



DISPATCH



June/July/August 2015

Douglas County HCE Superior, WI

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- *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 2015** issues will be the Hilltoppers. Contact the UW-Extension Office at 715-395-1363 before **August 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
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All articles from magazines, books, etc. quoted in the Douglas County HCE Dispatch have received written copyright permission. This permission is on file.

Memo from the Board

It's June already! Not really, I'm writing this on a cold rainy day in mid-May. But it could be worse. Remember last year? Be thankful for this great area we live in.

Now, sit back and relax. Let the sun shine on your face and shoulders (covered by a sunscreen of course). Enjoy the lazy days coming.

I'll enjoy a break from the grandkids' school schedules in exchange for baseball, soccer, and summer school injected with lots of free time and fun. The grandkids are turning 3, 9 and 13 years old over the summer. A teenager, YIKES!

Our son and the two oldest grandkids still live with us and we babysit the youngest, two or three days a week. It gets to be quite a wild, noisy and crazily busy home, but I love it.

HCE slows down a bit for the summer too. Don't forget to send in your points for "On the Move, Program Surveys and Volunteer Hours by June 1 by phone, email or regular mail to me. Thanks.

Have a great summer,

Linda Williams,
 VP Programming and
 Community Outreach



HCE EXECUTIVE BOARD MEETING MINUTES**May 7, 2015 –Superior Public Library**

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

The meeting was opened at 12:45 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 reported on the Sunshine Fund

Dispatch: Due May 15th for June, July, August. Sue made a request that two months be shown on the back of the Dispatch. The current month and the upcoming month. This will aid in clubs planning for their meetings.

COMMITTEE REPORTS:VP Programming and Community Outreach:

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Membership/Marketing: Sue Hendrickson is making an effort to get more publicity for HCE in the Superior Telegram.

Scholarship: Still looking for a chair.

WI Bookworms™ - Sue Hendrickson- Books will be delivered the 1st week of August. The WISline will provide reader training. More information to come.

Family Living Educator: Araceli Whitwam-Sell. Araceli was present at our meeting and we had a chance to learn more about her and her goals, during a little coffee break. She was hired as a 75% employee. She is looking forward to meeting people and establishing relationships, finding the needs of our community, learning more about our group and collaborating with HCE. We were all impressed with her dedication to her new job. We look forward to working with Ariceli.

UNFINISHED BUSINESS:

Craft Day: Craft Day was a very successful event. Details in the May Dispatch. Plans are to have another next year.

Edible Ornaments: Wentworth Gardens, May 28th 1:00 Plan to be there.

Spring District Meeting: Well attended and informative. Cheryl, Sue, Mary Ann, and Joyce attended

NEW BUSINESS:

Fair Booth: The Tri-State Fair will be held in late August, August 24 – 30. Town and Country will be staffing the HCE Booth on Friday, Aug. 28th and the Hilltoppers will staff the booth on Saturday, Aug. 30th .

State Conference: Sept. 14 – 16 Stevens Point, WI. Pool sessions will be "Raising a Thinking Child" and "Food Label Lingo".

Meeting closed with the HCE prayer at 2:25 p.m.

Minutes submitted for approval by Jo Mersnick



June is Dairy Month-Bone Up on Calcium!

"How much calcium do I need?"

In 2010 the National Academy of Sciences issued new Recommended Dietary Allowances (RDAs) for calcium. The new RDAs recommend that:

- Older children (ages 9 to 18) consume 1,300 mg of calcium per day.
- Most adults (ages 19 to 50) consume 1,000 mg of calcium per day.
- Older adults (women ages 51 and older and men 71 and older) consume 1,200 mg of calcium per day.

Most people are not getting enough calcium in their diets. Three out of four adult women fail to meet the current recommended daily intake for calcium.

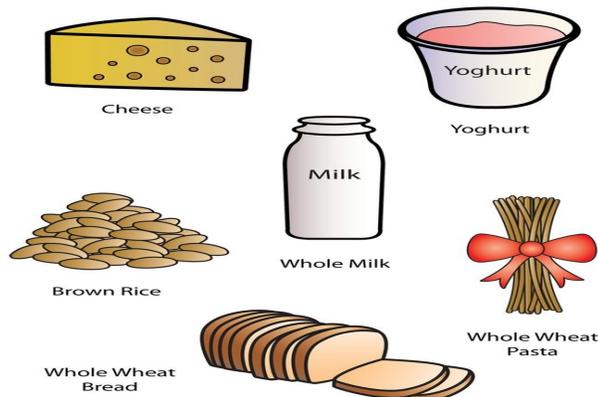
"What do those recommended intakes mean?" Try to get 2 to 3 servings of dairy daily or other calcium-rich foods a day. Dairy products contribute more than half of the calcium in the U.S. diet, but you can also find some calcium in many other foods such as broccoli, collards, and some brands of tofu (check the label).

Food	Amount of calcium per serving
1 cup non-fat yogurt	450 mg
1 cup milk (skim, 1%,2%,whole, buttermilk, chocolate)	300 mg
1/2 cup calcium-fortified orange juice	250 mg
1 ounce Swiss cheese	225 mg
1/2 cup tofu	50-800 mg (Some brands have more than others. Check labels.)
1/2 cup cooked collard greens	180 mg

"How about just taking a calcium supplement instead?" Getting your vitamins and minerals from foods ideal. Many calcium supplements are not fortified with vitamin D. Talk to your doctor, pharmacist or a dietitian to see if a calcium supplement or a calcium supplement with vitamin D is right for you.

"Should I take more than the recommended amount to be 'extra' healthy?" No. There is no benefit for healthy individuals to be consuming more than the recommended amounts of calcium. Excessive use of calcium supplements may raise your risk of developing kidney stones. The National Academy of Sciences has recommended a Tolerable Upper Intake Level of 2,500 mg calcium per day for adults ages 19-50. This is the maximum amount of calcium that is considered safe to consume on a daily basis.

Adapted from Getting Enough Calcium: Bone up on Calcium.
Author: Susan Nitzke, Ph.D., R.D., professor,
Nutritional Sciences.
University of Wisconsin-Madison and UW-Extension



Submitted by, Araceli Whitwam-Sell
Family Living Educator
University of Wisconsin Extension-Douglas County

HCE Donates to Wisconsin/Nicaragua Partners of the Americas Learning Centers

History: In 1979, two dynamic women had a vision. Rural Nicaraguan women were desperate for training to develop the skills that they would need to provide meaningful income while remaining in their communities to care for their families. In 1981, Ellen Maurer of Verona and Doña Angélica Pavón of Los Cedros, Nicaragua secured resources from Wisconsin and volunteer trainers from Nicaragua to form a sewing center in rural Los Cedros, a small community outside of Managua.

Since then, the Sewing Centers have broadened their focus and transitioned into Learning Centers. The training offered now encompasses a wide range of vocational skills such as baking, carpentry, cosmetology, small business management, etc. Participants begin by acquiring the skills necessary to provide them with a sense of dignity, independence, and purpose. They are then afforded the opportunity to utilize a micro-lending program to initiate a small business of their own. By building upon the unique skills of the individual members of the community, the community is shaped and fortified, thereby generating further aptitudes and resources.

Thousands of Nicaraguans have thus been mentored through the establishment of the Learning Centers. With each center being coordinated by local women, they are able to cater to the individual needs of each learning center's community.

Do You Have Donations for Nicaragua?

Knitting, crocheting and sewing equipment and supplies are being collected by Jeanette Rantala, HCE member, to bring to the Nicaragua Warehouse in Stevens Point at the end of June.

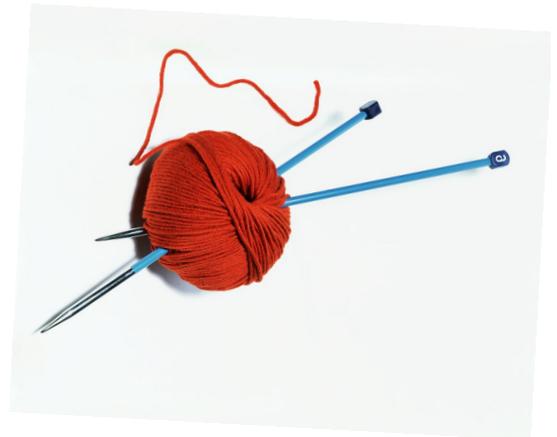
Please contact her at 715-375-2661 or by email: dirantala@centurytel.net before June 15th with questions or to make a donation. Pick up of donations can be arranged.

Suggested items:

- Fabric
- Sewing machine needles
- Sewing supplies and sewing machines
- Scissors
- Irons and ironing boards
- Knitting needles
- Yarn
- Buttons
- Lace
- Beads for jewelry making

Wisconsin/Nicaragua Partners of the Americas is a 501(c)3 non-profit organization.

Cash and in-kind donations are fully tax-deductible to the extent allowed by law.



Submitted by, Jeannette Rantala

CULTURAL ARTS

Thanks again to all who entered the Cultural Arts Contest. The list of winners to go to state are listed on page 1 of the May Dispatch. The winner of the People's Choice award was Jo Mersnick with her alcohol ink painting entitled, "Leaves and Lichen". Our judge was Kathy Lahti and she was kind enough to donate her time to judge for us. Many thanks to her for her generosity. Start working on next year's entries, ladies.

Mary Ann Gronquist
Cultural Arts Co-chair

County Hazardous Waste & Medication Collection Schedule 2015

Wednesday, June 24th, Brule Transfer Station, Solon Springs Solid Waste/Recycling, 11903 S Holly Lucius Rd.

Times 10:00-11:30 a.m. and 2:00-3:30 p.m. For more questions call 715-395-1293

Sue Hendrickson

HCE ANNUAL CRAFT SALE

SATURDAY, OCTOBER 10, 2015

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

When: Saturday, October 10, 2015

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 which included an 8 foot table and folding chair.

Racks, shelving, etc. are allowed. Purchase additional spaces accordingly. *Handcrafted items only.* No kits, rummage, commercial/vendor sales, bake goods, garden produce, etc.

Sponsor: Douglas County HCE

Registration: By mail only. To receive more information and request a registration form call:

Linda Williams at 715-398-5394

Our Craft Sale is our only fundraiser which supports our Melinda Boswell Scholarship and four short-term scholarships available each year.

Submitted by, Linda Williams



FLAG DAY

Flag Day is on June 14th. The enclosed brochure in your Dispatch was graciously proved by Thomas Stein, VFW Post 1091. I contacted VFW Commander Gayle Carlson last week to see if he knew where we could obtain the flag etiquette brochure and he got on the phone and ordered enough for our Dispatch mailing, and his post is covering the costs involved. Many thanks to Commander Carlson and his post for their generosity. Please fly your flag proudly (and correctly) and remember to thank a vet for his or her service when you see one.

Submitted by,
Mary Ann Gronquist

MELINDA BOSWELL SCHOLARSHIP RECIPIENT CHOSEN

We recently received notice from WITC regarding the recipient of the Melinda Boswell Scholarship for the 2015 academic year is Jeff Linder, a WITC-Superior Heating, Ventilation and Air Conditioning/Refrigeration student. Congratulations Jeff!

Submitted by,
Linda Williams

RESIDENTIAL SAMPLES: HOW TO SUBMIT A SOIL SAMPLE:

- Make sure your sample bag has 1.5-2 cups of soil in it. Label the bag with your name, type of garden, and what is growing in it. Fill out the [Lawn and Garden Submission Form](http://douglas.uwex.edu/files/2010/05/Lawn-and-Garden-Submission-Form.pdf) <http://douglas.uwex.edu/files/2010/05/Lawn-and-Garden-Submission-Form.pdf>

We Mail:

1. Return sample and completed soils sheet to Courthouse Room 107 and we will ship for you. **\$20.00** (per sample) cash or check to "Douglas County Treasurer." **Credit cards not accepted.**

You Mail:

1. You can put the white bag or plastic lunch bag with soil into a regular envelope/box with a label attached to mail. Checkbook boxes work great! Enclose completed form. **\$15.00** (per sample). Enclose check payable to "Soil & Forage Analysis Laboratory." If you prefer, you can charge it to your credit card by filling out the payment information on the Lawn and Garden Submission Form.

Mail to: Soil & Forage Analysis Lab
2611 Yellowstone Dr
Marshfield, WI 54449

Once you receive the results, feel free to contact Jane Anklam, Agriculture/Horticulture Educator at 715-395-1515 or jane.anklam@ces.uwex.edu if you want help interpreting the results or for further information.

Submitted by, Cheryl –Editor

Get Ready for Lake Superior Day: July 19, 2015: Sue Hendrickson

In 2004, the Lake Superior Binational Forum restarted an annual day on the third Sunday of July to celebrate peoples' deep connections to the world's largest lake. The day originated in Thunder Bay and Duluth in 1993 and soon the Forum began promoting a basin wide (cause everything in the basin runs into the lake!) event to encourage any individual, group, business, church, industry, organization, and community to hold an event or activity that celebrates the value of the lake to our lives.

Since then, hundreds of events in many locations have been held including festivals, art shows, church services, educational activities, lectures, games, and other actions. Local events will be coming out of the Lake Superior National Estuarine Research Reserve Center (NERR) on Barker's Island. Watch the local papers for more information; or check out the following website for new materials and resources for Lake Superior Day at www.superiorforum.org and share them with your favorite organization.

You too can help save Lake Superior by keeping certain items out of the sewer system. **PLEASE DO NOT FLUSH**

THESE ITEMS:

Baby, facial, or cleaning wipes (even if labeled *flushable*)

Diapers

Rags and towels

Toys

Cigarette butts

Feminine hygiene products

Underwear and sox

Rubber items such as latex gloves

Kitty litter

Sponges

Dental Floss

Cotton balls or swabs

Facial tissue

Food, fats, oil, or grease

Food wrappers

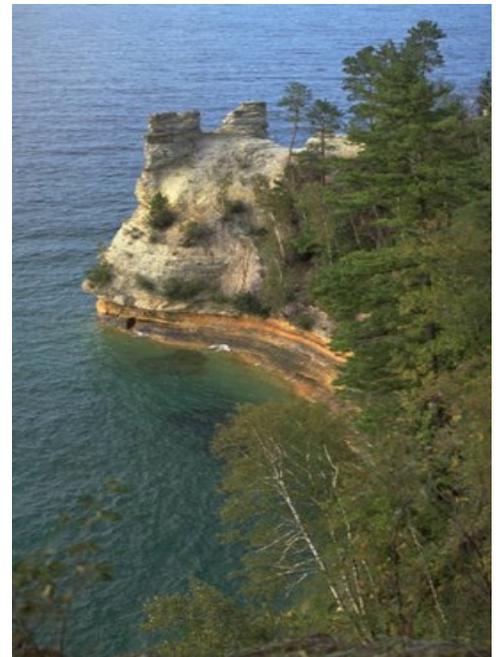
Clothing labels

Aquarium gravel

Medicines (bring to drop box at the Police Station)

Paints and stains

Other household hazardous waste (find places for these on the Recycling page of the Douglas County website: douglascountywi.org)



PUBLIC RELATIONS: In November we will be celebrating the 75th anniversary of Home and Community Education Clubs in Wisconsin! Members of 55 years or more are being sought for special recognition at the 2015 state conference. You? Someone you know? Give me a call and let's be part of this special observation! Thanks—Sue Hendrickson



Thanks to all who helped or participated in the incredible "Edible Ornaments" workshop. It was a great day of learning and fellowship. Thanks especially to Gary Kane of Wentworth Gardens for his interesting program...and the 10% off purchases that day!

Hilltoppers HCE

Douglas County UWEX
 1313 Belknap Street
 Courthouse Room 107
 Superior, WI 54880

TAPE

TAPE

Amy Kopecky
 Burnette Co. HCE President
 5674 County Rd. C
 Danbury, WI 54830

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

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

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

September 3 12:30pm
 September 7
 September 14-16
 September 24

June 1 TBA
 July
 July 3
 August
 August No meetings

September 3 12:30pm
 Craft Sale Meeting
 Town & Country
 Board Meeting
 1:30pm
 Library
 Stevens Point
 September 7
 Court House Closed Labor Day
 WAHCE State Conference
 Building Sustainable Communities
 TBA
 Sue Hendrickson

August
 August No meetings
 Court House Closed—
 Independence Day
 Fairgrounds
 HCE Booth
 Membership/Mkt
 No meetings
 No meetings
 Court House Closed—
 Independence Day

27	28	29	30				
20	21	22	23	24	25	26	
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SEPTEMBER							

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AUGUST							



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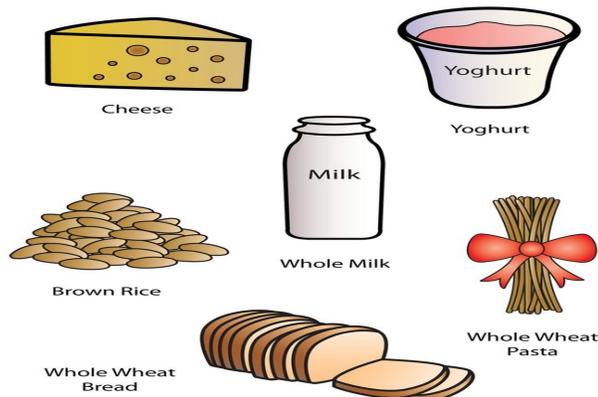
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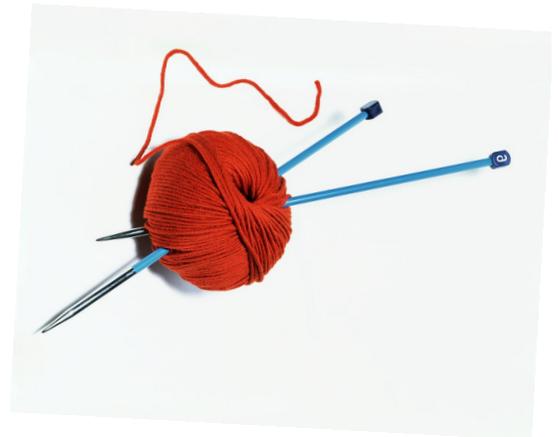
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Registration: By mail only. To receive more information and request a registration form call:

Linda Williams at 715-398-5394

Our Craft Sale is our only fundraiser which supports our Melinda Boswell Scholarship and four short-term scholarships available each year.

Submitted by, Linda Williams



FLAG DAY

Flag Day is on June 14th. The enclosed brochure in your Dispatch was graciously proved by Thomas Stein, VFW Post 1091. I contacted VFW Commander Gayle Carlson last week to see if he knew where we could obtain the flag etiquette brochure and he got on the phone and ordered enough for our Dispatch mailing, and his post is covering the costs involved. Many thanks to Commander Carlson and his post for their generosity. Please fly your flag proudly (and correctly) and remember to thank a vet for his or her service when you see one.

Submitted by,
Mary Ann Gronquist

MELINDA BOSWELL SCHOLARSHIP RECIPIENT CHOSEN

We recently received notice from WITC regarding the recipient of the Melinda Boswell Scholarship for the 2015 academic year is Jeff Linder, a WITC-Superior Heating, Ventilation and Air Conditioning/Refrigeration student. Congratulations Jeff!

Submitted by,
Linda Williams

RESIDENTIAL SAMPLES: HOW TO SUBMIT A SOIL SAMPLE:

- Make sure your sample bag has 1.5-2 cups of soil in it. Label the bag with your name, type of garden, and what is growing in it. Fill out the [Lawn and Garden Submission Form](http://douglas.uwex.edu/files/2010/05/Lawn-and-Garden-Submission-Form.pdf) <http://douglas.uwex.edu/files/2010/05/Lawn-and-Garden-Submission-Form.pdf>

We Mail:

1. Return sample and completed soils sheet to Courthouse Room 107 and we will ship for you. **\$20.00** (per sample) cash or check to "Douglas County Treasurer." **Credit cards not accepted.**

You Mail:

1. You can put the white bag or plastic lunch bag with soil into a regular envelope/box with a label attached to mail. Checkbook boxes work great! Enclose completed form. **\$15.00** (per sample). Enclose check payable to "Soil & Forage Analysis Laboratory." If you prefer, you can charge it to your credit card by filling out the payment information on the Lawn and Garden Submission Form.

Mail to: Soil & Forage Analysis Lab
2611 Yellowstone Dr
Marshfield, WI 54449

Once you receive the results, feel free to contact Jane Anklam, Agriculture/Horticulture Educator at 715-395-1515 or jane.anklam@ces.uwex.edu if you want help interpreting the results or for further information.

Submitted by, Cheryl –Editor

Get Ready for Lake Superior Day: July 19, 2015: Sue Hendrickson

In 2004, the Lake Superior Binational Forum restarted an annual day on the third Sunday of July to celebrate peoples' deep connections to the world's largest lake. The day originated in Thunder Bay and Duluth in 1993 and soon the Forum began promoting a basin wide (cause everything in the basin runs into the lake!) event to encourage any individual, group, business, church, industry, organization, and community to hold an event or activity that celebrates the value of the lake to our lives.

