

The Gold Sheet

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



Notes from Marian

Wishing everyone a very Happy New Year and hoping you had a wonderful Christmas Holiday. We went to Shullsburg on Christmas Eve to the Wiegel Family Christmas at the Townsend Center. We had 88 family members attending with a lot of good food and gift exchanging. On Christmas Day, Dick & I hosted the Kelly Family at our house at noon. The highlight of the day was a telephone call from our grandson, Tim Kelly, from Afghanistan. He is doing good, but he said the weather has been cold over there. He won't be home until summer of 2020. On November 10, 2019 we welcomed our third great-granddaughter. Her name is Emily Rose Seman, daughter of Ben and Nicky, granddaughter of Mike & Donna.

On November 3, 2019, Fern King, age 89 of Dodgeville, formerly from Shullsburg passed away. She was a member of the Wardsville Homemakers Club for 39 years. She really enjoyed the Homemakers, also enjoyed cooking, gardening, quilting, crafts, and playing cards. She will be truly missed by our Club.

The County HCE Executive Board held their December meeting at my house on December 5 with a pot luck lunch. Everyone had a great time, good food, and lots of laughs. We voted to donate \$25 to the Clarity Clinic at Platteville. We also discussed the High School Scholarship program and the Programs for Clubs for 2020.

On December 12 the Wardsville Club, along with our husbands, met at Nick's Café in Cuba City for our Christmas lunch at noon. We all had a good time having our picture taken for the 75th Anniversary booklet.

Hope to see everyone soon or sometime in 2020!

- Marian Kelly, LAHCE President

January 2020 — February 2020

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Editor: Lori Crompton,
14021 Dobbs Rd., Darlington, WI 53530
Phone: 608-776-3577 and

The LAHCE Gold Sheet Committee

*This newsletter was mailed on
Monday, January 6 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

January 2020

Lesson—Club Choice

- 1 Courthouse Closed for New Years Holiday
- 2 LAHCE Executive Board Meeting , UW-Extension, 1:30 pm
- 13 **NO** Lunch Bunch in January
- 31 Club Pictures & Short Histories Due to Extension office



February 2020

Lesson in Gold Sheet from State Convention

- 6 LAHCE Executive Board Meeting , UW-Extension, 1:30 pm
- 10 Lunch Bunch, County Board Room, Noon -
- 25 Leader Training - “The Holocaust” - 6:30-7:30 pm, Town Bank, Darlington



March 2020

- 5 LAHCE Executive Board Meeting, UW-Extension Lobby 1:30 p.m.
- 9 Lunch Bunch, County Board Room, Noon -
- 26 Leader Training - “Why is the Pecatonica Flooding” - Town Bank, 6:30-7:30 p.m.



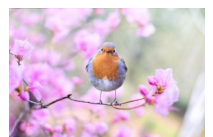
April 2020 - “The Month of the Young Child”

- 2 LAHCE Executive Board Meeting, UW-Extension Lobby 1:30 p.m.
- TBA Spring Fling - IUCC Church - Registration 6:00 p.m.
- 13 Lunch Bunch, County Board Room, Noon - “
- TBA Southwest District HCE Meeting -



May 2019

- 7 LAHCE Executive Board Meeting, UW-Extension Lobby, 1:30 pm
- 11 Lunch Bunch, County Board Room, Noon - “



Food Pantries - Donations Needed



Local food pantries are currently serving more families, but there are fewer donations. Will you check with your area food pantry and see what they need? Then please help fill that need. Perhaps, clubs, you could have a paper shower or something similar for the food pantry that serves your area. The Extension Office has a list of the Lafayette County Food Pantries if you need a contact name and number. Thank you.

Calendar of Events (con't.)

June 2020

- 6 LAHCE Executive Board Meeting, UW-Extension Lobby, 1:30 pm
- 10 Lunch Bunch, County Board Room, Noon - "Home & Personal Safety"



July 2020

- 2 LAHCE Executive Board Meeting, UW-Extension Lobby, 1:30 pm
- 3 Courthouse Closed for Independence Day
- 13 Lunch Bunch, County Board Room, Noon - "
- 15-19 Lafayette County Fair
- 9-10 Grandparents University - UW-Madison - Session I
- 16-17 Grandparents University - UW-Madison - Session II
- 23-24 Grandparents University - UW-Madison - Session III



