

# The Gold Sheet

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



## Notes from Marian

Happy New Year to everyone. Sure hope you had a wonderful holiday season. Christmas was really different this year. No big parties with the Wiegel's or the Kelly's. We celebrated with each of our kids separately. Went to Doug & Sheila's on the Saturday before Christmas. Rod & Diana's on Christmas Eve Day and Dan & April's family came to our house on the Sunday after Christmas. Dennis & Becky, Kent & Dorothy, and Dale & Jennifer preferred to just deliver gifts. We have one more party on January 10 with Mike & Donna's family. We will also celebrate Donna's birthday.

About 25 members of the Wiegel family came to our front yard and sang Christmas Carols on Sunday, December 20. What a wonderful surprise and they sounded really, really good.

The County Extension office has moved to its new location on Ervin Johnson Drive, but it is not open to the public, so all meetings and activities are still cancelled until further notice. Let us hope that 2021 will be a better year, and that we can all get the COVID-19 Vaccine shot.

Happy Valentine's Day on February 14. Take care and stay healthy and happy.

- Marian Kelly, LAHCE President



**January 2021 —  
February 2021**

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The LAHCE Gold Sheet Committee

*This newsletter was mailed on  
Monday, January 25, 2021*



## 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



### Calendar of Events

**January 2021**

Lesson—Club Choice

1 *Courthouse Closed for New Years Holiday*



**February 2021**

Lesson

2 Ground Hog Day



14 Valentines Day

**March 2021**

17 LAHCE Executive Board Meeting, UW-Extension Lobby 1:30 p.m.

8 International Women’s Day



14 Day Light Savings Begins

15 *The Ides of March:* is the 74th day in the Roman calendar. It was marked by several religious observances and was notable for the Romans as a deadline for settling debts.

20 Spring Begins

28 Palm Sunday

**April 2021 - “The Month of the Young Child”**

2 *Courthouse Closed for Good Friday*

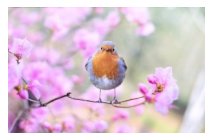
4 Easter Sunday

TBD Spring Fling -

15 HCE Scholarship Applications Due

22 Earth Day

TBD Southwest District HCE Meeting -



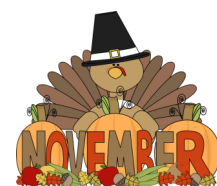
### Food Pantries - Donations Needed

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.)

<b>May 2021</b>	1	May Day
	9	Mother's Day
	31	Memorial Day Observed - Courthouse Closed
<b>June 2021</b>	3	LAHCE Executive Board Meeting, UW-Extension, 1:30 pm
	14	Lunch Bunch, County Board Room, Noon
	14	Flag Day
	20	Father's Day
	21	First Day of Summer
<b>July 2021</b>	1	LAHCE Executive Board Meeting, UW-Extension, 1:30 pm
	4	Independence Day - <i>4th of July Celebration</i>
	5	Courthouse Closed for Independence Day
	12	Lunch Bunch, County Board Room, Noon
	14-18	Lafayette County Fair
<b>August 2021</b>	5-15	Wisconsin State Fair
	5	LAHCE Executive Board Meeting, UW-Extension, 1:30 p.m.
	9	Lunch Bunch, County Board Room, Noon
	28	Children's Clothing Exchange - Town Bank
	31	Leader Training -
<b>September 2021</b>	2	LAHCE Executive Board Meeting, UW-Extension, 1:30 p.m.
	6	Labor Day - Courthouse Closed
	13	Lunch Bunch, County Board Room, Noon
	20-22	WAHCE Conference, Stevens Point
	28	Leader Training - Town Bank , 6:30-7:30 p.m. - 2021 Lesson Planning Immediately Following Leader Training 7:30 p.m.
<b>October 2021</b>	7	LAHCE Executive Board Meeting, UW-Extension, 1:30 p.m.
	TBD	Southwest District Meeting - Lafayette County Hosting
	11	Lunch Bunch, County Board Room, Noon
	TBD	Fall Gathering
	26	Leader Training - Town Bank, 6:30 p.m.
	31	Happy Halloween
<b>November 2021</b>	4	LAHCE Executive Board Meeting, UW-Extension, 1:30 p.m.
	<b>7-13</b>	<b>National HCE Week</b>
	8	Lunch Bunch, County Board Room, Noon
	11	<i>Courthouse Closed for Veterans Day</i>
	25-26	<i>Courthouse Closed for Thanksgiving Holiday</i>
<b>December 2021</b>		<i>Leaders Training - Club Choice</i>
	2	LAHCE Executive Board Meeting - Potluck
	13	Lunch Bunch, UW-Extension Lobby, Planning for 2021 & Potluck
	24 & 27	<i>Courthouse Closed for Christmas Holiday</i>
	31 & 3	<i>Courthouse Closed for New Years Holiday</i>



