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## Memo from the board~

Holiday Greetings from the Board—Sue Hendrickson, Membership/Marketing

In this season of giving, the Red Cross serving Northern Minnesota and North-western Wisconsin is providing folks with an opportunity to share their thanks and holiday wishes with local heroes—service members, their families and veterans throughout the area.

Some guidelines:

- ◆ Address cards generically as Dear Service Member, Veteran or Military Family
- ◆ Include a note about your connection to those who have served or what you look forward to during the Holidays, etc.
- ◆ Don't seal in an envelope—cards are tied together with a ribbon to give to Service Member. Veteran or Military Family
- ◆ Don't enclose anything in the card
- ◆ Use only your first name, and town, if you wish--please, no other personal information
- ◆ Share this project on social media to get the word out using #HolidayMailMN (Facebook, Instagram, Twitter, etc.)
- ◆ *Send cards to Red Cross NMN Holiday Mail for Heroes, 2524 Maple Grove Rd., Duluth MN 55811*

**Feel that warm feeling inside? THAT'S what it's all about!**

## DISPATCH ARTICLES DUE DATE

Dispatch articles are **due the 15th** of the month. When emailing your articles, please send them as an attachment.

Please mail or email them to:  
Cheryl Shockley,  
UW-Extension Editor  
1313 Belknap St., Room 107  
Superior, WI 54880  
715-395-1363/1364 or  
cheryl.shockley@ces.uwex.edu  
**In January: [jeanne.ward@ces.uwex.edu](mailto:jeanne.ward@ces.uwex.edu)**

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*Mission Statement for Wisconsin Association for Home and Community Education HCE offers opportunities for:*

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

## DISPATCH ASSEMBLY

Dispatch assembly for the February issue will be the **Merry Mates**. Contact the UW-Extension Office at 715-395-1364 after January 25th to arrange the date and time for assembly.

**Contact: Jeannie Ward**  
**UW-Extension Office**  
**at 715-395-1364 or**  
**[jeanne.ward@ces.uwex.edu](mailto:jeanne.ward@ces.uwex.edu)**  
**Cheryl will be back Feb. 4th!**

*University of Wisconsin, United States Department of Agriculture and Wisconsin counties cooperating University of Wisconsin-Extension provides equal opportunities in employment and programming, including Title IX requirements. requests for reasonable accommodations for disabilities or limitations should be made prior to the date of the program or activity for which it is needed. Please make such requests as early as possible by contacting your UW-Extension Douglas County Office at 715-395-1363 so that proper arrangements can be made.*

## HCE EXECUTIVE BOARD MEETING MINUTES

November 5, 2015 –Superior Public Library

Roll Call: Hilltoppers 2 , Merry Mates 1 , Town & Country 3, Advisor

The meeting was opened at 1:30 p.m. by President Cheryl McCuskey with the HCE Creed.

Secretary's Report: Jo Mersnick- The Secretary's Report was approved and placed on file.

Correspondence: Thank you from Jo for the short term scholarship

Treasurer's Report: No report. Treasurer Bobbi Kloss very ill. Needs our prayers.

Sunshine: Joyce Cook reported on the Sunshine Fund.

Dispatch: Due November 15 for December-January.

### COMMITTEE REPORTS:

VP Programming and Community Outreach: Linda Williams The program planning meeting was just held and the calendar and programs for 2016 have been finalized and ready to publish. Officer elections will be held at the annual meeting, November 19<sup>th</sup>, 2015.

Cultural Arts: Mary Ann Gronquist

International: No chair yet, Christa is continuing to write the articles on India.

Membership/Marketing: Sue Hendrickson - We have two new members in HCE. Jesse Westman is a 55+ year member. There are people out there who need a cause, find opportunities to volunteer and become involved. DCAHCE provides many opportunities to fulfill those needs. Let's encourage interested people to join

Scholarship: No chair

WI Bookworms™: - Sue Hendrickson- Running smoothly

Family Living Educator: Araceli Whitwam-Sell

### UNFINISHED BUSINESS:

Craft Sale: The Craft Sale was a big success. There were 71 crafters and a waiting list. The report will be given at the Annual Meeting.

