

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

S	M	T	W	T	F	S
5	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		



OCTOBER

S	F	T	W	T	M	S
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15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

November 3	12:30 p.m.	Annual Meeting Program Planning Final	Fuller's Restaurant	Pres/VP
Nov 6-12		HCE Week		
Nov 24-25		Thanksgiving	Court House Closed	

October 7	6 a.m. - 4 p.m.	Craft Sale	HOL Fairgrounds	Merry Mates/All Members
October 5	12:30 p.m.	Program Planning: Draft	Fuller's Restaurant	VP
	1:30 p.m.	Board Meeting	Fuller's Restaurant	President
October 19	9:30 a.m.	NW District	Fall Meeting	Cushing, WI



# DISPATCH



October 2017

Douglas County HCE Superior, WI

**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 2016** issues will be the Town & Country. Contact the UW-Extension Office at 715-395-1363 before **September 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](mailto: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](mailto:cheryl.shockley@ces.uwex.edu)

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### Message from the Board:

*When opportunity knocks don't hesitate. Open the door and celebrate. It may be what you are looking for. How would you know If you don't open the door.*

Elvernia Russell

We are starting a new season of opportunities to learn, and share together with our DCHCE friends and our community beginning with our first program of the year, "Creative Ideas for Everyday Items" Sept. 27<sup>th</sup>, 7 p.m. at the Parkland Town Hall.

I got busy and created the centerpieces from my collection of 100 year old ball jars for the event. I think they turned out very nice. We are inviting everyone to bring an idea to share.

Our major fundraiser of the year, the Craft Sale, Oct. 7, 2017, is quickly coming up. We all have an opportunity to work at this very popular event in our community. The proceeds fund our scholarships for local students and the educational programs of DCHCE.

Another very important opportunity is in the area of leadership. We will be having election of officers at our November Annual Meeting. We need everyone to consider serving our association in this capacity!! Elected positions open are President, Vice President, and Secretary. Appointed positions are Cultural Arts, Scholarship, and WI Bookworms™. Please consider serving a term in one of these leadership positions. We need members willing to serve to keep our association active!!!

Jo Mersnick VP

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

**September 7, 2017 1:30 p.m. at Fuller's Restaurant**

Roll Call: Hilltoppers 4, Merry Mates 2, Town & Country 1, Advisor 0

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

Secretary's Report: Linda Williams - The Secretary's Report was approved and placed on file.

Correspondence: Thank you from Linda and Jerry Williams for 50<sup>th</sup> Anniversary card from the Board.

Treasurer's Report: Marge Keho – Presented June/July/August '17 reports, placed on file for review.

Sunshine: Cheryl McCuskey. Be sure to notify her of need to send greetings, etc.

Dispatch: Due September 15, 2017 for October issue. Jo M., Board memo. Merry Mates assemble.

### COMMITTEE REPORTS:

VP Programming and Community Outreach: Jo Mer-snick – Program Planning 2018 Calendar meeting October 5<sup>th</sup>, 12:30 p.m. Annual Meeting: election of officers and speaker scheduled with Araceli Whitwan-Sell. Sue will follow up.

Cultural Arts: Mary Ann Gronquist— Cheryl will bring entries to State Conference.

International: Christa Williams-Clements — no report

Scholarship: Linda Williams – Invitations received from both WITC and UWS. WITC Scholarship recipient for 2017 is Lauren Burnap, 2<sup>nd</sup> year Human Services Associate student. The WITC Scholarship presentation ceremony is Sept. 14<sup>th</sup>. Sue will attend to present our Malinda Boswell Scholarship. UWS's annual appreciation dinner/program is Sept. 21<sup>st</sup>.

Membership/Marketing: Sue Hendrickson – Annual dues are due the end of October to Treasurer. PR for craft sale is complete.

WI Bookworms: Sue H.—Books are in. We are in need of one more reader. RSVP does a lot of work and for Bookworms. Our HCE budget has a line item for this program.

Family Living Educator: Sue H. —Explained the need to apply to get a half-time staff for this position. When OK'd we may have a person in position by January 2018.

### UNFINISHED BUSINESS:

Craft Sale: Hilltoppers – Craft Sale meeting prior to Board Meeting. All details finalized, posters and outdoor signs distributed to clubs. Rosie P. contacted all independent members asking their help. Lunch menu: walking tacos with bar and beverage \$5.00. Merry Mates will staff the ticket sales and other jobs as needed. Linda reported 57 table spaces have been rented to date.

Quilts Raffle: Hilltoppers – 2018 Quilt Raffle Tickets were distributed to clubs and independent members.

Creative Ideas Program – September 27<sup>th</sup> at Parkland Town Hall. Poster is September Dispatch for members to post. Bring ideas for reusing/repurposing everyday items.

