

The Gold Sheet

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



Notes from Marian

Hello Everyone!

Hello again. We have had a beautiful fall so far, a lot of warm sunny days but also plenty windy days. It's the first week of November with temperatures in the 60s all week. We had a fun day on Halloween. Doug & Sheila came over and we sat on the front porch passing out candy. We had 163 Trick or Treaters and saw many great costumes. The kids sure had fun.

The virus is still very active in Lafayette County so the Courthouse is closed and all meetings and lessons are cancelled. The election is finally over, but we are waiting for the results. We sure got tired of all the political ads on TV, the phone and in the mail.

Our grandson, Tim Kelly married Amy Frederick on October 17. They had a beautiful outdoor wedding and the reception was held in a really nice red barn, located near Arena, Wisconsin. Tim & Amy were so happy that we were able to come because Dick had taken a bad fall just 2 weeks before the wedding. He is still going to therapy at the Hospital, but he didn't break any bones.

Thanksgiving and Christmas are just around the corner, which is always a busy time. My family (the Wiegels) have cancelled our big Thanksgiving dinner at the Townsend Center because of the virus.

Hopefully we will be able to have Christmas. Wishing everyone a Happy Fall and hope we can get together soon.

- Marian Kelly, LAHCE President



November 2020— December 2020

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The LAHCE Gold Sheet Committee

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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

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



LAFAYETTE COUNTY UW-EXTENSION OFFICE TO RELOCATE - as of or prior to January 1, 2021

The Lafayette County UW-Extension office will be moving to the USDA Service Center on or before January 1, 2021. 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. Please feel free to reach out to our office if you have any questions on this new location or the date and timing of our move.

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

Message from your Vice President of LAHCE

Do you ever have times when you think- What is the most important thing to do next? Well, the weather has helped me determine what is probably going to be what I do next. I usually wash the outside of my house after the first frost of the year and this year it got so cold that never got done. I was so glad November weather cooperated and I did get it washed although I really have some bad windows now and hopefully I'll be able to get them done before weather changes. I always think I'll be careful and not get the windows while I'm spraying my house but there's always a web or leaf that's just to close to them and I end up spraying the windows, too. Here's hoping.

I remember when living on the farm how I was always doing my windows when they were harvesting corn and husks were blowing so in town I don't have that problem. Because of roadwork starting in March 2021, I dug my perennials from a garden which would be affected when they started moving dirt and had to move my Dalmatian dog and also my eagle. I'm not sure how much they'll be doing on West River Street but I know they've been working farther west already. I see InterCon trucks going by all the time, loads of equipment, bales of straw and things making me think they're digging and locating fiber optic lines. I have yellow flags for Alliant Energy (Natural gas line), orange flags (optic fiber), and there were green flags across the street which I guess were sewer lines. There is also yellow, white, orange, and blue paint all over the corner so I guess there's lots of stuff underground. Next year will be a busy year.

Halloween was so different at my house this year. I put trick or treat candy on a table on my patio but didn't have near the number of tricksters this year. So I have candy left that I don't need. Will I have the willpower I need, I wonder? There were some great costumes!

This election is something else. Wishing when election quiets down the Covid would be gone too, but it seems to be getting worse around here. I'm someone who is able to still go to work so the isolation doesn't bother me and I actually love being home more. I don't really accomplish any more while being home more hours but I'm really enjoying where I live. I will never be bored. Sitting on my porch and watching so many kids walking to the bus, seeing more families walking together and many more bike riders of all ages pedaling past at all hours. The clothing worn by bicyclists is so outstanding, beautiful colors and so neat looking. The number of motorcyclists is astounding with flags flying and much radio music that is unbelievable. We definitely are a country that believes in recreation. UTV's and four wheelers also go by my house in great numbers and at all times of the day! They haul yard waste and use them for many helpful trips.

