



# DISPATCH



APRIL 2017

Douglas County HCE Superior, WI

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## 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

*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 May issue will be Merry Mates. Contact the Extension Office at 715-395-1363 after April 25th to arrange the date and time for assembly.

Contact: Cheryl Shockley  
UW-Extension Office  
at 715-395-1364 or  
cheryl.shockley@ces.uwex.edu

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## Memo from the board~

At our recent Merry Mates Club meeting our conversation turned to change. Change in our daily lives, in the seasons, our health, aging, etc. The definition of change according to Merriam Webster is to make or become different, *alter*; give a different course, *transform*; replace with another. Some change is hardly noticeable, others we welcome for a better life and wellbeing, while others are very difficult to cope with. How we deal with and handle change depends on ourselves and the type of change at hand. Getting married, jobs, children, the death of a loved one, moving, retirement or a significant health issue all are BIG changes we all go through.

To adapt to changes we change our routine or daily tasks, sometimes we have to replace one thing with another whether it is an old blouse or a physical activity we can no longer accomplish. It is not always welcome nor easy but we do what we can to get through. We have something to keep us going, our human ability, creativity and strength to adapt and persevere.

HCE, also changes, so we make adjustments and adapt to our interests, abilities, the world. Quote: "HCE working together can create positive change. Let's make it happen." Joan Steffan, WAHCE State President. (Update Magazine)



Linda Williams,  
Secretary

*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

**March 2, 2017 1:30 p.m. Superior Public Library**

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

The meeting was opened at 1:38 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: Sue – Early Reader Literacy program survey from WAHCE

Treasurer's Report: Marge Keho – Presented February '17 reports. CD due for renewal. Motion by Sue, seconded by Linda to roll over the CD. Passed. Report placed on file for review.

Sunshine: Cheryl sent cards to Bobbi Kloss on passing of her father and to Donna Tollefson a get well card. Asking club members for a volunteer for this position.

Dispatch: Due March 15, 2017 for April issue. Linda will write the Board memo.

### COMMITTEE REPORTS:

VP Programming and Community Outreach: Jo Mersnick – Program Planning Meeting for 2018 calendar of events at 12:30 p.m. April 6<sup>th</sup> prior to Board Meeting. Plans for a tour in May to Duluth Rose Gardens with lunch. Need chairperson (s). Sue is looking into lunch at restaurant. Carpooling and tour date TBA.

Cultural Arts: Mary Ann Gronquist— Cultural Arts list in March Dispatch. Craft Day/Cultural Arts set for April 22nd at Mission Covenant Church. Cheryl reported the church requests a \$70.00 building use fee. Peace Lutheran Church is available the same day at \$40.00 fee. Town & Country Club is checking and will complete decision by March 9<sup>th</sup>. Cultural Arts judge will be Gloria Bizub.

International: Christa Williams-Clements – Article in Dispatch about Iceland.

Scholarship: Linda Williams – A letter has been sent to WITC for 2017 Malinda Boswell Scholarship. Sue received the UWS 2016 scholarship winner's photo which will be used for PR.

Membership/Marketing: Sue Hendrickson – no new information. Quiltathon is now in our 25<sup>th</sup> year.

WI Bookworms™: Sue Hendrickson – WAHCE survey completed and sent to state. We have 13 readers, reading to 227 children, one book twice a month during the 9 month reading period. Sue read at the Brule Head

Start and has photo which will be used in PR.

Family Living Educator: Araceli Whitwam-Sell – Reported on her very busy job. Washburn County no longer has a Family Living Educator and Araceli is filling on a limited basis until June 2017. The part-time office staff employee has gone to a new job. She reported her continued parent education work, works with transitional housing, is on an advisory committee on a grant in Superior working with parenting, teaches classes at the local jail to female inmates on relationships and is a Certified Facilitator for Real Colors which is a teaching tool working with people and their personalities/skills, etc. She is interested in doing a Real Colors class with HCE.