August 2020

- 6-16 Wisconsin State Fair
- 6 LAHCE Executive Board Meeting, UW-Extension Lobby, 1:30 p.m.
- 10 Lunch Bunch, County Board Room, Noon - "
- 25 Leader Training - "Update on UW-Madison, Division of Extension, Lafayette County"
- 29 Children's Clothing Exchange - Town Bank



September 2020

- 3 LAHCE Executive Board Meeting, UW-Extension Lobby, 1:30 p.m.
- 14 Lunch Bunch, County Board Room, Noon - "
- TBA WAHCE Conference,
- 29 Leader Training - "Craft" - Town Bank , 6:30-7:30 p.m. - 2021 Lesson Planning Immediately Following Leader Training 7:30 p.m.



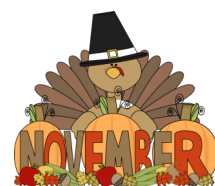
October 2020

- 1 Southwest District Meeting - Lafayette County Hosting
- 12 Lunch Bunch, County Board Room, Noon, "
- TBA Fall Gathering
- 29 Leader Training - "Reiki & Essential Oils" with Nikki Larson - Town Bank, 6:30 p.m.



November 2020

- 5 LAHCE Executive Board Meeting, UW-Extension Lobby, 1:30 p.m.
- 1-7 National HCE Week**
- 11 Courthouse Closed for Veterans Day
- 9 Lunch Bunch, County Board Room, Noon - "
- 26-27 Courthouse Closed for Thanksgiving Holiday



December 2020

- Leaders 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 Holiday
- 31-1 Courthouse Closed for New Years Holiday



Message from your Vice President of LAHCE

Christmas has come and gone although we haven't had our December meeting for our Salty Hollow club. Hopefully we'll find a date early in January.



We had an exciting and emotional time when celebrating our Whalen Christmas. We always celebrate the Saturday after Christmas at my daughter, Terri Baxter's house. Terri has started running the Country Club and is having a hard time getting staff. She organized the first Friday Fish Fry and could find no one to tend bar and had one waitress and a cook. Her three brothers, all out of towners, from Abilene, KS, Arcadia and Green Bay, WI. Two of them had been bar tenders but one other had never served so it was quite interesting. There was a larger crowd than usual and daughter Kathi left her chair and ended up spending the evening serving as waitress in the dining room while the regular waitress served the other rooms. Kathi had been waitress while in high school at the Towne House when Bryson's ran the restaurant. She said it was less stressful now than when she was sixteen.

Then at around two o'clock on Saturday after our Christmas dinner of brisket and cheesy potatoes and all the extras we were visited by a pink fire truck and 4 red trucks from Gratiot, Darlington, Shullsburg and Sauk Valley, IL. The Pink Heals Sauk Valley Chapter sponsors visits to homes of men, women and children who have cancer or other devastating diseases. They (about 16-18 firefighters, two dressed in pink) gave hugs, and gifts and the patient is invited to sign the pink truck. Because it was shortly after Christmas he said they had some kid's presents left so all my great grandchildren under 10 were given gifts also. Lindsay's daughter got a cute pink teddy bear and there were others cuddly animals for the others. Lindsay is my granddaughter battling breast cancer and has completed the many chemo treatments and is awaiting surgery the middle of January. The trucks and fireman were going to another home in the Gratiot area. Many pictures were taken and many hugs were given in the rain. Fireman were from Gratiot, Shullsburg and Darlington and the two in pink were husband and wife from Sauk Valley. Such wonderful, caring people. Lindsay's comment "Fight for Life". The other comment noticeable was from Sister Ellie and she had written "Merry Christmas to all".

We had our December Board meeting at Marian Kelly's for our Christmas potluck. Such good food and she has a beautifully decorated home. I made sure I drove by her house at night as she has some of the most beautiful outdoor decorations in Darlington. Her indoor decorations were very attractive, too.

Hopefully, 2020 will be a great year for everyone. Prayers and good thoughts are my resolution!

- Marilyn Whalen, LAHCE Vice President

Club Secretaries

Club Secretaries: Please remember to send in your 2020 Membership Lists, Club Information for Project Programs sheet, and Affirmative Action Information to the Extension office. **Thank you!**



YES YOU CAN! Cultural Arts

It's that time of year to begin thinking about Cultural Arts entries. Maybe you have never entered an item. This year please think about doing something for the contest in April. It is an opportunity to try a new skill or get out supplies from a hobby that you began years ago. The possibilities are endless!