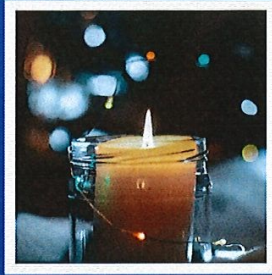
Just think how we'll appreciate life when we don't have to hear campaigning ads, get those awful mail ads and maybe get our life back. We will try to get the Covid under control and hope our children will be able to go back to their schools without quarantines. When I think how the teachers and anyone that runs a business have to have changed their way of work I realize I am lucky that my life is about normal. The hours teachers have had to find to make virtual plans or change their venue at the last minute because of positive tests would be so hard and they've done such a great job!

Hopefully by our next newsletter we'll be in a much better time and life will be safe!

- Marilyn Whalen, *LAHCE Vice President*



GRIEF, LOSS, & NEW TRADITIONS DURING THE HOLIDAYS - 2020



GRIEF, LOSS, & NEW TRADITIONS DURING THE HOLIDAYS

The COVID-19 pandemic has affected many people in different ways. Now that the seasons are changing and weather is colder, it is more difficult to connect with the people we care about. The upcoming holiday season will likely look much different for many families this year. Dealing with grief and loss during this time can be challenging whether it is the loss of a loved one, grief from missing out on seeing our family, or a loss of normalcy and traditions. Below are some tips and considerations when dealing with grief and loss during this time along with some suggestions for creating new traditions.

Express your needs. It's all right to let people know what is and isn't helpful right now.

Help someone else. It may be helpful to volunteer or perhaps make a donation to a favorite cause in memory of what you have lost.

Give yourself time. There is no set time to be done grieving, but grief usually softens and changes over time. With time, the holidays will become easier to manage.

Be aware of your feelings. Allow yourself to mourn and feel sadness. Identify what you have lost.

Name your strengths and coping skills. Consider other times of loss you've gone through. What did you do to help you get through it? What skills can you draw upon now?

Stay connected. Social distancing doesn't have to prevent you from getting support. Use phone calls, text messages, video chats and social media to stay in touch with family and friends who are positive and supportive. Reach out to those in similar situations.

Limit your news intake. Spending too much time reading or listening to news about the COVID-19 pandemic can cause you to focus heavily on what you've lost, as well as increase anxiety.

Reflect on the journey. Your loss doesn't define your whole experience. Consider some of your good memories and the big picture.

Start a new tradition or adapt the celebration. Here are just a few ways you can still honor traditions during this time:

- Instead of gathering around a table, connect virtually but have the same meal
- Unwrap gifts over the phone or computer
- Make gift bags of goodies for people to pick up from your doorstep or send through mail
- During a virtual dinner, enjoy the same dessert at the same time
- Have an "upside down" or "opposite" holiday -be creative!
- Watch a special movie together over video chat
- Create an audio or visual journal of friends and family singing favorite songs or sharing holiday memories
- Bundle up for an outdoor bonfire or caroling
- Enjoy a virtual holiday trivia game night
- Have a coloring contest where everyone colors a holiday picture and votes on their favorite
- Host an outdoor walk or run with close friends or family



An EEO/AA employer, University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming, including Title VI, Title IX, the Americans with Disabilities Act (ADA) and Section 504 of the Rehabilitation Act requirements.

Como empleador que brinda igualdad de oportunidades en el empleo y acción afirmativa (EEO/AA, por sus siglas en inglés), la University of Wisconsin-Madison Division of Extension, proporciona igualdad de oportunidades en el empleo y en sus programas, incluyendo los requisitos del Título VI, Título IX, y de la ley federal para personas con discapacidades en los Estados Unidos (ADA, por sus siglas en inglés) y los requisitos de la Section 504 del Rehabilitation Act.