On the Move: Linda W — 971 total points reported by 5 members. Marion Bradley, with the most points as she did last year. Discussion on continuing giving a prize to the person with the most points. Motion by Sue H., seconded by Jo M. to give a \$25.00 gift card to Subway for the most points. 6 yes, 1 no. Motion carried.

### NEW BUSINESS:

District Treasurer: Cheryl reported our District is in need of a new Treasurer.

Board Meetings: We will meet at Fuller's Restaurant through May 2018.

### UPCOMING EVENTS:

- September 10-13 WAHCE Conference
- September 27, 7:00 p.m. Creative Ideas for Everyday Items, Parkland Town Hall
- October 5, 12:30 p.m. Program Planning, Fuller's Restaurant
- October 5, 1:30 p.m. Board Meeting, Fuller's Restaurant
- October 7, 9-3 Craft Sale at Head of Lakes Fairgrounds, Multipurpose Building

Submitted for approval by,  
Linda Williams, Secretary



## CRAFT SALE

Saturday, October 7, 2017

9:00 a.m. – 3:00 p.m.

**\$1.00 ADMISSION**

(includes free door prize ticket)

### HEAD OF THE LAKES FAIRGROUNDS

4700 TOWER AVE., SUPERIOR, WI  
MULTI-PURPOSE BUILDING

PHOTOGRAPHY, JEWELRY, HOLIDAY DÉCOR, WOOD CRAFTS,  
NEEDLEWORK, FLORALS, SEASONAL, AND MUCH MORE FROM  
LOCAL CRAFTERS!

BAKE SALE, LUNCH, REFRESHMENTS,  
QUILT RAFFLE, DOOR PRIZES  
Food Shelf donations = 1 free door prize ticket



DOUGLAS COUNTY ASSOCIATION FOR HOME AND COMMUNITY EDUCATION (HCE)  
PROCEEDS SUPPORT SCHOLARSHIPS AND EDUCATIONAL PROGRAMS

## HAPPY FALL



### NORTHWEST DISTRICT FALL MEETING

(Sponsored by Polk County)

October 19, 2017

Cushing Community Center

2510-241 St., Cushing, WI

9:30 Registration and Coffee

Deadline:

Mail Registration to:

Cheri Scovell

1877 130th St.

Balsam Lake, WI 54810





MEETING THE MEMBERSHIP CHALLENGE—Sue Hendrickson, Membership Marketing

It's October. Time to pay our dues, but we should also be thinking about how to grow so we can survive and THRIVE! It's a challenge for all organizations, but we want to be THE BEST at recruiting new members (and keeping the ones we have)! Three things to remember are:

- Folks can't join our clubs if they don't know we exist
- People won't join if they don't get a good first impression
- Members won't stay if their needs aren't being met

Not comfortable with recruiting? Few of us are, but every day we unconsciously persuade colleagues, friends and family to do things we want them to do. We just have to use the same principles and techniques to talk about HCE membership. Here's how!

**Be prepared.** Have a copy of our HCE brochure or newsletter handy to share when you explain what HCE is all about and what's coming up.

**Reflect on the reason you first joined, and why you continue your membership.** A personal anecdote relating to how HCE has helped you is often the most compelling. You know the value of membership—put that into words.

**Listen to prospective members—uncover their needs.** Are they interested in learning? In service projects? In connecting with others? Tailor your message to address those needs, showing specifically how HCE will be of value to them.

**Be enthusiastic...don't let objections throw you.** Objections are often a request for more information, or may give your member prospect a pause, a chance to think through the idea of joining.

**Follow up your prospect.** It may take multiple "asks" before they come to a meeting or join the group.

**Practice these steps, and don't get discouraged.** You love your HCE group. Share the love. And help HCE sustain and grow its membership by getting the word out there.

*I'm reading a book called "Where Good Ideas Come From" by Steven Johnson. He uses a quote by Shakespeare from "A Midsummer Night's Dream" as an introduction:*

*"...as imagination bodies forth the forms of things unknown, the poet's pen turns them to shapes and gives to airy nothing a local habitation and a name." It's not just scientific achievements that are new, also our crafts and writings appear where before there was nothing. So cool!*



Till next month, keep creating! SAH

ON THE MOVE IN THE GROOVE 2017

This year we had five energized members reporting a total of 971 points earned while movin' and groovin'. Every 20 minutes of continuous exercise or moving counts as 1 point. They were Marion Bradley, Sue Hendrickson, Jane Anklaam, Christa Williams-Clements and Linda Williams. We know many more of our members did swim, walk, or a variety of activities that get us up and moving however short term or the "on purpose" types of exercises. Hope next year more will report! Thanks to all.

Linda Williams,  
Coordinator, On the Move, Douglas County

2018 OFFICER ELECTIONS  
ANNUAL MEETING, Thursday, November 2, 2017

Positions up for election for two-year terms beginning January 2018 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)

Please take this opportunity to volunteer!!!