There are a variety of categories on the Cultural Arts entry form such as Drawing/Painting, Photography, Sewing, Knitting, Crocheting, Hand Stitching, Crafts, Cards, Scrapbooking, Heritage Skills, Quilting, Constructed Original Item, Jewelry, Painted Objects, China Painting, Ceramics, Clay, Poems, Essays, Short Story/Play, and this year's Bonus Category.

Now the problem isn't **IF you will enter the Cultural Arts contest, but WHAT WILL YOU MAKE TO EXHIBIT.** Remember, we have no limit on the number of entries you may bring to the Lafayette County Cultural Arts Contest, but we are limited to the number of items that can be sent on to the State contest.

If you want specifics about a category, the website to visit is: www.wahceinc.org.

Lisa Carpenter, Cultural Arts Chairperson



Education: Programs for Clubs

The lesson trainings for 2020 have changed a little since the November-December 2019 Gold Sheet. Below is the corrected list of lessons.

January - Club Choice

February - Lesson from the State Conference printed in Gold Sheet (page 9)

March - The Holocaust—from the experiences of Dr. Landau, given by Ellie Landau. As a young child during World War II he was imprisoned by the Nazis.

April – Why is the Pecatonica river Flooding so Often? - Joyce Paulson and Stephanie Eastwood have volunteered to do this lesson.

September - U.W. Extension

October - Craft Lesson

November - “Reiki” and Essential Oils - Nikki Larson

December—Club Choice

The training lessons will continue to be held at the Town Bank in Darlington at 6:30 p.m. on the last Tuesday of each month.

- Jeanne Tierney, *Education Coordinator for Club Programs*

REMINDER: Please stop or call the Extension office if you would like Lesson Handouts. The office will mail them to you or you may pick them up at the office. The Lesson Handouts are not automatically mailed because of the cost of postage. Also—individual members—the same goes for you, if you would like any of the Lesson Handouts, contact the Extension office and they may be mailed or picked up.

- UW-Extension, Telephone: (608) 776-4820

Grandparents University®

If you are interested in participating in Grandparents University® in 2020, the following is some information that may be of interest to you. GPU registration begins on January 24, 2020. Be sure to register so that your email can be sent on February 18 at 9:00 a.m.

There are three sessions scheduled:

- Session 1: July 9-10, 2020 (Thursday-Friday)**
- Session 2: July 16-17, 2020 (Thursday-Friday)**
- Session 3: July 23-24, 2020 (Thursday-Friday)**

The following majors are a few that will be offered: **Art, Astronomy, Biotechnology, Computer Science, Digital Storytelling, Engineering, Entomology, Entrepreneurship, French & Italian Studies, Journalism, Kinesiology, Limnology, Maker-based Learning with Textiles, Meat Science, Nursing, Nutritional Science, Plants & People, Plant Science, Renewable Energy Studies, Social Robotics, Veterinary Medicine, Wildlife Ecology.**

Detailed information regarding costs, etc. will be posted on the Grandparents University® Website in February, 2020. The GPU can be found at: www.uwalumni.com/benefits-services/alumni-learning/grandparents-university/.

Scholarships Available for High School Graduates

Scholarship application forms will be sent to all Lafayette County High School Guidance Offices. If you, your child, or grandchild, is interested in a form, please contact the Lafayette County UW-Extension Office 776-4820 or the child may contact their High School Guidance Office.

- LAHCE Scholarship Chairperson

HCE MEMBERSHIP - 2020!

This is the time to pay for your HCE dues. Please send \$10 for your dues to Char Kendall, LAHCE Treasurer, 627 Washington Street, Darlington, WI 53530. Checks should be made payable to: LAHCE (Lafayette County Association for Home & Community Education).

We do get a wonderful education through our HCE membership. We get lessons each month, meet beautiful friends that last a lifetime.

So, if you haven't already sent that \$10, please do so right away. We really want to keep you as our special HCE member.

- Betty Williams, *Membership Chairperson*


Amount: \$10.00

Name _____

Address _____

Please circle one: **Renewal** **New Member**

Mail to: Charlotte Kendall
 LAHCE Treasurer
 627 Washington Street
 Darlington, WI 53530




HCE PICTURES & HISTORY

We are asking each Club or Individual Members to tell about their HCE history and memories. Please take a picture and return it to Betty Williams, 9210 County Road K, Gratiot, WI 53541.