Adapted from: *Coping with grief and loss during the holidays.* (December 1, 2017) Harvard Health Blog. Retrieved October 30, 2020, from <https://www.health.harvard.edu/blog/coping-with-grief-and-loss-during-the-holidays-201112244028> and *Coronavirus grief: Coping with the loss of routine during the pandemic.* (2020) Mayo Clinic. Retrieved October 30, 2020, from <https://www.mayoclinic.org/diseases-conditions/coronavirus/in-depth/coping-with-coronavirus-grief/art-20486392>

10.30.2020

November-December Word Search (Answers to Word Search on Page 7)

Created by Puzzlemaker at DiscoveryEducation.com

I C S B N T D Z X N H K H G W S B S
 S N O T C H I M N E Y O D B E A R N
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- Advent
- Bright
- Chimney
- Cookies
- Cornucopia
- Elves
- Faith
- Gifts
- Hope
- Joy
- Love
- Mashed Potatoes
- Merry
- Ornaments
- Presents
- Pumpkin Pie
- Santa
- Snow
- Stockings
- Thanks
- Traditions
- Trees
- Turkey



EDUCATION - Marilyn's Memories



“MARILYN: THANKS FOR THE MEMORIES!”

As you know, Marilyn Hill is going to close her shop by mid-December of this year. “Marilyn’s” has been a mainstay on Darlington’s Main Street for 25 years. Her customers came from all over the Darlington area, northern Illinois, and repeat customers from Yellowstone Lake campers.

I first became acquainted with her shop when it was known as Antiques and Accents. I would go into the shop looking for small gifts to give to my 8th grade homeroom students on the last day of school. Later on, when Beanie Baby Bears were all the rage, Marilyn had them in stock for the younger age group. For many years, I bought children Christmas ornaments from Marilyn and then asked Kate Bausch to personalize them for me.

Marilyn gradually changed her merchandise from antiques and collectibles over to fashion and accessories. “Marilyn’s” would be my go-to store when I shopped for graduation, birthday, get well, and Christmas gifts. I bought clothes at “Marilyn’s” to wear to graduation parties, or weddings, or some special occasion. Marilyn has a gift of knowing what color works well, what accessories highlight an outfit, and what looks well on you. I could rely on Marilyn’s opinion on what clothes did or did not look well on me.

When selecting a gift for someone else, Marilyn has an extensive memory of what her customers like and what they already have. So, it was easy to run in and ask Marilyn, what would you suggest that I could buy as a gift for a friend. I would tell Marilyn that I needed to buy a gift for a 19-year-old niece, and would she tell me what appealed to a co-ed. Marilyn always came through. In addition to her clothes, scarves, gloves, purses, and hats, it was always fun to browse through Marilyn’s lovely jewelry selection. I know that we all will really miss shopping at “Marilyn’s”.



As a businesswoman, Marilyn has been a great supporter of the Chamber of Commerce or Main Street. Whatever the occasion, Marilyn would be active in promoting Darlington businesses. This might be setting up a style shop at some venue, which entailed getting models of all ages to agree to be in the show, hauling clothes and accessories there, and packing them up again. Or it could be hosting Witches and Wine, or a Christmas tableau in her store windows. Whatever, Marilyn was willing to put in time and effort in setting up decorative items, go to meetings, and do radio spots to promote the event.

Prior to being a businesswoman in Darlington, Marilyn worked as a UW Extension Home Economist for Lafayette County. After growing up on a farm in the La Crosse area, Marilyn became a proud UW-Madison graduate. Using her background in home economics, she worked for the University of Wisconsin Extension and began her career in Lafayette County as the Home Economics Agent in 1973. In that capacity, she worked with all the HCE or Homemakers Clubs in the county. It was after she retired in 1995 from her first career as the Home Economist for Lafayette County, that she then began her second career as a businesswoman in Darlington.



HIP! HIP! HOORAY! Marilyn! Enjoy your 2nd retirement.

- Jeanne Tierney, *Programs for Clubs*



Membership - HCE in 2020

2020 has been quite a year. The Pandemic of Covid-19 has touched everyone, young and old. We heard rumors of it earlier in the year, and by March, we were being shut down, in all aspects of our lives.

