



DISPATCH



JUNE/JULY/AUGUST 2016

Douglas County HCE Superior, WI 54880

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Memo from the board~

On the 12th of May, I attended the program at the Parkland Town Hall. At 6:00 Jan LeBard talked about Creating a Bird-Friendly Yard. She said not only for the summer months, but also you have to take care of the birds all four seasons. You have to provide food, water, and shelter year round. Some mild winters you can keep the birds that usually migrate, right here in your own backyards by giving them shelter and water.

John and Ruth Ludwig presented a program on Straw Bale gardening. They showed slides of their yard, with ten straw bales, they grow everything from carrots, beets, tomatoes, cucumbers, etc. They recommended the books, "Straw Bale Gardens" by Joel Karsten and "Stand Up and Garden" by Mary Moss-Sprque. We went outside and she showed us how to plant seeds and rooted plants. Their home is at 1629 Lamborn in Superior, if you would like to see what you can do with ten bales of straw.

We also saw the Parkland Community Gardens. The gardens have raised eight by ten beds for the Parkland residents to grow a small garden themselves. Very interesting.

September 12, 13, and 14 is the State Conference in Eau Claire, hosted by West District. Please think about joining Sue Hendrickson and me for the conference. Registration is due by August 14. Please let me know if you decide to attend. It is a great time.

Enjoy your summer.

Cheryl McCuskey, President



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

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

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HCE EXECUTIVE BOARD MEETING MINUTES

May 5, 2016 – 12:30 p.m. –
India Palace Restaurant, Duluth

Roll Call: Hilltoppers 2, Merry Mates 1,
Town & Country 3, Advisor 0

The meeting was opened at 12:30 p.m. by President Cheryl McCuskey.

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

Correspondence: Thank you from Cheryl, UW-Extension Staff for plant sent for Administrative Secretary's Day. Note of gratitude from Janet Bewley, Wisconsin state Senator, regarding our quiltathon.

Treasurer's Report: Marge Keho – April financial statement presented and placed on file for approval.

Sunshine: Joyce Cook – Gave a plant to UW-Extension office in honor of Administrative Secretary's Day.

Dispatch: Due May 15, 2016 for June/July/August issue. Cheryl will write the Board memo.

COMMITTEE REPORTS:

VP Programming and Community Outreach:

Jo Mersnick – no report

Cultural Arts: Mary Ann Gronquist— 34 entries. Ten will be going to State in September

International: Board – We met today at the India Palace Restaurant to 'taste test' some of the Indian foods and discuss plans for the November event. It will be held in the afternoon and feature a video titled 'A Taste of India' and sampling of appetizers, chai tea, desserts and beverages. Cost tentatively set at \$4.00 per person with pre-registrations. One of the restaurant's owners is scheduled to present part of the program. Decorations are being researched and planned.

Membership/Marketing: Sue Hendrickson – Cyber Security Program #2, at the library, May 19th, 1 p.m.

Scholarship: Linda Williams –WITC Spring Scholarship Reception, May 10th. No committee members able to attend.

WI Bookworms™: Sue Hendrickson – RSVP will honor WITM Bookworms readers and other volunteers at a reception in June.

Family Living Educator: Araceli Whitwam-Sell –no report

UNFINISHED BUSINESS:

Craft Day: A very good day and great turnout. Cultural Arts had 34 entries, 10 going to state.

Straw Bale Gardening: Thursday, May 12, 6:00 p.m. at Parkland Town Hall. Sue Hendrickson submitted PR to newspaper. Note the corrected time as 6:00 p.m. which should be listed as such in May Dispatch.

NEW BUSINESS:

Head of Lakes Fair: August 23-27. HCE booth will be set up by committee and staffed Friday noon-4 pm by Town & Country; Saturday noon-4 pm by Hilltoppers.

On the Move and In the Groove: Linda Williams – Send completed points to me by June 1st.

Volunteer Hours: Linda Williams – Volunteer Hours for HCE from June 1, 2015-May 31, 2016. Send your hours to me by June 1st. (Members, clubs and board members). This information is very important for the state to determine our value and contributions in our communities.

Nicaragua Project: Marge Keho -- Reported she has sewn a number of "pillowcase style dresses" which need to be completed with elastic, bias tape edging and hems. A work day is tentatively planned via Sue Hendrickson for June. Donations of bias tape is needed for this project.

