



OCTOBER 2015

Douglas County HCE Superior, WI

INSIDE THIS ISSUE:

Memo from the Board	1
Dispatch Assembly	1
Mission Statement	1
Executive Board Meeting Minutes	2
From the Desk of Sue Hendrickson	3
Our Brains and Our Relationships	4-5
2015 Craft Sale Pricing List	6
Cultural Arts	7
Cryptogram	7
Note to Club Presidents	7
Calendar	8

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 **November 2015** issues will be the **Hilltoppers**. Contact the UW-Extension Office at 715-395-1363 after **October 25th** to arrange the date and time for assembly.

Contact:
Cheryl Shockley at
the UW-Extension Office at
715-395-1363 or
cheryl.shockley@ces.uwex.edu

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 or
cheryl.shockley@ces.uwex.edu

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Memo from the Board

Thank you, thank you, thank you for sending me to State Conference. Sue Hendrickson and I had a great, and educational time. From the Business meeting, we are cutting a few things out of the budget for 2016. Since most Counties give a Scholarship, the State HCE will not give scholarships, and the County's will not be given their \$100 rebate for Wisconsin Bookworms™. Discussion was long, but we agree with the Financial Committee that we can not dip in to our saving account & 10,000 a year. We will run out of money in ten years.

I took the two Pool classes, Raising the Thinking Child, (I am the Yelder when it comes to my Granddaughter, Addison,) and Food Label Lingo, everything in moderation. There were 400 members at the Conference, 40 one day registrants, 72 first timers, 2 from out-of-state and 7 men. It was great! Our Craft Sale is coming up fast, October 10th, from 9 am-3 pm. Each Club is responsible for 3 door prizes and 3 pans of bars [not cookies] for the Coffee Bar, and for all members \$5.00 worth of baked good, or a \$5.00 donation for the Bake Sale. Each Independent member will be called as a reminder, and asked what they can do to help. I am also including in the Dispatch a poster, please post it if you find a spot or use it as a reminder of the event.

Solid Rock is our Special Project this year. They need men's toiletries, pillow cases, and non-perishable food. It is our only money maker of the year, so it is important that everyone helps.

See you at the Craft Sale
Cheryl McCuskey



HCE EXECUTIVE BOARD MEETING MINUTES

September 3, 2015 –Superior Public Library

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

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.

Correspondence: none

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

Sunshine: Joyce Cook – no report

Dispatch: Due September 15, 2015

COMMITTEE REPORTS:

VP Programming and Community Outreach: Linda Williams- reported on the volunteer points sent to State.

There is an article in the Dispatch. Eight people participated in On the Move and in the Groove. Christa Wm-Clements accumulated the most points. Linda posted information in the September Dispatch concerning the volunteer minutes compiled by the state. There will be information posted in the Dispatch about the upcoming elections. Program planning for 2016 will begin at the October planning meeting.

International: No chair

Membership/Marketing: The HCE Display Board was set up at the Head of the Lakes Fair. Thank you Mary Ann Gronquist for that. Town & Country staffed the HCE display on Thursday and Friday. Hilltoppers staffed the display on Saturday. All of the quilt tops received from Kelly J.'s, were sold with one exception. Marge kept one to work on for the next quilt raffle. **Sue moved and Bobbi Kloss seconded a motion to allow Marge Keho to purchase fabric to finish the quilt. Passed.** The HCE Display board will be on display at the State Conference. Sue and Mary Ann will work on advertisement for the upcoming Craft Sale. Sue passed out raffle tickets for the 2016 quilt raffle. Each member is asked to sell \$10.00 worth of tickets.

Scholarship: No chair yet. Information in the Dispatch.

WI Bookworms™ - Sue Hendrickson- Sue will pick up labels at the State Conference. She listened to the WISline to get all the pertinent information for Bookworms this year.