## Message from your Vice President of LAHCE

When I was young I always thought I wanted to live in a city. My mother's sister lived in Madison and I would spend some time helping babysit and really enjoying living there. Then I fell in love with a man who was a farmer and wanted that to be his career so I had to change my mind. Now I'm feeling very happy that that's where I ended up. It's much easier to do social distancing where there's not so many people and even grocery shopping and other types of essential things are easier in Lafayette county. What would have happened if this pandemic had started before we had so much technology?



Have you ever seen such beautiful days as the last few when the frost was on the trees? And everywhere else, too? I walked to work and was able to see how beautiful it was along the river.

I have been working at the chiropractor's office but just go when there are patient's scheduled. The one good thing is I have to do more walking as some days I walk to and from three or four times and I found each way takes between 600 or 700 steps. I can't believe how much rosier life is if I get outside more.

I plan on leaving my snowman collection out until spring but I will have to take down the Santa's, Christmas trees and the nativity. This year I put every decoration I've ever had up some place or other. I thought maybe I would be better organized when I pack things away. The only good thing about the way it was-there were surprises in every tote! I think I must have taken certain things down so there were all sorts of things in the same tote. My outside lights were quite a problem this year with all the wind and ice. They fell down twice and I've never had that happen before. I did have a variety of lights, all different lengths and some of the bulbs from the first years I put them up (1995), were actually a different color of clear.

They were almost antique clear, sort of a bronzed color. Next year will be a better year!

Here's hoping we'll be able to start meetings again soon and life will maybe be more normal.

- Marilyn Whalen, *LAHCE Vice President*

## LAFAYETTE COUNTY UW-EXTENSION OFFICE IS RELOCATED

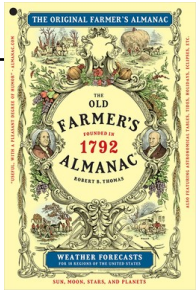
The Lafayette County UW-Extension office has moved to the USDA Service Center. This office is located in the same building with the Lafayette County Land Conservation Office and the Lafayette County Planning & Zoning Office. The physical address of the new office location will be: **1900 Ervin Johnson Drive, Darlington, WI 53530**. Our telephone number will remain the same: (608) 776-4820, but is not operational at this time. If you need to contact the Office,



please call Lisa's cell phone at (608) 482-3623. If you need to drop something off for the Office, our tan "mail" box is right outside the east door. Our "new" building is not open to the public yet, but we are hoping it will be soon.

Please feel free to reach out to our office if you have any questions on this new location.

## EDUCATION: Home Remedies from the Old Farmer's Almanac



### Natural Sore Throat Remedies

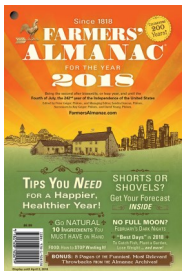
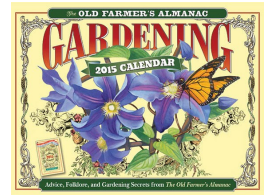
1. Gargle With Salt Water. The salt helps to reduce swelling. Combine 1 cup of warm water with 1 teaspoon of salt and stir. Gargle with for 30 seconds, once per hour
2. Gargle with Cool Sage Tea. Mix 1 teaspoon of sage in 1 cup of boiling water for 10 minutes, then strain and gargle.
3. Drink Lemon Water. Lemon contains vitamin C, it also increases the amount of saliva to keep your mucous membranes moist and soothe your sore throat. Take 1 tablespoon of lemon juice followed immediately by a tablespoon of honey just before bed
4. Sip Apple Cider Vinegar with Honey. To relieve throat pain, mix 1 tablespoon of cider vinegar and 1 tablespoon of honey in a cup of warm water

