

# The Gold Sheet

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



## Notes from Marian

Hello Everyone!

Fall is almost here and we are still dealing with the pandemic. There's not much we can do but wear our masks and obey the social distancing rules. Let's hope they have a vaccine soon.

We are wishing the best for all the kids returning to school on September 1<sup>st</sup>. Our grandson from Shullsburg said they won't be playing football until spring.

Thanks to everyone that brought pies and helped at the Tunes at Twilight meal. It was a huge success, even if we got rained out once. We made a big profit to support our Scholarship Fund. The HCE County Board held an outdoor meeting on August 6. It sure was nice to see everyone, and we had a very good meeting. Other meetings and lessons are still cancelled as far as I know.

Dick and I did get away for the weekend in the middle of August, by going up north with our three daughters. We went up to see Mike & Donna's lake house they just bought on Lake Pickerel by Tomahawk, Wisconsin. It was a long but beautiful drive. The house is really nice, very clean and was beautifully furnished with a lot of furniture, decorations, and a kitchen full of dishes, cookware, silverware, etc. Had a wonderful time playing games, visiting, eating, plus Diana and Donna went kayaking and fishing. We are hoping to go back next year.

Enjoy the fall weather and have fun staying home and being safe.

- Marian Kelly, LAHCE President

P.S.: Just talked to Lisa and she said the Courthouse will be closed to the public through the close of business October 2, 2020.



**September 2020—  
October 2020**

Inside this issue:

Calendar of Events	2
Vice President's Message	3
Safe Preserving Tips	4-5
Word Search—Answers	5
Education	6
Aging Mastery Program	7
Moving Forward - During COVID-19	8-9
Word Search Puzzle	10
Thank You HCE	11
Office Information	12



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The LAHCE Gold Sheet Committee

*This newsletter was mailed on  
Monday, September 28, 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



## Calendar of Events

- |                       |   |   |
|-----------------------|---|---|
| <b>September 2020</b> | 3 LAHCE Executive Board Meeting, UW-Extension Lobby, 1:30 pm<br>10 <b>NOTE DATE CHANGE</b> - Lunch Bunch County Board Room, Noon<br>"Urology/Continenence"—Lunch Provided— <b>CANCELLED</b><br>21-23 <b>CANCELLED</b> - WAHCE Conference, Hudson, WI - "HCE 2020 Vision"<br>29 Leader Training - "Craft" - Peggy Davis - <b>Town Bank</b> 6:30-7:30 p.m.<br><b>Immediately followed by:</b> Club Program Planning for 2021 <b>CANCELLED</b> |    |
| <b>October 2020</b>   | 1 Southwest District Meeting - Lafayette County Hosting - <b>CANCELLED</b><br>12 Lunch Bunch, County Board Room, Noon - "Identity Theft, Phone Scams, Mail Scams, etc." <b>CANCELLED</b><br>TBA Fall Gathering<br>27 Leader Training - "Reiki & Essential Oils" with Nikki Larson - <b>Town Bank</b> , 6:30-7:30 p.m.   |   |
| <b>November 2020</b>  | 5 LAHCE Executive Board Meeting, UW-Extension, 1:30 pm<br>1-7 <b>National HCE Week</b><br>11 <i>Courthouse Closed for Veterans Day</i><br>12 <b>NOTE DATE CHANGE</b> - Lunch Bunch, County Board Room, Noon - "Audiologist" <b>CANCELLED</b><br>26-27 <i>Courthouse Closed for Thanksgiving</i>   |  |
| <b>December 2020</b>  | <i>Leader Training - Club Choice</i><br>3 LAHCE Executive Board Meeting - Potluck<br>14 Lunch Bunch, UW-Extension Lobby, Planning for 2021 & Potluck<br>24-25 <i>Courthouse Closed for Christmas</i><br>31-1 <i>Courthouse Closed for New Years Holiday</i>   |  |

**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

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- Marilyn Whalen, *LAHCE Vice President*

## Safe Preserving Tips During COVID-19

Whether you are new to canning, returning to canning because of the pandemic, or have always canned the bounty of your harvest, there are certain tips that will help ensure that your time and efforts lead to safe, healthy food for your family.

