



DISPATCH



November 2015

Douglas County HCE Superior, WI

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Insert:

20 Steps to a Greener Lifestyle



Memo from the Board

Booooooooo from the Board!!

Another successful craft sale has come and gone. Beautiful weather, a little windy but warm. The Craft Sale was well attended, registration table was really busy; we actually could have had three people at times. Craft items were just flying out the door! Solid Rock was our project this year, their table filled to overflowing.

It is the time for cleanup in your yard and gardens, plant your spring bulbs and mulch for winter. Hope you are ready for the “spooks and goblins” and have a great October.

Hope you had a safe and happy Halloween.

Joyce Cook



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 November: jeanne.ward@ces.uwex.edu

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 **December 2015-January 2016** issues will be the Hilltoppers

Contact the UW-Extension Office at 715-395-1364 after **November 25th** to arrange the date and time for assembly.

Contact: Jeannie Ward
UW-Extension Office
at 715-395-1364 or
jeannie.ward@ces.uwex.edu

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**Douglas County HCE Annual Meeting
November 20, 2014 –1:45–Superior Public Library**

Roll Call: Hilltoppers 4, Merry Mates 1, Town & Country 3, Advisor

The meeting was opened at 1:45 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.

Treasurer's Report: Sue Hendrickson - The Treasurer's Report was approved and placed on file for review.

Sue reported on the Craft Sale. We made almost exactly as much as we made last year. The cost of the 3 by 6 advertisement in the Telegram was \$189.00. It was a very nice ad.

Joyce Cook moved and Mary Ann Gronquist seconded a motion to accept the Craft Sale Report. Passed.

The proposed budget for 2015 was discussed. The year-to-date revenues and expenses are listed on the proposed budget report. The membership has stayed the same as last year.

Linda Williams moved and Joyce Cook seconded a motion to accept the proposed budget for 2015. Passed.

COMMITTEE REPORTS:

VP Programming and Community Outreach: Linda Williams reported that as Vice President, she chaired the Program Planning Committee working on the 2015 calendar of meetings and events. She also chaired the Nominating Committee for election of officers and appointment of committees. She guesstimated, tallied and sent our club, member and executive board volunteer hours to the State for period Jan. 1 – June 1, 2014 and simplified and distributed the volunteer hours report forms for the period June 1, 2014 – June 1, 2015. All volunteer hour reports to be sent to Linda by June 1 of next year. The Update Magazine reported on the data collected for the first 5 months. It was determined that a volunteer hour is worth \$18.00. See the total report in the Update. Linda managed On the Move and in the Groove. Received and recorded our county's points, and sent to state. Performed numerous other duties connected with this position throughout the year. Linda sent the program schedule to the Public Library in order to reserve the classroom for our meetings in advance.

Cultural and Textile Arts: Mary Ann Gronquist said the report was in the Dispatch.

International: Marian Maki and Marian Simon chaired the event. A Finnish Coffee Hour was the theme. Marian Maki made all of the attractive centerpieces. The program was excellent and there was a large turnout, 47 paid guests. There were many great comments. The format was good because the members were able to enjoy the program rather than working and cooking in the kitchen and missing out on the program. Very excellent event. The focus for 2015 - 2016 will be India.

Membership/Marketing: Sue asked for help in getting ahold of some members who hadn't paid their dues yet. Sue will contact the three people who had indicated an interest in HCE. Cheryl reminded us that it had been decided that the club holding an event will be responsible for the marketing.

Scholarship: Pat Bergman is stepping down as chair, due to moving out of town. She did an excellent job and was able to solve the problems in processing the Melinda Boswell Scholarship at UWS. Thank you Pat!

HCE Craft Sale : Management has changed so that rental finances are handled a little differently. Sue has contacted management again concerning the lack of handicap accessibility, especially the North entrance ramp. The craft sale review and report is in the November 2014 Dispatch.