### Uses for coffee for Health and Home

1. Use coffee in the garden. Add to your compost pile; once your compost has decomposed, add to your soil to help plants grow!
2. Exfoliate and tone skin with coffee. Simply rub a handful of spent coffee grounds over your body or face. Add a bit of olive oil to the grounds for a smoother finish.
3. Give hair shine. Rub coffee grounds through damp hair after shampooing, or add a few grounds to your hair conditioner, then rinse.
4. Give fabrics an antique look. "Age" white or off-white natural fabrics with a coffee dye bath. Coffee always gives a soft, tan shade, never a deep brown.
5. Deodorize closets, car interiors, fridge, and microwave. To remove stale or musty odors, fill an empty butter tub with coffee grounds, punch holes in the cover, and set the tub in your closet, car, or fridge. Or, tie up a cup of fresh coffee grounds in a pantyhose leg and hang on a hook in a closet or pantry.
6. Hide scratches in dark wooden furniture. Use a cotton swab dipped in strong black coffee to swab small scratches in dark-stains wood. For larger areas, make a paste of finely ground fresh beans, or instant coffee and a little hot brewed coffee, brush post over area, let dry, brush off excess.
7. Remove stubborn stains. Use a wet coffee filter and a few spent grounds to scrub the stains from ceramic coffee or tea cups.

### The Many Household Uses For Vinegar

1. Coffeepot: Bring a solution of 1 cup of vinegar and 4 tablespoons baking soda to a boil in teapots and coffeepots to rid them of mineral deposits. To clean drip coffeemakers, fill the reservoir with white vinegar and run it through a brewing cycle. Rinse thoroughly by brewing two cycles with water before using.
2. Dishwater: Use as a rinsing agent to get your glasses and plates clean. Once, a year, pour a cup of white vinegar into an empty dishwasher, then run it for a short cycle to get rid of the lime and soap buildup.
3. Shower Curtain: Use a sponge dampened with vinegar to clean shower curtains
4. Toilet Bowl: Clean and deodorize your toilet by pouring undiluted white vinegar into it. Let stand for five minutes, then flush.
5. Windows: Clean with a cloth dipped in a solution of one part white vinegar and 10 parts warm water
6. Clothes Odors: To remove smoke odors on clothes, hang them above a steaming bathtub filled with hot water and a cup of white vinegar



### Car Care

1. Remove bumper Stickers: Paint on vinegar and let it soak in. Next, scrape off the stickers. Decals can be removed the same way.
2. Wipe down windows with diluted vinegar in winter to keep them frost-free.

**Chapped Lips:** Plain honey is an excellent remedy for chapped lips. Leave on overnight.

**Dry, Itchy Skin:** Apply a thin coat of olive oil immediately after showering or bathing. Also try a soothing oatmeal bath.

Do **NOT** use vinegar: On granite or marble counter tops; on unsealed grout; on wood surfaces, hardwood floors or non-wax vinyl floors. **Never** use vinegar on your cell phone or computer screen!

BOYS TOWN sent this **Book Of Home Remedies** *The Old Farmer's Almanac* to me. *It came with the guidance that this is "no substitute for medical advice. You should use your own research and consult with experts."*

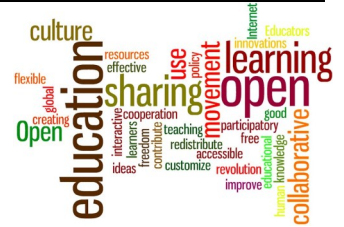
*I hope that you enjoy browsing through these tips. Happy 2021 to you and your family!*

- Jeanne Tierney, Education Coordinator for Clubs Programs

## Education: Programs for Clubs

The lesson trainings for 2021 are currently on hold until further notice.

- Jeanne Tierney, *Education Coordinator for Club Programs*



## Grandparents University® 2021 - WILL BE VIRTUAL!

Grandparents University® (GPU) offers a unique opportunity for the young and young-at-heart to share in a love of learning. It's a chance to create wonderful memories, strengthen connections, and enjoy hands-on activities in "majors" led by top UW faculty and staff.

The program will take place from Monday, July 5—Friday, July 9. We are working to create a positive virtual experience for everyone with both "live" and "pre-recorded" activities. Participants will have the opportunity to explore many different majors and activities. Registration will open in late March. Everyone on the GPU mailing list who is also a Wisconsin Alumni Association member or recognized in Van Hise Society, Bascom Hill Society, or 1848 Society will receive an email in mid-March inviting them to register for the program.