Family Living Educator: Araceli Whitwam-Sell . Araceli is very excited about the program that she will be presenting, "Raising a Thinking Child". This program will be taking a problem solving approach. Her motto is, "It's all about relationships, and relationships really matter". Read her article in the Sept. Dispatch.

UNFINISHED BUSINESS:

Building Sustainable Communities – Sept. 24th, 2015 1:30 – 3:30 at the Superior School District's School Forest - Register by Sept. 18th at the Extension Office. Sustainability: The Key to the Future of Our Planet

Craft Sale – October 10th, 2015 – Head of the Lakes Fairgrounds – Multi-purpose room. The Craft Sale meeting took place at 12:30, Sept. 3rd at the Superior Public Library. Plans are progressing on schedule.

WAHCE State Conference – Sept. 14th – 16th, 2015. Stevens Point, WI. Cheryl and Sue will be attending.

NEW BUSINESS:

NW District Fall Meeting, October 22nd, 2015 – Chippewa Falls, WI at the Faith Lutheran Church. Register by Oct. 14th, 2015 Information will be in the Dispatch.

Meeting closed with the HCE prayer at 3:15 p.m.

Minutes submitted for approval by Jo Mersnick

FROM THE DESK OF SUE HENDRICKSON**A COUPLE NOTES:**

Two volunteers are needed for reading at Headstart. Call Marge at RSVP if you can help—715-394-4425.

Linda Bruce no longer can be reached on her land line. You can reach her on her cell at 218-349-2297.

STATE CONFERENCE:

Just a note to thank you for the financial support to send me (and President Cheryl McCuskey) to the state HCE conference in Steven's Point--such a quick, pleasant trip down and beautiful weather there so I was able to get my 10,000 steps every day!

The theme of the conference was celebrating our 75th anniversary and the members that had been in for 55+ years—would you believe over 350 were honored with photos and stories posted all over the facility?—including our own Jessie Westman, member since 1953.

The classes were outstanding as usual. I had a tour of a Renewable Energy facility; the coolest thing was a carport built with a solar collector for the roof so the Prius was plugged in there to re-charge each night. I got to see the Nicaragua Partners warehouse and office 25; what wonderful work they are doing. (More on that later.) The Wisconsin Bookworms™ workshop was full of good news—we are in 44 of our 52 counties and by the end of 2016 will have given away 750,000 books! In Membership/Marketing we were encouraged to keep finding those new members to hold our own! The presenter in Communications in the 21st Century called us “digital immigrants;” we are using the devices but they haven't taken over our lives as much as with the younger folks. (He recommended a site: gcflearnfree.org—for tutorials on digital devices with great information, simple language, and **all** for free.

My favorite two classes were “How to Be an Indian in 2015” and “Wisconsin Women Making History”. In the first, Lewis (Two Shoes) Clark, Native American Poet and Storyteller, told us of his life, interspersed with poems that helped him cope and celebrate along the way. (He is sending me a book of his poetry if you are interested in borrowing it.) Lynne Blinkenberg from Wisconsin Public Television told us about a website she's developed in partnership with UW Women's Studies, Wisconsin Historical Society, Wisconsin Humanities Council and others to gather information about women who left a mark on Wisconsin history. They have done a few films on these great ladies and will send an expert facilitator if we wish to show one—“Wonder Women” and Wisconsin's Nazi Resistance” looked really interesting. Go to womeninwisconsin.org to read about these amazing people and to nominate someone you know of!

Next year the state conference will be in Eau Claire September 12-14. Think about attending. They are great fun and so interesting! Well, that's it for this month. Keep smiling—people will wonder what you're up to!



OUR BRAINS AND OUR RELATIONSHIPS SHAPE HOW WE LEARN.

In his latest book *The Social Neuroscience of Education: Optimizing Attachment and Learning in the Classroom*, psychology professor Louis Cozolino professor of psychology explores how both the science of our brains and the quality of our social connections impact our ability to learn.

Why Stories Are Essential for Learning

If history were taught in the forms of stories it would never be forgotten.