North Country Independent Living Expo: Sue H -- July 28th, 11 a.m. – 4 p.m. Mariner Mall. HCE will have a booth with PR display and sell raffle tickets for the 2017 Quilt Raffle. Information will be in Dispatch.

Meeting closed approximately 2 p.m.
Submitted for approval by Linda Williams



Tucker the Turtle Takes Time to Tuck and THINK



May 3
6 p.m.

Robust research has found that “a child’s early experience of being nurtured and developing a bond with a caring adult affects all aspects of behavior and development”. In an effort to strengthen the parent-child relationship several special programs were offered by Douglas County University of Wisconsin-Extension.

The classes were hosted by the Superior Public Library and were taught by UW-Extension Family Living Educator, Araceli Whitwam-Sell. The target audiences for both programs were parents and caregivers of young children. The first offering, Tucker Turtle Takes Time to Tuck and Think, invited attenders to learn the Turtle Technique--a way to help children cope with anger, frustration, and disappointment. Participants were instructed on how to use the technique. The Turtle Technique provides an easy and portable method for parents and caregivers of young children to teach and model for their children an effective way to identify and process their feelings in a healthy manner. The program included a craft session for participants to make a paper sack puppet to use as a prop while engaging their child as they learn the technique.

Dialogic Reading Strategies for Parents



APRIL 11 6 P.M.
SUPERIOR PUBLIC
LIBRARY

The second offering, Dialogic Reading: Strengthening Oral Language Skills & Improving Child-Adult Relationships, encouraged parents, caregivers, and individuals who work or spend time with kids to learn how Dialogic Reading can help strengthen the caregiver-child relationships while also improving a child’s reading skills.

Picture book reading provides children with many of the skills that are necessary for school readiness: sound structure, vocabulary, sustained

attention, meaning of print, structure of stories & language and the

pleasure of learning. Moreover, it provides social interaction between parent and child, (a great relationship builder) and provides stress reduction equally for parent and child.

Participants were taught how to use dialogic reading techniques. In dialogic reading, the adult helps the child become the “teller” of the story, while the adult becomes the “listener,” the questioner, and the child’s audience. This interactive program also included suggestions of book titles that are especially good for dialogic reading.

Both programs were well attended and well received

Additionally, the month of May brought a relationship awareness and communication skills program for adults. The skills learned apply to all kinds of relationships: family relationships, friendships, work and more. Most importantly, Relationships Matter, teaches skills that research has shown lead to lasting, healthy relationships. Relationships Matter consists of six two hour sessions that can be completed in any order, and uses curriculum from Within My Reach, part of the evidence-based family of relationship education programs by PREP, Inc. It is currently being taught at the Center Against Sexual & Domestic Abuse (CASDA). Participants and staff alike express positive feedback and find the program to be of great value. Relationships matter will also be taught in the Douglas County Jail and is scheduled to begin later this month.

Our interpersonal relationships impact not only our own happiness, but all aspects of our life and everyone around us. Plans are currently underway to offer the Relationships Matter program along with other relationship building programs to Douglas County area residents.

Leslie Meyer, Adult Programming Librarian, Superior Public Library, says:

Patrons are incredibly fortunate to have a great relationship with Douglas County UW-Extension, and have been thrilled with the programs Araceli Whitwam-Sell has brought to the library. Whether she's sharing her knowledge of how to safely preserve vegetables and fruits, or teaching a technique to parents that will help their children deal with anger and frustration, she can be counted on to provide useful, evidence-based information with enthusiasm while also engaging her audience. We receive great feedback from participants about her presentations, and know that our community benefits from her efforts. We look forward to the programs she will bring to the library in the future!

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

CRAFT SALE SATURDAY, OCTOBER 1, 2016

Our annual Craft Sale is fast approaching, though it is just the beginning of summer. Please note the earlier date this year. Posters and outdoor signs will be assigned and distributed to clubs at the September Craft Sale meeting. Last year we had a full-house capacity of crafters at the venue. It was a wonderful, fun day!

Thank You!

Where: Head of the Lakes Fairgrounds, 4700 Tower Ave., Superior, WI. Multi-purpose building

When: Saturday, October 1, 2016

Set-up time: Beginning 6:30 a.m. to 9:00 a.m. same day of sale

Sale times: 9 a.m. to 3:00 p.m. (no take downs before 3:00 p.m.)