**Use recipes that are up to date.** Some canning recommendations have changed dramatically over the last 20 years. While capturing a family-favorite memory might be your goal, recipes from cookbooks and the internet are generally not tested to ensure safety. Especially if you are using recipes that date before 2015, it's a good idea to compare your home recipe with research-tested recipes, choosing a tested recipe to ensure your efforts are safe and delicious. The good news is that **all research-tested recipes** are available for free from the National Center for Home Food Preservation: <https://nchfp.uga.edu> Recipes for canning vegetables or tomatoes, fruits, meats or even fermenting sauerkraut or making genuine crock pickles are all available.

**Start with equipment in good working order.** This canning season, some equipment has been in short supply. Some canners are hard to find and jars and lids have been scarce. The right equipment is still important! Remember that some pots can double as a boiling water canner. A boiling water canner should have a flat bottom so that it fits nicely on the stove top, and a tight-fitting lid. An alternative to a boiling water canner for acidic fruit or pickles is to use an atmospheric steam canner. A steam canner uses non-pressurized steam to safely can high-acid foods. If you are canning low-acid foods like vegetables or meats, you must use a pressure canner. A pressure canner will have either a dial-gauge or a weighted gauge. A tested recipe will give instructions for using a pressure canner to safely preserve food. **A multicooker such as an Instapot is not safe for home canning.** Review information on safely using a boiling water canner, and atmospheric steam canner, or a pressure canner before you begin.

**Assemble jars and other items.** Extension recommends standard home canning jars (Mason-style jars) for canning. If you choose to use other types of jars, **they must fit a two-piece metal lid and band.** There is greater risk of jar breakage and possible seal failure with non-standard canning jars. Check all jars to make sure they are not chipped or cracked. Only **two-piece lids** are recommended for home canning. For best performance, **lids should be purchased new each year** (the sealing compound will break down on storage); although stored in a cool, dry location, lids stored up to three years may seal. **Under no circumstances should you reuse canning lids.** A jar that does not seal effectively may spoil or the contents may become unsafe. Individuals who have been canning for years are often surprised to find that lids no longer need to be heated before use, and they should never be boiled before using. **Both jars and lids should be washed in clean, soapy water and rinsed before use.** Jars should be pre-heated before filling. Sort through screw bands to make sure they are not rusted before applying. Other items that come in handy for home canning include jar fillers, tongs, and lid wands.

**Home canned items should be stored in a cool, dry location.** After cooling and jars have sealed, remove screw bands and gently wash jars and bands in soapy water, rinse, and dry. Washing will remove any food residues that may support mold growth on storage. **Store canned items with the screw bands removed;** this makes it easier to see when jars become unsealed. Home canned food is best consumed within one year. Food preserved using a research-tested recipe should retain high quality for up to three years if stored in a cool location.

**What if you can't find supplies?** Some canning supplies are in short supply. Consumers have had trouble finding jars and lids, and canners have even been sold out. **For safety sake, consider these options:**

- **Freezing.** Some items that would normally be canned may be successfully frozen, this is particularly true of salsas and tomato products. Prepare as directed, package in freezer containers, and freeze. While vegetables may be prepared differently for canning and freezing, home-frozen vegetables are a delicious addition to a family meal. Meat is another item that freezes well. Instructions for preparing foods for the freezer can be found on the National Center website: <https://nchfp.uga.edu/how/freeze.html> or the Wisconsin safe preserving website: <https://fyi.extension.wisc.edu/safefood/recipes/> The Wisconsin bulletin **Homemade Pickles and Relishes** <https://uwmadison.box.com/s/lqk6hpdcyto7iwe0pf65tg5zd2e3o8bb> has information on making delicious freezer pickles!