Since then, hundreds of events in many locations have been held including festivals, art shows, church services, educational activities, lectures, games, and other actions. Local events will be coming out of the Lake Superior National Estuarine Research Reserve Center (NERR) on Barker's Island. Watch the local papers for more information; or check out the following website for new materials and resources for Lake Superior Day at www.superiorforum.org and share them with your favorite organization.

You too can help save Lake Superior by keeping certain items out of the sewer system. **PLEASE DO NOT FLUSH**

THESE ITEMS:

Baby, facial, or cleaning wipes (even if labeled *flushable*)

Diapers

Rags and towels

Toys

Cigarette butts

Feminine hygiene products

Underwear and sox

Rubber items such as latex gloves

Kitty litter

Sponges

Dental Floss

Cotton balls or swabs

Facial tissue

Food, fats, oil, or grease

Food wrappers

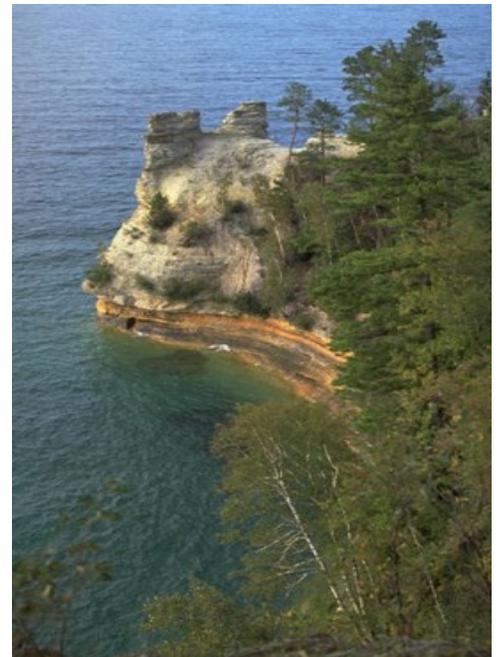
Clothing labels

Aquarium gravel

Medicines (bring to drop box at the Police Station)

Paints and stains

Other household hazardous waste (find places for these on the Recycling page of the Douglas County website: douglascountywi.org)



PUBLIC RELATIONS: In November we will be celebrating the 75th anniversary of Home and Community Education Clubs in Wisconsin! Members of 55 years or more are being sought for special recognition at the 2015 state conference. You? Someone you know? Give me a call and let's be part of this special observation! Thanks—Sue Hendrickson



Thanks to all who helped or participated in the incredible "Edible Ornaments" workshop. It was a great day of learning and fellowship. Thanks especially to Gary Kane of Wentworth Gardens for his interesting program...and the 10% off purchases that day!

Hilltoppers HCE

Douglas County UWEX
 1313 Belknap Street
 Courthouse Room 107
 Superior, WI 54880

TAPE

TAPE

Andy Lisak
 County Administrator
 County box

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.

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September 3 12:30pm
 September 7
 September 14-16
 September 24

June 1 TBA
 July
 July 3
 August
 August No meetings

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 Town & Country
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 1:30pm
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DISPATCH



June/July/August 2015

Douglas County HCE Superior, WI

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Memo from the Board

It's June already! Not really, I'm writing this on a cold rainy day in mid-May. But it could be worse. Remember last year? Be thankful for this great area we live in.

Now, sit back and relax. Let the sun shine on your face and shoulders (covered by a sunscreen of course). Enjoy the lazy days coming.

I'll enjoy a break from the grandkids' school schedules in exchange for baseball, soccer, and summer school injected with lots of free time and fun. The grandkids are turning 3, 9 and 13 years old over the summer. A teenager, YIKES!

Our son and the two oldest grandkids still live with us and we babysit the youngest, two or three days a week. It gets to be quite a wild, noisy and crazily busy home, but I love it.

HCE slows down a bit for the summer too. Don't forget to send in your points for "On the Move, Program Surveys and Volunteer Hours by June 1 by phone, email or regular mail to me. Thanks.

Have a great summer,

Linda Williams,
 VP Programming and
 Community Outreach



HCE EXECUTIVE BOARD MEETING MINUTES**May 7, 2015 –Superior Public Library**

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

The meeting was opened at 12:45 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 reported on the Sunshine Fund

Dispatch: Due May 15th for June, July, August. Sue made a request that two months be shown on the back of the Dispatch. The current month and the upcoming month. This will aid in clubs planning for their meetings.

COMMITTEE REPORTS:VP Programming and Community Outreach:

Linda Williams reminded us of the volunteer hours that are due June 1st. Also, Program Surveys are due June 1st.

Cultural Arts: Mary Ann Gronquist – See Memo from the Board in the May Dispatch for details.

International: Christa Williams-Clements articles are very informative and interesting. We are still looking for a chair for the International Event.

Membership/Marketing: Sue Hendrickson is making an effort to get more publicity for HCE in the Superior Telegram.

Scholarship: Still looking for a chair.

WI Bookworms™ - Sue Hendrickson- Books will be delivered the 1st week of August. The WISline will provide reader training. More information to come.

Family Living Educator: Araceli Whitwam-Sell. Araceli was present at our meeting and we had a chance to learn more about her and her goals, during a little coffee break. She was hired as a 75% employee. She is looking forward to meeting people and establishing relationships, finding the needs of our community, learning more about our group and collaborating with HCE. We were all impressed with her dedication to her new job. We look forward to working with Ariceli.

UNFINISHED BUSINESS:

Craft Day: Craft Day was a very successful event. Details in the May Dispatch. Plans are to have another next year.

Edible Ornaments: Wentworth Gardens, May 28th 1:00 Plan to be there.

Spring District Meeting: Well attended and informative. Cheryl, Sue, Mary Ann, and Joyce attended

NEW BUSINESS:

Fair Booth: The Tri-State Fair will be held in late August, August 24 – 30. Town and Country will be staffing the HCE Booth on Friday, Aug. 28th and the Hilltoppers will staff the booth on Saturday, Aug. 30th .

State Conference: Sept. 14 – 16 Stevens Point, WI. Pool sessions will be "Raising a Thinking Child" and "Food Label Lingo".

Meeting closed with the HCE prayer at 2:25 p.m.

Minutes submitted for approval by Jo Mersnick



June is Dairy Month-Bone Up on Calcium!

"How much calcium do I need?"

In 2010 the National Academy of Sciences issued new Recommended Dietary Allowances (RDAs) for calcium. The new RDAs recommend that:

- Older children (ages 9 to 18) consume 1,300 mg of calcium per day.
- Most adults (ages 19 to 50) consume 1,000 mg of calcium per day.
- Older adults (women ages 51 and older and men 71 and older) consume 1,200 mg of calcium per day.

Most people are not getting enough calcium in their diets. Three out of four adult women fail to meet the current recommended daily intake for calcium.

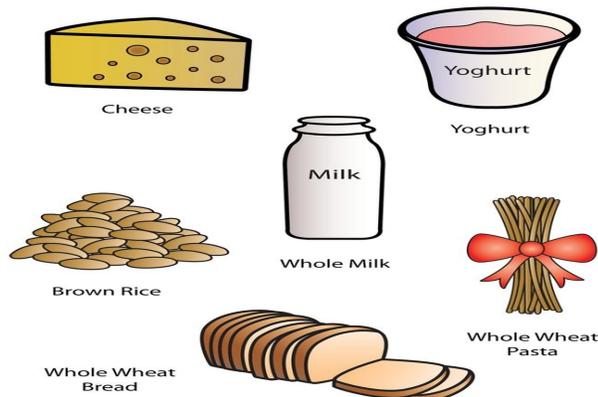
"What do those recommended intakes mean?" Try to get 2 to 3 servings of dairy daily or other calcium-rich foods a day. Dairy products contribute more than half of the calcium in the U.S. diet, but you can also find some calcium in many other foods such as broccoli, collards, and some brands of tofu (check the label).

Food	Amount of calcium per serving
1 cup non-fat yogurt	450 mg
1 cup milk (skim, 1%,2%,whole, buttermilk, chocolate)	300 mg
1/2 cup calcium-fortified orange juice	250 mg
1 ounce Swiss cheese	225 mg
1/2 cup tofu	50-800 mg (Some brands have more than others. Check labels.)
1/2 cup cooked collard greens	180 mg

"How about just taking a calcium supplement instead?" Getting your vitamins and minerals from foods ideal. Many calcium supplements are not fortified with vitamin D. Talk to your doctor, pharmacist or a dietitian to see if a calcium supplement or a calcium supplement with vitamin D is right for you.

"Should I take more than the recommended amount to be 'extra' healthy?" No. There is no benefit for healthy individuals to be consuming more than the recommended amounts of calcium. Excessive use of calcium supplements may raise your risk of developing kidney stones. The National Academy of Sciences has recommended a Tolerable Upper Intake Level of 2,500 mg calcium per day for adults ages 19-50. This is the maximum amount of calcium that is considered safe to consume on a daily basis.

Adapted from Getting Enough Calcium: Bone up on Calcium.
Author: Susan Nitzke, Ph.D., R.D., professor,
Nutritional Sciences.
University of Wisconsin-Madison and UW-Extension



Submitted by, Araceli Whitwam-Sell
Family Living Educator
University of Wisconsin Extension-Douglas County

HCE Donates to Wisconsin/Nicaragua Partners of the Americas Learning Centers

History: In 1979, two dynamic women had a vision. Rural Nicaraguan women were desperate for training to develop the skills that they would need to provide meaningful income while remaining in their communities to care for their families. In 1981, Ellen Maurer of Verona and Doña Angélica Pavón of Los Cedros, Nicaragua secured resources from Wisconsin and volunteer trainers from Nicaragua to form a sewing center in rural Los Cedros, a small community outside of Managua.

Since then, the Sewing Centers have broadened their focus and transitioned into Learning Centers. The training offered now encompasses a wide range of vocational skills such as baking, carpentry, cosmetology, small business management, etc. Participants begin by acquiring the skills necessary to provide them with a sense of dignity, independence, and purpose. They are then afforded the opportunity to utilize a micro-lending program to initiate a small business of their own. By building upon the unique skills of the individual members of the community, the community is shaped and fortified, thereby generating further aptitudes and resources.

Thousands of Nicaraguans have thus been mentored through the establishment of the Learning Centers. With each center being coordinated by local women, they are able to cater to the individual needs of each learning center's community.

Do You Have Donations for Nicaragua?

Knitting, crocheting and sewing equipment and supplies are being collected by Jeanette Rantala, HCE member, to bring to the Nicaragua Warehouse in Stevens Point at the end of June.

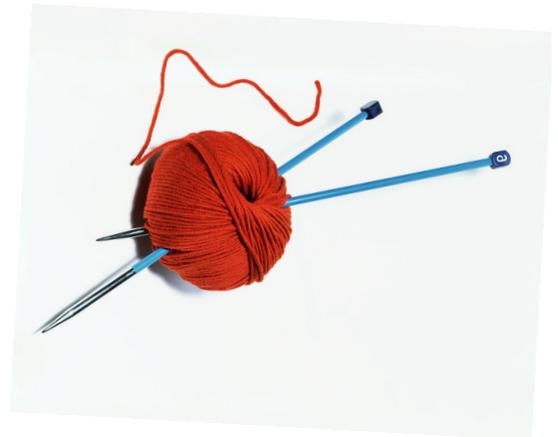
Please contact her at 715-375-2661 or by email: dirantala@centurytel.net before June 15th with questions or to make a donation. Pick up of donations can be arranged.

Suggested items:

- Fabric
- Sewing machine needles
- Sewing supplies and sewing machines
- Scissors
- Irons and ironing boards
- Knitting needles
- Yarn
- Buttons
- Lace
- Beads for jewelry making

Wisconsin/Nicaragua Partners of the Americas is a 501(c)3 non-profit organization.

Cash and in-kind donations are fully tax-deductible to the extent allowed by law.



Submitted by, Jeannette Rantala

CULTURAL ARTS

Thanks again to all who entered the Cultural Arts Contest. The list of winners to go to state are listed on page 1 of the May Dispatch. The winner of the People's Choice award was Jo Mersnick with her alcohol ink painting entitled, "Leaves and Lichen". Our judge was Kathy Lahti and she was kind enough to donate her time to judge for us. Many thanks to her for her generosity. Start working on next year's entries, ladies.

Mary Ann Gronquist
Cultural Arts Co-chair

County Hazardous Waste & Medication Collection Schedule 2015

Wednesday, June 24th, Brule Transfer Station, Solon Springs Solid Waste/Recycling, 11903 S Holly Lucius Rd.

Times 10:00-11:30 a.m. and 2:00-3:30 p.m. For more questions call 715-395-1293

Sue Hendrickson

HCE ANNUAL CRAFT SALE**SATURDAY, OCTOBER 10, 2015**

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

When: Saturday, October 10, 2015

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 which included an 8 foot table and folding chair.

Racks, shelving, etc. are allowed. Purchase additional spaces accordingly. *Handcrafted items only.* No kits, rummage, commercial/vendor sales, bake goods, garden produce, etc.

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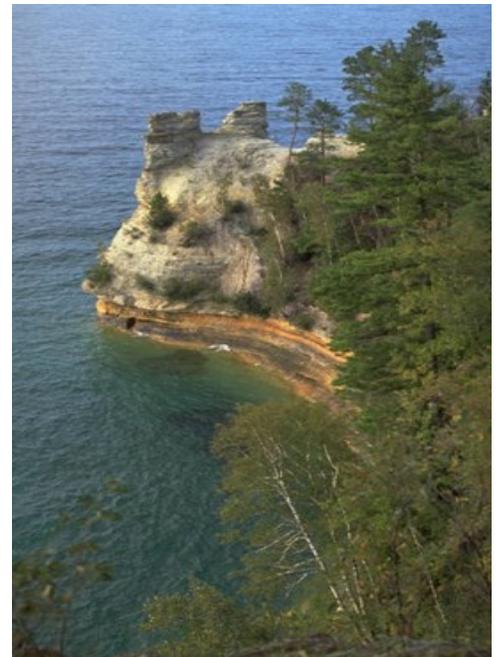
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TAPE

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Betty Helwig
 Sawyer County HCE President
 PO Box 39
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Minutes submitted for approval by Jo Mersnick



June is Dairy Month-Bone Up on Calcium!

"How much calcium do I need?"

In 2010 the National Academy of Sciences issued new Recommended Dietary Allowances (RDAs) for calcium. The new RDAs recommend that:

- Older children (ages 9 to 18) consume 1,300 mg of calcium per day.
- Most adults (ages 19 to 50) consume 1,000 mg of calcium per day.
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Most people are not getting enough calcium in their diets. Three out of four adult women fail to meet the current recommended daily intake for calcium.

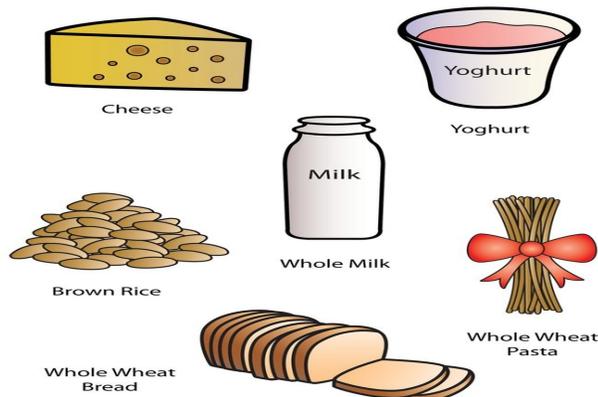
"What do those recommended intakes mean?" Try to get 2 to 3 servings of dairy daily or other calcium-rich foods a day. Dairy products contribute more than half of the calcium in the U.S. diet, but you can also find some calcium in many other foods such as broccoli, collards, and some brands of tofu (check the label).

Food	Amount of calcium per serving
1 cup non-fat yogurt	450 mg
1 cup milk (skim, 1%,2%,whole, buttermilk, chocolate)	300 mg
1/2 cup calcium-fortified orange juice	250 mg
1 ounce Swiss cheese	225 mg
1/2 cup tofu	50-800 mg (Some brands have more than others. Check labels.)
1/2 cup cooked collard greens	180 mg

"How about just taking a calcium supplement instead?" Getting your vitamins and minerals from foods ideal. Many calcium supplements are not fortified with vitamin D. Talk to your doctor, pharmacist or a dietitian to see if a calcium supplement or a calcium supplement with vitamin D is right for you.

"Should I take more than the recommended amount to be 'extra' healthy?" No. There is no benefit for healthy individuals to be consuming more than the recommended amounts of calcium. Excessive use of calcium supplements may raise your risk of developing kidney stones. The National Academy of Sciences has recommended a Tolerable Upper Intake Level of 2,500 mg calcium per day for adults ages 19-50. This is the maximum amount of calcium that is considered safe to consume on a daily basis.

Adapted from Getting Enough Calcium: Bone up on Calcium.
Author: Susan Nitzke, Ph.D., R.D., professor,
Nutritional Sciences.
University of Wisconsin-Madison and UW-Extension



Submitted by, Araceli Whitwam-Sell
Family Living Educator
University of Wisconsin Extension-Douglas County

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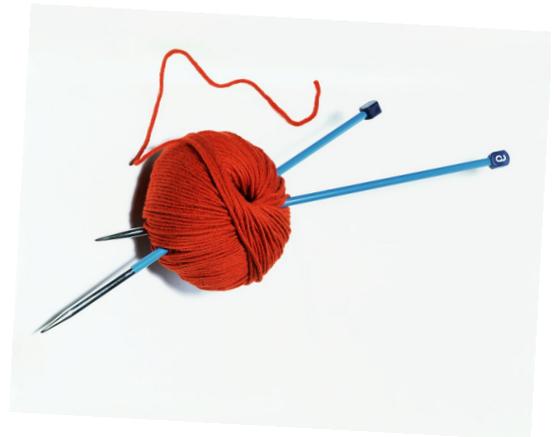
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Suggested items:

- Fabric
- Sewing machine needles
- Sewing supplies and sewing machines
- Scissors
- Irons and ironing boards
- Knitting needles
- Yarn
- Buttons
- Lace
- Beads for jewelry making

Wisconsin/Nicaragua Partners of the Americas is a 501(c)3 non-profit organization.

Cash and in-kind donations are fully tax-deductible to the extent allowed by law.



Submitted by, Jeannette Rantala

CULTURAL ARTS

Thanks again to all who entered the Cultural Arts Contest. The list of winners to go to state are listed on page 1 of the May Dispatch. The winner of the People's Choice award was Jo Mersnick with her alcohol ink painting entitled, "Leaves and Lichen". Our judge was Kathy Lahti and she was kind enough to donate her time to judge for us. Many thanks to her for her generosity. Start working on next year's entries, ladies.

Mary Ann Gronquist
Cultural Arts Co-chair

County Hazardous Waste & Medication Collection Schedule 2015

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Times 10:00-11:30 a.m. and 2:00-3:30 p.m. For more questions call 715-395-1293

Sue Hendrickson

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

When: Saturday, October 10, 2015

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 which included an 8 foot table and folding chair.

Racks, shelving, etc. are allowed. Purchase additional spaces accordingly. *Handcrafted items only.* No kits, rummage, commercial/vendor sales, bake goods, garden produce, etc.

Sponsor: Douglas County HCE

Registration: By mail only. To receive more information and request a registration form call:

Linda Williams at 715-398-5394

Our Craft Sale is our only fundraiser which supports our Melinda Boswell Scholarship and four short-term scholarships available each year.

Submitted by, Linda Williams



FLAG DAY

Flag Day is on June 14th. The enclosed brochure in your Dispatch was graciously proved by Thomas Stein, VFW Post 1091. I contacted VFW Commander Gayle Carlson last week to see if he knew where we could obtain the flag etiquette brochure and he got on the phone and ordered enough for our Dispatch mailing, and his post is covering the costs involved. Many thanks to Commander Carlson and his post for their generosity. Please fly your flag proudly (and correctly) and remember to thank a vet for his or her service when you see one.

Submitted by,
Mary Ann Gronquist

MELINDA BOSWELL SCHOLARSHIP RECIPIENT CHOSEN

We recently received notice from WITC regarding the recipient of the Melinda Boswell Scholarship for the 2015 academic year is Jeff Linder, a WITC-Superior Heating, Ventilation and Air Conditioning/Refrigeration student. Congratulations Jeff!

Submitted by,
Linda Williams

RESIDENTIAL SAMPLES: HOW TO SUBMIT A SOIL SAMPLE:

- Make sure your sample bag has 1.5-2 cups of soil in it. Label the bag with your name, type of garden, and what is growing in it. Fill out the [Lawn and Garden Submission Form](http://douglas.uwex.edu/files/2010/05/Lawn-and-Garden-Submission-Form.pdf) <http://douglas.uwex.edu/files/2010/05/Lawn-and-Garden-Submission-Form.pdf>

We Mail:

1. Return sample and completed soils sheet to Courthouse Room 107 and we will ship for you. **\$20.00** (per sample) cash or check to "Douglas County Treasurer." **Credit cards not accepted.**

You Mail:

1. You can put the white bag or plastic lunch bag with soil into a regular envelope/box with a label attached to mail. Checkbook boxes work great! Enclose completed form. **\$15.00** (per sample). Enclose check payable to "Soil & Forage Analysis Laboratory." If you prefer, you can charge it to your credit card by filling out the payment information on the Lawn and Garden Submission Form.

