, personal protection equipment or PPES, ventilators, ICUS, and corona virus now shortened to COVID-19. We became used to seeing briefings from the White House, listening to Doctors Fauci and Brix explain the need for stay home; wash your hands; and wear a mask. New York Governor Anthony Cumo's daily briefings were carried by CNN and replayed for the evening news.

In early March, the nation literally shut down, except for essential services. Schools, colleges and universities, theaters, restaurants, bars, shopping malls, houses of worship - all closed. Teachers prepared virtual learning classes. People began using computers to work from home; parents had to be in charge of home schooling of their children and try to find ways to provide entertainment and recreation for them. Graduations from high school and college had to be completely changed. All national sports came to a halt, so no following your favorite team on television. Friends and relatives in nursing homes or assisted living could no longer have visitors. Window visits with telephones became common. Hospitals in the large cities were filled to capacity with extremely ill patients. We watched the news on television with increasing horror as NYC had patients dying at an increasing rapid rate.

By May the financial crisis, resulting from the close down, was becoming increasing evident and there was great pressure to relax the restrictions and to re-open businesses so people could get back to work and have money circulating again. When Memorial Day arrived, it appeared that the curve had been flattened, and the number of positive cases seemed to be decreasing. Many began to stop wearing masks and relaxed social distancing. Businesses began to gradually reopen as states and local governments lowered the restrictions on social contacts.

However, in June our nation faced another crisis caused by a series of deaths of unarmed black men by white police officers. This was highlighted by the death of George Floyd in Minneapolis. His death was recorded on a cell phone video. A police officer's choke hold on his neck caused his death, and he was unarmed. This resulted in national and international demonstrations against racial injustice. Most were peaceful protest marches, but some demonstrations ended in vandalism and senseless destruction of property.

It is now mid-year, and we are again seeing a spike in the number of COVID-19 positive testing results. Many of the states in the South and Southwest are being overwhelmed with hospitalization of critically ill patients. We are having a summer of cancellations of many events such as state and county fairs; national and local sporting events, and music festivals. To top it all off, we will be having a combative presidential election in November.

Is there any wonder that we will always remember 2020?

- Jeanne Tierney, *Programs for Clubs*



Correct use of PPE

How to fit and remove personal protective equipment in the correct order

| Put on in this order | Remove in this order |
|---|--|
| 1. Perform hand hygiene | 1. Remove gloves |
| 2. Put on long sleeved fluid impermeable gown | 2. Perform hand hygiene |
| 3. Put on appropriate mask (e.g. N95) or surgical mask - Refer to Quick Reference Infographic: Central Clinical Staff for details on mask selection | 3. Remove gown |
| 4. Perform a fit check of the mask if wearing a P2 (N95) | 4. Perform hand hygiene |
| 5. Put on eyewear/face shield | 5. Remove protective eyewear/face shield |
| 6. Put on gloves | 6. Perform hand hygiene |
| | 7. Remove Mask |
| | 8. Perform hand hygiene |

COMMUNITY EDUCATION - Fair Maps

When I first heard the term Fair Maps, I thought they were maps of fairs in the surrounding counties. I was wrong. Fair Maps is a movement, of citizen advocacy groups, to remove partisan politics from establishing legislative voting districts.



Why is this important now?

The U. S. Constitution mandates that every 10 years, following the decennial census, the States are to establish voting districts that reflect the changes in the population. It does not say how States are to carry out this requirement.

In Wisconsin, it is the State Legislature that creates new lines for the state Assembly and Senate districts as well as the Congressional districts.

When the state's legislative body is controlled by one political party it can establish district boundaries that favor their party. The deliberate process of manipulating district boundaries to keep a political party in power is called gerrymandering. It is human nature to protect one's power and certainly doing so to maintain political advantage is not new. Both parties have engaged in the process.

Gerrymandering has been an issue throughout much of the history of the country dating back to as early as 1788. The term can be traced back to Governor Elbridge Gerry of Massachusetts who in 1812 created a strangely shaped district that gave his party disproportional representation. On the map the district looked like a salamander, and the Boston Gazette cartoonist labeled it the "Gerry-mander". The term has been used since to describe the process.

