



DISPATCH



March 2016

Douglas County HCE Superior, WI

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Memo from the board~

Today school's out (President's day). Our oldest grandkids just finished practicing flute and drums respectively. Our little whirlwind 3 year old granddaughter is quietly watching her favorite program "Paw Patrol", after racing around the house in a flurry of activity (nap time soon). Paw Patrol a cute cartoon series with talking dogs as the main characters, each of whom have special skills. "No job too big, no pup too small, Paw Patrol is on a roll" as sung at the beginning of each feature. They rescue, repair, search, help, play, laugh and always have a good attitude and manners in their daily adventures. It's interesting how the writers come up with new story lines that always ended up happy and friendly. It teaches a lot and is fun at the same time.

HCE has been doing the same for decades. Friends solving problems, teaching, learning, team work, helping others, sharing, caring, laughing, creating, playing, and having fun while getting each job done.

No job too big, nor too small, HCE is on a roll.

Linda Williams, Secretary



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 April issue will be the Hilltoppers. Contact the UW-Extension Office at 715-395-1363 after February 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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HCE EXECUTIVE BOARD MEETING MINUTES**February 4, 2016 - 1:30 p.m. – Superior Public Library**Roll Call: Hilltoppers 3, Merry Mates 1, Town & Country 2, Advisor 0

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

Secretary's Report: Linda Williams - The Secretary's Report was approved and placed on file.Correspondence: Superior School Forest. A thank you for our donation.Treasurer's Report: Marge Keho was appointed to Treasurer by President, Cheryl McCuskey. Marge will complete former Treasurer, Bobbi Kloss's term as she has resigned due to health problems. Updated Craft Sale finance report, Year End (2015) report and Balance Sheets were handed out. Reports placed on file.Sunshine: Greeting card sent to Jeanette Rantala.Dispatch: Due February 15, 2016.**COMMITTEE REPORTS:**VP Programming and Community Outreach: Jo Mersnick – "On the Move, In the Groove" begins Feb. 28. Information and form in February Dispatch. Twenty (20) minutes of exercise equals 1 point. Linda W. will collect and report finals at the end of May.Cultural Arts: Mary Ann Gronquist—Seeking a Cultural Arts judge for Craft Day.International: Thank you to Christa Wms-Clements for writing the articles on India. The Executive Board met prior to this Board meeting and began planning the November International event.Membership/Marketing: Sue Hendrickson and Mary Ann Gronquist: Wrote the article for Update, which was also in the February Dispatch. Membership list 2016 will be completed by March.Scholarship: Linda Williams – Bonnie Gronquist will continue to place Short-Term Scholarship information in the Dispatch.WI Bookworms™ - Sue Hendrickson – No new news.Family Living Educator: Araceli Whitwam-Sell – no reportQuilt-a-thon: Sue Hendrickson – March 17th at Mariner Business Center/Mall. Contract received. Marge has 50 quilt tops in the works. We will need people to do sewing. No need to use the table risers this year. PR to besent by March 1st to donors. We are purchasing a roll of batting which Marge will pick up. Hilltoppers will meet to work on quilts at their February meeting. Approximately 50 quilts will be assembled and sewn on Quilt-a-thon day.**UNFINISHED BUSINESS:**Memo from Board: March: LindaCyber Security/Home Computers: Sue Hendrickson – February 22nd at Library. Posters, newspaper articles, and other PR are being distributed. Matt Caya, Information Services Specialist for Douglas County, presenter.

Coffee and refreshments planned.

Update: Renewing 17 subscriptions for Douglas County. Sue giving list to Marge to send order.**NEW BUSINESS:**

The Spring Northwest District meeting hosted by Douglas County on April 21, 2016 at Peace Lutheran Church in Poplar, WI. Time: 10 a.m. Cost: \$10 per person includes a.m. coffee and lunch. Invitations/registration forms being sent to NW District Counties and will be in Dispatch.

Friday, Feb. 12th "Love Your Local Artists" at Superior Public Library, 5:30 p.m. – 8:00 p.m. Open to public. Over 30 artists showing and selling their arts.Meeting closed with the HCE prayer at 2:40 p.m.
Minutes submitted for approval by Linda Williams

Clarification - Linda Williams will be taking care of "On the Move and in the Groove".

Submitted by Jo Mersnick

Dear HCE members,

Thank you so much for your cards and well-wishes. I am feeling very well and back to many of my usual activities. Your thoughtfulness is so much appreciated.