Mail to: Soil & Forage Analysis Lab
2611 Yellowstone Dr
Marshfield, WI 54449

Once you receive the results, feel free to contact Jane Anklam, Agriculture/Horticulture Educator at 715-395-1515 or jane.anklam@ces.uwex.edu if you want help interpreting the results or for further information.

Submitted by, Cheryl –Editor

Get Ready for Lake Superior Day: July 19, 2015: Sue Hendrickson

In 2004, the Lake Superior Binational Forum restarted an annual day on the third Sunday of July to celebrate peoples' deep connections to the world's largest lake. The day originated in Thunder Bay and Duluth in 1993 and soon the Forum began promoting a basin wide (cause everything in the basin runs into the lake!) event to encourage any individual, group, business, church, industry, organization, and community to hold an event or activity that celebrates the value of the lake to our lives.

Since then, hundreds of events in many locations have been held including festivals, art shows, church services, educational activities, lectures, games, and other actions. Local events will be coming out of the Lake Superior National Estuarine Research Reserve Center (NERR) on Barker's Island. Watch the local papers for more information; or check out the following website for new materials and resources for Lake Superior Day at www.superiorforum.org and share them with your favorite organization.

You too can help save Lake Superior by keeping certain items out of the sewer system. **PLEASE DO NOT FLUSH**

THESE ITEMS:

Baby, facial, or cleaning wipes (even if labeled *flushable*)

Diapers

Rags and towels

Toys

Cigarette butts

Feminine hygiene products

Underwear and sox

Rubber items such as latex gloves

Kitty litter

Sponges

Dental Floss

Cotton balls or swabs

Facial tissue

Food, fats, oil, or grease

Food wrappers

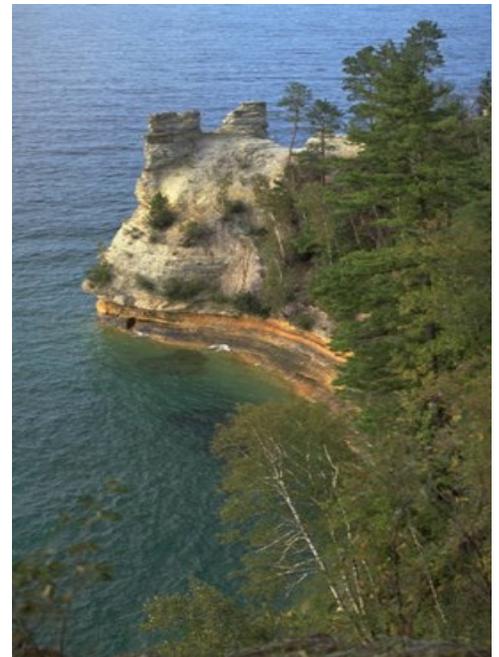
Clothing labels

Aquarium gravel

Medicines (bring to drop box at the Police Station)

Paints and stains

Other household hazardous waste (find places for these on the Recycling page of the Douglas County website: douglascountymi.org)



PUBLIC RELATIONS: In November we will be celebrating the 75th anniversary of Home and Community Education Clubs in Wisconsin! Members of 55 years or more are being sought for special recognition at the 2015 state conference. You? Someone you know? Give me a call and let's be part of this special observation! Thanks—Sue Hendrickson



Thanks to all who helped or participated in the incredible "Edible Ornaments" workshop. It was a great day of learning and fellowship. Thanks especially to Gary Kane of Wentworth Gardens for his interesting program...and the 10% off purchases that day!

Hilltoppers HCE

Douglas County UWEX
 1313 Belknap Street
 Courthouse Room 107
 Superior, WI 54880

TAPE

TAPE

Betty Wood

10414 E Homestead Rd
 Poplar, WI 54864

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.

26	27	28	29	30	31		
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JUNE							

September 3 12:30pm
 September 7
 September 14-16
 September 24

June 1 TBA
 July
 July 3
 August
 August No meetings

September 3 12:30pm
 Town & Country
 Board Meeting
 Library
 Stevens Point
 WAHCE State Conference
 Building Sustainable Communities
 TBA
 Sue Hendrickson

August
 HCE Booth
 Membership/Mkt
 Fairgrounds
 No meetings
 Courthouse Closed—
 Independence Day

27	28	29	30				
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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 2015** issues will be the Hilltoppers. Contact the UW-Extension Office at 715-395-1363 before **August 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

All articles from magazines, books, etc. quoted in the Douglas County HCE Dispatch have received written copyright permission. This permission is on file.

Memo from the Board

It's June already! Not really, I'm writing this on a cold rainy day in mid-May. But it could be worse. Remember last year? Be thankful for this great area we live in.

Now, sit back and relax. Let the sun shine on your face and shoulders (covered by a sunscreen of course). Enjoy the lazy days coming.

I'll enjoy a break from the grandkids' school schedules in exchange for baseball, soccer, and summer school injected with lots of free time and fun. The grandkids are turning 3, 9 and 13 years old over the summer. A teenager, YIKES!

Our son and the two oldest grandkids still live with us and we babysit the youngest, two or three days a week. It gets to be quite a wild, noisy and crazily busy home, but I love it.

HCE slows down a bit for the summer too. Don't forget to send in your points for "On the Move, Program Surveys and Volunteer Hours by June 1 by phone, email or regular mail to me. Thanks.

Have a great summer,

Linda Williams,
VP Programming and
Community Outreach



HCE EXECUTIVE BOARD MEETING MINUTES**May 7, 2015 –Superior Public Library**

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

The meeting was opened at 12:45 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 reported on the Sunshine Fund

Dispatch: Due May 15th for June, July, August. Sue made a request that two months be shown on the back of the Dispatch. The current month and the upcoming month. This will aid in clubs planning for their meetings.

COMMITTEE REPORTS:VP Programming and Community Outreach:

Linda Williams reminded us of the volunteer hours that are due June 1st. Also, Program Surveys are due June 1st.

Cultural Arts: Mary Ann Gronquist – See Memo from the Board in the May Dispatch for details.

International: Christa Williams-Clements articles are very informative and interesting. We are still looking for a chair for the International Event.

Membership/Marketing: Sue Hendrickson is making an effort to get more publicity for HCE in the Superior Telegram.

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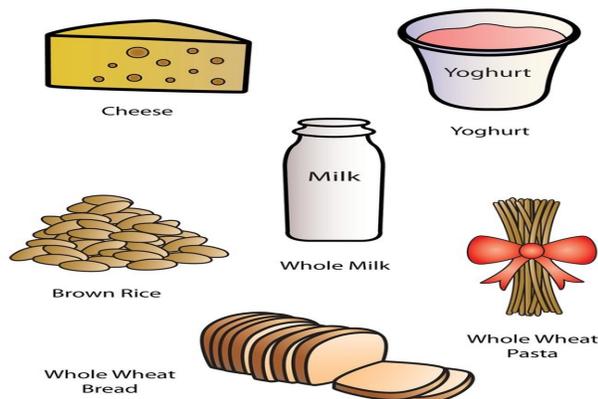
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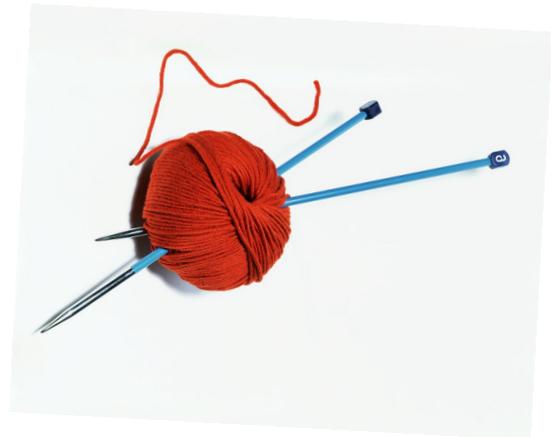
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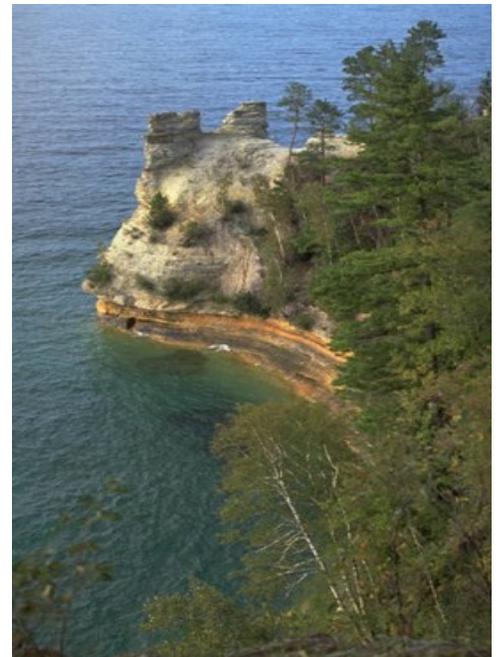
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Thanks to all who helped or participated in the incredible "Edible Ornaments" workshop. It was a great day of learning and fellowship. Thanks especially to Gary Kane of Wentworth Gardens for his interesting program...and the 10% off purchases that day!

Hilltoppers HCE

Douglas County UWEX
 1313 Belknap Street
 Courthouse Room 107
 Superior, WI 54880

TAPE

TAPE

Bobbi Kloss

6920 E Cloverdale Dr.
 South Range, WI 54874

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.

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

September 3 12:30pm
 September 7
 September 14-16
 September 24

June 1 TBA
 July
 July 3
 August
 August No meetings

September 3 12:30pm
 Town & Country
 Board Meeting
 1:30pm
 Library
 Stevens Point
 September 7
 Court House Closed Labor Day
 WAHCE State Conference
 Building Sustainable Communities
 TBA
 Sue Hendrickson

August
 HCE Booth
 Membership/Mkt
 Fairgrounds
 No meetings
 Court House Closed—
 Independence Day

27	28	29	30				
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AUGUST							



DISPATCH



June/July/August 2015

Douglas County HCE Superior, WI

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Have a great summer,

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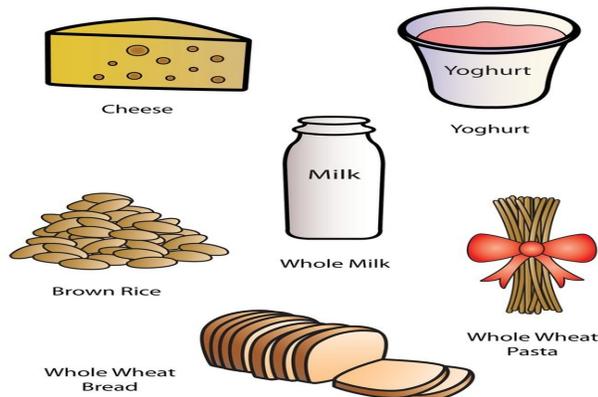
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Author: Susan Nitzke, Ph.D., R.D., professor,
Nutritional Sciences.
University of Wisconsin-Madison and UW-Extension



Submitted by, **Araceli Whitwam-Sell**
Family Living Educator
University of Wisconsin Extension-Douglas County

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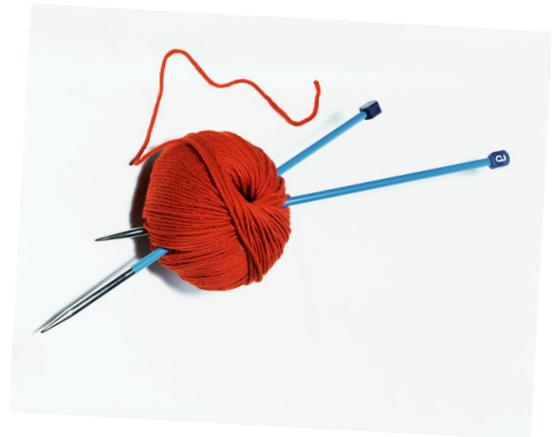
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Suggested items:

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- Scissors
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- Knitting needles
- Yarn
- Buttons
- Lace
- Beads for jewelry making

Wisconsin/Nicaragua Partners of the Americas is a 501(c)3 non-profit organization.

Cash and in-kind donations are fully tax-deductible to the extent allowed by law.



Submitted by, Jeannette Rantala

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Thanks again to all who entered the Cultural Arts Contest. The list of winners to go to state are listed on page 1 of the May Dispatch. The winner of the People's Choice award was Jo Mersnick with her alcohol ink painting entitled, "Leaves and Lichen". Our judge was Kathy Lahti and she was kind enough to donate her time to judge for us. Many thanks to her for her generosity. Start working on next year's entries, ladies.

Mary Ann Gronquist
Cultural Arts Co-chair

County Hazardous Waste & Medication Collection Schedule 2015

Wednesday, June 24th, Brule Transfer Station, Solon Springs Solid Waste/Recycling, 11903 S Holly Lucius Rd.

Times 10:00-11:30 a.m. and 2:00-3:30 p.m. For more questions call 715-395-1293

Sue Hendrickson

HCE ANNUAL CRAFT SALE**SATURDAY, OCTOBER 10, 2015**

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

When: Saturday, October 10, 2015

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 which included an 8 foot table and folding chair.

Racks, shelving, etc. are allowed. Purchase additional spaces accordingly. *Handcrafted items only.* No kits, rummage, commercial/vendor sales, bake goods, garden produce, etc.

Sponsor: Douglas County HCE

Registration: By mail only. To receive more information and request a registration form call:

Linda Williams at 715-398-5394

Our Craft Sale is our only fundraiser which supports our Melinda Boswell Scholarship and four short-term scholarships available each year.

Submitted by, Linda Williams



FLAG DAY

Flag Day is on June 14th. The enclosed brochure in your Dispatch was graciously proved by Thomas Stein, VFW Post 1091. I contacted VFW Commander Gayle Carlson last week to see if he knew where we could obtain the flag etiquette brochure and he got on the phone and ordered enough for our Dispatch mailing, and his post is covering the costs involved. Many thanks to Commander Carlson and his post for their generosity. Please fly your flag proudly (and correctly) and remember to thank a vet for his or her service when you see one.

Submitted by,
Mary Ann Gronquist

MELINDA BOSWELL SCHOLARSHIP RECIPIENT CHOSEN

We recently received notice from WITC regarding the recipient of the Melinda Boswell Scholarship for the 2015 academic year is Jeff Linder, a WITC-Superior Heating, Ventilation and Air Conditioning/Refrigeration student. Congratulations Jeff!

Submitted by,
Linda Williams

RESIDENTIAL SAMPLES: HOW TO SUBMIT A SOIL SAMPLE:

- Make sure your sample bag has 1.5-2 cups of soil in it. Label the bag with your name, type of garden, and what is growing in it. Fill out the [Lawn and Garden Submission Form](http://douglas.uwex.edu/files/2010/05/Lawn-and-Garden-Submission-Form.pdf) <http://douglas.uwex.edu/files/2010/05/Lawn-and-Garden-Submission-Form.pdf>

We Mail:

1. Return sample and completed soils sheet to Courthouse Room 107 and we will ship for you. **\$20.00** (per sample) cash or check to "Douglas County Treasurer." **Credit cards not accepted.**

You Mail:

1. You can put the white bag or plastic lunch bag with soil into a regular envelope/box with a label attached to mail. Checkbook boxes work great! Enclose completed form. **\$15.00** (per sample). Enclose check payable to "Soil & Forage Analysis Laboratory." If you prefer, you can charge it to your credit card by filling out the payment information on the Lawn and Garden Submission Form.

Mail to: Soil & Forage Analysis Lab
2611 Yellowstone Dr
Marshfield, WI 54449

Once you receive the results, feel free to contact Jane Anklam, Agriculture/Horticulture Educator at 715-395-1515 or jane.anklam@ces.uwex.edu if you want help interpreting the results or for further information.

Submitted by, Cheryl –Editor

Get Ready for Lake Superior Day: July 19, 2015: Sue Hendrickson

In 2004, the Lake Superior Binational Forum restarted an annual day on the third Sunday of July to celebrate peoples' deep connections to the world's largest lake. The day originated in Thunder Bay and Duluth in 1993 and soon the Forum began promoting a basin wide (cause everything in the basin runs into the lake!) event to encourage any individual, group, business, church, industry, organization, and community to hold an event or activity that celebrates the value of the lake to our lives.

Since then, hundreds of events in many locations have been held including festivals, art shows, church services, educational activities, lectures, games, and other actions. Local events will be coming out of the Lake Superior National Estuarine Research Reserve Center (NERR) on Barker's Island. Watch the local papers for more information; or check out the following website for new materials and resources for Lake Superior Day at www.superiorforum.org and share them with your favorite organization.

You too can help save Lake Superior by keeping certain items out of the sewer system. **PLEASE DO NOT FLUSH**

THESE ITEMS:

Baby, facial, or cleaning wipes (even if labeled *flushable*)

Diapers

Rags and towels

Toys

Cigarette butts

Feminine hygiene products

Underwear and sox

Rubber items such as latex gloves

Kitty litter

Sponges

Dental Floss

Cotton balls or swabs

Facial tissue

Food, fats, oil, or grease

Food wrappers

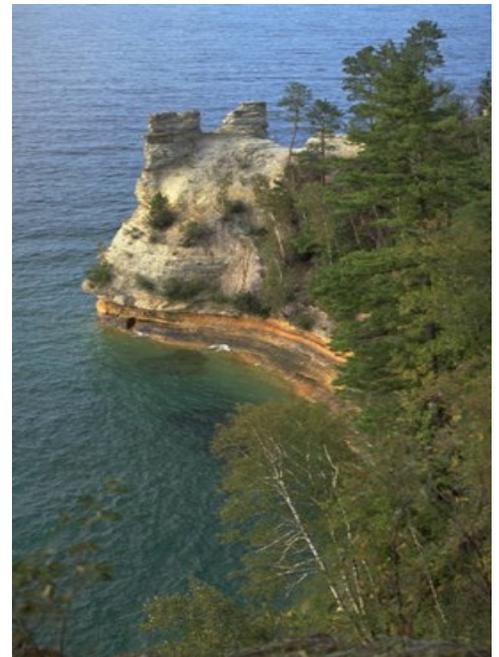
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Hilltoppers HCE



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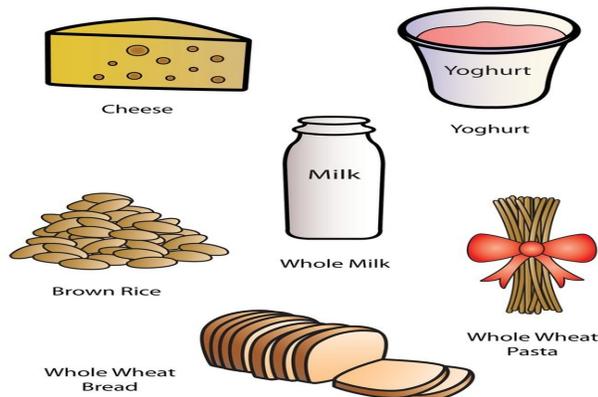
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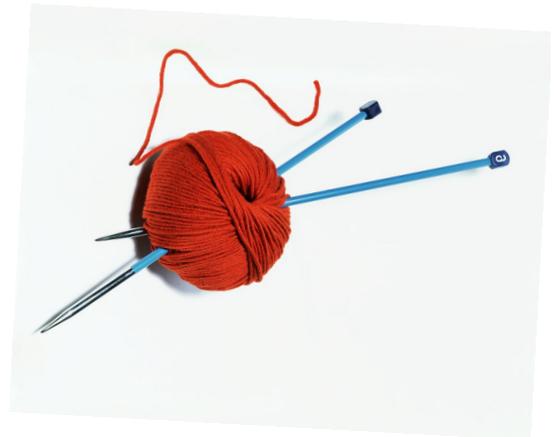
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Times 10:00-11:30 a.m. and 2:00-3:30 p.m. For more questions call 715-395-1293

Sue Hendrickson

HCE ANNUAL CRAFT SALE**SATURDAY, OCTOBER 10, 2015**

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

When: Saturday, October 10, 2015

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 which included an 8 foot table and folding chair.

Racks, shelving, etc. are allowed. Purchase additional spaces accordingly. *Handcrafted items only.* No kits, rummage, commercial/vendor sales, bake goods, garden produce, etc.

Sponsor: Douglas County HCE

Registration: By mail only. To receive more information and request a registration form call:

Linda Williams at 715-398-5394

Our Craft Sale is our only fundraiser which supports our Melinda Boswell Scholarship and four short-term scholarships available each year.

Submitted by, Linda Williams



FLAG DAY

Flag Day is on June 14th. The enclosed brochure in your Dispatch was graciously proved by Thomas Stein, VFW Post 1091. I contacted VFW Commander Gayle Carlson last week to see if he knew where we could obtain the flag etiquette brochure and he got on the phone and ordered enough for our Dispatch mailing, and his post is covering the costs involved. Many thanks to Commander Carlson and his post for their generosity. Please fly your flag proudly (and correctly) and remember to thank a vet for his or her service when you see one.