Northwest District Meeting Mary Ann Gronquist attended the WI Bookworms™ meeting . She reported that 750,000 books have been given out in Wisconsin in the last 17 years. They have been receiving grants from the Ann Marie Fund sponsored by the Phillips Corporation.

### NEW BUSINESS:

Annual Meeting November 19<sup>th</sup>, 2015 1:30 Liven Up Your Leftovers 12:30

December 8<sup>th</sup> 6:00 Dreamland Supper Club Holiday Dinner

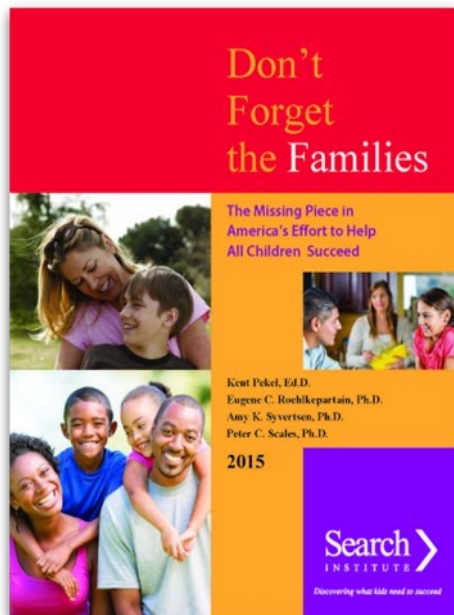
**Sue Hendrickson moved and Joyce Cook seconded a motion to give a \$25 donation to the musical group that will be performing at the Holiday Dinner. Passed.**

Meeting closed with the HCE prayer at 3:45 p.m.

Minutes submitted for approval by Jo Mersnick

## FAMILY RELATIONSHIPS ARE KEY TO DEVELOPING CHARACTER STRENGTHS

*New national research study highlights the powerful role that parent---child relationships play in children's learning & development*



As a newcomer to the role of Family Living Educator as well as to the community of Douglas County, I've spent much time inviting individuals into conversation. It is these conversations coupled with national research that identify strengthening children's social-emotional skills as critical for learning, work, and success in life that inspire me to focus my efforts on prevention through research informed educational programming related to parenting and family relationships.

I am gladdened that society is beginning to recognize the importance and value of healthy relationships to our wellbeing. Just this month, Search Institute® a leader and partner for organizations around the world in discovering what kids need to succeed released the results of their study about the role of family relationships in child and adolescent development. "Based on a study of 1,085 U.S. parenting adults of 3 to 13 year olds, *Don't Forget the Families* makes the case that strengthening family relationships is a critical but undervalued strategy for helping children learn and grow up successfully. It introduces a framework of developmental relationships that families can intentionally embrace and consistently practice that help children develop the character strengths they need as they grow up."

Developmental relationships are close connections through which young people develop the character strengths to discover who they are, gain the ability to shape their own lives, and learn how to interact with and contribute to others. These relationships are characterized by five essential actions, each of which is described from the perspective of a young person:

**Express Care:** Show that you like me and want the best for me.

**Challenge Growth:** Insist that I try to continuously improve.

**Provide Support:** Help me complete tasks and achieve goals.

**Share Power:** Hear my voice and let me share in making decisions.

**Expand Possibility:** Expand my horizons and connect me to opportunities.

The study's findings reinforce the importance of relationships in our lives. But most importantly, they alert us to the importance of healthy relationships in our homes. Children that learn in the context of caring relationships with adults will become more skilled at building positive relationships throughout their lives. I am looking forward to introducing research informed parenting and family relationships educational programming because healthy relationships will spill over into our community making Douglas County a stronger and even better place to live.

I'd love to hear from you. Please contact me through the info below:

Araceli Whitwam-Sell

Family Living Educator

[araceli.whitwamsell@ces.uwex.edu](mailto:araceli.whitwamsell@ces.uwex.edu)

## Diwali

Diwali is an ancient Hindu holiday known as the “festival of lights” that is celebrated in the autumn every year. The festival dates back to early India as a celebration after the summer harvest occurring during the month of Kartika in the Hindu calendar. “In the lunar Hindu calendar, Kartika begins with the new moon in November and is the eighth month of the year except in Gujarat, where it marks the new year that falls on Diwali. In the solar religious calendar used in Tamil Nadu, Kartikai begins with the Sun's entry into Scorpio and is the eighth month of the year.” ([www.wikipedia.org](http://www.wikipedia.org)) The Hindu month of Kartika corresponds with the months of October/November in the Gregorian calendar.