### UNFINISHED BUSINESS:

On the Move and in the Groove: Started February 29. Members encouraged to track their exercising.

Quilt-a-thon: Hilltoppers – March 23<sup>rd</sup> 10a.m.-3p.m. at Mariner Mall and Business Center. Contract has been signed. Batting was purchased. Contacting businesses for donations of fabrics and thanking them. PR being sent. Many quilts ready to be finished (turn, press, sew, tie).

### NEW BUSINESS:

Craft Day: Town & Country -- April 22<sup>nd</sup>. (See info under Cultural Arts above). Class list/registration in April Dispatch.

Spring District Meeting, Sawyer County: Registration in April Dispatch. Deadline: April 15<sup>th</sup>.

HCE Trademark Symbol: The ® symbol (registered) should be on all HCE correspondence next to the house symbol per state guidelines. (Not the former TM symbol).

Meeting closed at with HCE prayer at 2:45 p.m.

Submitted for approval by Linda Williams, Secretary



### *Arts and Crafts-More than Just Fun*

A dear friend of mine recently gifted me with a children's coloring book and a box of crayons. Not the standard size box mind you but the Crayola 64 Box of crayons which include a rainbow of hues with whimsical names like Robin's Egg Blue, Macaroni and Cheese, and Purple Mountain's Majesty, among others. The fresh smell of a new box of colors elicited wonderful memories of the many hours I spent coloring as a little girl.



As a young mom, I learned that arts and crafts were not only a way to have fun and engage with my little ones, but these activities were also greatly beneficial to my children's development. For example, coloring and drawing, as well as cutting all require a child to use both of their hands together (bilateral coordination). This skill is important in other areas during a child's development such as writing, tying shoes and typing, or drawing shapes and hand writing which also require them to use fine motor coordination. These skills translate to other areas of their lives, such as dressing and feeding themselves, as well as in the classroom. Additionally, crafts are a great way for children to learn self-regulation. Remember how frustrating it was to wait for the glue to dry before you could move on to the next step of the project, or the patience it took to try and get the project to look just right?

Finally, arts and crafts are a wonderful way to increase a child's self-esteem. Coloring, drawing and creating invite children to develop different skills. Even as adults, most of us can remember the feeling of completing a craft successfully at some point during our childhood. It imparted us with a sense of pride and accomplishment that nourished our sense of self-esteem.

But the benefits of Art and crafts are not restricted only to children. Research out of Germany suggests that making visual arts improves interaction between parts of the brain. The study, although small, (28 people between the ages of 62 and 70), concludes that making art could "delay or even negate age-related decline of certain brain functions". Additionally, neuroscientists find that making art has a similar effect on the body as meditation, may protect the brain against aging and fortunately, for those of us that experience long winters, promotes the production of dopamine in the brain, which acts as a natural antidepressant.

It's nice to know that research now supports what crafters and kids at heart, like me have anecdotally believed to be true. Creating art in all its many forms is beneficial to us in numerous ways.

**Araceli Whitwam-Sell**  
Family Living Educator  
University of Wisconsin-Extension



## Meals Available

If you are 60 or older you are eligible to have an evening meal on weekdays between 4:30-5:30 p.m. at the "Campus Café" located in the Yellowjacket Union at UWS (behind Pilgrim Lutheran Church). Cost of the meal is \$5.00, and from what I hear it is a buffet type meal and well worth the cost. No reservations are required. Do not park in the parking lot before 4:30 or you may be ticketed. Parking is free after 4:30. If you are 60 and your spouse or domestic partner is younger, he or she is eligible also. For more information visit [www.seniorconnectionswi.org](http://www.seniorconnectionswi.org) or Senior Connections Facebook page.