Submitted by,
Mary Ann Gronquist

MELINDA BOSWELL SCHOLARSHIP RECIPIENT CHOSEN

We recently received notice from WITC regarding the recipient of the Melinda Boswell Scholarship for the 2015 academic year is Jeff Linder, a WITC-Superior Heating, Ventilation and Air Conditioning/Refrigeration student. Congratulations Jeff!

Submitted by,
Linda Williams

RESIDENTIAL SAMPLES: HOW TO SUBMIT A SOIL SAMPLE:

- Make sure your sample bag has 1.5-2 cups of soil in it. Label the bag with your name, type of garden, and what is growing in it. Fill out the [Lawn and Garden Submission Form](http://douglas.uwex.edu/files/2010/05/Lawn-and-Garden-Submission-Form.pdf) <http://douglas.uwex.edu/files/2010/05/Lawn-and-Garden-Submission-Form.pdf>

We Mail:

1. Return sample and completed soils sheet to Courthouse Room 107 and we will ship for you. **\$20.00** (per sample) cash or check to "Douglas County Treasurer." **Credit cards not accepted.**

You Mail:

1. You can put the white bag or plastic lunch bag with soil into a regular envelope/box with a label attached to mail. Checkbook boxes work great! Enclose completed form. **\$15.00** (per sample). Enclose check payable to "Soil & Forage Analysis Laboratory." If you prefer, you can charge it to your credit card by filling out the payment information on the Lawn and Garden Submission Form.

Mail to: Soil & Forage Analysis Lab
2611 Yellowstone Dr
Marshfield, WI 54449

Once you receive the results, feel free to contact Jane Anklam, Agriculture/Horticulture Educator at 715-395-1515 or jane.anklam@ces.uwex.edu if you want help interpreting the results or for further information.

Submitted by, Cheryl –Editor

Get Ready for Lake Superior Day: July 19, 2015: Sue Hendrickson

In 2004, the Lake Superior Binational Forum restarted an annual day on the third Sunday of July to celebrate peoples' deep connections to the world's largest lake. The day originated in Thunder Bay and Duluth in 1993 and soon the Forum began promoting a basin wide (cause everything in the basin runs into the lake!) event to encourage any individual, group, business, church, industry, organization, and community to hold an event or activity that celebrates the value of the lake to our lives.

Since then, hundreds of events in many locations have been held including festivals, art shows, church services, educational activities, lectures, games, and other actions. Local events will be coming out of the Lake Superior National Estuarine Research Reserve Center (NERR) on Barker's Island. Watch the local papers for more information; or check out the following website for new materials and resources for Lake Superior Day at www.superiorforum.org and share them with your favorite organization.

You too can help save Lake Superior by keeping certain items out of the sewer system. **PLEASE DO NOT FLUSH**

THESE ITEMS:

Baby, facial, or cleaning wipes (even if labeled *flushable*)

Diapers

Rags and towels

Toys

Cigarette butts

Feminine hygiene products

Underwear and sox

Rubber items such as latex gloves

Kitty litter

Sponges

Dental Floss

Cotton balls or swabs

Facial tissue

Food, fats, oil, or grease

Food wrappers

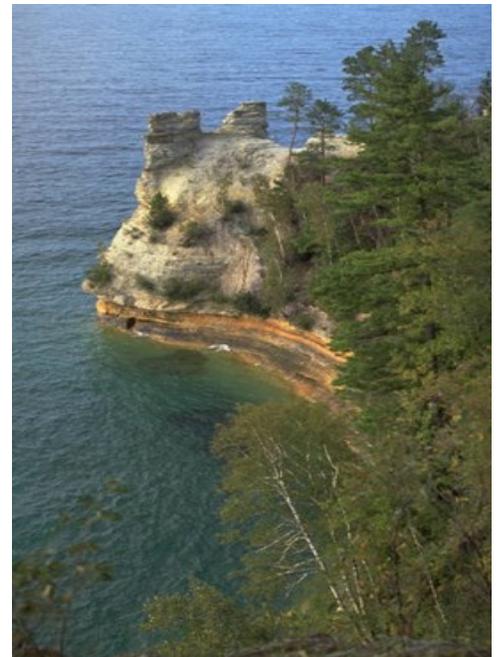
Clothing labels

Aquarium gravel

Medicines (bring to drop box at the Police Station)

Paints and stains

Other household hazardous waste (find places for these on the Recycling page of the Douglas County website: douglascountymi.org)



PUBLIC RELATIONS: In November we will be celebrating the 75th anniversary of Home and Community Education Clubs in Wisconsin! Members of 55 years or more are being sought for special recognition at the 2015 state conference. You? Someone you know? Give me a call and let's be part of this special observation! Thanks—Sue Hendrickson



Thanks to all who helped or participated in the incredible "Edible Ornaments" workshop. It was a great day of learning and fellowship. Thanks especially to Gary Kane of Wentworth Gardens for his interesting program...and the 10% off purchases that day!

Hilltoppers HCE

Douglas County UWEX
 1313 Belknap Street
 Courthouse Room 107
 Superior, WI 54880

TAPE

TAPE

Candace Renalls
 Duluth News/Tribune
 424 W. 1st. St.
 Duluth, MN 55802

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

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Volunteer hours reports due

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- *Learning in a social setting,*
- *Sharing what we learn, and*
- *Caring to make a difference in our homes, communities, and the world.*



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Dispatch assembly for the **September 2015** issues will be the Hilltoppers. Contact the UW-Extension Office at 715-395-1363 before **August 25th** to arrange the date and time for assembly.

Contact:

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Dispatch articles are **due the 15th** of the month. When emailing your articles, please send them as an attachment.

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Superior, WI 54880
715-395-1363 or
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Memo from the Board

It's June already! Not really, I'm writing this on a cold rainy day in mid-May. But it could be worse. Remember last year? Be thankful for this great area we live in.

Now, sit back and relax. Let the sun shine on your face and shoulders (covered by a sunscreen of course). Enjoy the lazy days coming.

I'll enjoy a break from the grandkids' school schedules in exchange for baseball, soccer, and summer school injected with lots of free time and fun. The grandkids are turning 3, 9 and 13 years old over the summer. A teenager, YIKES!

Our son and the two oldest grandkids still live with us and we babysit the youngest, two or three days a week. It gets to be quite a wild, noisy and crazily busy home, but I love it.

HCE slows down a bit for the summer too. Don't forget to send in your points for "On the Move, Program Surveys and Volunteer Hours by June 1 by phone, email or regular mail to me. Thanks.

Have a great summer,

Linda Williams,
VP Programming and
Community Outreach



HCE EXECUTIVE BOARD MEETING MINUTES**May 7, 2015 –Superior Public Library**

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

The meeting was opened at 12:45 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 reported on the Sunshine Fund

Dispatch: Due May 15th for June, July, August. Sue made a request that two months be shown on the back of the Dispatch. The current month and the upcoming month. This will aid in clubs planning for their meetings.

COMMITTEE REPORTS:VP Programming and Community Outreach:

Linda Williams reminded us of the volunteer hours that are due June 1st. Also, Program Surveys are due June 1st.

Cultural Arts: Mary Ann Gronquist – See Memo from the Board in the May Dispatch for details.

International: Christa Williams-Clements articles are very informative and interesting. We are still looking for a chair for the International Event.

Membership/Marketing: Sue Hendrickson is making an effort to get more publicity for HCE in the Superior Telegram.

Scholarship: Still looking for a chair.

WI Bookworms™ - Sue Hendrickson- Books will be delivered the 1st week of August. The WISline will provide reader training. More information to come.

Family Living Educator: Araceli Whitwam-Sell. Araceli was present at our meeting and we had a chance to learn more about her and her goals, during a little coffee break. She was hired as a 75% employee. She is looking forward to meeting people and establishing relationships, finding the needs of our community, learning more about our group and collaborating with HCE. We were all impressed with her dedication to her new job. We look forward to working with Ariceli.

UNFINISHED BUSINESS:

Craft Day: Craft Day was a very successful event. Details in the May Dispatch. Plans are to have another next year.

Edible Ornaments: Wentworth Gardens, May 28th 1:00 Plan to be there.

Spring District Meeting: Well attended and informative. Cheryl, Sue, Mary Ann, and Joyce attended

NEW BUSINESS:

Fair Booth: The Tri-State Fair will be held in late August, August 24 – 30. Town and Country will be staffing the HCE Booth on Friday, Aug. 28th and the Hilltoppers will staff the booth on Saturday, Aug. 30th .

State Conference: Sept. 14 – 16 Stevens Point, WI. Pool sessions will be "Raising a Thinking Child" and "Food Label Lingo".

Meeting closed with the HCE prayer at 2:25 p.m.

Minutes submitted for approval by Jo Mersnick



June is Dairy Month-Bone Up on Calcium!

"How much calcium do I need?"

In 2010 the National Academy of Sciences issued new Recommended Dietary Allowances (RDAs) for calcium. The new RDAs recommend that:

- Older children (ages 9 to 18) consume 1,300 mg of calcium per day.
- Most adults (ages 19 to 50) consume 1,000 mg of calcium per day.
- Older adults (women ages 51 and older and men 71 and older) consume 1,200 mg of calcium per day.

Most people are not getting enough calcium in their diets. Three out of four adult women fail to meet the current recommended daily intake for calcium.

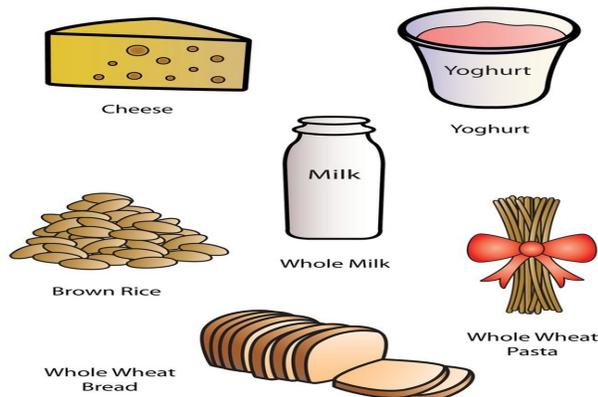
"What do those recommended intakes mean?" Try to get 2 to 3 servings of dairy daily or other calcium-rich foods a day. Dairy products contribute more than half of the calcium in the U.S. diet, but you can also find some calcium in many other foods such as broccoli, collards, and some brands of tofu (check the label).

Food	Amount of calcium per serving
1 cup non-fat yogurt	450 mg
1 cup milk (skim, 1%,2%,whole, buttermilk, chocolate)	300 mg
1/2 cup calcium-fortified orange juice	250 mg
1 ounce Swiss cheese	225 mg
1/2 cup tofu	50-800 mg (Some brands have more than others. Check labels.)
1/2 cup cooked collard greens	180 mg

"How about just taking a calcium supplement instead?" Getting your vitamins and minerals from foods ideal. Many calcium supplements are not fortified with vitamin D. Talk to your doctor, pharmacist or a dietitian to see if a calcium supplement or a calcium supplement with vitamin D is right for you.

"Should I take more than the recommended amount to be 'extra' healthy?" No. There is no benefit for healthy individuals to be consuming more than the recommended amounts of calcium. Excessive use of calcium supplements may raise your risk of developing kidney stones. The National Academy of Sciences has recommended a Tolerable Upper Intake Level of 2,500 mg calcium per day for adults ages 19-50. This is the maximum amount of calcium that is considered safe to consume on a daily basis.

Adapted from Getting Enough Calcium: Bone up on Calcium.
 Author: Susan Nitzke, Ph.D., R.D., professor,
 Nutritional Sciences.
 University of Wisconsin-Madison and UW-Extension



Submitted by, Araceli Whitwam-Sell
Family Living Educator
 University of Wisconsin Extension-Douglas County

HCE Donates to Wisconsin/Nicaragua Partners of the Americas Learning Centers

History: In 1979, two dynamic women had a vision. Rural Nicaraguan women were desperate for training to develop the skills that they would need to provide meaningful income while remaining in their communities to care for their families. In 1981, Ellen Maurer of Verona and Doña Angélica Pavón of Los Cedros, Nicaragua secured resources from Wisconsin and volunteer trainers from Nicaragua to form a sewing center in rural Los Cedros, a small community outside of Managua.

Since then, the Sewing Centers have broadened their focus and transitioned into Learning Centers. The training offered now encompasses a wide range of vocational skills such as baking, carpentry, cosmetology, small business management, etc. Participants begin by acquiring the skills necessary to provide them with a sense of dignity, independence, and purpose. They are then afforded the opportunity to utilize a micro-lending program to initiate a small business of their own. By building upon the unique skills of the individual members of the community, the community is shaped and fortified, thereby generating further aptitudes and resources.

Thousands of Nicaraguans have thus been mentored through the establishment of the Learning Centers. With each center being coordinated by local women, they are able to cater to the individual needs of each learning center's community.

Do You Have Donations for Nicaragua?

Knitting, crocheting and sewing equipment and supplies are being collected by Jeanette Rantala, HCE member, to bring to the Nicaragua Warehouse in Stevens Point at the end of June.

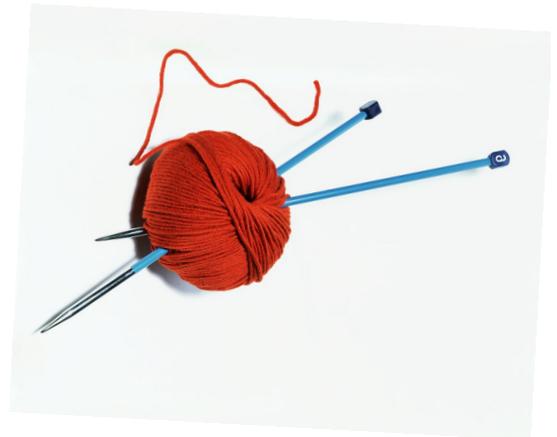
Please contact her at 715-375-2661 or by email: dirantala@centurytel.net before June 15th with questions or to make a donation. Pick up of donations can be arranged.

Suggested items:

- Fabric
- Sewing machine needles
- Sewing supplies and sewing machines
- Scissors
- Irons and ironing boards
- Knitting needles
- Yarn
- Buttons
- Lace
- Beads for jewelry making

Wisconsin/Nicaragua Partners of the Americas is a 501(c)3 non-profit organization.

Cash and in-kind donations are fully tax-deductible to the extent allowed by law.



Submitted by, Jeannette Rantala

CULTURAL ARTS

Thanks again to all who entered the Cultural Arts Contest. The list of winners to go to state are listed on page 1 of the May Dispatch. The winner of the People's Choice award was Jo Mersnick with her alcohol ink painting entitled, "Leaves and Lichen". Our judge was Kathy Lahti and she was kind enough to donate her time to judge for us. Many thanks to her for her generosity. Start working on next year's entries, ladies.

Mary Ann Gronquist
Cultural Arts Co-chair

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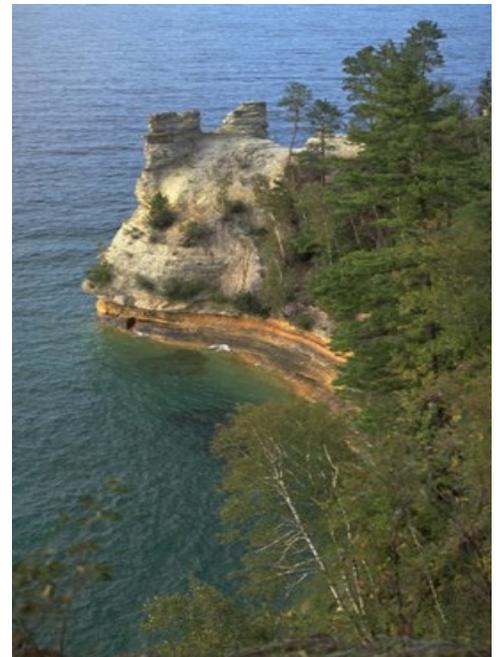
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Carol Medchill
 Polk CO. HCE President
 2364 250th Avenue
 Cushing, WI 54006

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 Stevens Point
 Building Sustainable Communities
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DISPATCH



June/July/August 2015

Douglas County HCE Superior, WI

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Minutes submitted for approval by Jo Mersnick



June is Dairy Month-Bone Up on Calcium!

"How much calcium do I need?"

In 2010 the National Academy of Sciences issued new Recommended Dietary Allowances (RDAs) for calcium. The new RDAs recommend that:

- Older children (ages 9 to 18) consume 1,300 mg of calcium per day.
- Most adults (ages 19 to 50) consume 1,000 mg of calcium per day.
- Older adults (women ages 51 and older and men 71 and older) consume 1,200 mg of calcium per day.

Most people are not getting enough calcium in their diets. Three out of four adult women fail to meet the current recommended daily intake for calcium.

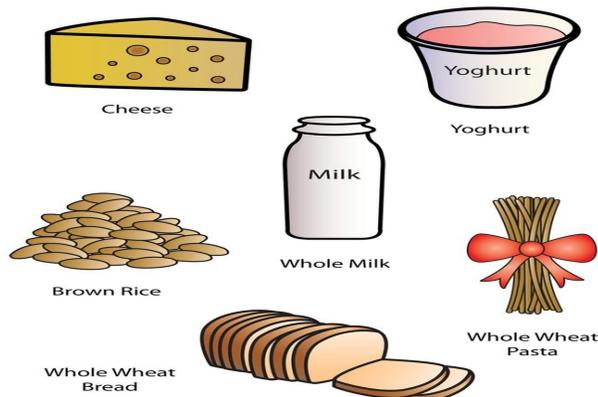
"What do those recommended intakes mean?" Try to get 2 to 3 servings of dairy daily or other calcium-rich foods a day. Dairy products contribute more than half of the calcium in the U.S. diet, but you can also find some calcium in many other foods such as broccoli, collards, and some brands of tofu (check the label).

Food	Amount of calcium per serving
1 cup non-fat yogurt	450 mg
1 cup milk (skim, 1%,2%,whole, buttermilk, chocolate)	300 mg
1/2 cup calcium-fortified orange juice	250 mg
1 ounce Swiss cheese	225 mg
1/2 cup tofu	50-800 mg (Some brands have more than others. Check labels.)
1/2 cup cooked collard greens	180 mg

"How about just taking a calcium supplement instead?" Getting your vitamins and minerals from foods ideal. Many calcium supplements are not fortified with vitamin D. Talk to your doctor, pharmacist or a dietitian to see if a calcium supplement or a calcium supplement with vitamin D is right for you.

"Should I take more than the recommended amount to be 'extra' healthy?" No. There is no benefit for healthy individuals to be consuming more than the recommended amounts of calcium. Excessive use of calcium supplements may raise your risk of developing kidney stones. The National Academy of Sciences has recommended a Tolerable Upper Intake Level of 2,500 mg calcium per day for adults ages 19-50. This is the maximum amount of calcium that is considered safe to consume on a daily basis.

Adapted from Getting Enough Calcium: Bone up on Calcium.
Author: Susan Nitzke, Ph.D., R.D., professor,
Nutritional Sciences.
University of Wisconsin-Madison and UW-Extension



Submitted by, Araceli Whitwam-Sell
Family Living Educator
University of Wisconsin Extension-Douglas County

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Knitting, crocheting and sewing equipment and supplies are being collected by Jeanette Rantala, HCE member, to bring to the Nicaragua Warehouse in Stevens Point at the end of June.

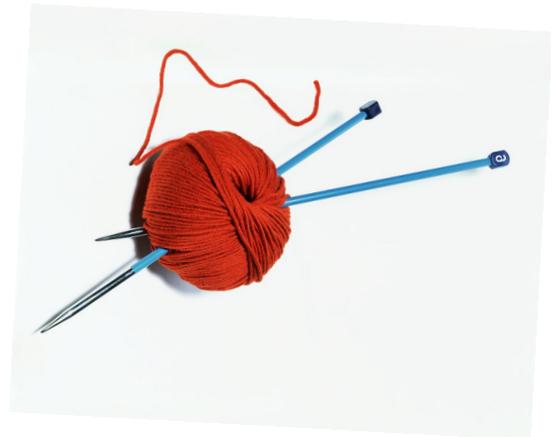
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Suggested items:

- Fabric
- Sewing machine needles
- Sewing supplies and sewing machines
- Scissors
- Irons and ironing boards
- Knitting needles
- Yarn
- Buttons
- Lace
- Beads for jewelry making

Wisconsin/Nicaragua Partners of the Americas is a 501(c)3 non-profit organization.

Cash and in-kind donations are fully tax-deductible to the extent allowed by law.



Submitted by, Jeannette Rantala

CULTURAL ARTS

Thanks again to all who entered the Cultural Arts Contest. The list of winners to go to state are listed on page 1 of the May Dispatch. The winner of the People's Choice award was Jo Mersnick with her alcohol ink painting entitled, "Leaves and Lichen". Our judge was Kathy Lahti and she was kind enough to donate her time to judge for us. Many thanks to her for her generosity. Start working on next year's entries, ladies.

Mary Ann Gronquist
Cultural Arts Co-chair

County Hazardous Waste & Medication Collection Schedule 2015

Wednesday, June 24th, Brule Transfer Station, Solon Springs Solid Waste/Recycling, 11903 S Holly Lucius Rd.