The 2010-11 redistricting process resulted in the state being organized into districts that guarantees the party in power remains in power. Voters no longer have an impact on which party controls or who will represent them.

It is now another census year. And an opportunity to change the process for the next 10 years. An opportunity to create a fair redistricting process that would allow voters to choose their representative rather than the representative choosing the voters.

Per Common Cause, "Politicians in power shouldn't be allowed to draw voting maps that benefit themselves". There are numerous people in Wisconsin who agree with this statement and are working to change the redistricting process.

Fifty-two of Wisconsin's 72 Counties have passed resolutions opposing partisan gerrymandering. The resolutions have been adopted with the hope of persuading the Wisconsin Legislature to adopt a fair and impartial process for redistricting. The expectation is that the number of Counties who have adopted the resolution and the number of voter signatures will pressure the members of the Legislature to support nonpartisan redistricting.

What has Changed?

Technology and the use of specialized private consultants dramatically changed the redistricting process. In previous years, the Legislature's nonpartisan agency, the Legislative Reference Bureau (LRB), staff and expertise was used.

In 2010 when the Republicans gained control of the legislature and governorship, they drew maps in their favor. Given our long history of gerrymandering this was to be expected. But this time was different! The Republicans hired political consultants who specialized in redrawing political maps. Sophisticated computer software was used to draw maps that assure Republicans would control of the state legislature in all but the most extreme circumstances.

Why Should I care? A good question. This topic Fair Maps – seems removed from me – it is for the politicians and does not have an effect on me or my daily life. Not true. Our system of representative government is eroding. How districts are drawn affects which party wins elections and controls the State Legislature.

(cont. from COMMUNITY EDUCATION: Fair Maps pg. 7)

For example, citizens of both political parties have requested a tax of some type be established to pay to fix the roads. These voices have been ignored by the members of the legislature, because of a partisan pledge not to raise taxes. Consequently, our roads are not getting the attention they need.

When districts are drawn to guarantee re-election of the incumbent, there is no incentive to be responsive to the voters. They are more accountable to their party leadership than to the voters.

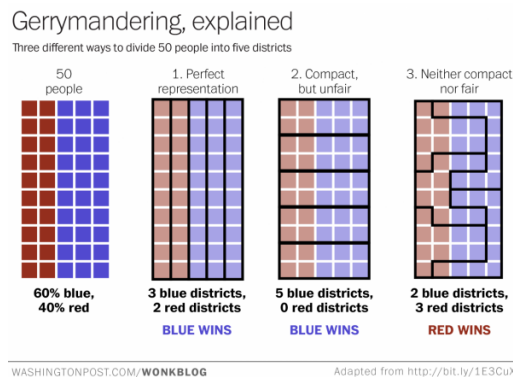
What Can I do?

A Lafayette County citizen, Constance LaBarbera, spoke at the June 9 (2020) meeting of the Lafayette County Board’s Executive, Rules, and Legislation Committee. She asked the Committee to consider passing a resolution requesting the County Board of Supervisors to have an advisory Fair Maps referendum on the ballot in November.

You can call your County Board Supervisor and ask her or him to support the Fair Maps resolution. Individuals will be circulating petitions urging the County Board to have a Fair Maps referendum question on the November ballot. You can sign a petition. You can attend County Board meetings and comment on the Fair Maps resolution.

You may contact me for more information or you can research the topic for yourself. An informed citizenry is the best and only hope for democracy.

Submitted by: **Peg Rasch, Wiota Happy HCE Member
in Support of Community Education
Email: mmmasch@mhtc.net**



INTRODUCTION - Hannah McMunn, Health & Well-Being Educator



Hello! My name is Hannah McMunn and I am the new Health and Well-Being Educator for Extension in Lafayette and Green Counties.