Cost: \$25.00 per 6 foot by 10 foot space, includes an 8 foot table and folding chair. Racks or shelves are allowed within the space. Purchase additional spaces accordingly.

Sponsor: Douglas County HCE. This annual sale is our only fundraiser which supports our Melinda Boswell Scholarship and four short-term scholarships available each year.

Registration: By mail only. To receive more information and request a registration form call or email: Linda Williams at 715-398-5394 peteshouse_md@yahoo.com

Handcrafted items only. No bake goods, kits, rummage, commercial/vendor sales, garden produce, etc.

CULTURAL ARTS CONTEST

Wow!! What a turnout for the Cultural Arts Contest on April 30th! We had 34 entries, twice the number we had last year! There were 23 first place ribbons awarded and 11 second place. (We apologize that we ran out of ribbons, so not all items got a ribbon, but got a piece of red or blue paper instead. Never expected so many entries.) There are 10 items going on to state competition at the State Conference in September. They are: an Afghan by Jessie Westman; China painted pitcher by Marian Maki; Bonnet that converts to an apron by Pat Wermter; pieced-tiled quilt by Pat Wermter; a poem "The Old Shovel Handle" by Sue Hendrickson; an alcohol ink painting "Blooming Chiffon" by Jo Mersnick; a photo of a skyscape by Linda Bruce; a pen by Marge Kehoe; a knitted scarf by Donna Tollefson and a set of handmade cards by Donna Tollefson. The People's Choice award went to Jo Mersnick for her painting. You gals did yourselves proud again. Congratulations to all of you and start working on next year's entries.

Cultural Arts Co-chairs,
Donna Tollefson
and Mary Ann Gronquist

INDIA FESTIVALS

Holi – Holi is a Hindu celebration of good over evil and celebrates the arrival of spring. It is known as the festival of colors because of the start of spring with flowers and new growth of vegetation. The first night people burn sticks and straw and the second day people spray dry and wet vibrant colors on each other. The people dance and sing.

Traditional food for Holi is *Thandai*, which is a sweet creamy milk, the drink "flavored with nuts and mixed with spices such as cardamom, fennel, rose petals, and poppy seeds. On Holi, the refreshment is traditionally served with the addition of bhaang (a derivative of marijuana)." (www.firstwefeast.com)

Puran Poli which is a sweet flatbread made from boiling lentils, mixed with sugar, cardamom, saffron and nutmeg. *Dahi vada* is a deep fried fritter made of lentil, chickpea flour or potatoes and soaked in Indian yogurt, known as dahi. The fritters are topped with cilantro, shredded coconut, green chilies, chili powder or crushed black pepper.



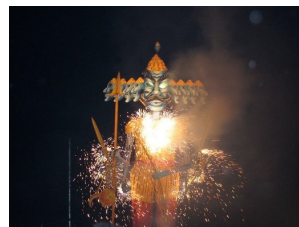
Thandai



Dahi Vada

Dussehra—one of the most famous Hindu festivals in India. Dussehra occurs on the 10th day “of the bright half of the month of Ashvin according to the Hindu calendar.” (www.timeanddate.com) Dussehra is a festival to mark the victory of Lord Rama over Ravana. Ravana is an evil demon and Lord Rama is an incarnation of Lord Vishnu. This festival signifies victory of good over evil. People often watch a folk play to see the story of Lord Rama. People also observe this festival with special prayer and food offerings to the gods at home or the temples across India. There are outdoor fairs, meals, and parades with effigies of Ravana. At night the people burn the Ravana effigies.

Special food for this celebration include luchi (deep fried flat bread) and alur dom (deep fried spiced potato snacks).



Ravana burning in effigy

Ganesh Chaturthi—is a Hindu religious festival to celebrate the birthday of Lord Ganesha, elephant-headed God. Lord Ganesha is the supreme God of wisdom and prosperity. It is a 10 day celebration occurs in August or September and is filled with colorful festivities which include singing, dancing, theatre and free medical camps. People create handcrafted Lord Ganesh figures or statues and place them outside their home or in public places. During the celebration, the Lord is worshipped by praying and the statues are carried on floats and later to be immersed in the sea. Thousands of people travel to the sea to watch the statues be immersed. The people dance, sing, and light off fire crackers while the statues are being immersed and chant “Ganesh Maharaj Ki Jai” (Hail Lord Ganesh). The festival comes to an end with people chanting, "Ganpati bappa morya, pudcha varshi laukar ya" (Hail Lord Ganesh, return again soon next year).