—Rudyard Kipling

Through countless generations, humans have gathered to share stories. Whether it be tales of brave ancestors, strategies for a successful hunt, or fun ways to pass the time with friends and family, the stories of tribe are a repository of shared knowledge and a matrix of culture. Stories connect us to one another, help to shape our identities, and serve to keep our brains integrated and regulated.

Discounted by many educators as unworthy of the classroom, story time is enjoyed by children but left behind to get on with the business of “serious” learning. Like our primitive social instincts, storytelling has a deep evolutionary history that has been woven into the fabric of our brains, minds, and relationships. The central role of storytelling in contemporary tribes attests to its early origins and central role in memory storage, emotional regulation, and social cohesion.

By allowing for the articulation of personal experience and shared values, stories connect families, tribes, and nations, generate culture, and link us to a group mind. These connections, in turn, support the functioning and well-being of each individual brain.

Stories are a central aspect of personal identity and, in many ways; we become the stories of our experiences and aspirations. Identity has even been defined by philosopher Daniel Dennett (1991) as the “center of narrative gravity” of the stories we tell about ourselves. As children we are told who we are, what is important to us, and what we are capable of. These stories become organizing principles that serve to perpetuate both healthy and unhealthy aspects of self-identity.

Memory and Learning

The mind is everything. What you think you become.

—Buddha

Every culture has stories, myths, and fables born before the written word and passed down through the generations via storytelling and song. The accumulation and advancement of knowledge was completely dependent on the compulsion to hear and tell stories and on the brain’s ability to remember and repeat them.

(cont’d next page)

Memory experts use this evolutionary legacy to recall large amounts of unconnected information by placing them in a narrative. They may picture a room and place each of the items they are trying to remember in a different location. For recall, they go back to the visual image of the room and visualize each item where they placed it.

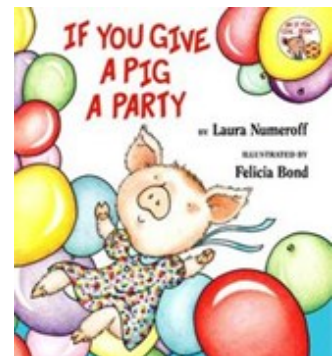
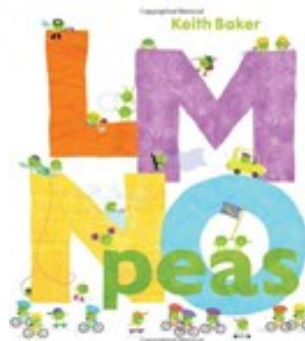
Cozolino shares, I am a terrible speller and completely depend on spellcheck. I can, however, spell “Mississippi” and “encyclopedia” because when I was young, Disney cartoons placed the spelling of these words in songs. And I doubt that anyone from my generation can spell “respect” without hearing Aretha Franklin’s voice in their heads. It is also true that most of us can hear the first few notes of thousands of songs we learned years ago and almost intermediately recognize them and be able to sing along. The words and notes seem to be waiting in our brains even though it may have been decades since we last heard them.

Cozolino’s findings serve to highlight the value of programs like Wisconsin Bookworms™, a collaboration and outreach effort of the Wisconsin Association for Home and Community Education, (WAHCE) UW-Extension Family Living Programs and Wisconsin Public Television. Currently in its 18th year, the program designed to provide free books and an early reading experience for children from limited income families, has reached 5,300 children in 42 counties through its 545 readers.

So, if you’re looking for an excuse to read fun books while engaging with children, become a Wisconsin Bookworms™ and make a positive impact in the learning experience of the children of Douglas County.