Submitted by,  
Mary Ann Gronquist

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The flyer for Campus Café features the Senior Connections logo at the top right. The title "CAMPUS CAFÉ" is prominently displayed in large blue letters. Below the title, it states: "A new meal site for those age 60+, beginning on Monday, February 13, 2017! UW-Superior at Yellowjacket Union – Dining Facility". A dark red box contains the text "Monday – Friday 4:30 p.m. – 5:30 p.m.". Below this, it says "NO ADVANCE RESERVATIONS REQUIRED." and lists the requested contribution as \$5.00 per meal for 60+ and spouse, or \$9.10 for those under 60. It also describes the meal menu as consisting of 2-3 different entrees, vegetables, sandwich bar, salad bar, dessert bar, ice cream, and beverages. Daily menus are available at <https://new.dineoncampus.com/uws>. A "QUESTIONS?" section provides contact information: phone 715-394-3611, email [contact@seniorconnectionswi.org](mailto:contact@seniorconnectionswi.org), and website [seniorconnectionswi.org](http://seniorconnectionswi.org). At the bottom, there are three photographs showing the food service area with various buffet options. A small disclaimer at the very bottom reads: "No Senior (60+) will be refused a meal due to an inability to pay."

### Campus Café will be CLOSED

Will be closed on the following dates due to school being closed for students: April 13<sup>th</sup> & April 14<sup>th</sup>.

**Last day of Campus Café for the semester is Thursday, May 18<sup>th</sup>. Senior Connections is closed any time the school district of Superior closes due to weather (this includes the Campus Café).**

Submitted by,  
Sue Hendrikson

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## Cultural Arts Contest Reminder

The next Cultural Arts contest will be held during Craft Day on April 22 at a new location, Mission Covenant Church just east of Poplar, south on Hwy P. The category list is in your March Dispatch. Please have your articles in between 8:45 and 9:30. Judging begins at 10:00 a.m. Our judge will be Glory Beezub, the same person who judged last year.

Mary Ann Gronquist  
Cultural Arts Co-chair

## HCE Quilt-a-thon at the Mariner Retail Center March 23



Photos courtesy of Cheryl S.-Dispatch Editor



## Twenty Quiltathons and Counting!



Isn't this a cute picture of Cameron LaPorte, son of Hilltopper Ginger LaPorte, making the straps for the dresses we made for little girls in Nicaragua? He said it was fun and he wants to do it again! After twenty years of Quiltathons we had a lot of remnants! Thanks to Marge Keho, Hilltoppers, for facilitating the work days to complete the 200 dresses and two dozen quiltlets for Nicaragua. Speaking of which, Quiltathon 2017 was a great success! Over 100 children's quilts were completed. A super day for the volunteers that came and helped--it's a great project. Thanks all, and to the many behind the scenes that donated finished quilts and other supplies.

Thanks to the Hilltoppers for their hard work setting up the Quiltathon. A special thanks to our generous sponsors: Big Apple Bagel, C and S Designs (Country Schoolhouse), Hanna Johnson Fabrics, Joanne's Fabrics, Kelly J's, Kunnert's Kreations, Mariner Mall and Business Center, The Little Gift House, Super One, and Walmart. Please support them and thank them for their community spirit!

A new addition to the Quiltathon: sewing supplies were collected to send to Nicaragua Sewing Centers. Jeanette Rantala is still willing to schlep sewing donations for the Nicaragua Project to the warehouse in Stevens Point—next trip in April or May. So if you have sewing supplies to share, call Jeanette (**NEW NUMBER: 608-713-5160**) then drop them off at the Extension Office for pickup.

Just a note to remind those who have not turned in their quilt raffle tickets, the end is near! Tickets will be offered for sale till noon Craft Day April 22 to be put in the cute "bed box" that Marian Bradley, Hilltoppers, made. **Then the new quilt for 2018 will be unveiled!** Selling raffle tickets is good PR besides funding our batting for each year. Thanks all!



As a public official (county board supervisor) I was asked to read this month at Kirsten Standen's Headstart in Brule, one of the sites where WI Bookworms books are read. Did you know WI Bookworms™ program has distributed over  $\frac{3}{4}$  of a million books? That's a lot of lives we've touched! We have been part of this wonderful project since 2001! What an amazing accomplishment! Thanks as always to RSVP (Retired and Senior Volunteer Program) which handles all the paperwork, books and volunteers—we are blessed!