## Safe Preserving Tips During COVID-19 (continued from page 4)

- **Refrigeration.** Holding foods in the refrigerator will extend the shelf life for several weeks, allows flexibility in the containers that you use, and may be an option for items that can not be safely canned. Prepare your family-favorite recipe, whether a salsa or soup, and store in the refrigerator for up to two weeks; if meat is added, limit store time in the refrigerator to one week. Pickle recipes designed to last a bit longer in the refrigerator can be found in **Homemade Pickles and Relishes**.
- **Drying.** Fruits and vegetables can often be safely dried in an oven or dehydrator at home. Instructions for drying fruits and vegetables at home with excellent results are available from the National Center <https://nchfp.uga.edu/how/dry.html>

The publication **Food Storage for Quality and Safety** [https://nchfp.uga.edu/how/store/UGA\\_foodstorage\\_2011.pdf](https://nchfp.uga.edu/how/store/UGA_foodstorage_2011.pdf) includes tips on handling and packaging that will help ensure that the foods that you preserve will be the best quality possible when you use them.

Overall, be sure to make food-safe choices so that your pantry and freezer supplies your family with safe and healthy foods year-round.

Subscribe to the blog to receive food safety and food preserving updates. <https://fyi.extension.wisc.edu/safefood/subscribe/>

If you have further questions, please contact your Lafayette County Health and Well-Being Educator, Hannah McMunn at [hannah.mcmunn@wisc.edu](mailto:hannah.mcmunn@wisc.edu) or 608-776-4820.



### Word Search on Page 10.

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



***“The ballot is stronger than the bullet”***

Abraham Lincoln

On November 3, 2020 American citizens throughout the 50 states will cast their votes for President, Vice-President, 38 members of the U.S. Senate and all 538 Members of the House of Representatives for the 50 states plus Washington D.C. Many state and local officials will also be elected.

This election year is particularly significant for women as this is the 100th anniversary of the Women’s Suffrage Amendment. The women’ suffrage movement is traced back to a convention held in 1848 at Seneca Fall, N.Y. Using wording similar to the 1776 Declaration of Independence, these people wrote a petition demanding that women be given equal voting rights. Thus began a very long, hard fought struggle that would last for 72 years. The U.S. Constitution requires that 3/4 of the states must approve before an amendment becomes law. Congress finally passed the women suffrage amendment in June 1919. Wisconsin’s legislature was the first state to ratify it and the Tennessee legislature provided the last necessary vote on August 28, 1920 This Tennessee bill passed by a margin of one vote. A legislator received a letter from his mother on the day of the vote, and she urged him to support it. Without his vote, the ratification process would have ended.

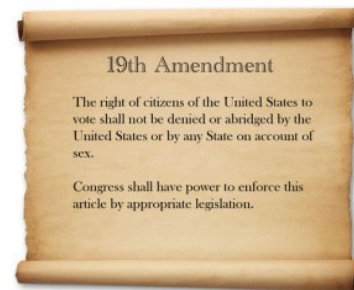


Voting rights were severely limited when George Washington became the first U.S. President in 1789. Every state could set up its requirements for voters. A voter had to be a white male U.S. citizen, age 21, a property owner, and very likely had to be a member of a specified religion such as Episcopalian in Virginia, or Puritan in the New England states. As settlers moved across the Appalachian Mountains and then into the Louisiana Purchase Territory, when they wrote their state constitutions they dropped the religious qualification and property owner requirements. Women fought for and won the right to vote in some western states such as Montana, Wyoming and Colorado before 1919.



The states that had been a part of the Confederate States used the KKK and voter suppression laws to prevent African American men, and poor white men from voting and holding public office since the 1870’s. These laws included a poll tax, where a voter had to pay money in order to vote; a literacy test which require a African American voter to name all the counties in the state or to tell how many jelly beans there were in a jar. If your grandfather was born a slave, then the grandfather, his children, and grandchildren could not vote.

When the 19th amendment became the law of the land, it did not guarantee that all women could vote because these voter suppression laws prevented African American women from voting, as well as Asian American, Native American, and Latina women.



It was not until the 24th Amendment was passed in 1964 that declared the poll tax to be illegal. The Voting Rights Act of 1965 finally forced states to eliminate the voter suppression laws which primarily affected African Americans. The 26th Amendment dropped the age requirement to 18 for federal elections.

In Wisconsin you have three ways to vote in the election on November 3, 2020, but you must have a photo I.D. for all three options.