UNFINISHED BUSINESS:

Nominating Committee Linda Williams and 1 member per club

Election of Officers	Nominee(s)	Term
Treasurer	Bobbi Kloss	2 year term 2015-16

Sue Hendrickson moved and Mary Ann Gronquist seconded a motion to cast a unanimous ballot for Bobbi Kloss as Treasurer. Passed

Appointed Positions

Membership/Marketing Committee - Sue, Wendy

International Committee (country is India)

(Christa Wm-Clements will do the research and articles)

2 year term 2015-16

Scholarship Committee

No Chair/ Marian Simon/ Marian Maki/ Bonnie Gronquist/ President/ Advisor

Complete term through 2015

Committee Appointments for 2015

HCE Craft Sale Chair – Town & Country

Lunch - Hilltoppers

Bake Sale – Merry Mates

Head of Lakes Fair Booth – Membership/Marketing

Committee

Finance Review Committee – Jo Mersnick, Mary Ann Gronquist, Sue Hendrickson

Nominating Committee VP and one member per club

Other Business

Program Planning – Linda Williams - Almost finalized the program for 2015.

Update article due January 1, 2015 – Mary Ann Gronquist volunteered

\$25 Community Focus Donation-It was decided that the \$25. fee charged by the Library will serve as our community donation.

District Meeting Report: Carol Medchill was elected Northwest District Director. Reports were in the Dispatch.

State Meeting Report: Good comments. Reports were in the Dispatch.

Family Living Educator – Sue DeNio reported on her position earlier in the day.

Quiltathon – Sue asked for permission to donate a quilt to a needy family and also to get a grant from Walmart for fabric.

Meeting closed with the HCE prayer at 3:20 p.m.

Minutes submitted for approval by Jo Mersnick

HCE EXECUTIVE BOARD MEETING MINUTES

October 1, 2015 –Superior Public Library

Roll Call: Hilltoppers 2 , Merry Mates 1 , Town & Country 4 , Advisor 1

The meeting was opened at 2:00 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: Letter from the Library with the year's schedule and bill to be paid by 10/15.

Treasurer's Report: Bobbi Kloss - The Treasurer's Report was approved and placed on file for review.

Bobbi contacted the Fairground and was able to reserve Oct. 8, 2016 for next year's Craft Sale.

Dues are being collected.

Sunshine: Joyce Cook reported on the Sunshine Fund

Dispatch: Due Oct. 15, 2015 Hilltoppers will put together.

COMMITTEE REPORTS:

VP Programming and Community Outreach: Linda Williams

The Program Planning meeting was held and the program planned will be finalized at the November meeting.

Volunteer hours were totaled for DCAHCE and came to 2,340 hours, which seems on the low side. It is difficult to remember all of the time spent on volunteering hours. This report was sent to state. Donations to DCAHCE were also reported.

Election of officers will take place at the November annual meeting. We need nominations for President, Vice President, Secretary, Scholarship, and Cultural Arts.

Cultural Arts: Mary Ann Gronquist The results were in the October Dispatch. Mary Ann thanked Cheryl and Sue for bringing the entries to the State competition. .

International: We still need a chair.

Membership/Marketing Sue Hendrickson

We need to talk face to face with prospective members

We had a very nice booth at the Fair and sold many raffle tickets.

Scholarship: Bonnie Gronquist put an article in the Dispatch.

WI Bookworms™ - Sue Hendrickson- Sue bought labels at the State Conference. Sue suggested that the donation to RSVP be altered by the cost of the labels.

Family Living Educator: Araceli Whitwam-Sell Extension County Educators have State Specialists that can be contacted for help and information in their areas of interest. There are two new specialists at UW-Madison who are specialists in her area of interest and she is very excited about working with them. She has met with them in Eau Claire, WI and will be spending 4 days in Madison discussing and working on programs to implement her program of work.

UNFINISHED BUSINESS:

Building Sustainable Communities Look for Sue's article in the November Dispatch. Sue requested a donation be sent to the School Forest.