Submitted by,
Jeanette Rantala

Healthy Winter Eating

According to our furry groundhog friend, Punxsutawney Phil, — winter isn't going anywhere any time soon.

Yes, it looks bleak, but our diet doesn't have to. Winter provides us with a great opportunity to eat foods that boost both our immunity and mood.

The holidays are long past, but many of us, (ok, maybe just me) are still reaching for foods that are high in refined sugars and empty calories. Not only does this lead to weight gain, but refined sugars place undue stress on the immune system as well as the adrenal glands.

By this point, like me, you're probably not only missing the summer sunshine but the color and variety of fruits that come with it. But winter, although chilly, brings a plethora of delicious and nutritious vegetable options from which to choose. Cabbage, carrots, leeks, celeriac and cauliflower, oh my, are all in season! They are perfect for stews, soups and casseroles. Not only do they warm you up but they also help to keep you fuller for longer between meals.

So don't despair and dwell on the negative. We're closer to the first day of spring than when winter first began. Let's choose to invest in our health by making wise food choices so that we may be ready to enjoy the summer fun.

5 of the Healthiest Winter Foods

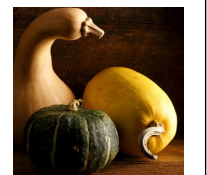
Pomegranate: Pomegranate juice is rich in antioxidants, (without added sugar).

Dark leafy greens: When much of the produce section looks bleak, kale, chard and collards, thrive in the winter. They are rich in vitamins A, C and K.

Citrus: Lemons, limes, oranges and grapefruit, are at their peak in the wintertime. Citrus fruits are loaded with vitamin C—one medium orange delivers more than 100 percent of our daily required dose. Citrus fruits are also rich sources of flavonoids that can boost "good" HDL cholesterol and lower "bad" LDL cholesterol and triglycerides.

Potatoes: Contain several beneficial nutrients. They are an excellent source of two immunity boosters—vitamins C and B6. If you can find purple potatoes, you'll get an added health boon—they are rich in anthocyanins—antioxidants that are linked to lowering cancer and heart disease.

Winter squash: There are many varieties to choose from. All of them are excellent choices in the winter. One cup of cooked winter squash is high in vitamin A and vitamin C, and is a good source of vitamins B6 and K, and potassium.



Submitted by,
Araceli Whitwam-Sell
Family Living Educator

Source:
<http://www.eati>

HCE Northwest District Spring Meeting

April 21, 2016 – Poplar Wisconsin

Location: Peace Lutheran Church

9523 E US HWY 2, Poplar, WI 54864

Registration: \$10.00 – including lunch and morning coffee

Registration begins at 10:00 a.m.

Meeting starts at 10:30 a.m.

Registrations are due by April 11



Guest Speaker will be on Cyber Security for Home Computers

Name _____

County _____

Address _____

City _____ State _____ Zip _____

Phone _____

E-mail [optional] _____

Hosted by Douglas County

Send completed form (card inserted inside) and payment to:

Cheryl McCuskey
11021 S Business Hwy 53
Solon Springs, WI 54873
See you there!

Using the HCE Logo -**REVISION**

The required trademark symbol has changed to a ® after HCE logo. All offices should be receiving the corrected logo soon, which is to be used all the time on any and everything using the HCE symbol. Please contact me if you have any questions. Thank you! Cheryl Shockley, 715-395-1363



Head of the Lakes Fair

The dates are now set for August 23-28. The Livestock Show will be in July again this year.

FROM THE DESK OF SUE HENDRICKSON**Just a couple notes this month:**

There are more raffle tickets available for the beautiful queen-sized quilt to be given away at Craft Day 2016; call 715-398-7213 for more tickets. Thanks to all who have turned in their money already! We WILL have materials for Quiltathon 2016 this month!

Please remember to contact the treasurer before you purchase anything and get the tax exempt number. Club members should **not** have to pay sales tax!

Wondering what to do with old club records? According to State HCE Treasurer Judy Bender: "Financial records are to be kept for 7 years. I have recommended that club and county records be culled through and the remainder stored "in a nice way" in folders, etc. and offered to the local historical society. They are hard working volunteers like us and any help we can give them in the way of display- ready materials would be appreciated.- Hope this helps...Judy"

Many thanks to Matt Caya for the Cybersecurity program. There was so much information we are planning a Cybersecurity II at a future date. The nearly 20 folks all left their phone numbers for another kick at the can! Watch for more information soon!