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.**

Check back in a few weeks for an update on registration details and a list of confirmed majors and activities!

<https://www.uwalumni.com/resources-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

## WAHCE and LAHCE BOARDS - Officers Needed

If you would like to take on more of a leadership role, both the State and County HCE Boards are looking for new officers. Several different officers are open - surely one of the offices would fit you!

For State offices please see the qualifications listed in the By-laws that are posted on the WAHCE website under "Other." <https://wahceinc.org/wahce-by-laws/>

For County offices, please contact either Betty Williams, Membership Chair, or Marian Kelly, President.





## Extension

UNIVERSITY OF WISCONSIN-MADISON  
LAFAYETTE COUNTY

# Staying at Home...Reducing Sitting Time

Sitting too much is bad for your health, yet many of us do it. Studies have linked inactivity with obesity, type 2 diabetes, some types of cancer – even early death. Reducing your sitting time can improve your strength and balance while reducing your risk for chronic diseases. Here are some ways to challenge yourself to stand more and decrease your time on the couch:



**Stand Up During the Commercials.** It's easy to find yourself glued to the TV for hours at a time. So make a new rule for yourself: stand up during the commercials. Or go one better, walk around the house during commercial breaks.



**Move the Remote.** Instead of having the TV remote control right next to you, move it across the room. Inconvenient? Yes. But, that's the point. It forces you to get up every time you want to change the channel.



**Take Up a Hobby that Involves Standing.** Make old and new hobbies part of your day. Cooking, woodworking, gardening, exercising and others are fun, purposeful, and help increase your standing time.



**Connecting with Friends and Family by Phone? Stand While Talking.** Decide to stand up whenever you are talking on the phone. You may even opt to move the phone to a location that requires you to get up to answer it.



**Spread Household Chores Throughout Your Day.** It may be more efficient, but doing all your chores at once can give you longer periods of idle time later to be sitting. Scheduling your jobs for different times of the day can result in less time sitting and more total time standing.



## EXTENSION HELPS OLDER ADULTS MASTER AGING

Consider joining the fun and innovative upcoming Aging Mastery Program® (AMP)! AMP empowers participants to embrace their gift of longevity by spending more time each day doing things that are good for themselves and for others. The program encourages mastery—developing sustainable behaviors across many dimensions that lead to improved health, stronger economic security, enhanced well-being, and increased societal participation.

Using the program developed by the National Council on Aging (NCOA), educators from the UW-Madison Division of Extension will be offering this ten-session health and wellness program to older adults to help them build their own playbook for aging well.

### Class topics include:

- Navigating Longer Lives
- Exercise
- Sleep
- Healthy Eating & Hydration
- Financial Fitness
- Medication Management
- Advance Planning
- Healthy Relationships
- Falls Prevention
- Community Engagement

**Aging well means caring for the whole you.** Join us online for our upcoming, free Aging Mastery classes.



The ten-class series will be held over five weeks:

**Tuesdays and Thursdays, February 16<sup>th</sup> through March 18<sup>th</sup>, 11:00am-noon**

You can attend these FREE classes from the comfort of your home, wherever you are, as the class will be offered via Zoom, and participants will be able to connect via computer or dial in by phone.

If you are interested in learning more about the program, or to register, contact one of the facilitators below:

Hannah McMunn, [hannah.mcmunn@wisc.edu](mailto:hannah.mcmunn@wisc.edu), 608-294-8460  
 Ruth Schriefer, [ruth.schriefer@wisc.edu](mailto:ruth.schriefer@wisc.edu)



# January-February Word Search (Answers to Puzzles on Page 10)

Created by [Puzzlemaker](#) at [DiscoveryEducation.com](#)



- Basketball
- Beginnings
- Candy
- Cards
- Cold
- Epiphany
- Ground Hog Day
- Hearts
- Icy
- Cupid
- Inauguration
- Lincoln
- Long Nights
- Love
- Midnight
- Mount Vernon
- New Year
- Poems
- Superbowl
- Presidents' Day
- Resolutions
- Shadow
- Springfield
- Valentine's Day
- Washington

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



## Cryptogram

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
19																		24	6					13	

S A A Y  
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 Y A A Y , A T Y , A  
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 S S Y A ! T A  
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 A T Y A !  
 25 21 22 19 6 13 22 19 21



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## HCE MEMBERSHIP - 2021!