Times 10:00-11:30 a.m. and 2:00-3:30 p.m. For more questions call 715-395-1293

Sue Hendrickson

HCE ANNUAL CRAFT SALE**SATURDAY, OCTOBER 10, 2015**

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

When: Saturday, October 10, 2015

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 which included an 8 foot table and folding chair.

Racks, shelving, etc. are allowed. Purchase additional spaces accordingly. *Handcrafted items only.* No kits, rummage, commercial/vendor sales, bake goods, garden produce, etc.

Sponsor: Douglas County HCE

Registration: By mail only. To receive more information and request a registration form call:

Linda Williams at 715-398-5394

Our Craft Sale is our only fundraiser which supports our Melinda Boswell Scholarship and four short-term scholarships available each year.

Submitted by, Linda Williams



FLAG DAY

Flag Day is on June 14th. The enclosed brochure in your Dispatch was graciously proved by Thomas Stein, VFW Post 1091. I contacted VFW Commander Gayle Carlson last week to see if he knew where we could obtain the flag etiquette brochure and he got on the phone and ordered enough for our Dispatch mailing, and his post is covering the costs involved. Many thanks to Commander Carlson and his post for their generosity. Please fly your flag proudly (and correctly) and remember to thank a vet for his or her service when you see one.

Submitted by,
Mary Ann Gronquist

MELINDA BOSWELL SCHOLARSHIP RECIPIENT CHOSEN

We recently received notice from WITC regarding the recipient of the Melinda Boswell Scholarship for the 2015 academic year is Jeff Linder, a WITC-Superior Heating, Ventilation and Air Conditioning/Refrigeration student. Congratulations Jeff!

Submitted by,
Linda Williams

RESIDENTIAL SAMPLES: HOW TO SUBMIT A SOIL SAMPLE:

- Make sure your sample bag has 1.5-2 cups of soil in it. Label the bag with your name, type of garden, and what is growing in it. Fill out the [Lawn and Garden Submission Form](http://douglas.uwex.edu/files/2010/05/Lawn-and-Garden-Submission-Form.pdf) <http://douglas.uwex.edu/files/2010/05/Lawn-and-Garden-Submission-Form.pdf>

We Mail:

1. Return sample and completed soils sheet to Courthouse Room 107 and we will ship for you. **\$20.00** (per sample) cash or check to "Douglas County Treasurer." **Credit cards not accepted.**

You Mail:

1. You can put the white bag or plastic lunch bag with soil into a regular envelope/box with a label attached to mail. Checkbook boxes work great! Enclose completed form. **\$15.00** (per sample). Enclose check payable to "Soil & Forage Analysis Laboratory." If you prefer, you can charge it to your credit card by filling out the payment information on the Lawn and Garden Submission Form.

Mail to: Soil & Forage Analysis Lab
2611 Yellowstone Dr
Marshfield, WI 54449

Once you receive the results, feel free to contact Jane Anklam, Agriculture/Horticulture Educator at 715-395-1515 or jane.anklam@ces.uwex.edu if you want help interpreting the results or for further information.

Submitted by, Cheryl –Editor

Get Ready for Lake Superior Day: July 19, 2015: Sue Hendrickson

In 2004, the Lake Superior Binational Forum restarted an annual day on the third Sunday of July to celebrate peoples' deep connections to the world's largest lake. The day originated in Thunder Bay and Duluth in 1993 and soon the Forum began promoting a basin wide (cause everything in the basin runs into the lake!) event to encourage any individual, group, business, church, industry, organization, and community to hold an event or activity that celebrates the value of the lake to our lives.

Since then, hundreds of events in many locations have been held including festivals, art shows, church services, educational activities, lectures, games, and other actions. Local events will be coming out of the Lake Superior National Estuarine Research Reserve Center (NERR) on Barker's Island. Watch the local papers for more information; or check out the following website for new materials and resources for Lake Superior Day at www.superiorforum.org and share them with your favorite organization.

You too can help save Lake Superior by keeping certain items out of the sewer system. **PLEASE DO NOT FLUSH**

THESE ITEMS:

Baby, facial, or cleaning wipes (even if labeled *flushable*)

Diapers

Rags and towels

Toys

Cigarette butts

Feminine hygiene products

Underwear and sox

Rubber items such as latex gloves

Kitty litter

Sponges

Dental Floss

Cotton balls or swabs

Facial tissue

Food, fats, oil, or grease

Food wrappers

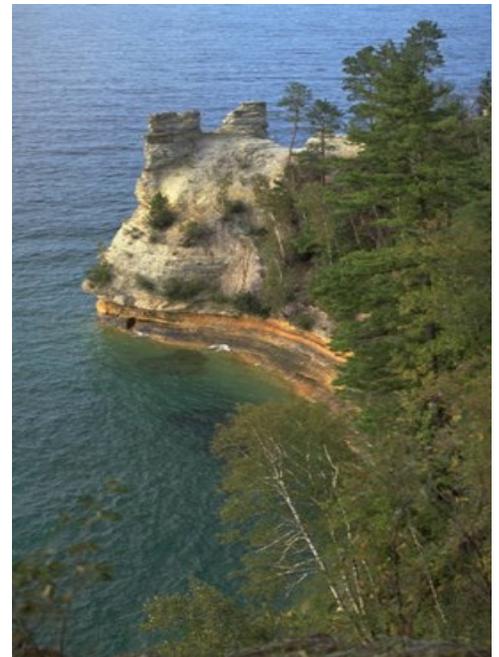
Clothing labels

Aquarium gravel

Medicines (bring to drop box at the Police Station)

Paints and stains

Other household hazardous waste (find places for these on the Recycling page of the Douglas County website: douglascountywi.org)



PUBLIC RELATIONS: In November we will be celebrating the 75th anniversary of Home and Community Education Clubs in Wisconsin! Members of 55 years or more are being sought for special recognition at the 2015 state conference. You? Someone you know? Give me a call and let's be part of this special observation! Thanks—Sue Hendrickson



Thanks to all who helped or participated in the incredible "Edible Ornaments" workshop. It was a great day of learning and fellowship. Thanks especially to Gary Kane of Wentworth Gardens for his interesting program...and the 10% off purchases that day!

Hilltoppers HCE

Douglas County UWEX
 1313 Belknap Street
 Courthouse Room 107
 Superior, WI 54880

TAPE

TAPE

Carol Smith

2421 E. 7th Street
 Superior, WI 54880

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

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September
 September 3 12:30pm Craft Sale Meeting
 September 7 1:30pm Board Meeting
 September 14-16 WAHCE State Conference
 September 24 Building Sustainable Communities TBA

August
 August No meetings

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AUGUST
 August No meetings
 August 1 Independence Day
 August 2-8 No meetings
 August 9-13 Courthouse Closed—
 August 14-15 Independence Day
 August 16-22 No meetings
 August 23-27 HCE Booth
 August 28-29 Membership/Mkt
 August 30-31 Fairgrounds

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HCE Board Meeting Minutes 2

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Flag Day 6

Melinda Boswell Scholarship 6

Soil Samples 6

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Public Relations 7

Edible Gardens 7

Calendar 8

Inserts:
Flag brochure
Preserving the Power of Plants

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 2015** issues will be the Hilltoppers. Contact the UW-Extension Office at 715-395-1363 before **August 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

All articles from magazines, books, etc. quoted in the Douglas County HCE Dispatch have received written copyright permission. This permission is on file.

Memo from the Board

It's June already! Not really, I'm writing this on a cold rainy day in mid-May. But it could be worse. Remember last year? Be thankful for this great area we live in.

Now, sit back and relax. Let the sun shine on your face and shoulders (covered by a sunscreen of course). Enjoy the lazy days coming.

I'll enjoy a break from the grandkids' school schedules in exchange for baseball, soccer, and summer school injected with lots of free time and fun. The grandkids are turning 3, 9 and 13 years old over the summer. A teenager, YIKES!

Our son and the two oldest grandkids still live with us and we babysit the youngest, two or three days a week. It gets to be quite a wild, noisy and crazily busy home, but I love it.

HCE slows down a bit for the summer too. Don't forget to send in your points for "On the Move, Program Surveys and Volunteer Hours by June 1 by phone, email or regular mail to me. Thanks.

Have a great summer,

Linda Williams,
 VP Programming and
 Community Outreach



HCE EXECUTIVE BOARD MEETING MINUTES**May 7, 2015 –Superior Public Library**

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

The meeting was opened at 12:45 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.

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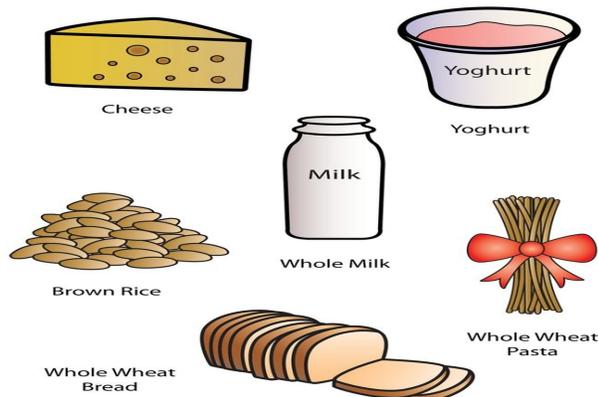
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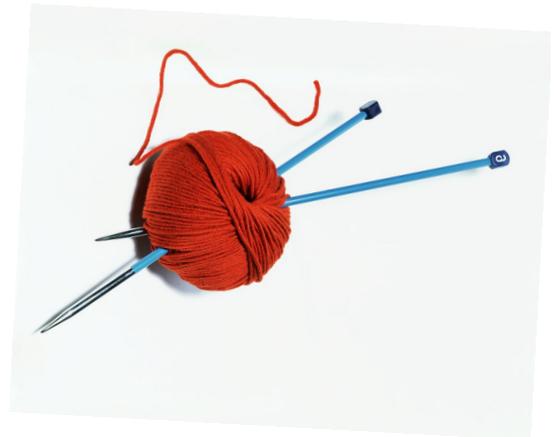
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You too can help save Lake Superior by keeping certain items out of the sewer system. **PLEASE DO NOT FLUSH**

THESE ITEMS:

Baby, facial, or cleaning wipes (even if labeled *flushable*)

Diapers

Rags and towels

Toys

Cigarette butts

Feminine hygiene products

Underwear and sox

Rubber items such as latex gloves

Kitty litter

Sponges

Dental Floss

Cotton balls or swabs

Facial tissue

Food, fats, oil, or grease

Food wrappers

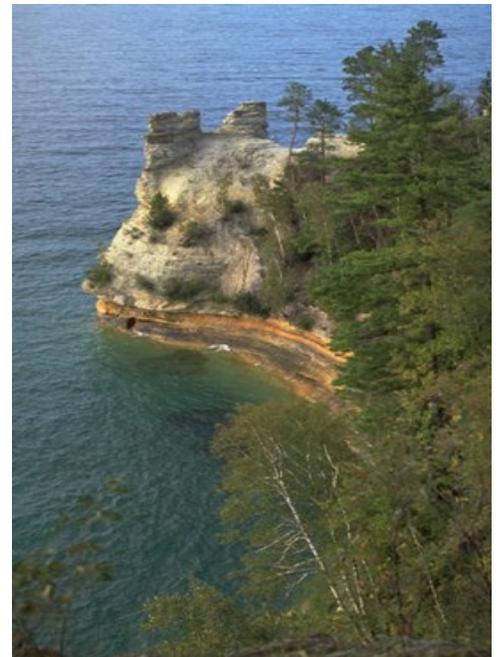
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Other household hazardous waste (find places for these on the Recycling page of the Douglas County website: douglascountywi.org)



PUBLIC RELATIONS: In November we will be celebrating the 75th anniversary of Home and Community Education Clubs in Wisconsin! Members of 55 years or more are being sought for special recognition at the 2015 state conference. You? Someone you know? Give me a call and let's be part of this special observation! Thanks—Sue Hendrickson



Thanks to all who helped or participated in the incredible "Edible Ornaments" workshop. It was a great day of learning and fellowship. Thanks especially to Gary Kane of Wentworth Gardens for his interesting program...and the 10% off purchases that day!

Hilltoppers HCE

Douglas County UWEX
 1313 Belknap Street
 Courthouse Room 107
 Superior, WI 54880

TAPE

TAPE

Cathy Bennett

2711 W 10th Street
 Duluth, MN 55802

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September 3 12:30pm
 September 7
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 September 24

June 1 TBA
 July
 July 3
 August
 August No meetings

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Memo from the Board

It's June already! Not really, I'm writing this on a cold rainy day in mid-May. But it could be worse. Remember last year? Be thankful for this great area we live in.

Now, sit back and relax. Let the sun shine on your face and shoulders (covered by a sunscreen of course). Enjoy the lazy days coming.

I'll enjoy a break from the grandkids' school schedules in exchange for baseball, soccer, and summer school injected with lots of free time and fun. The grandkids are turning 3, 9 and 13 years old over the summer. A teenager, YIKES!

Our son and the two oldest grandkids still live with us and we babysit the youngest, two or three days a week. It gets to be quite a wild, noisy and crazily busy home, but I love it.

HCE slows down a bit for the summer too. Don't forget to send in your points for "On the Move, Program Surveys and Volunteer Hours by June 1 by phone, email or regular mail to me. Thanks.

Have a great summer,

Linda Williams,
VP Programming and
Community Outreach



HCE EXECUTIVE BOARD MEETING MINUTES**May 7, 2015 –Superior Public Library**

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

The meeting was opened at 12:45 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 reported on the Sunshine Fund

Dispatch: Due May 15th for June, July, August. Sue made a request that two months be shown on the back of the Dispatch. The current month and the upcoming month. This will aid in clubs planning for their meetings.

COMMITTEE REPORTS:VP Programming and Community Outreach:

Linda Williams reminded us of the volunteer hours that are due June 1st. Also, Program Surveys are due June 1st.

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State Conference: Sept. 14 – 16 Stevens Point, WI. Pool sessions will be "Raising a Thinking Child" and "Food Label Lingo".

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Minutes submitted for approval by Jo Mersnick



June is Dairy Month-Bone Up on Calcium!

"How much calcium do I need?"

In 2010 the National Academy of Sciences issued new Recommended Dietary Allowances (RDAs) for calcium. The new RDAs recommend that:

- Older children (ages 9 to 18) consume 1,300 mg of calcium per day.
- Most adults (ages 19 to 50) consume 1,000 mg of calcium per day.
- Older adults (women ages 51 and older and men 71 and older) consume 1,200 mg of calcium per day.

Most people are not getting enough calcium in their diets. Three out of four adult women fail to meet the current recommended daily intake for calcium.

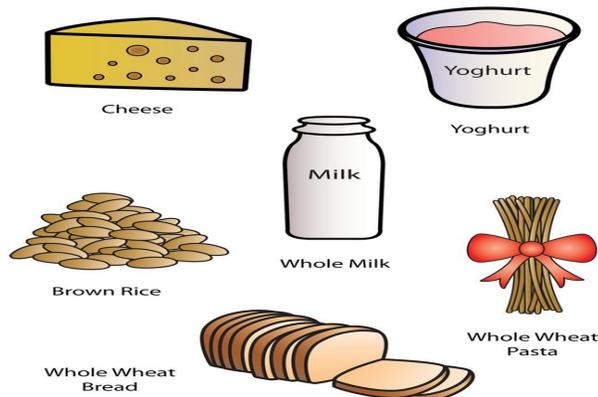
"What do those recommended intakes mean?" Try to get 2 to 3 servings of dairy daily or other calcium-rich foods a day. Dairy products contribute more than half of the calcium in the U.S. diet, but you can also find some calcium in many other foods such as broccoli, collards, and some brands of tofu (check the label).

Food	Amount of calcium per serving
1 cup non-fat yogurt	450 mg
1 cup milk (skim, 1%,2%,whole, buttermilk, chocolate)	300 mg
1/2 cup calcium-fortified orange juice	250 mg
1 ounce Swiss cheese	225 mg
1/2 cup tofu	50-800 mg (Some brands have more than others. Check labels.)
1/2 cup cooked collard greens	180 mg

"How about just taking a calcium supplement instead?" Getting your vitamins and minerals from foods ideal. Many calcium supplements are not fortified with vitamin D. Talk to your doctor, pharmacist or a dietitian to see if a calcium supplement or a calcium supplement with vitamin D is right for you.

"Should I take more than the recommended amount to be 'extra' healthy?" No. There is no benefit for healthy individuals to be consuming more than the recommended amounts of calcium. Excessive use of calcium supplements may raise your risk of developing kidney stones. The National Academy of Sciences has recommended a Tolerable Upper Intake Level of 2,500 mg calcium per day for adults ages 19-50. This is the maximum amount of calcium that is considered safe to consume on a daily basis.

Adapted from Getting Enough Calcium: Bone up on Calcium.
Author: Susan Nitzke, Ph.D., R.D., professor,
Nutritional Sciences.
University of Wisconsin-Madison and UW-Extension



Submitted by, Araceli Whitwam-Sell
Family Living Educator
University of Wisconsin Extension-Douglas County

HCE Donates to Wisconsin/Nicaragua Partners of the Americas Learning Centers

History: In 1979, two dynamic women had a vision. Rural Nicaraguan women were desperate for training to develop the skills that they would need to provide meaningful income while remaining in their communities to care for their families. In 1981, Ellen Maurer of Verona and Doña Angélica Pavón of Los Cedros, Nicaragua secured resources from Wisconsin and volunteer trainers from Nicaragua to form a sewing center in rural Los Cedros, a small community outside of Managua.

Since then, the Sewing Centers have broadened their focus and transitioned into Learning Centers. The training offered now encompasses a wide range of vocational skills such as baking, carpentry, cosmetology, small business management, etc. Participants begin by acquiring the skills necessary to provide them with a sense of dignity, independence, and purpose. They are then afforded the opportunity to utilize a micro-lending program to initiate a small business of their own. By building upon the unique skills of the individual members of the community, the community is shaped and fortified, thereby generating further aptitudes and resources.

Thousands of Nicaraguans have thus been mentored through the establishment of the Learning Centers. With each center being coordinated by local women, they are able to cater to the individual needs of each learning center's community.

Do You Have Donations for Nicaragua?

Knitting, crocheting and sewing equipment and supplies are being collected by Jeanette Rantala, HCE member, to bring to the Nicaragua Warehouse in Stevens Point at the end of June.

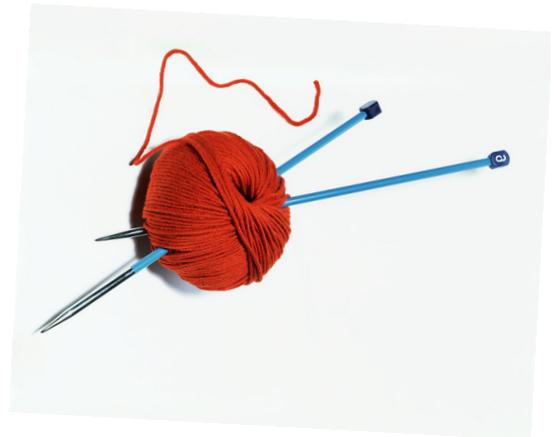
Please contact her at 715-375-2661 or by email: dirantala@centurytel.net before June 15th with questions or to make a donation. Pick up of donations can be arranged.

Suggested items:

- Fabric
- Sewing machine needles
- Sewing supplies and sewing machines
- Scissors
- Irons and ironing boards
- Knitting needles
- Yarn
- Buttons
- Lace
- Beads for jewelry making

Wisconsin/Nicaragua Partners of the Americas is a 501(c)3 non-profit organization.

Cash and in-kind donations are fully tax-deductible to the extent allowed by law.



Submitted by, Jeannette Rantala

CULTURAL ARTS

Thanks again to all who entered the Cultural Arts Contest. The list of winners to go to state are listed on page 1 of the May Dispatch. The winner of the People's Choice award was Jo Mersnick with her alcohol ink painting entitled, "Leaves and Lichen". Our judge was Kathy Lahti and she was kind enough to donate her time to judge for us. Many thanks to her for her generosity. Start working on next year's entries, ladies.

Mary Ann Gronquist
Cultural Arts Co-chair

County Hazardous Waste & Medication Collection Schedule 2015

Wednesday, June 24th, Brule Transfer Station, Solon Springs Solid Waste/Recycling, 11903 S Holly Lucius Rd.

Times 10:00-11:30 a.m. and 2:00-3:30 p.m. For more questions call 715-395-1293

Sue Hendrickson

HCE ANNUAL CRAFT SALE**SATURDAY, OCTOBER 10, 2015**

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

When: Saturday, October 10, 2015

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 which included an 8 foot table and folding chair.

Racks, shelving, etc. are allowed. Purchase additional spaces accordingly. *Handcrafted items only.* No kits, rummage, commercial/vendor sales, bake goods, garden produce, etc.

Sponsor: Douglas County HCE

Registration: By mail only. To receive more information and request a registration form call:

Linda Williams at 715-398-5394

Our Craft Sale is our only fundraiser which supports our Melinda Boswell Scholarship and four short-term scholarships available each year.