Elsewhere in this Dispatch you will find a poster with information on the Quiltathon. Please post it in a place with good foot traffic. We are going to need lots of hands as usual for this our premier community support event. Tops and bottoms have been joined by the Hilltoppers, but we will need folks to turn the quilts, press, stitch them closed, top stitch then tie. Plan to spend a few hours at the mall on March 17 between 10am and 3pm...and bring a friend!

TIME TO GET MOVING

I hope you all have begun your "On the Move and in the Groove" challenge. I got a **FITBIT** (an electronic pedometer that connects to a computer display to show steps and lots of other things if you desire) in July 2014 and I have found it is very motivating to keep me moving each day. (There are lots of different fitness bracelets out there; this was just the one my daughters chose for my birthday gift.) When you join Fitbit, the default goal they set for each member is the magical number of 10,000 steps a day; (you can also choose to customize your goal). And while this may not be the first time you've heard that goal, it might be more meaningful, and motivating, to understand its origins.

The Japanese first started using the 10,000 steps a day number, as part of a marketing campaign to help sell pedometers. Since that initial campaign however, medical authorities around the world have agreed that 10,000 is a healthy number for which to aim. The American Heart Association uses the 10,000 steps metric as a guideline to follow for improving health and decreasing risk of heart disease, the number one killer of men and women in America.

10,000 steps a day is a rough equivalent to the Surgeon General's recommendation to accumulate 30 minutes of activity most days of the week. It should be enough to reduce your risk for disease and help you lead a longer, healthier life. The benefits can be many: lower BMI (body mass index), reduced waist size, increased energy, and less risk for Type II diabetes and heart disease. In fact, a recent study of the 10,000 steps a day method reported conclusive health benefits.

10,000 steps daily is approximately 5 miles. Unless you have a very active lifestyle or profession, you probably don't reach 10,000 steps on a given day without putting some effort into your activity. This could be a lifestyle change such as walking to work, or the addition of an exercise routine to your day.

Another reason to do it? For most people, it's convenient, free and simple to do with just a little change to your daily routine. I have not lost weight but perhaps I have added muscle with my 10,000 steps a day, but I have noticed my last couple blood pressure readings have been down! I also have a great sense of well-being and optimism. I am proud to say I get my 10,000 steps a day and will be charting my active minutes on my "On the Move and In the Groove" chart. I hope you will join me!"

Submitted by,
Sue Hendrickson

INDIA –International Study

AYURVEDIC Medicine

Ayurvedic medicine also known as Ayurveda was developed thousands of years ago in India and it is one of the world's oldest holistic healing systems. The basis of this medicine is a fine balance between mind, body and spirit to promote good health instead of fighting diseases. According to the Ayurvedic theory everything in the universe is connected both living and dead, wellness and good health is achieved when body, spirit and mind are "in harmony with the universe(www.webmd.com)". When your mind, body or spirit become out of balance with the universe it could lead to poor health.

According to Ayurvedic everyone is made up of five basic elements found in the universe and those elements are: Space, Air, Fire, Water, and Earth.

These five elements while in the human body join and form a person's energies called doshas. According to this medical theory the elements control how a person's body works. Each dosha is said to control a different body function and if a dosha becomes unbalanced your chances of becoming sick are increased. The five elements are combined to create three doshas and each person inherits their own mix of the three doshas. The three doshas are:

Vata dosha (space and air)

Said to be the most powerful of the three doshas. It controls the basic body functions such as breathing, blood flow, heart function and the ability to excrete waste from the body

Pitta dosha (fire and water)

Controls digestion, metabolism and certain hormones linked to appetite

Kapha dosha (water and earth)

Muscle growth
Body strength and stability
Weight
Immune system

Ayurvedic treatment is based on your primary dosha, which is called prakriti. The main goal of Ayurvedic medicine is to cleanse the body of undigested food called ama, which can make you sick. The cleansing process of ama is called panchakarma. Panchakarma includes massage, yoga, laxatives, enemas, breathing exercises, diet changes, medication, plant-based oils and spices and stretching to name a few.

The United States does not have any standard training or certification programs for Ayurvedic practitioners. In India, training to be an Ayurvedic practitioner can take four to five years.