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This is the time of year that we typically are collecting the last of the HCE dues for the new year. In this current time of “nothing seems normal” we will be discussing this at our next Executive Board meeting—when we can get together, safely. We do get a wonderful education through our HCE membership. We get lessons each month and meet beautiful friends that last a lifetime.

Our website: [www.wahceinc.org](http://www.wahceinc.org) is a wealth of information where all members can access to use in sharing our organization with potential members. If you talk to a potential member, please share this information with them.

The goal of our membership year is to gain **TWO** new members per county. Below are a couple of suggestions to promote our great organization:

- ◆ New Clubs that share a common interest, are encouraged.
- ◆ Ways to market WAHCE best, is to be in the moment - wear some HCE clothing, talk about a meeting or program.
- ◆ Have some fun at your meetings, and events you sponsor; play a game, share a question, make something simple.

Stay well everyone!

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### January-February - Puzzle Answers (puzzles on page 9)

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Wishing each and every one of you a happy, healthy, and prosperous New Year! To a great year!



## Extension

UNIVERSITY OF WISCONSIN-MADISON

### **Guidelines on the Educational Roles of Extension with Wisconsin Association for Home and Community Education (WAHCE)**

Approved November 7, 2019 by the Division of Extension Leadership Team

This document has been reviewed and endorsed by the State WAHCE Executive Board

#### **Introduction**

The Wisconsin Association for Home and Community Education (WAHCE) has been affiliated with Extension since 1940. WAHCE became a separate incorporated tax-exempt organization in 1984 <https://wahceinc.org/>.

WAHCE is a nonprofit educational organization comprised of member associations in 48 Wisconsin counties. Oversight for WAHCE is provided by State WAHCE Executive Board. The WAHCE mission/vision is to offer opportunities for learning in a social setting, sharing what is learned and caring to make a difference in homes, communities and the world. WAHCE members volunteer their time, energy, and financial resources in support of WAHCE programs and initiatives. WAHCE is responsible for its membership, community service programs, and educational projects. As separate and independent organization from UW Madison-Division of Extension, WAHCE members who volunteer on behalf of the WAHCE (club, county or state level) organization are not UW Madison Division of Extension volunteers.

UW-Madison-Division of Extension values the mission and contribution of WAHCE to their communities and the state and would like to ensure an effective working relationship in line with the mission of the University of Wisconsin and the role of Extension Educators. This document serves as a guide to the county and state relationships between WAHCE and the Division of Extension.

#### **Statewide Educational Role**

UW-Madison-Division of Extension educators, specialists and administrators work with a variety of organizations, institutions, agencies and elected bodies to develop educational programs and provide professional expertise based on the research and knowledge foundation base of the University of Wisconsin. This can be seen throughout county, state and national levels.

UW Madison-Division of Extension provides statewide leadership to promote education, resources and partnerships that empower and create an environment where families and communities can thrive. Programs respond to community needs with research or evidence-based education and partnerships that support Wisconsin families and communities. The Extension Institute for Human Development and Relationships serves as the point of connection between educational content within the Division of Extension.

## **The Role of Extension Educators and Program Coordinators with WAHCE**

The role of all extension educators and program coordinators working in county and regional settings is education.

Extension educators and program coordinators teach, learn, lead and serve – connecting the people of our state with the University of Wisconsin, and engaging them in transforming lives and communities. The educational purpose is accomplished in many ways- through seminars, workshops, information meetings, tours, demonstrations, exhibits, field studies, teleconferencing, Facebook, Twitter, websites, publications, and the mass media, both public and commercial.

We expect county extension educators and program coordinators to focus on educational roles consistent with their position descriptions, when working with WAHCE.

In alignment with this expectation, examples of appropriate Extension education roles include:

- Provide information about current county needs.
- Connect WAHCE to local educational resources and/or UW Madison-Division of Extension programs/speakers for educational programs.
- Teach or facilitate educational programs at the county, district or state levels using research-based subject matter.
- Serve as a resource for educational program evaluation.

Administration or organizational roles in connection with WAHCE are not appropriate for county extension educators or program coordinators. Examples of such inappropriate roles include:

- Recruiting and managing WAHCE volunteers for WAHCE events, other than to support the educational presence.
- Booking, contracting, setting up, and/or coordinating WAHCE events.
- Fundraising Specific questions regarding roles or responsibilities (what may or may not be appropriate with WAHCE) should be discussed between Extension Educator/Program Coordinator, Extension administration and WAHCE.