Schools were closed, and the students had their lessons virtually at home. Churches were closed. We could listen on Sunday mornings for services on the YouTube television, or on the radio. Businesses were closed. Meetings were called off, including Home and Community Education, or HCE. The word "elderly" was used more and more. The whole world came to a flying halt. We were all given an alarming report of the new Corona Virus. We thought it would all be gone in just a few weeks, or months. But it is November, and we are in worse shape now, than we have been all through the year.

Please listen to the ones who know, and wear your mask, disinfect your hands, keep a safe distance from others, stay away from crowds. We have daily reports of new cases, people who have died from the virus, etc. We hope and pray that a vaccine will soon be coming.

Our County Extension HCE Board, did hold one meeting, at the park behind Piggly Wiggly in August. It was good to see and visit with our friends, and we all had to wear masks. We did hold our "Pie and Bar-B-Q" lunch at the Tunes for Twilight and did very well. Thank you to all the HCE members who brought their pies. That is about the only time, we have been together, since March.

Our Red Rock Club president, Christa Jenson, has sent out a friendly card to all of our members each month, telling any neighbor news and which of our members would be celebrating a birthday that month. Now we are each sending cards to the Lafayette Manor residents for Thanksgiving and Christmas.

Call your family and friends on the telephone. Many are using Zoom, or other technology to keep in touch with our loved ones. Each day try to find something that is good. Laugh, it is the best medicine! I am still doing the Big Radio broadcast on Mondays, for HCE. That is at 11:30 on 95.5 FM or 1260 AM. Listen in.

Always remember, we are Home and Community Education, or HCE members, and we are tough! But try to find something each day to be happy about. Help somebody else, to be cheerful. Let's beat this Pandemic!

Much love to you,

Betty Williams, Membership



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 B M Z G T R A D I T I O N S F I M C

November-December Word Search Answers

(Word Search on Page 5)

AGING MASTERY PROGRAM



EXTENSION HELPS OLDER ADULTS MASTER AGING

Is improving your health and well-being among your resolutions for 2021? If so, consider joining the fun and innovative 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 UW-Madison Division of Extension in Green, Iowa, and Lafayette Counties 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 and we have two upcoming programs to choose from! When inquiring about registration please indicate which class dates you prefer.

Tuesdays and Thursdays, January 5th through February 4th, 11:00am-noon

Or

Tuesdays and Thursdays, February 16th through March 18th, 11:00am-noon

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

If you are interested in learning more about the program, or to register, e-mail the facilitators at hannah.mcmunn@wisc.edu or ruth.schriefer@wisc.edu, or call your county Extension office below:

- Green County at 608-328-9440
- Lafayette County at 608-776-4820
- Iowa County at 608-930-9850

Discrimination on the basis of age, race, color, creed or religion, national origin, ancestry, gender, sexual orientation, marital or parental status, pregnancy, veterans' status, arrest or non-job or program related conviction record or qualified disability is prohibited.

Smells of Christmas

(Written by Bernard Howe)

I love the smell of Christmas,
along with all the lights.
Log fires in the fire place,
on those cold winter nights.

The smell of Christmas goodies,
that are baked with tender care.
The smell is just the greatest,
there's nothing to compare.

The evergreen's so fragrant,
the smell of Christmas season.
Like the hanging of mistletoe,
that's done for a good reason.

The red berries of the holly,
in that arrangement on the table.
Which I'm sure is much better,
then Christmas in that stable.

Poinsettia's all around,
to balance off the garland.
Music boxes everywhere,
bought by my sweet darlin'.

Cinnamon and Peppermint,
fills the air that's in our house.
And what is stirring in the night,
is not the Christmas mouse.

Those pies that make me drool,
just sitting there on that shelf.
Is as if they were made special,
for that jolly old Christmas elf.



Lafayette County UW-Extension Office

627 Washington Street

Darlington, WI 53530



We're on the WEB!!!

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

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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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