Submitted by, Linda Williams



FLAG DAY

Flag Day is on June 14th. The enclosed brochure in your Dispatch was graciously proved by Thomas Stein, VFW Post 1091. I contacted VFW Commander Gayle Carlson last week to see if he knew where we could obtain the flag etiquette brochure and he got on the phone and ordered enough for our Dispatch mailing, and his post is covering the costs involved. Many thanks to Commander Carlson and his post for their generosity. Please fly your flag proudly (and correctly) and remember to thank a vet for his or her service when you see one.

Submitted by,
Mary Ann Gronquist

MELINDA BOSWELL SCHOLARSHIP RECIPIENT CHOSEN

We recently received notice from WITC regarding the recipient of the Melinda Boswell Scholarship for the 2015 academic year is Jeff Linder, a WITC-Superior Heating, Ventilation and Air Conditioning/Refrigeration student. Congratulations Jeff!

Submitted by,
Linda Williams

RESIDENTIAL SAMPLES: HOW TO SUBMIT A SOIL SAMPLE:

- Make sure your sample bag has 1.5-2 cups of soil in it. Label the bag with your name, type of garden, and what is growing in it. Fill out the [Lawn and Garden Submission Form](http://douglas.uwex.edu/files/2010/05/Lawn-and-Garden-Submission-Form.pdf) <http://douglas.uwex.edu/files/2010/05/Lawn-and-Garden-Submission-Form.pdf>

We Mail:

1. Return sample and completed soils sheet to Courthouse Room 107 and we will ship for you. **\$20.00** (per sample) cash or check to "Douglas County Treasurer." **Credit cards not accepted.**

You Mail:

1. You can put the white bag or plastic lunch bag with soil into a regular envelope/box with a label attached to mail. Checkbook boxes work great! Enclose completed form. **\$15.00** (per sample). Enclose check payable to "Soil & Forage Analysis Laboratory." If you prefer, you can charge it to your credit card by filling out the payment information on the Lawn and Garden Submission Form.

Mail to: Soil & Forage Analysis Lab
2611 Yellowstone Dr
Marshfield, WI 54449

Once you receive the results, feel free to contact Jane Anklam, Agriculture/Horticulture Educator at 715-395-1515 or jane.anklam@ces.uwex.edu if you want help interpreting the results or for further information.

Submitted by, Cheryl –Editor

Get Ready for Lake Superior Day: July 19, 2015: Sue Hendrickson

In 2004, the Lake Superior Binational Forum restarted an annual day on the third Sunday of July to celebrate peoples' deep connections to the world's largest lake. The day originated in Thunder Bay and Duluth in 1993 and soon the Forum began promoting a basin wide (cause everything in the basin runs into the lake!) event to encourage any individual, group, business, church, industry, organization, and community to hold an event or activity that celebrates the value of the lake to our lives.

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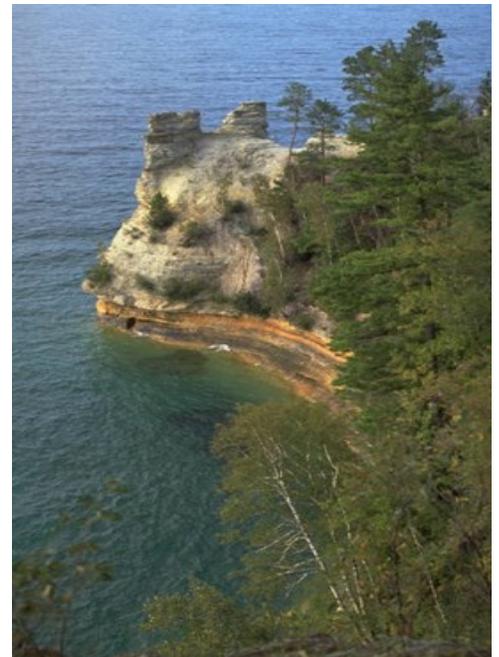
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Chamber of Commerce

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DISPATCH



June/July/August 2015

Douglas County HCE Superior, WI

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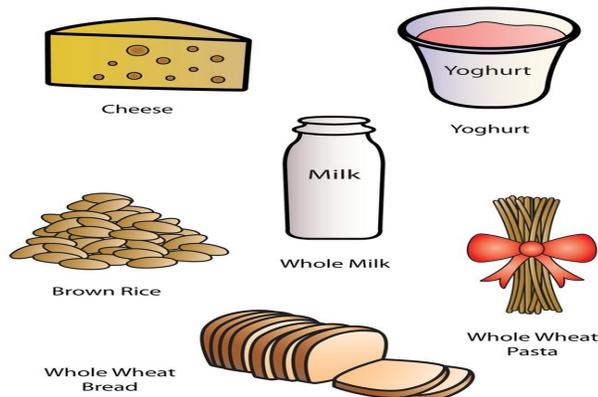
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"How about just taking a calcium supplement instead?" Getting your vitamins and minerals from foods ideal. Many calcium supplements are not fortified with vitamin D. Talk to your doctor, pharmacist or a dietitian to see if a calcium supplement or a calcium supplement with vitamin D is right for you.

"Should I take more than the recommended amount to be 'extra' healthy?" No. There is no benefit for healthy individuals to be consuming more than the recommended amounts of calcium. Excessive use of calcium supplements may raise your risk of developing kidney stones. The National Academy of Sciences has recommended a Tolerable Upper Intake Level of 2,500 mg calcium per day for adults ages 19-50. This is the maximum amount of calcium that is considered safe to consume on a daily basis.

Adapted from Getting Enough Calcium: Bone up on Calcium.
Author: Susan Nitzke, Ph.D., R.D., professor,
Nutritional Sciences.
University of Wisconsin-Madison and UW-Extension



Submitted by, Araceli Whitwam-Sell
Family Living Educator
University of Wisconsin Extension-Douglas County

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History: In 1979, two dynamic women had a vision. Rural Nicaraguan women were desperate for training to develop the skills that they would need to provide meaningful income while remaining in their communities to care for their families. In 1981, Ellen Maurer of Verona and Doña Angélica Pavón of Los Cedros, Nicaragua secured resources from Wisconsin and volunteer trainers from Nicaragua to form a sewing center in rural Los Cedros, a small community outside of Managua.

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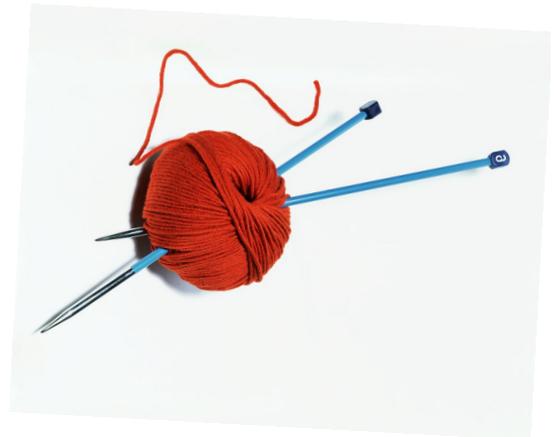
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Suggested items:

- Fabric
- Sewing machine needles
- Sewing supplies and sewing machines
- Scissors
- Irons and ironing boards
- Knitting needles
- Yarn
- Buttons
- Lace
- Beads for jewelry making

Wisconsin/Nicaragua Partners of the Americas is a 501(c)3 non-profit organization.

Cash and in-kind donations are fully tax-deductible to the extent allowed by law.



Submitted by, Jeannette Rantala

CULTURAL ARTS

Thanks again to all who entered the Cultural Arts Contest. The list of winners to go to state are listed on page 1 of the May Dispatch. The winner of the People's Choice award was Jo Mersnick with her alcohol ink painting entitled, "Leaves and Lichen". Our judge was Kathy Lahti and she was kind enough to donate her time to judge for us. Many thanks to her for her generosity. Start working on next year's entries, ladies.

Mary Ann Gronquist
Cultural Arts Co-chair

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Sue Hendrickson

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

When: Saturday, October 10, 2015

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.)

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Racks, shelving, etc. are allowed. Purchase additional spaces accordingly. *Handcrafted items only.* No kits, rummage, commercial/vendor sales, bake goods, garden produce, etc.

Sponsor: Douglas County HCE

Registration: By mail only. To receive more information and request a registration form call:

Linda Williams at 715-398-5394

Our Craft Sale is our only fundraiser which supports our Melinda Boswell Scholarship and four short-term scholarships available each year.

Submitted by, Linda Williams



FLAG DAY

Flag Day is on June 14th. The enclosed brochure in your Dispatch was graciously proved by Thomas Stein, VFW Post 1091. I contacted VFW Commander Gayle Carlson last week to see if he knew where we could obtain the flag etiquette brochure and he got on the phone and ordered enough for our Dispatch mailing, and his post is covering the costs involved. Many thanks to Commander Carlson and his post for their generosity. Please fly your flag proudly (and correctly) and remember to thank a vet for his or her service when you see one.

Submitted by,
Mary Ann Gronquist

MELINDA BOSWELL SCHOLARSHIP RECIPIENT CHOSEN

We recently received notice from WITC regarding the recipient of the Melinda Boswell Scholarship for the 2015 academic year is Jeff Linder, a WITC-Superior Heating, Ventilation and Air Conditioning/Refrigeration student. Congratulations Jeff!

Submitted by,
Linda Williams

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We Mail:

1. Return sample and completed soils sheet to Courthouse Room 107 and we will ship for you. **\$20.00** (per sample) cash or check to "Douglas County Treasurer." **Credit cards not accepted.**

You Mail:

1. You can put the white bag or plastic lunch bag with soil into a regular envelope/box with a label attached to mail. Checkbook boxes work great! Enclose completed form. **\$15.00** (per sample). Enclose check payable to "Soil & Forage Analysis Laboratory." If you prefer, you can charge it to your credit card by filling out the payment information on the Lawn and Garden Submission Form.

Mail to: Soil & Forage Analysis Lab
2611 Yellowstone Dr
Marshfield, WI 54449

Once you receive the results, feel free to contact Jane Anklam, Agriculture/Horticulture Educator at 715-395-1515 or jane.anklam@ces.uwex.edu if you want help interpreting the results or for further information.

Submitted by, Cheryl –Editor

Get Ready for Lake Superior Day: July 19, 2015: Sue Hendrickson

In 2004, the Lake Superior Binational Forum restarted an annual day on the third Sunday of July to celebrate peoples' deep connections to the world's largest lake. The day originated in Thunder Bay and Duluth in 1993 and soon the Forum began promoting a basin wide (cause everything in the basin runs into the lake!) event to encourage any individual, group, business, church, industry, organization, and community to hold an event or activity that celebrates the value of the lake to our lives.

Since then, hundreds of events in many locations have been held including festivals, art shows, church services, educational activities, lectures, games, and other actions. Local events will be coming out of the Lake Superior National Estuarine Research Reserve Center (NERR) on Barker's Island. Watch the local papers for more information; or check out the following website for new materials and resources for Lake Superior Day at www.superiorforum.org and share them with your favorite organization.

You too can help save Lake Superior by keeping certain items out of the sewer system. **PLEASE DO NOT FLUSH**

THESE ITEMS:

Baby, facial, or cleaning wipes (even if labeled *flushable*)

Diapers

Rags and towels

Toys

Cigarette butts

Feminine hygiene products

Underwear and sox

Rubber items such as latex gloves

Kitty litter

Sponges

Dental Floss

Cotton balls or swabs

Facial tissue

Food, fats, oil, or grease

Food wrappers

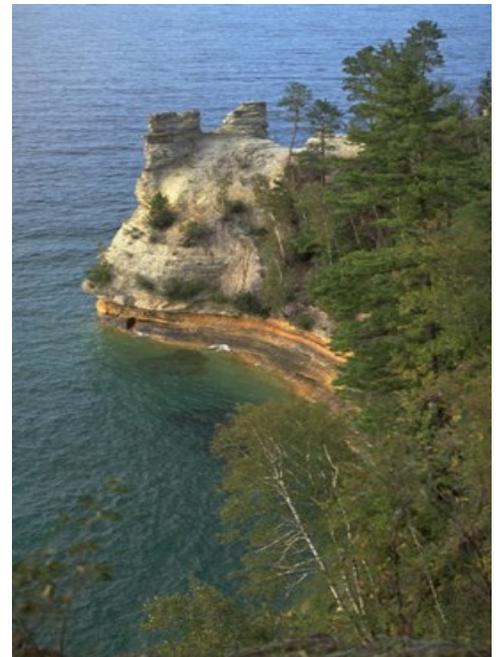
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Aquarium gravel

Medicines (bring to drop box at the Police Station)

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Thanks to all who helped or participated in the incredible "Edible Ornaments" workshop. It was a great day of learning and fellowship. Thanks especially to Gary Kane of Wentworth Gardens for his interesting program...and the 10% off purchases that day!

Hilltoppers HCE

Douglas County UWEX
 1313 Belknap Street
 Courthouse Room 107
 Superior, WI 54880

TAPE

TAPE

Char Croes
 St. Croix Co. HCE President
 2264 200th Street
 Deer Park, WI 54007

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

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September 3 12:30pm
 September 7
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 July
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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 2015** issues will be the Hilltoppers. Contact the UW-Extension Office at 715-395-1363 before **August 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

All articles from magazines, books, etc. quoted in the Douglas County HCE Dispatch have received written copyright permission. This permission is on file.

Memo from the Board

It's June already! Not really, I'm writing this on a cold rainy day in mid-May. But it could be worse. Remember last year? Be thankful for this great area we live in.

Now, sit back and relax. Let the sun shine on your face and shoulders (covered by a sunscreen of course). Enjoy the lazy days coming.

I'll enjoy a break from the grandkids' school schedules in exchange for baseball, soccer, and summer school injected with lots of free time and fun. The grandkids are turning 3, 9 and 13 years old over the summer. A teenager, YIKES!

Our son and the two oldest grandkids still live with us and we babysit the youngest, two or three days a week. It gets to be quite a wild, noisy and crazily busy home, but I love it.

HCE slows down a bit for the summer too. Don't forget to send in your points for "On the Move, Program Surveys and Volunteer Hours by June 1 by phone, email or regular mail to me. Thanks.

Have a great summer,

Linda Williams,
VP Programming and
Community Outreach



HCE EXECUTIVE BOARD MEETING MINUTES**May 7, 2015 –Superior Public Library**

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

The meeting was opened at 12:45 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 reported on the Sunshine Fund

Dispatch: Due May 15th for June, July, August. Sue made a request that two months be shown on the back of the Dispatch. The current month and the upcoming month. This will aid in clubs planning for their meetings.

COMMITTEE REPORTS:VP Programming and Community Outreach:

Linda Williams reminded us of the volunteer hours that are due June 1st. Also, Program Surveys are due June 1st.

Cultural Arts: Mary Ann Gronquist – See Memo from the Board in the May Dispatch for details.

International: Christa Williams-Clements articles are very informative and interesting. We are still looking for a chair for the International Event.

Membership/Marketing: Sue Hendrickson is making an effort to get more publicity for HCE in the Superior Telegram.

Scholarship: Still looking for a chair.

WI Bookworms™ - Sue Hendrickson- Books will be delivered the 1st week of August. The WISline will provide reader training. More information to come.

Family Living Educator: Araceli Whitwam-Sell. Araceli was present at our meeting and we had a chance to learn more about her and her goals, during a little coffee break. She was hired as a 75% employee. She is looking forward to meeting people and establishing relationships, finding the needs of our community, learning more about our group and collaborating with HCE. We were all impressed with her dedication to her new job. We look forward to working with Ariceli.

UNFINISHED BUSINESS:

Craft Day: Craft Day was a very successful event. Details in the May Dispatch. Plans are to have another next year.

Edible Ornaments: Wentworth Gardens, May 28th 1:00 Plan to be there.

Spring District Meeting: Well attended and informative. Cheryl, Sue, Mary Ann, and Joyce attended

NEW BUSINESS:

Fair Booth: The Tri-State Fair will be held in late August, August 24 – 30. Town and Country will be staffing the HCE Booth on Friday, Aug. 28th and the Hilltoppers will staff the booth on Saturday, Aug. 30th .

State Conference: Sept. 14 – 16 Stevens Point, WI. Pool sessions will be "Raising a Thinking Child" and "Food Label Lingo".

Meeting closed with the HCE prayer at 2:25 p.m.

Minutes submitted for approval by Jo Mersnick



June is Dairy Month-Bone Up on Calcium!

"How much calcium do I need?"

In 2010 the National Academy of Sciences issued new Recommended Dietary Allowances (RDAs) for calcium. The new RDAs recommend that:

- Older children (ages 9 to 18) consume 1,300 mg of calcium per day.
- Most adults (ages 19 to 50) consume 1,000 mg of calcium per day.
- Older adults (women ages 51 and older and men 71 and older) consume 1,200 mg of calcium per day.

Most people are not getting enough calcium in their diets. Three out of four adult women fail to meet the current recommended daily intake for calcium.

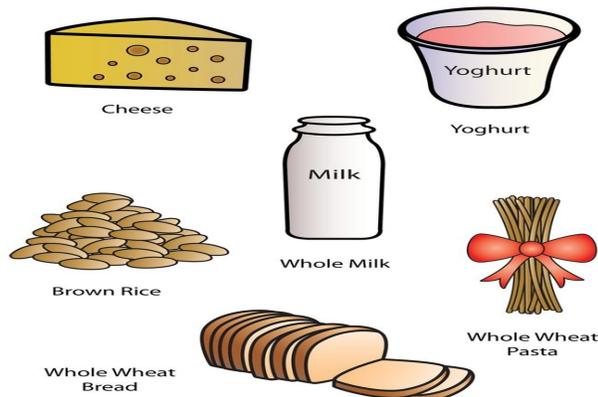
"What do those recommended intakes mean?" Try to get 2 to 3 servings of dairy daily or other calcium-rich foods a day. Dairy products contribute more than half of the calcium in the U.S. diet, but you can also find some calcium in many other foods such as broccoli, collards, and some brands of tofu (check the label).

Food	Amount of calcium per serving
1 cup non-fat yogurt	450 mg
1 cup milk (skim, 1%,2%,whole, buttermilk, chocolate)	300 mg
1/2 cup calcium-fortified orange juice	250 mg
1 ounce Swiss cheese	225 mg
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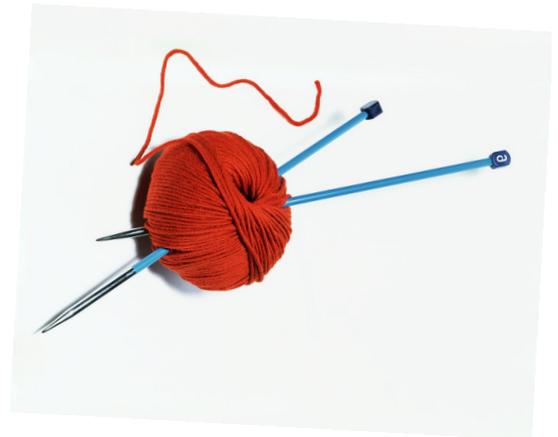
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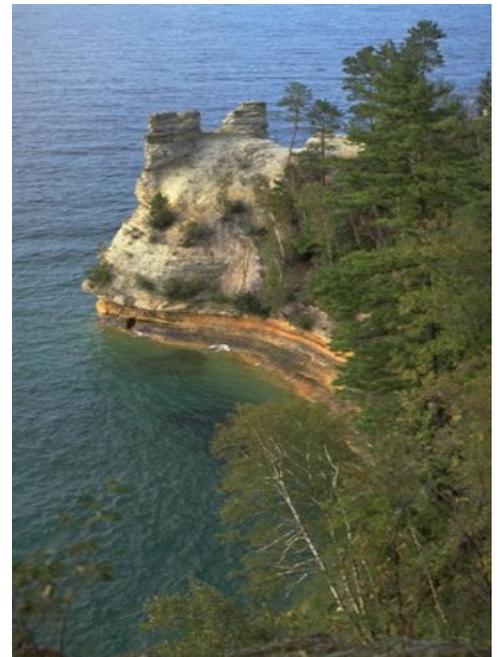
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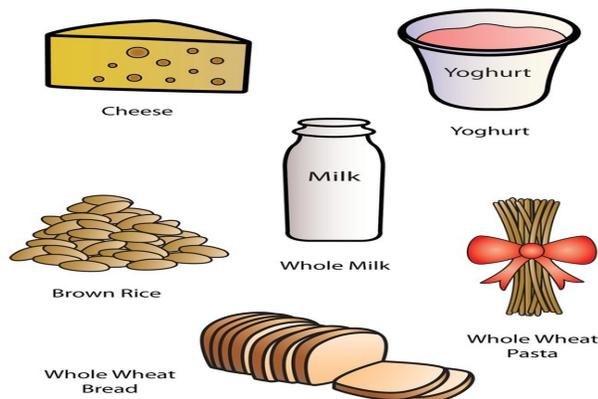
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Author: Susan Nitzke, Ph.D., R.D., professor,
Nutritional Sciences.
University of Wisconsin-Madison and UW-Extension



Submitted by, Araceli Whitwam-Sell
Family Living Educator
University of Wisconsin Extension-Douglas County

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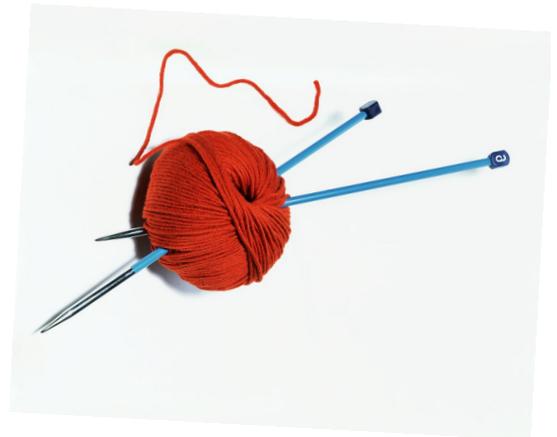
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Suggested items:

- Fabric
- Sewing machine needles
- Sewing supplies and sewing machines
- Scissors
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- Knitting needles
- Yarn
- Buttons
- Lace
- Beads for jewelry making

Wisconsin/Nicaragua Partners of the Americas is a 501(c)3 non-profit organization.