## **Relationships with the County Office**

County-based WAHCE associations are just one of many potential non-profit, educational and charitable organizations that may request or utilize resources through the UW Madison-Division of Extension county office.

County UW Madison-Division of Extension Office staffing and budgets impact the support an office can provide for these types of organizations. Examples of support that may be available include use of meeting space, storage, and assistance from a local point of contact. Please note that access to resources is county-dependent and may or may not be available for public use. Each county WAHCE Executive Board should work with the UW Madison-Division of Extension Area Extension Director (AED) to clarify local UW Madison-Division of Extension Office resources available to HCE. Area Extension Director Directory link for contact is <https://people.extension.wisc.edu/leadership/>



Wisconsin Association for Home and Community Education, Inc.

## HCE Healthy Lifestyle Survey

Get moving and eat healthy with HCE members across Wisconsin. Please reply to this four-question survey about maintaining your healthy lifestyle for thirteen weeks, between February 15 and May 8, 2021.

**Name (optional)** \_\_\_\_\_

**County** \_\_\_\_\_, **Wisconsin**

**1. Which activities do you usually participate in weekly? Check all that apply.**

- walking     hiking     running     dancing     bowling  
 biking     spinning     yoga     swimming     Tai Chi  
 Strong Bones or other exercise class     exercise DVD  
 Other (please list) \_\_\_\_\_

**2. How many times a week are you usually active for ½ hour or more?**

- 5 or more     3 or 4     1 or 2     zero

**3. How many ½ cup servings of fruits & vegetables do you usually eat daily?**

- 8 or more     5 - 7     1 - 4     zero

**4. How much of your diet is raised, grown or made within 100 miles of you?**

- Most     About half     Some     Very little     Unsure

Questions? Email Lynn at [nicfoundation.lynn@gmail.com](mailto:nicfoundation.lynn@gmail.com) or phone 715.823.4829

Return your completed forms to your County Coordinator, or email or postal mail individual surveys by June 15, 2021.

**Send results to:** Vice President of Family and Community Life  
 Lynn Marcks  
 N2837 County Road Y  
 Clintonville, WI 54929

Updated 1/1/2020

# Directions for IMPACT OF HCE Member Contribution Report

Please use the Member Contribution Report table to keep track of your HCE contributions to your community. Just record your hours at HCE events, fundraising for HCE, community outreach/volunteering, and the value of donations to HCE each month of the year, June through May.

Then total each month and the entire year within the four categories.

Send the completed form to LAHCE, 1900 Ervin Johnson Drive—#3, Darlington, WI 53530 or email it to lisa.carpenter@wisc.edu, before June 10, 2021. The total hours and dollars for the year will be submitted for the entire County.

**HCE MEMBER CONTRIBUTION REPORT FOR JUNE 2020 THRU MAY 2021** (See reverse side for directions)

Club member's Name:

County:

Club:

Event: Time spent in hours	June	July	August	Sept.	Oct.	Nov.	Dec.	Jan.	Feb.	March	April	May	Total Hours
County HCE Executive Board Meetings													
County HCE Spring Event													
County HCE Fall Event													
County HCE Educational Sessions													
HCE Club Meetings													
HCE District Meetings													
HCE State Meetings													
Event: Total Hours													
<b>Fundraising Activities: Time spent</b>													
<b>Fundraising Activities Total Hours</b>													
<b>Community Outreach: Time Spent</b>													
Wisconsin Bookworms Reading Program													
<b>Community Outreach Total Hours</b>													
<b>Donations: Estimated \$ value</b>													
<b>Donations: Total Estimated \$ Value</b>													