If you have any questions, please call Betty at 776-2948 in the evening.

Please have these to Betty by January 31, 2020.

- Betty Williams, *Membership Chairperson*

November-December Word Search *(Answers to Word Search on Page 9)*

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



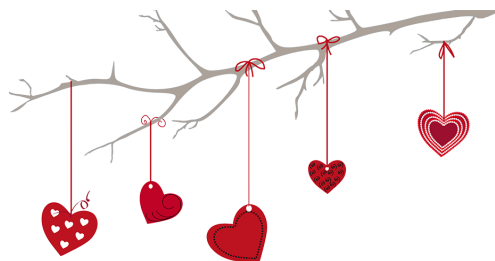
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Candy
 Cards
 Cold
 Epiphany
 Ground Hog Day
 Hearts
 Icy

Lincoln
 Long Nights
 Love
 Midnight
 Mount Vernon
 New Year
 Poems

Presidents' Day
 Resolutions
 Shadow
 Snow
 Springfield
 Valentine's Day
 Washington



EDUCATION: February Club Lesson from HCE State Conference

Meeting the Challenge of Life Changing Events

What are some things that happen to us physically, mentally, and emotionally when we experience a life changing event; sharing some such events and then learning to live positively with that change is the goal. Some days are easier than others.

- I. My Journey of Change
 - A. Different Phases of It
 - B. How My Journey Continues
- II. What Are Some Such Events
 - A. Some such events good/bad
 1. List one or two things
 2. Were they happy or sad events?
 - B. Let's Share—What life changes have you had?
 - C. Can we ever get back to where we were before? Empty-nesters - back to the honeymoon stage maybe?
- III. What Are Some Reactions to Life Changes
 - A. The wall - sometimes when I go to do something, I hit a wall, and I just cannot get it done.
 - B. Calendars - find something to celebrate each month.

Suggestions for Keeping a Positive Attitude

1. Enjoy the simple things - watch the sunset; smell the flowers.
2. Laugh often, hard and long.
3. Tears happen. Endure, grieve and move on.
4. Surround yourself with what you love. Whether it is family, pets, garden, music, keepsakes, etc. Your home is your refuge.
5. Cherish your faith. It will sustain you.
6. Cherish your health! If it is good preserve it. If it is unstable improve it.
7. Do not take guilt trips. Take a trip to a mall. Take a trip to the next county. Take a trip to a foreign country, but not where the guilt is.
8. Surround yourself with cheerful friends.
9. Keep learning. Stay interested.
10. Tell those you love that you love them.

Do More Than Exist - Live!

Life is a journey, so . . .

- * Wake up to soft music
- * Don't hurry all of the time
- * Think about positive things
- * Eat a healthy breakfast
- * Remember to smile and laugh
- * Each day, find a positive thing about someone else and tell them
- * Try not to take things too seriously
- * Accept things over which you have no control
- * Take time to reward yourself
- * Expect the best of people. Just because it isn't my way, does not mean it is wrong
- * People are what matters
- * Folks are generally about as happy as they make up their minds to be
- * You cannot control the wind, but you can adjust the sails
- * In this life, you are music or noise
- *

**Reset your perspectives: FAKE IT 'TILL YOU MAKE IT.
IF IT ISN'T FUN, THEY WON'T COME!
IF IT DOESN'T WORK, CHANGE IT!**

Each of us was born with seven talents. It just takes some of us longer to find them all. Some of us die, never having found them all because we are afraid of failure.



LAHCE EXECUTIVE BOARD MEETING
EXTENSION LOBBY, COURTHOUSE, Darlington, WI
Thursday, October 3, 2019 - 1:30 p.m.



The meeting was called to order by President Marian Kelly with all reciting the Homemaker's Creed. Roll Call was taken by telling of your favorite Halloween memories or activities. Those present were Virginia Douglas, Marian Kelly, Barb Meyer, and Betty Williams. The minutes of the Sept. meeting were approved as printed except that Betty informed us that the membership was 107, not 106.

No treasurer's report was available. A donation was given in memory of John Meyer, a former board member, who died in May.

Marian showed us some papers from the state office, some of which need to be filled out.