Cash and in-kind donations are fully tax-deductible to the extent allowed by law.



Submitted by, Jeannette Rantala

CULTURAL ARTS

Thanks again to all who entered the Cultural Arts Contest. The list of winners to go to state are listed on page 1 of the May Dispatch. The winner of the People's Choice award was Jo Mersnick with her alcohol ink painting entitled, "Leaves and Lichen". Our judge was Kathy Lahti and she was kind enough to donate her time to judge for us. Many thanks to her for her generosity. Start working on next year's entries, ladies.

Mary Ann Gronquist
Cultural Arts Co-chair

County Hazardous Waste & Medication Collection Schedule 2015

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Times 10:00-11:30 a.m. and 2:00-3:30 p.m. For more questions call 715-395-1293

Sue Hendrickson

HCE ANNUAL CRAFT SALE**SATURDAY, OCTOBER 10, 2015**

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

When: Saturday, October 10, 2015

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 which included an 8 foot table and folding chair.

Racks, shelving, etc. are allowed. Purchase additional spaces accordingly. *Handcrafted items only.* No kits, rummage, commercial/vendor sales, bake goods, garden produce, etc.

Sponsor: Douglas County HCE

Registration: By mail only. To receive more information and request a registration form call:

Linda Williams at 715-398-5394

Our Craft Sale is our only fundraiser which supports our Melinda Boswell Scholarship and four short-term scholarships available each year.

Submitted by, Linda Williams



FLAG DAY

Flag Day is on June 14th. The enclosed brochure in your Dispatch was graciously proved by Thomas Stein, VFW Post 1091. I contacted VFW Commander Gayle Carlson last week to see if he knew where we could obtain the flag etiquette brochure and he got on the phone and ordered enough for our Dispatch mailing, and his post is covering the costs involved. Many thanks to Commander Carlson and his post for their generosity. Please fly your flag proudly (and correctly) and remember to thank a vet for his or her service when you see one.

Submitted by,
Mary Ann Gronquist

MELINDA BOSWELL SCHOLARSHIP RECIPIENT CHOSEN

We recently received notice from WITC regarding the recipient of the Melinda Boswell Scholarship for the 2015 academic year is Jeff Linder, a WITC-Superior Heating, Ventilation and Air Conditioning/Refrigeration student. Congratulations Jeff!

Submitted by,
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RESIDENTIAL SAMPLES: HOW TO SUBMIT A SOIL SAMPLE:

- Make sure your sample bag has 1.5-2 cups of soil in it. Label the bag with your name, type of garden, and what is growing in it. Fill out the [Lawn and Garden Submission Form](http://douglas.uwex.edu/files/2010/05/Lawn-and-Garden-Submission-Form.pdf) <http://douglas.uwex.edu/files/2010/05/Lawn-and-Garden-Submission-Form.pdf>

We Mail:

1. Return sample and completed soils sheet to Courthouse Room 107 and we will ship for you. **\$20.00** (per sample) cash or check to "Douglas County Treasurer." **Credit cards not accepted.**

You Mail:

1. You can put the white bag or plastic lunch bag with soil into a regular envelope/box with a label attached to mail. Checkbook boxes work great! Enclose completed form. **\$15.00** (per sample). Enclose check payable to "Soil & Forage Analysis Laboratory." If you prefer, you can charge it to your credit card by filling out the payment information on the Lawn and Garden Submission Form.

Mail to: Soil & Forage Analysis Lab
2611 Yellowstone Dr
Marshfield, WI 54449

Once you receive the results, feel free to contact Jane Anklam, Agriculture/Horticulture Educator at 715-395-1515 or jane.anklam@ces.uwex.edu if you want help interpreting the results or for further information.

Submitted by, Cheryl –Editor

Get Ready for Lake Superior Day: July 19, 2015: Sue Hendrickson

In 2004, the Lake Superior Binational Forum restarted an annual day on the third Sunday of July to celebrate peoples' deep connections to the world's largest lake. The day originated in Thunder Bay and Duluth in 1993 and soon the Forum began promoting a basin wide (cause everything in the basin runs into the lake!) event to encourage any individual, group, business, church, industry, organization, and community to hold an event or activity that celebrates the value of the lake to our lives.

Since then, hundreds of events in many locations have been held including festivals, art shows, church services, educational activities, lectures, games, and other actions. Local events will be coming out of the Lake Superior National Estuarine Research Reserve Center (NERR) on Barker's Island. Watch the local papers for more information; or check out the following website for new materials and resources for Lake Superior Day at www.superiorforum.org and share them with your favorite organization.

You too can help save Lake Superior by keeping certain items out of the sewer system. **PLEASE DO NOT FLUSH**

THESE ITEMS:

Baby, facial, or cleaning wipes (even if labeled *flushable*)

Diapers

Rags and towels

Toys

Cigarette butts

Feminine hygiene products

Underwear and sox

Rubber items such as latex gloves

Kitty litter

Sponges

Dental Floss

Cotton balls or swabs

Facial tissue

Food, fats, oil, or grease

Food wrappers

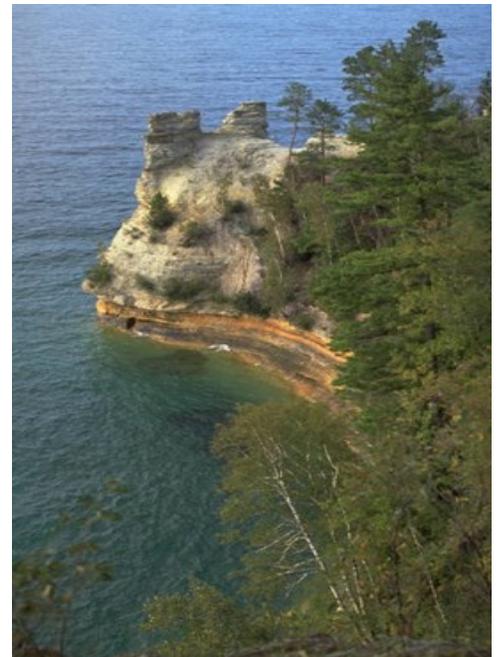
Clothing labels

Aquarium gravel

Medicines (bring to drop box at the Police Station)

Paints and stains

Other household hazardous waste (find places for these on the Recycling page of the Douglas County website: douglascountywi.org)



PUBLIC RELATIONS: In November we will be celebrating the 75th anniversary of Home and Community Education Clubs in Wisconsin! Members of 55 years or more are being sought for special recognition at the 2015 state conference. You? Someone you know? Give me a call and let's be part of this special observation! Thanks—Sue Hendrickson



Thanks to all who helped or participated in the incredible "Edible Ornaments" workshop. It was a great day of learning and fellowship. Thanks especially to Gary Kane of Wentworth Gardens for his interesting program...and the 10% off purchases that day!

Hilltoppers HCE

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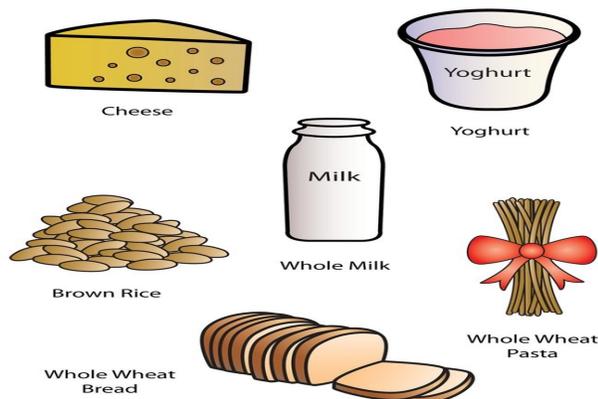
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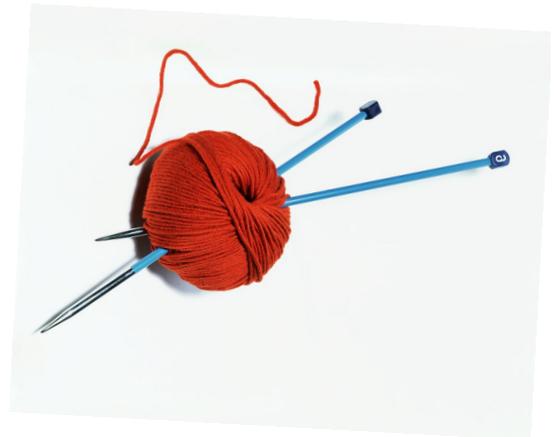
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Mail to: Soil & Forage Analysis Lab
2611 Yellowstone Dr
Marshfield, WI 54449

Once you receive the results, feel free to contact Jane Anklam, Agriculture/Horticulture Educator at 715-395-1515 or jane.anklam@ces.uwex.edu if you want help interpreting the results or for further information.

Submitted by, Cheryl –Editor

Get Ready for Lake Superior Day: July 19, 2015: Sue Hendrickson

In 2004, the Lake Superior Binational Forum restarted an annual day on the third Sunday of July to celebrate peoples' deep connections to the world's largest lake. The day originated in Thunder Bay and Duluth in 1993 and soon the Forum began promoting a basin wide (cause everything in the basin runs into the lake!) event to encourage any individual, group, business, church, industry, organization, and community to hold an event or activity that celebrates the value of the lake to our lives.

Since then, hundreds of events in many locations have been held including festivals, art shows, church services, educational activities, lectures, games, and other actions. Local events will be coming out of the Lake Superior National Estuarine Research Reserve Center (NERR) on Barker's Island. Watch the local papers for more information; or check out the following website for new materials and resources for Lake Superior Day at www.superiorforum.org and share them with your favorite organization.

You too can help save Lake Superior by keeping certain items out of the sewer system. **PLEASE DO NOT FLUSH**

THESE ITEMS:

Baby, facial, or cleaning wipes (even if labeled *flushable*)

Diapers

Rags and towels

Toys

Cigarette butts

Feminine hygiene products

Underwear and sox

Rubber items such as latex gloves

Kitty litter

Sponges

Dental Floss

Cotton balls or swabs

Facial tissue

Food, fats, oil, or grease

Food wrappers

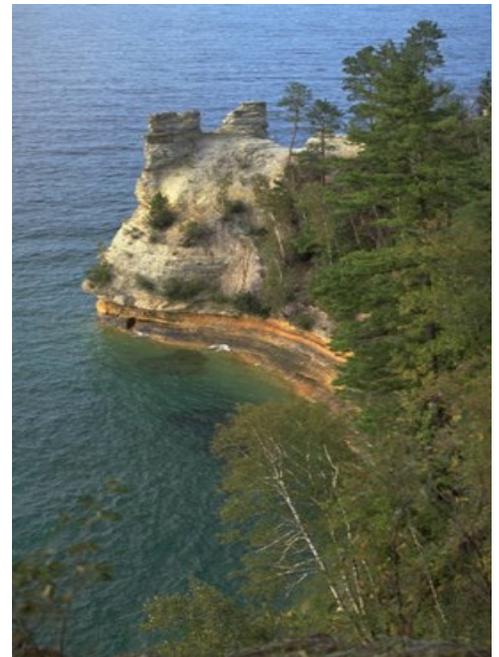
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Medicines (bring to drop box at the Police Station)

Paints and stains

Other household hazardous waste (find places for these on the Recycling page of the Douglas County website: douglascountymi.org)



PUBLIC RELATIONS: In November we will be celebrating the 75th anniversary of Home and Community Education Clubs in Wisconsin! Members of 55 years or more are being sought for special recognition at the 2015 state conference. You? Someone you know? Give me a call and let's be part of this special observation! Thanks—Sue Hendrickson



Thanks to all who helped or participated in the incredible "Edible Ornaments" workshop. It was a great day of learning and fellowship. Thanks especially to Gary Kane of Wentworth Gardens for his interesting program...and the 10% off purchases that day!

Hilltoppers HCE

Douglas County UWEX
 1313 Belknap Street
 Courthouse Room 107
 Superior, WI 54880

TAPE

TAPE

Donna & Clarence Tollefson

P.O. Box 217

Solon Springs, WI 54873

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

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 September 7
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 July
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Memo from the Board

It's June already! Not really, I'm writing this on a cold rainy day in mid-May. But it could be worse. Remember last year? Be thankful for this great area we live in.

Now, sit back and relax. Let the sun shine on your face and shoulders (covered by a sunscreen of course). Enjoy the lazy days coming.

I'll enjoy a break from the grandkids' school schedules in exchange for baseball, soccer, and summer school injected with lots of free time and fun. The grandkids are turning 3, 9 and 13 years old over the summer. A teenager, YIKES!

Our son and the two oldest grandkids still live with us and we babysit the youngest, two or three days a week. It gets to be quite a wild, noisy and crazily busy home, but I love it.

HCE slows down a bit for the summer too. Don't forget to send in your points for "On the Move, Program Surveys and Volunteer Hours by June 1 by phone, email or regular mail to me. Thanks.

Have a great summer,

Linda Williams,
VP Programming and
Community Outreach



HCE EXECUTIVE BOARD MEETING MINUTES**May 7, 2015 –Superior Public Library**

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

The meeting was opened at 12:45 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 reported on the Sunshine Fund

Dispatch: Due May 15th for June, July, August. Sue made a request that two months be shown on the back of the Dispatch. The current month and the upcoming month. This will aid in clubs planning for their meetings.

COMMITTEE REPORTS:VP Programming and Community Outreach:

Linda Williams reminded us of the volunteer hours that are due June 1st. Also, Program Surveys are due June 1st.

Cultural Arts: Mary Ann Gronquist – See Memo from the Board in the May Dispatch for details.

International: Christa Williams-Clements articles are very informative and interesting. We are still looking for a chair for the International Event.

Membership/Marketing: Sue Hendrickson is making an effort to get more publicity for HCE in the Superior Telegram.

Scholarship: Still looking for a chair.

WI Bookworms™ - Sue Hendrickson- Books will be delivered the 1st week of August. The WISline will provide reader training. More information to come.

Family Living Educator: Araceli Whitwam-Sell. Araceli was present at our meeting and we had a chance to learn more about her and her goals, during a little coffee break. She was hired as a 75% employee. She is looking forward to meeting people and establishing relationships, finding the needs of our community, learning more about our group and collaborating with HCE. We were all impressed with her dedication to her new job. We look forward to working with Ariceli.

UNFINISHED BUSINESS:

Craft Day: Craft Day was a very successful event. Details in the May Dispatch. Plans are to have another next year.

Edible Ornaments: Wentworth Gardens, May 28th 1:00 Plan to be there.

Spring District Meeting: Well attended and informative. Cheryl, Sue, Mary Ann, and Joyce attended

NEW BUSINESS:

Fair Booth: The Tri-State Fair will be held in late August, August 24 – 30. Town and Country will be staffing the HCE Booth on Friday, Aug. 28th and the Hilltoppers will staff the booth on Saturday, Aug. 30th .

State Conference: Sept. 14 – 16 Stevens Point, WI. Pool sessions will be "Raising a Thinking Child" and "Food Label Lingo".

Meeting closed with the HCE prayer at 2:25 p.m.

Minutes submitted for approval by Jo Mersnick



June is Dairy Month-Bone Up on Calcium!

"How much calcium do I need?"

In 2010 the National Academy of Sciences issued new Recommended Dietary Allowances (RDAs) for calcium. The new RDAs recommend that:

- Older children (ages 9 to 18) consume 1,300 mg of calcium per day.
- Most adults (ages 19 to 50) consume 1,000 mg of calcium per day.
- Older adults (women ages 51 and older and men 71 and older) consume 1,200 mg of calcium per day.

Most people are not getting enough calcium in their diets. Three out of four adult women fail to meet the current recommended daily intake for calcium.

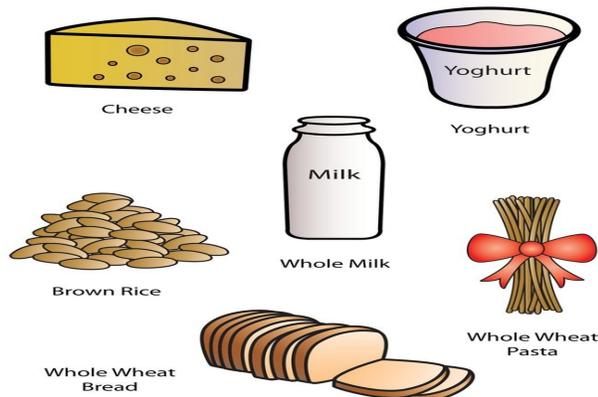
"What do those recommended intakes mean?" Try to get 2 to 3 servings of dairy daily or other calcium-rich foods a day. Dairy products contribute more than half of the calcium in the U.S. diet, but you can also find some calcium in many other foods such as broccoli, collards, and some brands of tofu (check the label).

Food	Amount of calcium per serving
1 cup non-fat yogurt	450 mg
1 cup milk (skim, 1%,2%,whole, buttermilk, chocolate)	300 mg
1/2 cup calcium-fortified orange juice	250 mg
1 ounce Swiss cheese	225 mg
1/2 cup tofu	50-800 mg (Some brands have more than others. Check labels.)
1/2 cup cooked collard greens	180 mg

"How about just taking a calcium supplement instead?" Getting your vitamins and minerals from foods ideal. Many calcium supplements are not fortified with vitamin D. Talk to your doctor, pharmacist or a dietitian to see if a calcium supplement or a calcium supplement with vitamin D is right for you.

"Should I take more than the recommended amount to be 'extra' healthy?" No. There is no benefit for healthy individuals to be consuming more than the recommended amounts of calcium. Excessive use of calcium supplements may raise your risk of developing kidney stones. The National Academy of Sciences has recommended a Tolerable Upper Intake Level of 2,500 mg calcium per day for adults ages 19-50. This is the maximum amount of calcium that is considered safe to consume on a daily basis.

Adapted from Getting Enough Calcium: Bone up on Calcium.
Author: Susan Nitzke, Ph.D., R.D., professor,
Nutritional Sciences.
University of Wisconsin-Madison and UW-Extension



Submitted by, Araceli Whitwam-Sell
Family Living Educator
University of Wisconsin Extension-Douglas County

HCE Donates to Wisconsin/Nicaragua Partners of the Americas Learning Centers

History: In 1979, two dynamic women had a vision. Rural Nicaraguan women were desperate for training to develop the skills that they would need to provide meaningful income while remaining in their communities to care for their families. In 1981, Ellen Maurer of Verona and Doña Angélica Pavón of Los Cedros, Nicaragua secured resources from Wisconsin and volunteer trainers from Nicaragua to form a sewing center in rural Los Cedros, a small community outside of Managua.

Since then, the Sewing Centers have broadened their focus and transitioned into Learning Centers. The training offered now encompasses a wide range of vocational skills such as baking, carpentry, cosmetology, small business management, etc. Participants begin by acquiring the skills necessary to provide them with a sense of dignity, independence, and purpose. They are then afforded the opportunity to utilize a micro-lending program to initiate a small business of their own. By building upon the unique skills of the individual members of the community, the community is shaped and fortified, thereby generating further aptitudes and resources.

Thousands of Nicaraguans have thus been mentored through the establishment of the Learning Centers. With each center being coordinated by local women, they are able to cater to the individual needs of each learning center's community.

Do You Have Donations for Nicaragua?

Knitting, crocheting and sewing equipment and supplies are being collected by Jeanette Rantala, HCE member, to bring to the Nicaragua Warehouse in Stevens Point at the end of June.

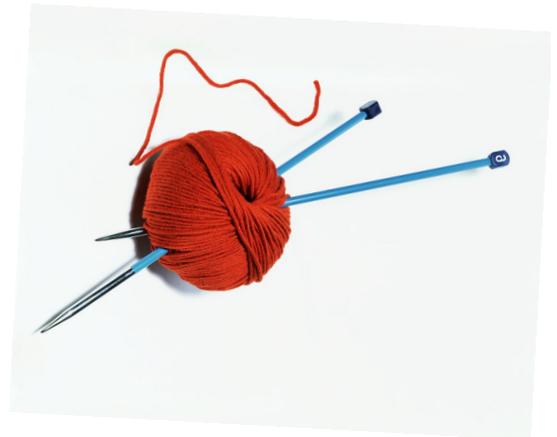
Please contact her at 715-375-2661 or by email: dirantala@centurytel.net before June 15th with questions or to make a donation. Pick up of donations can be arranged.