Craft Sale - There are 71 tables rented. The morning coffee will be in the same area. The bake sale will be moved up to the upper level. Raffle tickets will be sold up there, too. Linda will take care of the paper goods. Signs were passed out.

WAHCE State Conference – Reports are in the Dispatch.

NW District Meeting – October 22 in Chippewa Falls, WI

NEW BUSINESS:

Annual Meeting – Nov. 19th , 2015 “Liven Up Your Leftovers” program at 12:30, board meeting following. Meeting closed with the HCE prayer at 3:25 p.m.

Minutes taken by Rosie Perala,
transcribed and submitted for approval by Jo Mersnick

2016 OFFICER ELECTIONS
ANNUAL MEETING, Thursday, November 19

Positions up for election for two-year terms beginning January 2016 are:

President

Vice President of Program Planning and Community Outreach

Secretary

For appointment:

Cultural Arts Committee

Scholarship Committee and Chair

WI Bookworms™ Committee

Financial Review

Nominating (VP and one member per club)

International (second year of two term, volunteer(s) needed)

Jump in and volunteer! (note: Cheryl M. has agreed to the President's position for another term J)

Thank you,

Linda Williams, VP Program Planning/Community Outreach

CRAFT SALE THANK YOU and NOTES

We could not have had a better day. From a full house of crafters selling a great variety of wonderful handmade items, the good turnout of shoppers, to the lunch, coffee and bars, bake sale and door prizes, and the great weather to boot!

Thank you to the Head of Lakes Fairgrounds custodial staff for setting up the tables and chairs for us each year, they do a fantastic job.

This year we had a capacity number of table spaces rented. Seventy-one (71) tables with a waiting list of about 8 crafters, who are added to our mailing list for next year's sale.

Thank you to all members for your time, effort, donations and work on this year's sale, which is our only fundraiser to support our scholarship program.

Linda Williams,

Craft Sale Table Rent Coordinator

INDIA -- 2015-16 INTERNATIONAL STUDY

We are currently ending the first year of the two-year study of the country of INDIA. Christa Williams-Clements, of the Merry Mates Club, has been researching and submitting articles about India for our "Dispatch". She will continue to do so throughout the coming year. The study of each country culminates in a special event with a program and traditional foods for HCE members and is open to the public.

Douglas County HCE, for more than the 40+ years I have been a member, has held a two-year study of a country of the world. The countries are chosen with suggestions on and from the Program Programming Survey. November 2016 will be our India program event.

We need volunteers to chair the India program.

What does the "chair" do? Schedule at least two meetings during 2016 with a committee and clubs to plan the even's time, place, program, foods, decorations, etc. A job description and notes from past country's programs are available to reference and assist in the planning. I'd love to pass this little folder on to you! Please volunteer.

Linda Williams, VP

Get Well Soon!!

Our thought and prayers go out to Jeanette Rantala who will undergo surgery at the Mayo Clinic in early November.

Submitted by, Mary Ann Gronquist



For Your Records: Thanks for updating your record books.

Contact information:

We are going off our land line. From now on, please contact us through any of the following methods:

Our new email address is: djrantala2015@gmail.com

Jeanette's cell number is: [608-713-5160](tel:608-713-5160) Don's cell number is: [608-713-5241](tel:608-713-5241)

House cell phone: [715-817-0312](tel:715-817-0312)

Don, Jeanette and Brian Rantala

Important Information: Out of Office Notice

I will be out of the office from November 4th and returning on or before February 4th, hopefully before, for shoulder surgery. Please send your December/January 2016 and February articles and information to Jeannie.ward@ces.uwex.edu. If you have questions please contact Araceli at 715-395-1426. Thank you and have a great Thanksgiving and Christmas!!

Cheryl Shockley, Editor

Reminder: Dues are due!