- Option 1 Vote at the polls which are open from 7 a.m. to 8. p.m. You can register the same day
- Option 2 In-person voting by absentee ballot
- Option 3 Voting absentee ballot by mail- which must be requested by October 29, 2020

Any questions, visit [myvote.wi.gov](http://myvote.wi.gov)



***“The future of this republic is in the hands of the American voter”*** - President Dwight D. Eisenhower

- Jeanne Tierney, *Programs for Clubs*

## AGING MASTERY PROGRAM



**Aging Mastery Program®**

*National Council on Aging*



**Extension**

UNIVERSITY OF WISCONSIN-MADISON

Hello HCE Members,

Today I am writing in hopes that you may be interested in the upcoming opportunity for yourself or someone you know! Extension is getting ready to bring our new Aging Mastery Program to residents in Lafayette, Green and Iowa Counties. This would be a great opportunity to connect with other adults in the area, and myself your new Health and Well-Being Educator, during this time of staying safe at home. Please read on to learn more! I hope you register and join us for this exciting opportunity!

Be Well,

Hannah

The Aging Mastery Program® (AMP) was developed by the National Council on Aging (NCOA) and has been successful at helping older adults build their own playbook for aging well.

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



AMP is a fun and innovative educational program that 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.

Class topics include:

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

The ten-class series will be held over five weeks on **Tuesdays and Thursdays, September 29 through October 29, 11:00am-noon**. Rather than meeting in person, the classes will be offered via Zoom and participants will be able to connect via computer or phone. Registrations will be accepted through September 25 so materials and connection information can be provided to participants before the first session.

If you are interested in learning more about the program, or to register, e-mail Hannah at [hannah.mcmunn@wisc.edu](mailto:hannah.mcmunn@wisc.edu) or call your Lafayette County Extension office at 608-776-4820.