The primary sweet dish prepared during Ganesh Chaturthi is modak. Modak is a dumpling made from wheat or rice flour and it is stuffed with dried fruits and grated coconuts. The dumplings are steamed or fried. Another dish is Karanji, which is similar to Modak but the shape is semicircle. Karanji is a deep fried pastry filled with sweet stuffing.



Karanji



Ramadan -- Annual month-long observation of strict fasting and pious activities, spiritual renewal and charitable giving of food to the poor so they may also celebrate the holiday. At the end of the 30 day fasting (daylight fasting) is **Eid-Ul-Fitr** the Festival of Fast Breaking – People dress up in fine clothes, attend special prayer in the morning, visit friends and relatives and exchange food. It happens the 1st day of the month of Shawwal of the lunar Hijri calendar, which corresponds to July on the Gregorian calendar.

Hajj –The largest Muslim gathering on earth when millions of Muslims make their annual pilgrimages to *Mecca, Saudi Arabia* during the 12th month on the Islamic calendar. The dates are based on the Lunar calendar. It is the duty of all Muslims who are able (physically and financially) to make the pilgrimage to Mecca least once in their lifetime. Everyone dresses in simple white clothing representing human equality. At Mecca specific rites dating back to the time of Abraham are performed.

References:

<http://traveltriangle.com/blog/famous-festivals-of-india/> www.firstwefeast.com www.timeanddate.com

https://en.wikipedia.org/wiki/Vijayadashami#/media/File:Ravana_fizzles.jpg

http://www.theholidayspot.com/ganesh_chaturthi/history.htm <http://www.tastyappetite.net/2013/09/30-easy-vinayagar-chaturthi-recipes.html> <http://www.oster.in/recipeDetail.aspx?rid=6783>

Submitted by, Christa Williams-Clements, International reporter

MEMBERSHIP/MARKETING BREAKING NEWS!

Illie Markon, longtime HCE member and active quilter, won the raffle quilt drawing at Craft Day 2016.

Congratulations Illie...well deserved!

Hope that members are willing to come to the Fair and sell raffle tickets when called upon. The Fair is scheduled for August 23-28. Town and Country will staff the booth from noon to 4pm Friday; and Hilltoppers, same hours on Saturday!

Also mark your calendar for Lake Superior Day 2016 to be celebrated Sunday, July 17; local events will be coming out of the new Lake Superior National Estuarine Research Reserve Center (NERR) on Barker's Island.

Watch the local papers for more information.

Elsewhere in the Dispatch you will see a flyer for an Expo at Mariner Mall July 28 sponsored by North Country Independent Living. We have donated a quilt for their raffle worth over \$100 so have received a spot at the Expo. If anyone wants to sell crafts at our PR table there, please contact me by June 15 at 715-398-7213.

One of the needs in Nicaragua is clothing for children. Marge Kehoe has cut out some little dresses from fabric not usable for children's quilts. A workday has been set up with the women at Country Peace Church, 4694 S Co Rd A, Town of Superior. Meet at the church at 9:30am Thursday, June 23 and bring sewing machines and any notions to fancy up the dresses or use for shoulder ties if you have them. Or just bring your helping hands!

"ATTRACTING BIRDS TO YOUR YARD"-STRAW BALE GARDENING DEMONSTRATION

Parkland Town Hall, South Range was the site of a straw bale gardening demonstration and program in May called, "Attracting Birds to Your Yard".

With the resurgence in interest in local food consumption and home gardens, Douglas County Home and Community Education (HCE) and the Parkland Community Group have arranged for Jane Anklaam, Douglas County Extension Agriculture Educator, and Master Gardeners, John & Ruth Ludwig, to present this demonstration and the program which was open and free to the public.



Left: Ruth Ludwig, Master Gardener showing how to root plant in bales

Right: John Ludwig, Master Gardener prepping bale with soil while Mary Ann Gronquist, HCE member, watching on.