The Festival of Lights, Diwali, is one of happiest holidays because it is a celebration of the “victory of good over evil” referring to the light of higher knowledge removing all ignorance, ignorance that can mask a person’s true identity and nature. When a person reaches this higher knowledge there is a new found compassion and awareness of “oneness of all things and knowledge overcomes ignorance. Diwali is the celebration of this inner light over spiritual darkness, knowledge over ignorance, right over wrong and good over evil.” ([www.wikipedia.org](http://www.wikipedia.org))

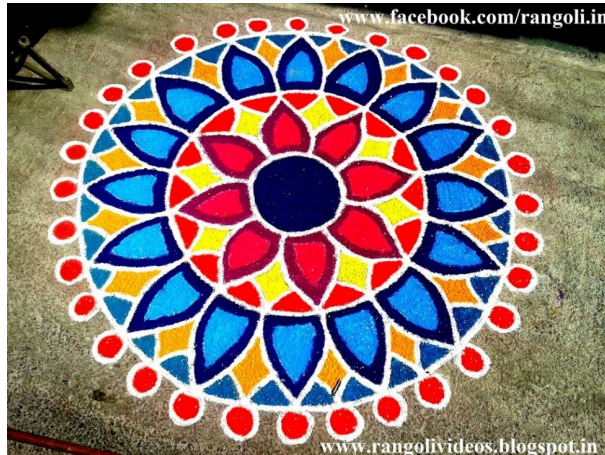
The celebrations of Diwali occur over 5 days. The first day women spring clean the house and shop for gold or new kitchen utensils. The second day people decorate their homes with clay lamps, *diyas*, and create patterns called *rangoli* on the floor utilizing colored sands and powders. The third day is the main event for the festival when families gather for a prayer called Lakshmi puja, a prayer for the Goddess Lakshmi – the goddess of wealth and prosperity. After the prayer the families have a large meal followed by fireworks. The fourth day is the day when family and friends visit and exchange gifts. On the fifth and last day of Diwali the men visit their married sisters who “welcome them with love and a lavish meal”. ([nationalgeographic.com](http://nationalgeographic.com))

### CLAY LAMP – “DIYAS”





“RANGOLI” – Colored patterns on the floor using sands and powders



## Harmandir Sahib

Harmandir Sahib, also known as the Golden Temple is located in the City of Amritsar, State of Punjab, country of India. The place where the temple is built was originally a small lake with a surrounding forest. A philosopher named Guru Nanak (1469-1539), who is the founder of the Sikh religion, was said to have lived and mediated by the lake. After Guru died, his disciples continued to visit the lake. During the years 1574-1581 during the fourth Sikh Guru leadership, the lake was enlarged and contained structurally. The leadership of the fifth Sikh 1581-1606 built the Temple of God at the site. After the Temple was built the Sikh was constantly having to defend their religion and temple against the Muslims. From 1767 onward the Sikhs became large enough and strong enough to use military force to maintain the peace of the Temple and surrounding area.

The temple's architecture is a mixture of Hindu and Muslim art. Some of the building features are intended to be symbolic of the Sikh world view. The temple was built at a lower level than the surrounding land so the disciples would have to go down steps to enter into the building. Instead of one entrance the Golden Temple has four. The four entrances are symbolic of the openness and acceptance Sikhs have towards all people and religions. The outside is plated in gold which was started by Ranjit Singh, a major donor of wealth and materials for the shrine. The gold plating was complete in 1830. Inside the Temple there are many plaques to commemorate past Sikh events, saints and soldiers who died fighting in World War I and World War II.

Harmandir Sahib is open to everyone regardless of their religion, color, sex or creed. The Sikh have restrictions when entering and while visiting the temple. Those restrictions are:

- To remove shoes upon entering and washing your feet in water provided to you.

- No eating meat, smoking cigarettes or drugs while in the temple

- Wearing a head covering

- While listening to Gurbani, referring to any compositions of the Sikhs, you must sit on the ground while in the temple as a sign of deference to both God and Guru Sahib.