The way many people in India eat is related to Ayurvedic because eating should be a sensory experience. According to Ayurvedic each finger is an extension of the five elements. The thumb is space, index finger is air, middle finger is fire, ring finger is water and pinky is the earth. Eating with fingers is supposed to stimulate the five elements and helps move the digestive juices in the stomach.

In one of the southern India states known as Kerala, food is often served on a banana leaf. Kerala borders the Arabian Sea. The banana leaves are big, thick and abundant and thought to be more hygienic than utensils. Leaves were used before metal utensils were commonplace. The banana leaves are said to add aroma to food, enhance taste and contain polyphenols, a natural antioxidant. (Continued on next page)



Kerala, India

Kerala, India is located as highlighted in the map above, it is bordered by the Arabian Sea to the west and the Western Ghats to the east to create a tropical paradise. The state is approximately 15,000 square miles and home to approximately 33,000,000 in the 2011 census. Kerala is India's most advanced society with 100% literacy and world class health care systems, India's lowest infant mortality rates and highest life expectancy rates. Life expectancy is 74 years old. Kerala, considered as being healthier than many states of the United States, is a pioneer in implementing the Universal health care. Kerala is also widely regarded as the cleanest and healthiest state in India. Kerala is considered to be the best place to die in India based on the state's provision of palliative care for patients with serious illnesses.

Kerala is known for its mountains, coconuts, spices and diverse religions. A person can find Hindu temples, mosques, churches and synagogues. Christianity was brought to Kerala by St. Thomas the Apostle in 52AD to spread the message of Christ. The Buddhist influence brought Ayurveda as well as Kalaripayattu (Kerala's traditional martial art). Kalaripayattu is believed to be one of the oldest martial arts in the world.

Kerala's capital is Trivandrum which houses the Kerala government. The state is divided into 14 districts and each has a major city for its district headquarters and administration. Kerala is a traditional socialist state with a communist movement. Kerala's communism today is similar to China with focus on market economy.

Agriculture in the area consists of rubber, tea, coffee, spices and coconut. Tourism is also a large sector of the economy in Kerala. This state is well known for cardamom, pepper, cloves, turmeric, cinnamon, ginger, saffron and coconuts. The area produces 97% of the national output of black pepper and produces 85% of the natural rubber in the country.

The people of Kerala speak Malayalam, but most people understand English. Most of the people living in urban areas communicate in English. Many of the highway signs are written in English and Malayalam and most of the Kerala government along with government bills and receipts use only Malayalam language. Most of the shops and private establishments have signs in both English and Malayalam.

Kerala is famous for the ancient healing of Ayurveda, a 5000 year old healing tradition known to heal chronic illnesses naturally. There are hundreds of government run and private Ayurvedic hospitals and treatment centers.

Submitted by: Christa Williams-Clements

References:

<https://en.wikipedia.org/wiki/Kerala#Economy>

<http://wikitravel.org/en/Kerala>

<http://www-t.nationalgeographic.com/traveler/articles/1028kerala.html>

<http://food.ndtv.com/food-drinks/a-bite-at-a-time-foods-traditions-from-ancient-india-1206447>

<http://www.webmd.com/balance/guide/ayurvedic-treatments>

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.

March 3	12:30 p.m.	Craft Sale Meeting	Library	Merry Mates
March 17	1:30 p.m.	Board Meeting	Library	President
March 17	10:00-3 p.m.	Quilt-a-thon	Mariner Mall	Hilltoppers
April 7	12:30 p.m.	Program Planning: ideas	Library	Vice President
April 21	1:30 p.m.	Board Meeting	Library	President
April 21	10:00 a.m.	NW District Spring Meeting	Peace Lutheran, Poplar	
April 21	10:30 a.m.	Registration		
April 30	10:30 a.m.	Meeting		
April 30	9:30-3 p.m.	Douglas County. Hosting	Peace Lutheran, Poplar	Town & Country
April 30	9:30-3 p.m.	Craft Day		
April 30	9:30-3 p.m.	Cultural Arts Contest		
May 5	12:30 p.m.	Board Meeting	Library	President
May 12	7:00 p.m.	Attracting Birds to Your Yard and	Parkland Town Hall	Sue/MaryAnn
May 12	7:00 p.m.	Straw Bale Gardening		

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

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

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

On the Move and In the Groove March 1-May 24