2015/2016 Wisconsin Bookworms™ Reading List (My personal top picks)

Cows to the Rescue - John Himmelman
Lola Reads to Leo - Anna McQuinn
If You Give a Pig a Party - Laura Numeroff
LMNO Peas - Keith Baker
Very Hungry Caterpillar - Eric Carle
Who Has This Tail? - Laura Hulbert



To learn more about the Wisconsin Bookworms™ program and the Wisconsin Association for Home and Community Education, Inc., visit <http://www.wahceinc.org/bookwormsindex.html>

Excerpted from The Social Neuroscience of Education, copyright 2013, by Louis Cozolino

*Submitted by,
Araceli Whitwam-Sell
UW-Extension Family Living Educator*

2015 Craft Sale Pricing List

BARS, COOKIES, ROLLS. PASTRIES	
½ dozen brownies/bars, plain	2.50
½ dozen brownies/Bars, extra ingredients	3.25
½ dozen fudge	3.25
½ dozen Cookies, plain/chocolate chip	2.50
½ dozen Cookies, extra ingredients	3.25
½ doz. Dinner rolls	2.75
½ dozen Donuts (cake)	3.00
½ dozen Sweet rolls	3.25
½ dozen Danish/jelly filled, kringles, etc.	3.50-4.50
NUT & FRUIT BREADS:	
Mini	2.50
Medium	3.25
Large	3.75
BREAD	
Frozen or bread machine	3.00
Real homemade	3.75 – 4.75
Specialty (i.e.. Cardamon)	5.50
PIES:	
8", 9" (depends on size, ingredients)	6.00-10.00
MUFFINS	
½ dozen plain, average size	2.50
½ dozen fancy ingredients	3.00
½ dozen plain, large	3.50
½ dozen fancy, large	4.50
CAKES/CUPCAKES:	
Angel, bundt, coffee, small	3.75
Angel, bundt, coffee, large,	5.75
½ dozen cupcakes, plain	2.50
½ dozen cupcakes, decorated	3.50

PLEASE mark your baked goods with prices. Indicate special ingredients such as nuts, peanut butter, etc.

Cheryl and Sue are back from State Conference with good news. Douglas County members did it again—won ribbons at State! Receiving blue ribbons were Marge Keho on her wooden bowl and hand crafted pen; Donna Tollefson on her family recipe book and set of handmade cards; Jo Mersnick on her alcohol ink painting; and Pat Wermter on her quilt and plastic canvas decoration. Receiving red ribbons were Marian Maki for her china painting and Marge Keho for her poem. Jo Mersnick also had an entry in the special “Something Sparkly” category, but all those entries were judged by people’s choice with one item being the winner. I was unable to make connections with Linda Bruce before the gals left for the conference so her photo did not make it down to state. Sorry Linda! There were 419 entries from 44 counties, so you did very well, ladies. Keep up the good work and start thinking about next year’s Cultural Arts Contest.

A heart shape composed of many small, colorful autumn leaves in shades of orange, yellow, and red, set against a white background. The leaves are densely packed to form the heart, with some individual leaves scattered around the base and bottom corners. The overall effect is a warm, seasonal graphic.

Please remember that your up to date membership lists, Pen-
nies 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 Clo-
verdale Dr. , South Range, WI, 54874. Checks should be made
out to Douglas County HCE. Thank You, Treasurer,

Thank You, Treasurer,

[illegible]

The bottom part contains a secret phrase. Each of the blanks has a number underneath it. Fill in the letters that correspond to the numbers below the blanks to solve the phrase.

$$\overline{19} \quad \overline{8} \quad \overline{16} \quad \overline{26} \quad \overline{4} \qquad \overline{21} \quad \overline{8} \qquad \overline{19} \quad \overline{8} \quad \overline{9} \quad \overline{1} \quad \overline{19}^{!!}$$

TAPE

We're on the web! Be sure to visit the Douglas County Family Living website at: <http://douglas.uwex.edu/fp/> and click on Douglas County Home and Community Education (HCE), then click on the Dispatch Newsletter link.

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

NOVEMBER						
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15	16	17	18	19	20	21
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29	30					

OCTOBER							
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11	12	13	14	15	16	17	18
19	20	21	22	23	24	25	26
27	28	29	30	31			