To all club treasurers,

Please remember that your up to date membership lists, Pennies for Friendship and dues should be sent to me by the end of October. Club treasurers and independent members should mail their dues to DCHCE treasurer, Bobbi Kloss, at 6920 E Cloverdale Dr. , South Range, WI, 54874. Checks should be made out to Douglas County HCE.

Thank You, Bobbi Kloss, Treasurer

Healthy Expectations for a Healthy Thanksgiving.

For many of us, Thanksgiving evokes the image of Norman Rockwell's infamous painting depicting a harmonious American family happily sitting around the turkey-laden table. But this image of the perfect family is simply not realistic and can set one up for unrealistic expectations about how a "normal" family behaves. Experts in the field of mental health believe that you are much better off lowering your expectations about how your own family will act at Thanksgiving.

So this Thanksgiving, do yourself and others a favor and remember that every family is comprised of individuals that are unique, not perfect.

Helpful Tips

- Have realistic expectations of yourself and others.
- Try to accept family members and friends as they are, even if they don't live up to all of your expectations. It's not a good idea to use the holidays to "confront."
- Identify ahead of time the "Hot Topics" — i.e., those subjects to avoid.
- Establish "healthy" boundaries for yourself: It's OK to say "no."



How Can You Go Green?

How can you make green choices? Read the tips below and start today!

TRANSPORTATION

Fact: 51 percent of our car miles are for running errands.

Eco-Tip: Run more errands at the same time and eliminate at least one trip a week. Driving less is the number 1 tip for improving the environment.

Fact: In Wisconsin, transportation accounts for 30% of greenhouse gas emissions.

Eco-Tip: Look at hybrid vehicles when you replace your car.



Fact: Cars emit 1 pound of carbon dioxide for every mile we drive.

Eco-Tip: Join a carpool, use the bus, walk, or bike to try and go car free for a day, a week, or a month, at www.carfreechallenge.com.

WATER & ENERGY USE

Fact: In some areas groundwater is being used 25 percent faster than it can be replenished.

Eco-Tip: Use rain barrels to collect rain and use it to water lawns.

Fact: An average family uses 82 gallons of water per person, per day.

Eco-Tip: Take shorter showers and purchase low-flow faucets and toilets.

Fact: Most of our water is used for showers/baths, toilets and lawn watering.

Eco-Tip: Fix leaks immediately, it can save up to 5,000 gallons of water per year.

Fact: An average US home, uses 11,000 kilowatt hours of electricity per year. That is more than twice the average usage in Britain.

Eco-Tip: Cut back on air conditioning use. Only buy appliances that have Energy Star ratings.

Fact: Lower your thermostat by two degrees in winter reduces CO2 emissions by 400 pounds per year.

Eco-Tip: Purchase a programmable thermostat to automatically lower temperatures at night. Lower the thermostat when you're gone.

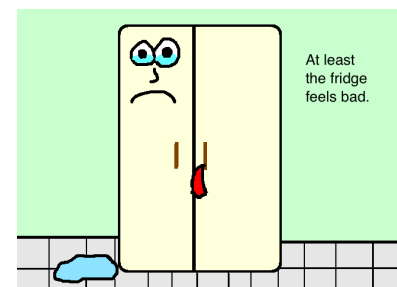
FOOD

Fact: Food waste is the third-largest waste category in our state.

Eco-Tip: Buy only the food you need. Start a scrap compost pile.

Fact: The Dane County Farmers' Market is more than 30-years-old. It's the largest producers-only market in the U.S.

Eco-Tip: Support local farms and decrease the distance your food travels.



Fact: Using one disposable cup per day contributes about 22.75 pounds of waste per year.

Eco-Tip: Use a reusable mug. Give your business to a coffee shop that will give you an incentive to bring in your own, or their reusable mug.

Cont'd on page 7

RECYCLE

Fact: It's estimated, Americans exchange 7 billion greeting cards each year.

Eco-Tip: Buy cards made with recyclable paper. Consider sending e-cards.

Fact: The average person receives 10.8 pieces of junk mail each week. According to www.idealbite.com, if everyone reduced all their junk mail, we could save nearly 100 million trees each year.