**Program Planning for 2018**

**Superior Public Library**

**April 6, 2017 - 12:30 p.m.**

It is "that" time of the year again, our "brainstorming session" for planning our programs for 2018! Please come and join our spontaneous discussion as we plan for our future projects, education, and programs. Talk with your HCE friends and find out what they would like to have planned for 2018.

Bring these ideas to our meeting. Each club is to send one representative, but more than one makes for generating more discussion.

Please join us!!

Submitted by,  
Jo Mersnick, VP

**SPRING NW DISTRICT MEETING**

**SAWYER COUNTY**

**Date: Thursday, April 27th, 2017**

**Registration begins @ 9:30 a.m., coffee and treats promised!**

**Business meeting:** 10:00am

**Place:** Stone Lake Lions Club, Main & Stubbins, Stone Lake WI

**Cost of registration which includes lunch:** \$10.00

Guest speaker will be from the Master Gardeners.

Send registration forms, and checks made payable to: **Sawyer County HCE**

**Mail registration forms to:**

**Evelyn Barton**

**16058 W. State Road 27/70**

**Stone Lake, WI 54867**

**Deadline for registrations is: Saturday, April 15th, 2017**

I will be attending the NW District Meeting on April 27th, 2017 in Sawyer County.

Registration fee, which includes lunch: \$10.00

Name \_\_\_\_\_

Address \_\_\_\_\_

County \_\_\_\_\_ Amount enclosed: \$ \_\_\_\_\_

## **2017 HCE Craft Day**

**Saturday, April 22, 2017 – Mission Covenant Church**

**Registration: 9:30 a.m. Classes from 10:00 am ~ 3:00 pm**

**Registration fee: \$5.00, includes salad luncheon**

**Registration deadline: April 12**

**Choices:**

### ***Morning Classes***

M1 Five Fabulous Cards

M2 Painting Blossoms w/Alcohol Ink

M3 Deco Mesh Wreath

M4 Zentangle ®

M5 Hydrangea Painting

### ***Afternoon Classes***

A1 Five Fabulous Cards

A2 Painting Blossoms w/Alcohol Ink

A3 Deco Mesh Wreath

A4 Elephant Ceramic Bank

A5 Hydrangea Painting

A6 Genealogy

***Registration Form inside this issue as an insert!!***

Dear HCE Members:

**Please note location change: *Mission Covenant Church in Poplar***

Because we are at a larger facility this year, we are advertising this event to the church members. We may get several members from the church who are interested in our Craft Day and hopefully membership. With the possibility of more attendees and class sizes, you may want to get your registration in early. We will be watching the class sizes and deadline very carefully. Please, also mark your first and second choices, we will do our best to get you in a class that you want.

***Town and Country HCE Members***





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/flp/> and click on Douglas County Home and Community Education (HCE), then click on the Dispatch Newsletter link.

APRIL													
April 6	12:30 p.m.	Program Planning ideas	Library	V.P.	President	T&C	April 22						
	1:30 p.m.	Board Meeting	Library				9:30-3:00 p.m.						
		Craft Day					NW District Spring Meeting						
April 27							Stone Lake Lion's Ctr. Sawyer County, WI						
MAY													
May 5	12:30 p.m.	Board Meeting	Library	President	Jo Mersnick		May 22						
		Duluth Rose Garden Tour and lunch					Duluth Rose Garden						
		Memorial Day Courthouse Closed											

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April														

APRIL														
23	24	25	26	27	28	29	22	16	9	2	3	4	5	6
17	18	19	20	21	22	23	15	10	1	8	9	10	11	12
11	12	13	14	15	16	17	9	4	3	2	1	30	29	28
5	6	7	8	9	10	11	3	28	21	14	7	1	31	May
1	2	3	4	5	6	7	27	20	13	6	30	23	16	9
29	28	27	26	25	24	23	22	19	12	5	4	3	2	1
April														