Thank you,  
Jo Mersnick,  
VP Program Planning/Community Outreach



Please plan to attend the Program Planning Meeting, Oct. 5, 2017 at 12:30 at Fuller's Restaurant. We will finalize our choices for the 2018 year and plan the yearly Calendar. Another opportunity to support our DCHCE association.

Thank you,  
Jo Mersnick, VP

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CASDA letter Sue Hendrickson Received:

To Whom It May Concern,

We want to personally thank you for your generous donation to our agency. Donations like yours are critical to sustaining CASDA's programs and helping us ensure quality services in our community for adults and children hurt by abuse. We truly appreciate your commitment to CASDA's mission of providing supportive services to victims of domestic violence, sexual assault, and child abuse as we advocate for a community effort to end violence.

The CASDA staff and the families we serve are extremely grateful for your donation of two bags of quilts for children, as well as your continued support.

Sincerely,  
Dana Doyle, Director of Program Services



**FOODS OF ICELAND**

When we think of Wisconsin foods, many people think of beer, brats, cheese curds and hot dish. In Minnesota you can eat anything on a stick at the state fair, but what do Icelanders like to eat? From the reading done on this topic the diet of Icelanders has not changed much since the Vikings age. The staples still consumed are lamb, skyr, potatoes and seafood. Icelanders eat a lot of seafood including cod, haddock, herring, lobster, monkfish and salmon.

Skyr is a product similar to yogurt made of skimmed milk and bacteria culture and it has more of a soft cheese or strained yogurt consistency. Skyr has been a part of the Icelandic diet for thousands of years and the recipe came over from Norway. Skyr used to be made with raw milk but now it is made with pasteurized skim milk. Icelanders eat Skyr for breakfast, for a snack, as a drink or beverage – called drykkur and as a dipping sauce called skyr-nnaise. Skyr is usually served cold with milk topped with sugar. It may also be mixed with jam or fruit as a dessert, as the topping for a cheesecake or an ingredient in smoothies.



Another Iceland food is the pylsur or hot dog. It is not just any hot dog like we find in our supermarkets, the Iceland hot dogs or pylsurs are lamb mixed with pork or beef parts. Many eat their hot dogs with fried onions, ketchup, raw onions and sweet brown mustard called pylsusinnep. When Bill Clinton visited Iceland in 2004, he ordered a plain pylsur with just mustard, so today at many establishments you can order a hot dog “Clinton style”.

Icelanders eat lamb along with horse, fermented shark, reindeer steak and sheep's head.

For a snack, Icelanders eat harofiskur, also known as fish jerky. It is wind dried haddock and made edible only after being pounded with a meat mallet to make it softer. The jerky is often spread with butter and you can get the jerky as pieces, chips or soft strips.

Hakarl is the name for fermented shark and it is a national dish of Iceland. Hakarl is made of Greenland shark and the shark is prepared with a fermentation process that includes being buried underground for 6-12 weeks and then it is hung to dry for 4-5 months. The shark meat needs to go through this long process to dry because the meat is poisonous when fresh due to the high urea and trimethylamine oxide (a common metabolite in animals) content. Hakarl contains a lot of ammonia so it has a strong odor such as that in cleaning products or some say urine odor. The meat is often cut in cubes and eaten with toothpicks. Many residents pair the shark cubes with an alcoholic beverage.



What do they eat for sweets? Icelanders like black licorice and often eat chocolate covered black licorice. ‘The candy bar of choice since the 1950’s, is the Prince Polo a chocolate covered wafer cookie recognized by the gold wrapper. One item that sounds like it could be for breakfast or a sweet is the Iceland pancake, pönnukökur, which is a thin sweet pastry usually rolled with jam, cinnamon or powdered sugar and is similar to a crepe.

If and when you travel to Iceland there are many unique and interesting foods to try out.

Submitted by, Christa Williams-Clements, International

**References:**

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**Cultural Arts**

Once again our talented ladies won ribbons at the Sate Conference Cultural Arts Contest. Marge Keho received first place on her stained glass, her wooden pen, her table runner, and a second place on a quilted wall hanging; Judy Christenson received a first place on her oil painting; Donna Tollefson received a first place on her card display and photo; and Sue Hendrickson got a second place on her poem. I was disappointed that Marian Maki’s china painting and Pat Wermter’s quilt, Donna Bergsten’s painting on wood and Jo Mersnick’s alcohol ink painting didn’t get brought down to State - I’m sure there would have been more ribbons won if they had went to State. The items that did go to State will be displayed at the upcoming Craft Sale at the Fairgrounds. Congratulations to all, and keep up the good work. Thanks Cheryl, for bringing the items there and back.

Mary Ann Gronquist,  
Cultural Arts Co-chair