An interesting fact found while researching, the Harmandir Sahib runs one of the largest free kitchens in the world, serving approximately 100,000 people each day. The meal usually consists of lentil soup and flat bread.

GOLDEN TEMPLE – *HARMANDIR SAHIB*

## References:

[www.hillmanwonders.com](http://www.hillmanwonders.com) [www.Wikipedia.org](http://www.Wikipedia.org) [www.nationalgeographickids.org](http://www.nationalgeographickids.org)  
[www.nationalgeographic.org](http://www.nationalgeographic.org) [https://sacredsites.com/asia/india/golden\\_temple\\_amritsar.html](https://sacredsites.com/asia/india/golden_temple_amritsar.html)

Submitted by: Christa Williams-Clements, International Research/Reporter DCHCE

**Just a couple notes this month:**

Welcome **Becky Pederson**, Duluth, new member of Hilltoppers. Becky joined at the Craft Sale!

Thanks to the members that have turned in their **raffle tickets** and money. Mine are taken care of too. Good to get that done before the year is out!

**A GIFT IDEA FOR CHRISTMAS:** Buy someone a gift membership in HCE! I have special forms; if you are interested, call me (715-398-7213). Happy Holidays!

Mark your calendars for **Thursday, January 7, 2016**. Following the board meeting in the large room at the library we will be showing a film "Wonder Women," part of a series coming from Wisconsin Public Television, Wisconsin Women Making History. The showing is at 2pm; please come and bring a friend! Visit the website [womeninwisconsin.org](http://womeninwisconsin.org) and see all the great women and their "firsts" in Wisconsin history. You can also nominate a Wisconsin woman you admire!

**CONGRATULATIONS JESSIE WESTMAN**

Jessie Westman was honored at the WAHCE State Conference and at our Douglas County HCE Annual Meeting for her 62 years of service and friendship to HCE. She joined MNO (Mom's Night Out) in South Superior, when her daughter was two; she had named that daughter after one of her best friends and fellow club member, Joyce Holterman. She remembers good friendships, sharing recipes and patterns and good times, especially club meetings at the family cabin on Lake Amnicon. Jessie is pictured with her great-grandson Charlie in a Halloween costume she made for him. Jessie and her husband Bert recently celebrated their 70<sup>th</sup> wedding anniversary. Jessie continues as an independent member and contributes generously to all HCE events. Her quilts at Quiltathon are especially welcome!

**HOLIDAY HEALTH REMINDERS**

It's that time of year again, when we "forget" all we know about watching our health in an avalanche of temptations. A couple reminders to keep families healthy during the holidays (and all year long) from the Wisconsin Department of Health Services:

**Family meals:** Eating together the same time every day helps limit extra unhealthy snacks and eating too much between meals and makes laughter, love and happy memories.

**Breakfast:** Too important to skip; keep it simple—cereal and milk, toast and peanut butter, scrambled egg burritos, oatmeal or bulgur are just some ideas.

**Cook at home:** Limit take out foods, fast foods and eating in restaurants; tough on calorie intake AND a family's budget!

**Clean out the cupboards:** Let's keep high fat and sugar foods out of our homes (chips, cookies, candy, soda, sweet drinks) and bring in healthy foods (fruits, veggies, whole grain breads/cereals/crackers, lean meats, low fat yogurt and milk). (cont p. 8)



Cont. from p. 7

**Change the menu:** Most families don't eat enough fruits, veggies, low fat dairy and whole grain foods; choose skim or 1% milk for everyone over 2 years of age, as well as whole grain for at least ½ of your family's grain foods.

**Fruits and veggies:** Eat at least 5 servings of colorful fruits and veggies each day, especially dark green and orange veggies—that means a serving every meal and 2 healthy snacks

**Be active:** Encourage kids to play actively at least 60 minutes a day—and play together; no one should sit still for more than 60 minutes at a time; get up and move!

**Limit screen time:** Less than 2 hours a day is best (television, computers, video games etc.); don't use the tv for background noise—listen to kids—or the radio. **NO SCREENS IN BEDROOMS!**

**Offer nutritious snacks:** Chips, candy and cookies can ruin appetites for healthy foods; don't snack all day—2 small snacks—between meals, not after dinner is best

**Choose the right drinks:** Thirsty? Reach for water first! Drink milk at meals with kids; limit juice to 4-6 ounces a day; avoid sweet drinks like soda, punches, and sport drinks.