Sponsored by HCE

Submitted by, Jane Anklaam,
UW-Extension
Agriculture Educator



NORTH COUNTRY INDEPENDENT LIVING Empowering People with Disabilities

FUN

Join us for EXPO 2016!

Thursday, July 28, 2016

11:00 – 4:00 p.m. Mariner Mall, Superior

Come and enjoy Food, Music, Adaptive Recreation Equipment Demonstrations, Entertainment, Dancing, Face Painting, Silent Auction & Prizes!!!

Open to the Public! FREE!!

But,

there will be raffle tickets and consumer products available for purchase.

INDEPENDENCE

If you need a sign language interpreter or other accommodations, please contact John Nonsaine by July 11th.
john@northyouthcountry.org
(715) 392-9118 ext. 10 V/TTY
(800) 924-1220 ext. 10 V/TTY

INFORMATION

For more details, contact Martha Oie
North Country Independent Living
(715) 392-9118 ext. 17 V/TTY
(800) 924-1220 ext. 17 V/TTY
martha@northyouthcountry.org

EMPOWERMENT

**NORTH COUNTRY
INDEPENDENT LIVING**
Empowering People with Disabilities

THANK YOU'S RECEIVED:

"Thank you so much for the plant. It is beautiful!! I love working with you ladies!"
(plant given to office for Administrative Secretary's Day in April)

From Cheryl,
UW-Ext support staff
HCE Dispatch Editor



"Hello Linda, Please extend my gratitude to all members of the Douglas County Homemakers for the Quiltathon, and the kindness you share with children in need."

From Janet Bewely, Wisconsin State Senator

(This was forwarded to HCE from Linda Aho the 2015 Quilt Raffle winner along with a newspaper clipping article featuring a photo of her and the winning quilt. The article promoted our recent 2016 Quiltathon.)

ON THE MOVE AND IN THE GROOVE

Have you been exercising, moving and grooving and keeping track of those points? The time is coming to complete this year's recording and send your total points to me by JUNE 1st.

Congratulations to all who participated!

Linda Williams

IMPACT OF HCE 2016 -- VOLUNTEER HOURS June 1, 2015-May 31, 2016

Please calculate the following information/time spent with HCE during the past year and submit to me by JUNE 1st. This information is sent to State HCE for tabulating our impact of volunteering in our communities and the value of that volunteering has for making a difference.

Members: Number of meetings and total hours spent attending Executive Board Meetings, Fall/Spring District, State, and club meetings, etc. Fundraising for HCE (name of event/time spent). Community outreach for HCE (name and time spent). Example bingo at nursing home. Individual donations (monetary/other value) Example: sewn items, bake goods.

Executive Board members: Number board meetings attended, committee meetings you held, list of responsibilities of your position and estimated time spent on these responsibilities. List donations on behalf of HCE in relation to position in Executive Board. Example: phone calls, their monetary value. Please itemize.

Thank you, Linda Williams

(PS. A separate club report is not needed this year)

Submitted by,
Linda Williams

CONDOLENCES

Betty Wood of the Town and Country HCE passed away on May 14. Betty grew up in the Poplar area, moving away to Michigan after marriage. She returned to the Poplar area about 5 years back and joined the Town and Country group. She has been the club secretary the past 2 years, was a reader for Wisconsin Bookworms and was active in many of the county activities. She will be greatly missed by her sister-in-law, Donna Bergsten, also of Town and Country, for all the cheeriness that she brought to the club!

Her mother, Gertrude Bergsten, sisters-in-law Bonnie and Donna Bergsten, also belong or belonged to HCE. She is survived by her family: Heather and Jeffrey Jones and their two children Esther and Joshua of Aurora, MN; David and Brenda Wood of Maryland and Elizabeth Wood of Niles, MI., plus 4 brothers and their family, 3 aunts and many cousins.

Submitted by, Donna Bergsten



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.

JUNE
June
JULY
July 4
AUGUST
No meetings
23-28

Head of the Lakes Fair
Courtthouse Closed
No meetings

June						
S	M	T	W	T	F	S
			1	2	3	4
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		

July						
S	M	T	W	T	F	S
					1	2
3	4	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
31						

August						
S	M	T	W	T	F	S
	1	2	3	4	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	31			