Eco-Tip: Get your name off lists by using sites like www.junkbusters.com and www.optoutprescreen.com. Stop companies from sending catalogues.

Fact: The average home uses 1,000 plastic bags per year -- and they could take 1,000 years to decompose.

Eco-Tip: Bring your own canvas bag while shopping. Store leftovers & lunches in reusable containers.

Fact: In 2000, each Wisconsin resident generated an average of 2.5 pounds of residential trash per day and recycled 0.9 pounds.

Eco-Tip: Buy products with less packaging and more recycled content.



Fact: It takes four trees to off-set the amount of carbon dioxide the average person generates each month. Experts also say planting three trees strategically around your home can reduce energy use by as much as 50 percent.

Eco-Tip: Plant a tree or donate \$1 to www.americanforests.org.

Fact: Hotels that implement linen card programs save (on average) 5 percent on their utility bill, according to www.idealbite.com.

Eco-Tip: When traveling, inquire about sheet and towel exchange policies. We don't change or wash our own bed linens and towels every day, so why do it when traveling?

TOXINS

Fact: An hour of automobile idling burns approximately 1/5 of a gallon of gas and releases nearly 4 pounds of CO2 into the air.

Eco-Tip: Turn your engine off! The group www.enginesoff.org suggests asking your child's school or other parents to implement a no-idling policy. In winter, warm engines up for only 30 seconds.

Fact: Flushing unused medication sends it through the sewage plant and into surface waters, disturbing fish and the eco-system.

Eco-Tip: Take advantage of safe, drug-disposal programs. Dane County's safe disposal day is set for Saturday, Oct. 13, from 9 a.m. to 1 p.m. at the city transfer station on Olin Avenue. Visit www.meddropdane.org for more information.

Fact: Many common household products are hazardous, and reach waterways when washed down the drain.

Eco-Tip: Reduce household chemical use, try nontoxic alternatives and dispose materials safely.



Fact: It takes three quarts of oil to make a brand-new ink cartridge, according to National Geographic's online "Green Guide," www.thegreenguide.com.

Eco-Tip: Recycle spent printer cartridges. Some stores, like Staples, offer incentive programs to return old cartridges; also, check with your county recycling program for e-waste policies.

Submitted by, Sue Hendrickson

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: <http://douglas.uwex.edu/fhp/> and click on Douglas County Home and Community Education (HCE), then click on the Dispatch Newsletter link.

November 1-7 Membership/Marketing Committee		HCE Week			December 24-25
November 5, Thursday	12:30pm	Program Planning: -final draft	Library	Vice-president	November 5, Thursday
November 4, Wed.	All day	Cheryl Out of Office till February	UW-Extension		November 19, Thursday
November 5, Thursday	1:30pm	Board Meeting	Library	President	November 19, Thursday
November 10, Tuesday	All day	Submit HCE Dispatch Articles to [jeannie.ward@ccs.uwex.edu]	UW-Extension		November 19, Thursday
November 19, Thursday	12:30pm	"Liven Up Your Leftovers"	Library	Sue/Merrymates	November 19, Thursday
November 19, Thursday	1:30pm	Annual Meeting	Library	President	November 26-27
November 26-27		Courthouse Closed-Holiday			December 8, Tuesday
December 8, Tuesday	6:00pm	County Wide HCE Holiday Dinner	Dreamland Supper Club	Town & Country	December 24-25
December 24-25		Courthouse Closed-Holiday			

NOVEMBER							DECEMBER						
S	M	T	W	T	F	S	S	M	T	W	T	Fr	S
1	2	3	4	5	6	7			1	2	3	4	5
8	9	10	11	12	13	14	6	7	8	9	10	11	12
15	16	17	18	19	20	21	13	14	15	16	17	18	19
22	23	24	25	26	27	28	20	21	22	23	24	25	26
29	30						27	28	29	30	31		