Committee Reports:

Wisconsin Bookworms: Betty reported that Judy Andrews is now a reader. There are five readers and twelve kids in the Shullsburg/Benton group.

Cultural Arts: Nearly all of the entries from our county received a first rating at state. One got a second rating.

Lunch Bunch: Virginia reported that the next session will be on dementia, given by Dana Harcus of the ADRC staff.

Membership: Unchanged, at 107.

Programs for Clubs: Oct. 29 training at 6:30 - 7:30 will be given by Kate Bausch at her shop off Main St. by the Driver Opera House.

Old Business:

State Convention: No one from Lafayette County attended.

Fall District Meeting: It was held in the new County Offices Building in Monroe on 9/25/19, hosted by Green County HCE. The four present at this meeting attended, so no report was needed today.

New Business:

Fall Gathering: It will be in the afternoon on 10/24/19 at Town Bank, according to Marion Stanton of Share & Care HCE. Her club will plan and host it.

Announcements/Reminders:

Lunch Bunch - Oct. 14. See above report.

Gold Sheet articles due Oct. 25th for Nov./Dec. issue

Leader Training: See Programs for Clubs above.

Next HCE Board Meeting - November 7, 2019, 1:30 PM.

Betty moved and Virginia seconded the motion to adjourn. Motion passed. Meeting adjourned with the Prayer Creed at 2:35.

Respectfully submitted,
Barbara Meyer, Secretary



**LAHCE EXECUTIVE BOARD MEETING
EXTENSION LOBBY, COURTHOUSE, Darlington, WI
Thursday, November 7, 2019 - 1:30 p.m.**



The meeting was called to order by President Marian Kelly, with everyone reciting the Homemaker's Creed. Roll call was taken by naming something we make for Thanksgiving dinner that is unique. Those present were Lisa Carpenter, Mary Demo, Virginia Douglas, Marilyn Johns, Marian Kelly, Char Kendall, Barb Meyer, and Betty Williams.

The minutes of the October meeting were approved as printed. Char read the treasurer's report. Motion to accept was made by Barb with a second by Mary. Motion passed. The report will be filed for audit.

Committee Reports:

Wisconsin Bookworms: Betty reported that it is going well.

Lunch Bunch: Virginia reported that we will have a potluck lunch and plan for 2020 on December 9 at the Extension Office.

Membership: Betty said we have 107 members at this time.

Old Business:

Favorable comments were made about the Fall District Meeting, held on 9/25 at Monroe, and Fall Gathering on 10/24 at Town Bank.

Executive Board office positions: No changes were made except that Marilyn Johns will now be the Center Chair for the Shullsburg Center.

Lessons for 2020- The list is in the Gold Sheet.

New Business

Our December meeting will begin with a potluck lunch and will be held at Marian's home, beginning at 12:00 noon on Dec. 5.

Fall District Meeting for next year: Lafayette County will host this on 10/1/20.

Gold Sheet Timeliness: It was decided that items people need to know about should be put into the Gold Sheet immediately rather than waiting for the following issue, after the next meeting has been held.

Announcements:

Lunch Bunch will be Nov. 18. This is a change of date. Sam Duller, Lafayette County Veterans Service Officer will speak on services available to veterans.

Gold Sheet articles due Dec. 25th for the January/February, 2020 issue.

Next HCE Board Meeting: See first item under New Business, above. Marian lives at 604 Ohio St., on the corner of Catherine and Ohio Streets in Darlington. The house is a brick house with an open front porch.

Each club is to deliver a photo of its members to the Ext. office for a booklet that will be compiled.

Barb moved to adjourn. Marilyn seconded the motion and it passed. We adjourned at 3:05 with all reciting the Prayer Creed.

Respectfully submitted,
Barbara Meyer, Secretary



LAHCE FALL GATHERING
Town Bank, Darlington, WI
Thursday, October 24, 2019 - 6:00 p.m.



Registration began at 6:00 p.m. Our President Marian Kelly welcomed everyone and gave the blessing. We had a wonderful soup and sandwich supper with cookies and dessert, served by our Share & Care HCE friends. President Kelly opened our business meeting with everyone reciting the Pledge of Allegiance, followed by the Homemakers Pledge.

We received the Secretary's report of the Spring Fling on April 4, 2019. It was accepted as printed, after a motion by Mary Demo, second by Daphne Milestone it passed. Roll call was taken by Betty Williams, in the absence of our secretary, Barbara Meyer. Hill 'n' Dale 2; Red Rock 7; Salty Hollow 4; Twilight 1; Wardsville 1; Whirlybirds 2; and 1 individual member for a total of 19.