# MOVING FORWARD - During COVID-19

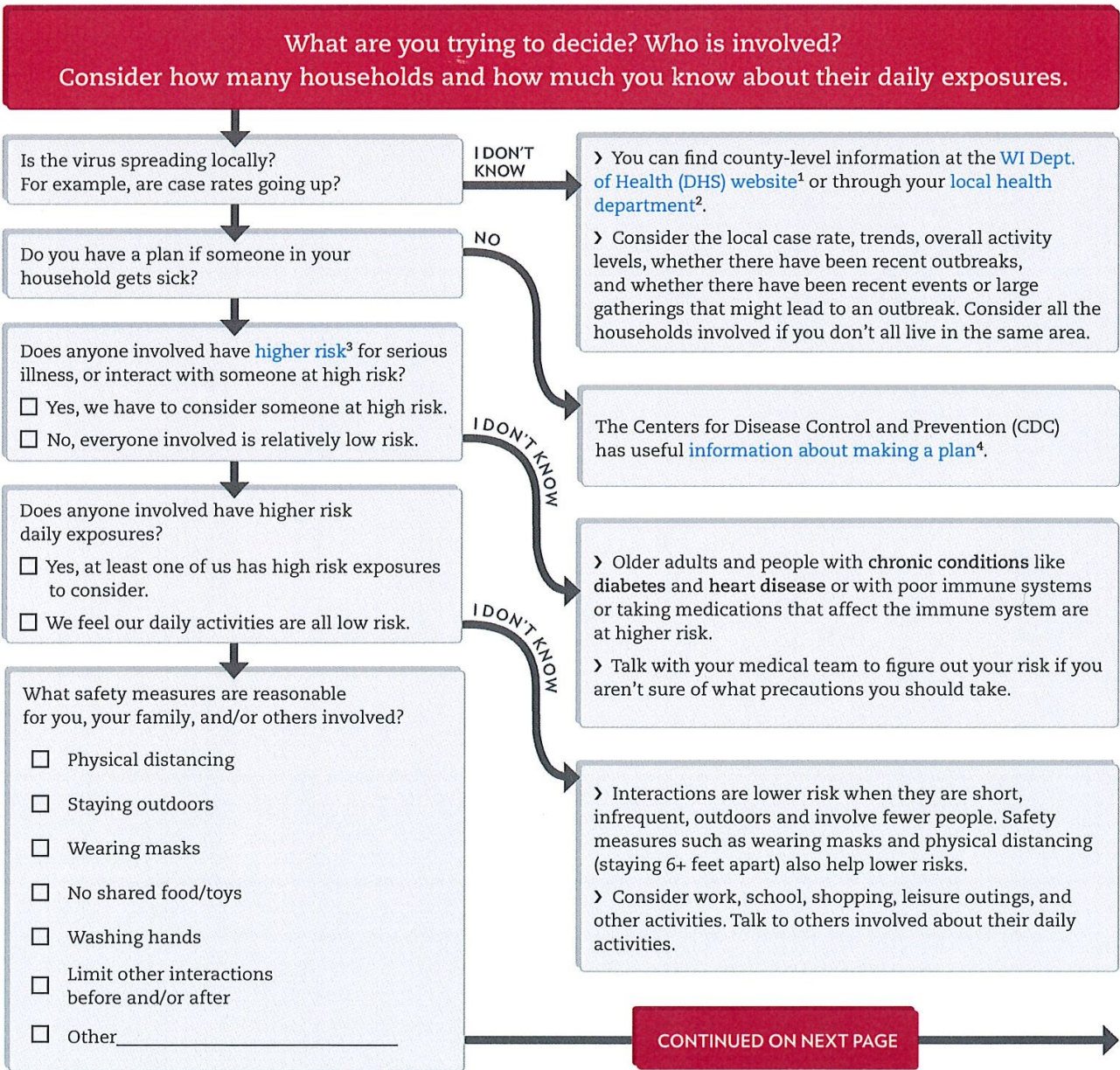
## DECISION FLOWCHART

# MOVING FORWARD DURING COVID-19



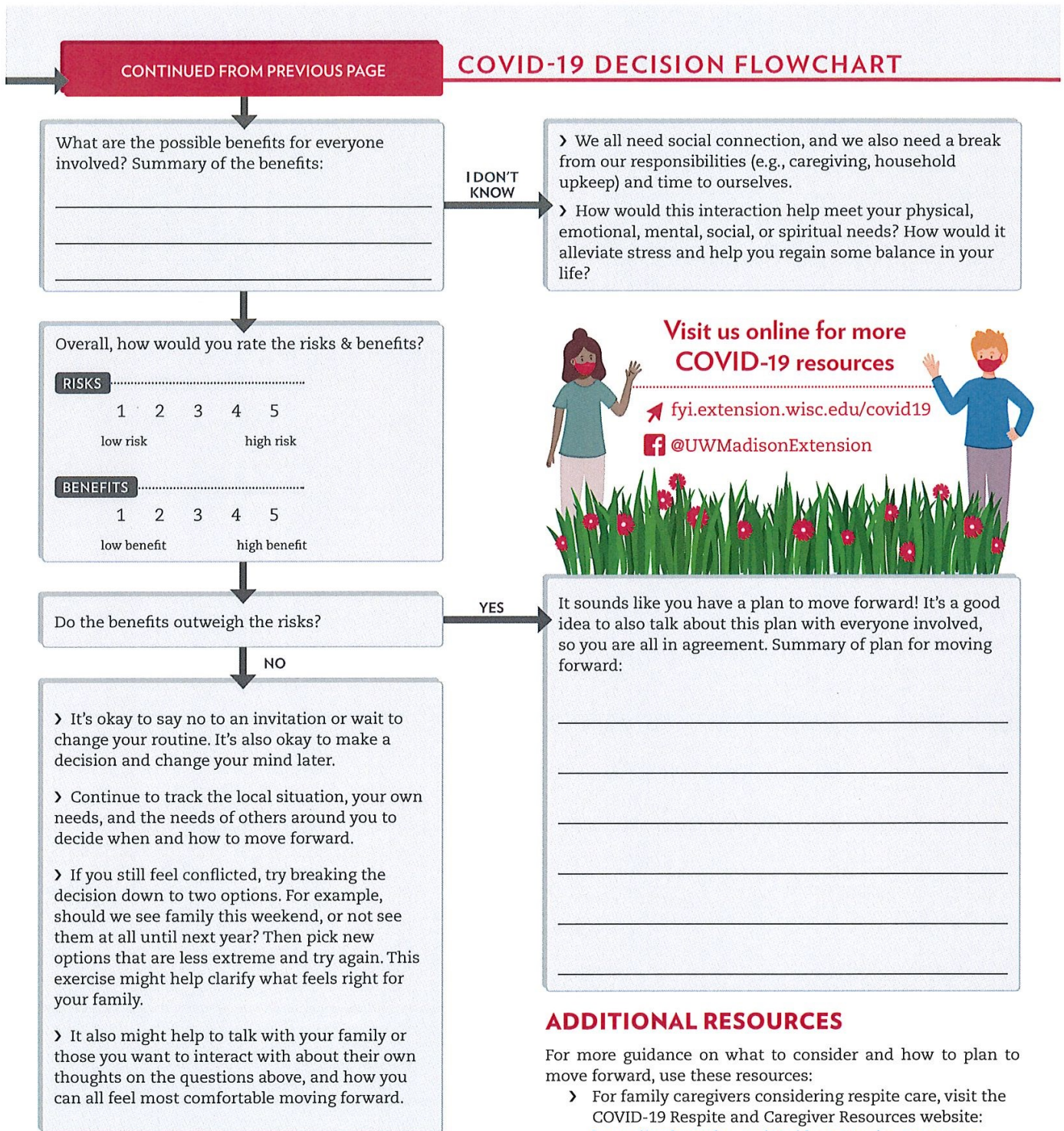
Extension  
UNIVERSITY OF WISCONSIN-MADISON