**Good sleeping habits:** Scheduled sleep times and naps are best; preschoolers need 11-14 hours a day, including naps; less for adults

**Be a good role model:** Let others see you eating and enjoying a variety of healthy foods, being active every day, and sleeping an adequate number of hours at scheduled times. Serve portions according to the size of the person, including yourself! Don't bribe or comfort others with food.

**HAVE A HEALTHY, RESOLUTION-FREE NEW YEAR!**

Submitted by Sue Hendrickson

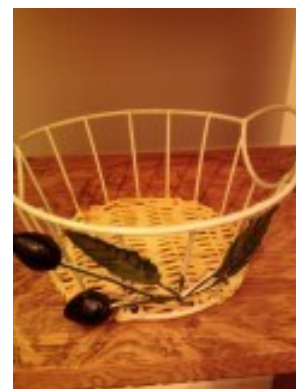
## Get Well Wishes



We wish a speedy recovery to Bobbi Kloss, our HCE County Treasurer, who became seriously ill on a trip to Branson with her sister and is hospitalized there. Also get well wishes to Jeanette Rantala and Donna Tollefson who are recovering from surgery at their homes. We hope to see all of you out and about very soon.

Submitted by Mary Ann Gronquist

"Help! I was left at the HCE Craft Sale  
and I want to go home!  
Call Linda Williams to claim me!  
(715-398-5394)"





## County-Wide Holiday Dinner

The Town and Country HCE Club invite you all to attend the County-Wide Holiday Dinner at Dreamland Supper Club, Highway E, South Range on Tuesday, December 8 at 6:00 pm. Please remember that this is open to all members, club or independent, and their spouses or friends. We will need a count of people for setup, if you plan to attend. We hope to have our food orders in by 6:15, so please try to get there by 6:00 or earlier, as we have entertainment planned for about 7:00 pm.

Please call Mary Ann Gronquist at 715-398-5493 by Dec. 6 if you plan to attend.

We are raising money to buy gift cards for seniors, so you will have the opportunity to buy tickets to win prizes. The drawings will be following the entertainment. We are also collecting food for a food basket for a needy family, so if you would care to bring an item for the basket you will receive a free ticket for the drawings. Please come, enjoy some good food and good company, as well help out a good cause. Hope to see you there.



Submitted by  
Mary Ann Gronquist

## A Special Thanks to You



Thank you to everyone who came forward and volunteered and/or agreed to fill the officer and committee positions for 2016-17. I have completed two terms as Vice President of Program Planning and Community Outreach and pass it on to change hats as the Executive Board Secretary beginning in January. (If all goes well at the November Annual Meeting and Elections, I'm writing this prior to that meeting).

Merry Christmas and a healthy New Year,

Linda Williams, VP Program Planning and Community Outreach

## Scholarship Thank You


Thank you so very much for the short term scholarship. I was involved with an e-course online. The course was titled "Energy, Motion, & Flow". It was an alcohol ink painting class. I have learned so much about painting and the resources available that I can utilize for HCE. Thank you, again, Jo Mersnick.



Douglas County UWEX  
1313 Belknap Street  
Courthouse Room 107  
Superior, WI 54880

TAPE

TAPE

| We're on the web! Be sure to visit the Douglas County Family Living website at: <a href="http://douglas.uwex.edu/ftp/">http://douglas.uwex.edu/ftp/</a> and click on Douglas County Home and Community Education (HCE), then click on the Dispatch Newsletter link. |         |   |                       |   |
|---|---------|---|-----------------------|---|
| December/January  | Time    | Event   | Location              | Presented by  |
| December 8  | 6:00 pm | County-Wide HCE Holiday Dinner  | Dreamland Supper Club | Town & Country  |
| December 24-25  | All Day | Courthouse Closed   |                       |   |
| January 1   | All Day | Courthouse Closed   |                       |   |
| January 7   | 1:30 pm | Board Meeting   | Library               |   |
| January 15  | 4:30 pm | Submit February Dispatch Articles to <a href="mailto:jeanne.ward@ces.uwex.edu">jeanne.ward@ces.uwex.edu</a> |                       |  |
|   |         |   |                       |   |
| DECEMBER 2015   |         |   |                       |   |
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