I am originally from Verona, Wisconsin and graduated from Verona Area High School in 2011. I attended the University of Wisconsin-Eau Claire and earned my bachelor’s degree In Education in 2015. The last four years my husband and I have been living in Des Moines, Iowa while we both attended graduate school. I just completed my master’s degree in Public Health in November 2019 and my husband is in his last year of medical school. We are so excited to be back in New Glarus, near our families, as this was always our long-term goal!

Professionally, the last few years I have been working in substance use prevention, and specifically opioid and prescription drug misuse. I also had the opportunity to work part-time at Blank Children’s Hospital in Des Moines in childhood injury prevention. Fun fact, I am a certified child passenger safety technician!

In my free time I enjoy spending time with my husband, Ryan, and our 4-year-old Cockapoo Ruby! We love to hike, camp and garden in the summer. I also enjoy cooking, baking, reading, and crafting.

I am so excited to be in this new role and look forward to meeting you all in person soon.

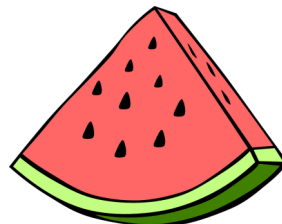
Stay healthy,
Hannah

July-August Word Search (Answers to Word Search on Page 11)

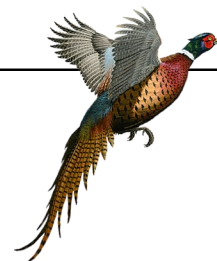
Created by [Puzzlemaker](http://Puzzlemaker.com) at DiscoveryEducation.com

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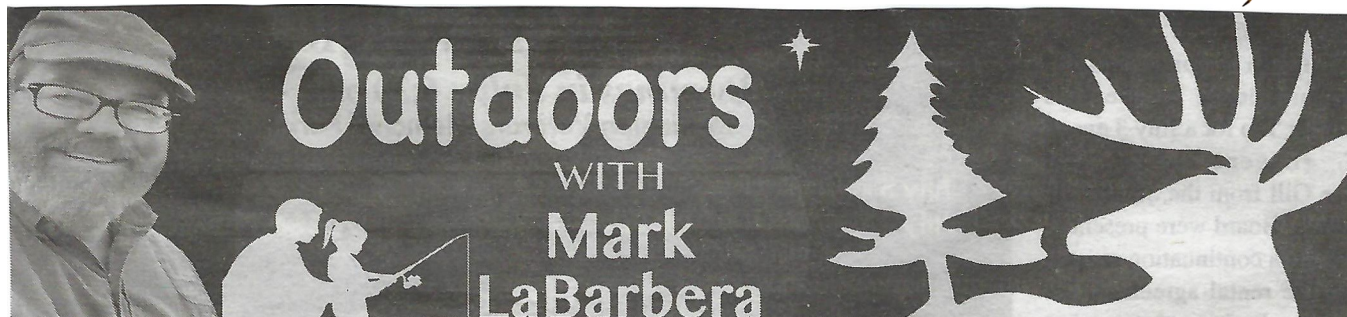
- CAMPFIRE
- CANNING
- FAIR
- FIREWORKS
- FOURTH OF JULY
- HOT
- HUMIDITY
- INDEPENDENCE DAY
- LAKE
- LIGHTNING BUGS
- POOL
- PRESERVES
- REUNIONS
- SPARKLERS
- SUMMER
- SUNSHINE
- SWIMMING
- THUNDERSTORM
- WATER
- WATERMELON



IN THE NEWS



Check out the article below that was published in the Republican Journal newspaper on July 2, 2020. Way to go Owen & Mary Demo (Hill 'N' Dale HCE Club).



CBW SYNDROME FOUND HERE

Fish and wildlife management, and conservation overall, are facing challenges already. Now, there is a new threat amidst the pandemic issues affecting southwest Wisconsin and the world.

CBWS has been discovered in Grant, Lafayette and other counties.

Earlier this month, retired educator Mary Demo of Belmont helped identify one of the worst cases of Conservation Banquet Withdrawal Syndrome.