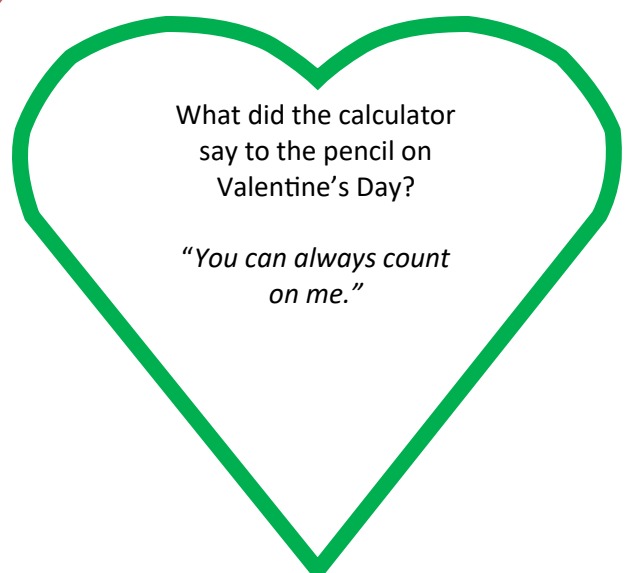
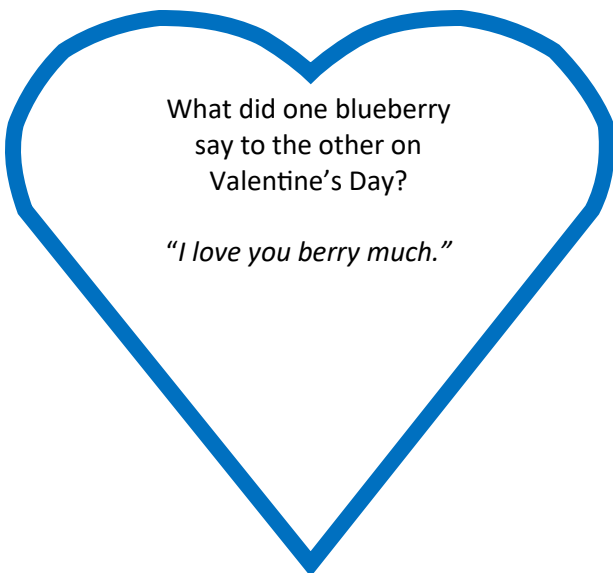
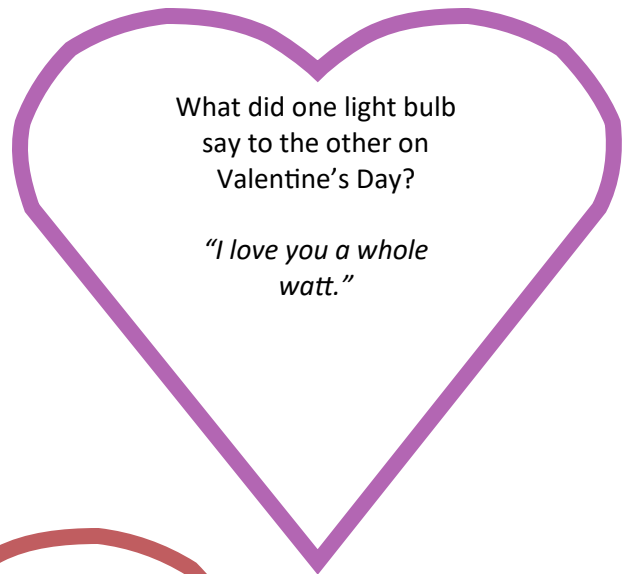
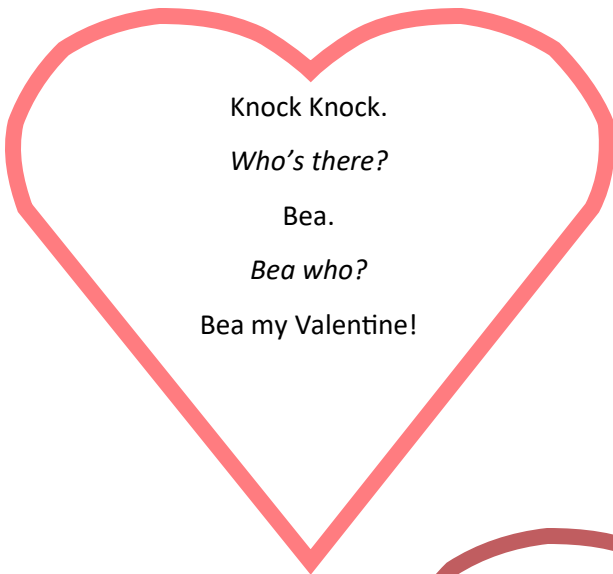
Updated 11/1/2020

2021 Co indicator

Page # 18

Some cute Valentine Jokes to “Spread” the Love (and Laughter) with your family and friends!

Provided from the Good Housekeeping website: <https://www.goodhousekeeping.com/holidays/valentines-day-ideas/>



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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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