The COVID-19 pandemic led to months of “Stay at Home” orders across the country closing businesses, places of worship, daycares, and encouraging people to stay at home to avoid the spread of the virus. Now that these places are slowly reopening, how do you decide how or when to return to these places or who to start engaging with in-person? This worksheet will help walk you through the decision-making process by helping you weigh out your own risks and benefits of interacting with others in public spaces or in your homes again.





# MOVING FORWARD - During COVID-19 (continued from page 8)



**REFERENCE LINKS**

- 1 <https://www.dhs.wisconsin.gov/covid-19/local.htm>
- 2 <https://www.dhs.wisconsin.gov/lh-depts/counties.htm>
- 3 <https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/index.html>
- 4 <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/at-home.html>

**ADDITIONAL RESOURCES**

For more guidance on what to consider and how to plan to move forward, use these resources:

- › For family caregivers considering respite care, visit the COVID-19 Respite and Caregiver Resources website: <https://archrespite.org/Covid-19-Respite-Resources>
- › For families deciding about visiting grandparents or sending kids back to daycare, see advice from Emily Oster: <https://emilyoster.substack.com/p/grandparents-and-day-care>

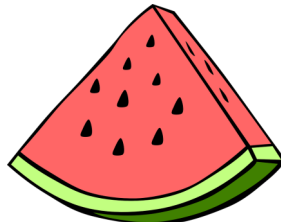
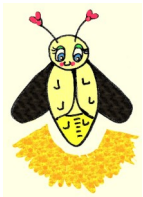
If you think you may have been exposed to the virus that causes COVID-19, you can find more information about getting a test from the Wisconsin Department of Health Services (<https://www.dhs.wisconsin.gov/covid-19/testing.htm>).

# September-October Word Search *(Answers to Word Search on Page 11)*

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

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

- Apples
- Autumn
- Catepillar
- Coats
- Cross Country
- Fall
- Falling Leaves
- Football
- Frost
- Halloween
- Harvest
- Homecoming
- Homework
- Indian Summer
- Pumpkins
- School
- Sweatshirts
- Volleyball
- World Dairy Expo



Thank You!



I am sincerely honored to have been selected as the recipient of this scholarship. I will be using it to attend Southwest technical college in the Computer Support Program. Thank You!

Michael Kendall

Dear Ms. Kelly & Ms. Whalen,

Thank you for selecting me as a recipient of the Lafayette County Home & Community Education Scholarship. I plan to attend UW-Stevens Point and the scholarship will be a tremendous help in covering expenses. I appreciate your investment in my future.

Sincerely,  
Reagan Russell

Lafayette County HCE,

Thank you for the generous scholarship. It will help ease my financial burden. I really appreciate it.

Thanks again,  
Cole Matas

Thank You

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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Secretary: Barb Meyer  
Treasurer: Charlotte Kendall

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