She found it in her own home. Her husband, Owen, was infected. Since then, she has seen signs that she too may be succumbing to it.

Symptoms include restless legs, a feeling of claustrophobia or being cooped up, and an uncomfortable swelling of the wallet. Mood swings range from helplessness and isolation to a craving for social interaction.

Owen and Mary are among the most notable conservation supporters in the region, if not the country. They are recognized by leading sporting organizations as consistent contributors to habitat and wildlife management programs that raise money that benefits many species.

"I normally attend 41 wildlife banquets a year," says Owen. "I'm a believer in helping wildlife."

As groups cancel fund-raising events, they lose revenue critical to their conservation mission.

"I'm a member of Pheasants Forever, National Wild Turkey Federation, Ducks Unlimited, Ruffed Grouse Society, Whitetails Unlimited and Rocky Mountain Elk Foundation," said Owen, who also attends Friends of NRA, Quality Deer Management Association, and other banquets.

Those banquets have raised millions of dollars during the decades Owen and Mary have joined other local volunteers, donors and outdoor sports enthusiasts at local halls, convention centers and large meeting rooms. Sporting

conservation groups help small businesses and the local economy as well as wildlife conservation and America's outdoor heritage by hosting fund-raisers that usually involve a meal, raffles, auctions and social interaction.

Owen and Mary attend more of these events than anyone I know, and it's not just because they love chicken, pulled pork or prime rib from Poor Man's Catering and others.

They attend because, as Owen said, they are believers in helping wildlife.

They also buy a lot of raffle tickets and bid on silent and live auction items. Every time I visit their Belmont home, Owen shows me the new guns, knives, art and other collectibles he has won since our last get-together. They are a testament to his consistent and long-standing commitment to the cause.

For now, as Owen searches for a CBWS cure and looks forward to a full recovery, his collection will not grow as fast as normal. He did find a few online fund-raisers and did win a 6.5 Creedmoor and another gun, but he says digital or virtual banquets are just not the same fun and interaction as traditional events. Until regular fund-raisers return, he will continue to occupy his time with other activities like yard work, walking the dog multiple times each day or visiting his own conservation property.

"My 235-acre farm is devoted to wildlife and is in woodland and CRP programs," Owen mentioned. Next fall, he'll return to pheasant hunting there when the season opens. His dog, Hunter, loves that time of year.

Pheasants Forever is especially near and dear to the Demo family. The habitat organization helped improve the Demo farm's value to wildlife.

"Pheasants Forever has heightened our devotion to improving our farm by providing

better habitat for pheasants and other wildlife. It is our belief that the pheasant is one of the most beautiful wild birds and that all of us must do what we can to support it."

Owen became one of the early Pheasants Forever Gold Patron members (\$25,000) and a later date Mary became a Gold Patron member (\$25,000). PF CEO Howard Vincent was impressed. But his eyes opened even wider with amazement when Owen announced recently that his dog Hunter would become PF's first canine Gold Patron Member (\$25,000).

Like PF national staff, volunteers at the Southwestern Wisconsin Chapter of PF appreciate the support of Owen and Mary Demo and hundreds of donors and contributors. Leaders of local chapters from all of the conservation groups are hoping for a cure to CBW Syndrome so everyone can get back together to increase funding for wildlife and conservation.



Owen and Mary Demo with Hunter at their farm.

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Word Search on Page 9.

Lafayette County UW-Extension Office

627 Washington Street

Darlington, WI 53530



We're on the WEB!!!

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“HCE - Caring to Make a Difference”

Mission Statement of the Wisconsin Association for Home and Community Education

HCE Offers Opportunities for:

- Learning in a social setting
- Sharing what we learn
- Caring to make a difference in our homes, communities and the world

WAHCE Values

- Families and Communities
- Opportunities for personal growth through learning, sharing and volunteering
- Meeting great people and forming friendships and enjoyment
- Volunteering to make a difference
- Leadership

The Gold Sheet—Lafayette County HCE Newsletter

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