The Treasurer's report was given by our Treasurer, Char Kendall, and filed for audit after a motion by Marilyn Whalen, second by Marilyn Johns and passed.

The week of November 3-9 is HCE week. We will have the window at Whalen Chiropractic, 210 Main Street decorated. Thanks to Marilyn Whalen and Marian Kelly.

Our craft leaders will be going to the Happy Palette with Kate Bausch, to make a Christmas Ornament on Tuesday, October 29 at 6:30 pm. Membership Co-Chair, Betty Williams, said we have 107 paid members. Membership Co-Chair, Judy Hastie, showed a tri-fold to be used for new members. We are all invited to "Each One Reach One" to bring new members to our meetings.

Our State HCE Conference was held in September at Manitowoc. None of our members were able to attend, but Donna Cockcroft of Green County took our Cultural Arts projects to the State and brought them back to us. Thank you to Donna! You are an angel! I think they all did very well. Thank you to each of you for sharing your talents with us.

We asked for new people to take an office. Marilyn Johns will be the Center Chair for the Shullsburg Center. Judy Andrews will be taking over the Children's Clothing Exchange. Barb Meyer will assist her for this first year.

Our great Secretary at the Extension office, Lisa Carpenter, passed out the Club packets for 2020. Please be sure to fill them in and return to the office for your club.

In the absence of our Program Planner, Jeanne Tierney, we discussed the training lessons, that were suggested for the year of 2020. Nothing is definite until we get speakers for each class. Tri-folds will be available on or around January 1.

Our 75th Anniversary was a beautiful display of items from the past, and a wonderful program and a delicious old time tea, held at the Town Bank meeting room. Judy Hastie had invited all the HCE Clubs in the County to come and bring HCE items to the Historical Society Museum, for the month of September. Betty Gleason gave a delightful talk of her time as our Advisor. We sang songs, Mairzy Doats – that was popular in 1944 and Gold Bless America, with Mary Demo. We had the History of Extension Homemakers/Home and Community Education through the years since 1944 given by Judy Hastie and Betty Williams. Mary Demo read a story by Maribelle Hillery, written years ago. Judy Andrews read a story of "A Day in the Life of a Homemaker in 1944." Our MC was our Vice President Marilyn Whalen. She asked each one to give favorite memories. Just about everyone said the wonderful friendships they have made through the years, and the lessons we have learned.

Our Southwestern District Meeting was held in Monroe and hosted by the Green County HCE. We had Beth Campbell tell about her prize winning pies, and Beth Zurbuchen telling about the Swiss Center in New Glarus. We had a delicious lunch of Swiss Steak and all the trimmings. The door prizes were pie plates from a special member. Lafayette County HCE came home with 4 door prizes. Lafayette County will be hostess in the Fall of 2020.

Be sure and tell others how much you enjoy your HCE meetings and "Each One Bring One!" Thank you to the Share & Care Club for all the planning, decorations, delicious food, and for the beautiful door prizes. Everyone got a door prize. It was a great night.

Respectfully submitted,
 Betty Williams, Acting Secretary

These minutes are subject to approval at Spring Fling 2020.

Lafayette County UW-Extension Office
627 Washington Street
Darlington, WI 53530



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<https://lafayette.extension.wisc.edu>

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The Gold Sheet—Lafayette County HCE Newsletter

UNIVERSITY OF WISCONSIN EXTENSION

627 Washington Street
Darlington, WI 53530
608-776-4820
608-776-4858 (fax)
www.lafayette.uwex.edu

LAFAYETTE COUNTY HCE EXECUTIVE OFFICERS

President: Marian Kelly
Vice-President: Marilyn Whalen
Secretary: Barb Meyer
Treasurer: Charlotte Kendall

Lafayette County University of Wisconsin Extension Office Staff:

VACANT, Health & Well-Being Educator,
Lori Wick, 4-H & Youth Development Educator, lori.wick@wisc.edu
Josh Kamps, Agriculture Educator, joshua.kamps@wisc.edu
Donna Peterson, FoodWise Educator & Coordinator, donna.peterson@wisc.edu
Lisa Carpenter, Secretary/Support Staff, lisa.carpenter@wisc.edu