Suggested items:

- Fabric
- Sewing machine needles
- Sewing supplies and sewing machines
- Scissors
- Irons and ironing boards
- Knitting needles
- Yarn
- Buttons
- Lace
- Beads for jewelry making

Wisconsin/Nicaragua Partners of the Americas is a 501(c)3 non-profit organization.

Cash and in-kind donations are fully tax-deductible to the extent allowed by law.



Submitted by, Jeannette Rantala

CULTURAL ARTS

Thanks again to all who entered the Cultural Arts Contest. The list of winners to go to state are listed on page 1 of the May Dispatch. The winner of the People's Choice award was Jo Mersnick with her alcohol ink painting entitled, "Leaves and Lichen". Our judge was Kathy Lahti and she was kind enough to donate her time to judge for us. Many thanks to her for her generosity. Start working on next year's entries, ladies.

Mary Ann Gronquist
Cultural Arts Co-chair

County Hazardous Waste & Medication Collection Schedule 2015

Wednesday, June 24th, Brule Transfer Station, Solon Springs Solid Waste/Recycling, 11903 S Holly Lucius Rd.

Times 10:00-11:30 a.m. and 2:00-3:30 p.m. For more questions call 715-395-1293

Sue Hendrickson

HCE ANNUAL CRAFT SALE**SATURDAY, OCTOBER 10, 2015**

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

When: Saturday, October 10, 2015

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 which included an 8 foot table and folding chair.

Racks, shelving, etc. are allowed. Purchase additional spaces accordingly. *Handcrafted items only.* No kits, rummage, commercial/vendor sales, bake goods, garden produce, etc.

Sponsor: Douglas County HCE

Registration: By mail only. To receive more information and request a registration form call:

Linda Williams at 715-398-5394

Our Craft Sale is our only fundraiser which supports our Melinda Boswell Scholarship and four short-term scholarships available each year.

Submitted by, Linda Williams



FLAG DAY

Flag Day is on June 14th. The enclosed brochure in your Dispatch was graciously proved by Thomas Stein, VFW Post 1091. I contacted VFW Commander Gayle Carlson last week to see if he knew where we could obtain the flag etiquette brochure and he got on the phone and ordered enough for our Dispatch mailing, and his post is covering the costs involved. Many thanks to Commander Carlson and his post for their generosity. Please fly your flag proudly (and correctly) and remember to thank a vet for his or her service when you see one.

Submitted by,
Mary Ann Gronquist

MELINDA BOSWELL SCHOLARSHIP RECIPIENT CHOSEN

We recently received notice from WITC regarding the recipient of the Melinda Boswell Scholarship for the 2015 academic year is Jeff Linder, a WITC-Superior Heating, Ventilation and Air Conditioning/Refrigeration student. Congratulations Jeff!

Submitted by,
Linda Williams

RESIDENTIAL SAMPLES: HOW TO SUBMIT A SOIL SAMPLE:

- Make sure your sample bag has 1.5-2 cups of soil in it. Label the bag with your name, type of garden, and what is growing in it. Fill out the [Lawn and Garden Submission Form](http://douglas.uwex.edu/files/2010/05/Lawn-and-Garden-Submission-Form.pdf) <http://douglas.uwex.edu/files/2010/05/Lawn-and-Garden-Submission-Form.pdf>

We Mail:

1. Return sample and completed soils sheet to Courthouse Room 107 and we will ship for you. **\$20.00** (per sample) cash or check to "Douglas County Treasurer." **Credit cards not accepted.**

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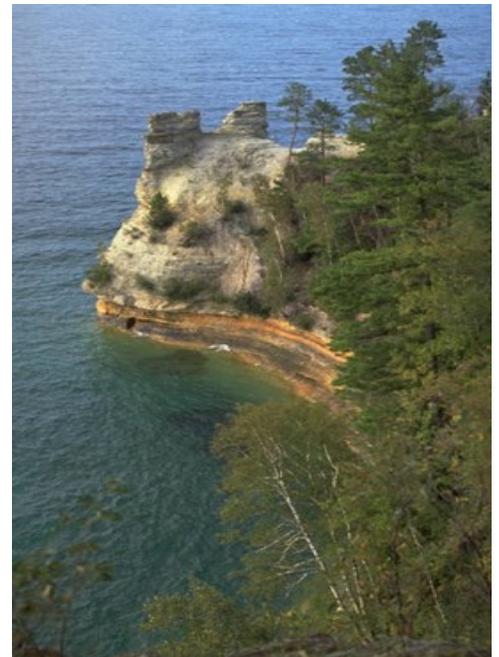
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Doris Lindberg

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

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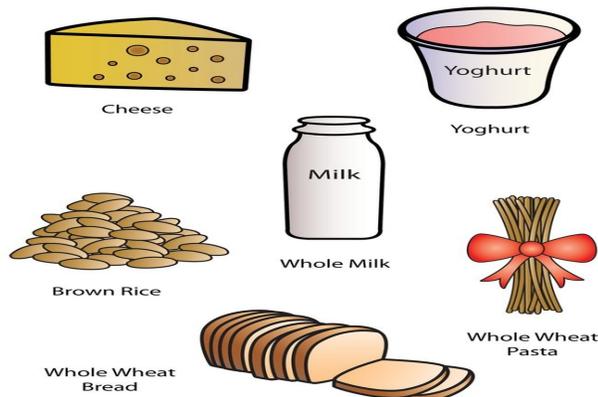
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Food	Amount of calcium per serving
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1 ounce Swiss cheese	225 mg
1/2 cup tofu	50-800 mg (Some brands have more than others. Check labels.)
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"How about just taking a calcium supplement instead?" Getting your vitamins and minerals from foods ideal. Many calcium supplements are not fortified with vitamin D. Talk to your doctor, pharmacist or a dietitian to see if a calcium supplement or a calcium supplement with vitamin D is right for you.

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Submitted by, Araceli Whitwam-Sell
Family Living Educator
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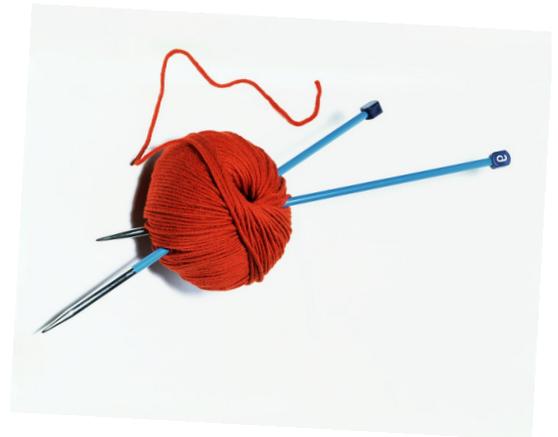
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Suggested items:

- Fabric
- Sewing machine needles
- Sewing supplies and sewing machines
- Scissors
- Irons and ironing boards
- Knitting needles
- Yarn
- Buttons
- Lace
- Beads for jewelry making

Wisconsin/Nicaragua Partners of the Americas is a 501(c)3 non-profit organization.

Cash and in-kind donations are fully tax-deductible to the extent allowed by law.



Submitted by, Jeannette Rantala

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Thanks again to all who entered the Cultural Arts Contest. The list of winners to go to state are listed on page 1 of the May Dispatch. The winner of the People's Choice award was Jo Mersnick with her alcohol ink painting entitled, "Leaves and Lichen". Our judge was Kathy Lahti and she was kind enough to donate her time to judge for us. Many thanks to her for her generosity. Start working on next year's entries, ladies.

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Racks, shelving, etc. are allowed. Purchase additional spaces accordingly. *Handcrafted items only.* No kits, rummage, commercial/vendor sales, bake goods, garden produce, etc.

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Our Craft Sale is our only fundraiser which supports our Melinda Boswell Scholarship and four short-term scholarships available each year.

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Submitted by,
Mary Ann Gronquist

MELINDA BOSWELL SCHOLARSHIP RECIPIENT CHOSEN

We recently received notice from WITC regarding the recipient of the Melinda Boswell Scholarship for the 2015 academic year is Jeff Linder, a WITC-Superior Heating, Ventilation and Air Conditioning/Refrigeration student. Congratulations Jeff!

Submitted by,
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1. Return sample and completed soils sheet to Courthouse Room 107 and we will ship for you. **\$20.00** (per sample) cash or check to "Douglas County Treasurer." **Credit cards not accepted.**

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Submitted by, Cheryl –Editor

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THESE ITEMS:

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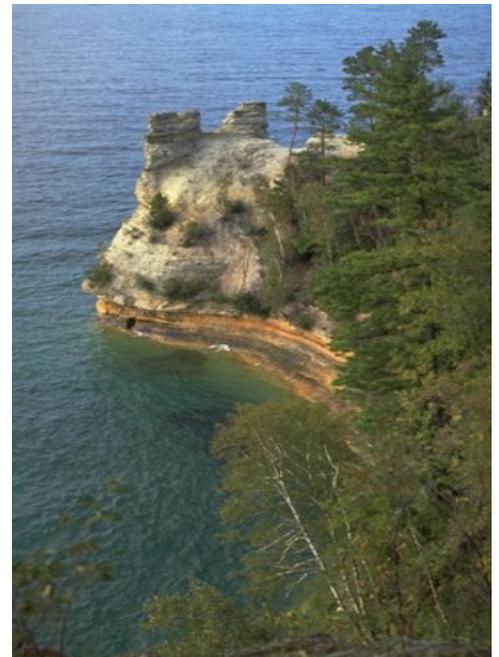
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Hilltoppers HCE



DISPATCH



June/July/August 2015

Douglas County HCE Superior, WI

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Dispatch assembly for the **September 2015** issues will be the Hilltoppers. Contact the UW-Extension Office at 715-395-1363 before **August 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

All articles from magazines, books, etc. quoted in the Douglas County HCE Dispatch have received written copyright permission. This permission is on file.

Memo from the Board

It's June already! Not really, I'm writing this on a cold rainy day in mid-May. But it could be worse. Remember last year? Be thankful for this great area we live in.

Now, sit back and relax. Let the sun shine on your face and shoulders (covered by a sunscreen of course). Enjoy the lazy days coming.

I'll enjoy a break from the grandkids' school schedules in exchange for baseball, soccer, and summer school injected with lots of free time and fun. The grandkids are turning 3, 9 and 13 years old over the summer. A teenager, YIKES!

Our son and the two oldest grandkids still live with us and we babysit the youngest, two or three days a week. It gets to be quite a wild, noisy and crazily busy home, but I love it.

HCE slows down a bit for the summer too. Don't forget to send in your points for "On the Move, Program Surveys and Volunteer Hours by June 1 by phone, email or regular mail to me. Thanks.

Have a great summer,

Linda Williams,
 VP Programming and
 Community Outreach



HCE EXECUTIVE BOARD MEETING MINUTES**May 7, 2015 –Superior Public Library**

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

The meeting was opened at 12:45 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 reported on the Sunshine Fund

Dispatch: Due May 15th for June, July, August. Sue made a request that two months be shown on the back of the Dispatch. The current month and the upcoming month. This will aid in clubs planning for their meetings.

COMMITTEE REPORTS:VP Programming and Community Outreach:

Linda Williams reminded us of the volunteer hours that are due June 1st. Also, Program Surveys are due June 1st.

Cultural Arts: Mary Ann Gronquist – See Memo from the Board in the May Dispatch for details.

International: Christa Williams-Clements articles are very informative and interesting. We are still looking for a chair for the International Event.

Membership/Marketing: Sue Hendrickson is making an effort to get more publicity for HCE in the Superior Telegram.

Scholarship: Still looking for a chair.

WI Bookworms™ - Sue Hendrickson- Books will be delivered the 1st week of August. The WISline will provide reader training. More information to come.

Family Living Educator: Araceli Whitwam-Sell. Araceli was present at our meeting and we had a chance to learn more about her and her goals, during a little coffee break. She was hired as a 75% employee. She is looking forward to meeting people and establishing relationships, finding the needs of our community, learning more about our group and collaborating with HCE. We were all impressed with her dedication to her new job. We look forward to working with Ariceli.

UNFINISHED BUSINESS:

Craft Day: Craft Day was a very successful event. Details in the May Dispatch. Plans are to have another next year.

Edible Ornaments: Wentworth Gardens, May 28th 1:00 Plan to be there.

Spring District Meeting: Well attended and informative. Cheryl, Sue, Mary Ann, and Joyce attended

NEW BUSINESS:

Fair Booth: The Tri-State Fair will be held in late August, August 24 – 30. Town and Country will be staffing the HCE Booth on Friday, Aug. 28th and the Hilltoppers will staff the booth on Saturday, Aug. 30th .

State Conference: Sept. 14 – 16 Stevens Point, WI. Pool sessions will be "Raising a Thinking Child" and "Food Label Lingo".

Meeting closed with the HCE prayer at 2:25 p.m.

Minutes submitted for approval by Jo Mersnick



June is Dairy Month-Bone Up on Calcium!

"How much calcium do I need?"

In 2010 the National Academy of Sciences issued new Recommended Dietary Allowances (RDAs) for calcium. The new RDAs recommend that:

- Older children (ages 9 to 18) consume 1,300 mg of calcium per day.
- Most adults (ages 19 to 50) consume 1,000 mg of calcium per day.
- Older adults (women ages 51 and older and men 71 and older) consume 1,200 mg of calcium per day.

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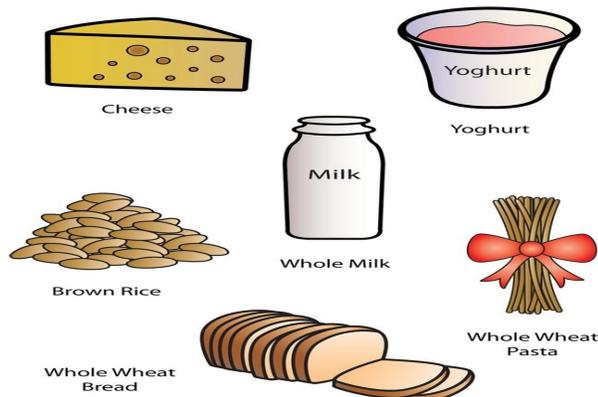
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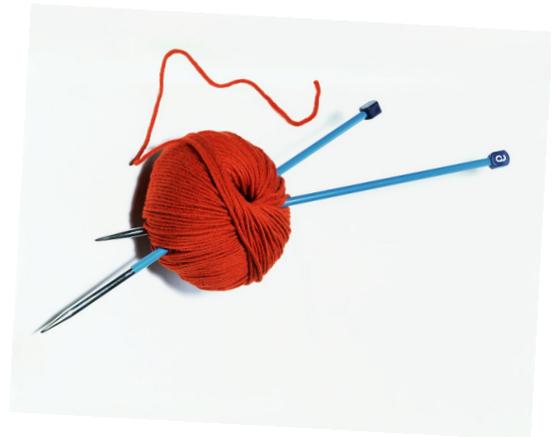
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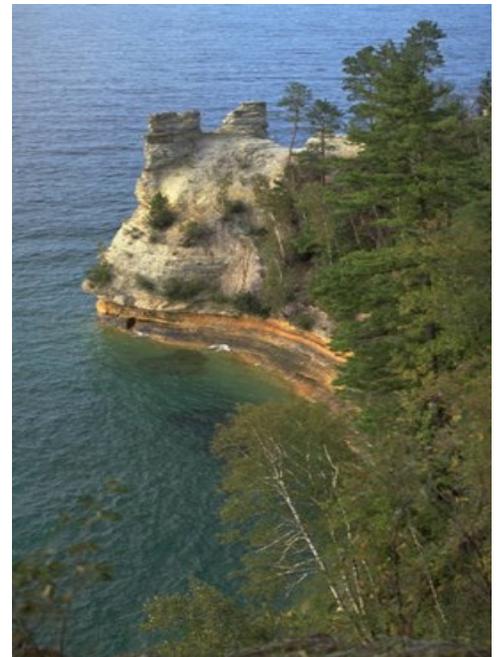
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Hilltoppers HCE

Douglas County UWEX
 1313 Belknap Street
 Courthouse Room 107
 Superior, WI 54880

TAPE

TAPE

Elaine Villeneuve
 Dunn Co. HCE President
 N6977 430th Street
 Menomonie, WI 54751

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

26	27	28	29	30	31		
19	20	21	22	23	24	25	
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JUNE							

September 3 12:30pm
 September 7
 September 14-16
 September 24

June 1 TBA
 July
 July 3
 August
 August No meetings

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 September 24

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27	28	29	30				
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AUGUST							

Volunteer hours reports due

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DISPATCH ARTICLES DUE DATE

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Please mail or email them to:

Cheryl Shockley,
UW-Extension Editor
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Superior, WI 54880
715-395-1363 or
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Memo from the Board

It's June already! Not really, I'm writing this on a cold rainy day in mid-May. But it could be worse. Remember last year? Be thankful for this great area we live in.

Now, sit back and relax. Let the sun shine on your face and shoulders (covered by a sunscreen of course). Enjoy the lazy days coming.

I'll enjoy a break from the grandkids' school schedules in exchange for baseball, soccer, and summer school injected with lots of free time and fun. The grandkids are turning 3, 9 and 13 years old over the summer. A teenager, YIKES!

Our son and the two oldest grandkids still live with us and we babysit the youngest, two or three days a week. It gets to be quite a wild, noisy and crazily busy home, but I love it.

HCE slows down a bit for the summer too. Don't forget to send in your points for "On the Move, Program Surveys and Volunteer Hours by June 1 by phone, email or regular mail to me. Thanks.

Have a great summer,

Linda Williams,
VP Programming and
Community Outreach



HCE EXECUTIVE BOARD MEETING MINUTES**May 7, 2015 –Superior Public Library**

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

The meeting was opened at 12:45 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 reported on the Sunshine Fund

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Minutes submitted for approval by Jo Mersnick



June is Dairy Month-Bone Up on Calcium!

"How much calcium do I need?"

In 2010 the National Academy of Sciences issued new Recommended Dietary Allowances (RDAs) for calcium. The new RDAs recommend that:

- Older children (ages 9 to 18) consume 1,300 mg of calcium per day.
- Most adults (ages 19 to 50) consume 1,000 mg of calcium per day.
- Older adults (women ages 51 and older and men 71 and older) consume 1,200 mg of calcium per day.

Most people are not getting enough calcium in their diets. Three out of four adult women fail to meet the current recommended daily intake for calcium.

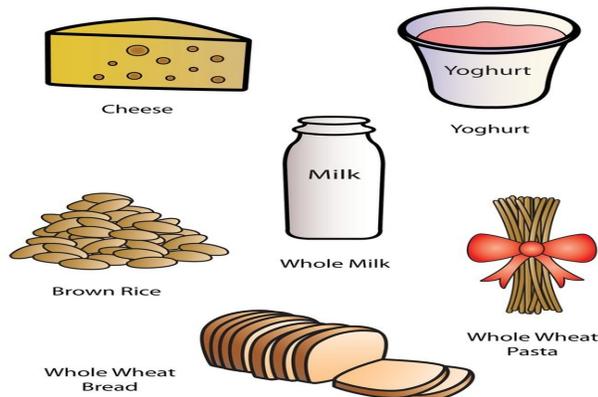
"What do those recommended intakes mean?" Try to get 2 to 3 servings of dairy daily or other calcium-rich foods a day. Dairy products contribute more than half of the calcium in the U.S. diet, but you can also find some calcium in many other foods such as broccoli, collards, and some brands of tofu (check the label).

Food	Amount of calcium per serving
1 cup non-fat yogurt	450 mg
1 cup milk (skim, 1%,2%,whole, buttermilk, chocolate)	300 mg
1/2 cup calcium-fortified orange juice	250 mg
1 ounce Swiss cheese	225 mg
1/2 cup tofu	50-800 mg (Some brands have more than others. Check labels.)
1/2 cup cooked collard greens	180 mg

"How about just taking a calcium supplement instead?" Getting your vitamins and minerals from foods ideal. Many calcium supplements are not fortified with vitamin D. Talk to your doctor, pharmacist or a dietitian to see if a calcium supplement or a calcium supplement with vitamin D is right for you.

"Should I take more than the recommended amount to be 'extra' healthy?" No. There is no benefit for healthy individuals to be consuming more than the recommended amounts of calcium. Excessive use of calcium supplements may raise your risk of developing kidney stones. The National Academy of Sciences has recommended a Tolerable Upper Intake Level of 2,500 mg calcium per day for adults ages 19-50. This is the maximum amount of calcium that is considered safe to consume on a daily basis.

Adapted from Getting Enough Calcium: Bone up on Calcium.
Author: Susan Nitzke, Ph.D., R.D., professor,
Nutritional Sciences.
University of Wisconsin-Madison and UW-Extension



Submitted by, Araceli Whitwam-Sell
Family Living Educator
University of Wisconsin Extension-Douglas County

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Do You Have Donations for Nicaragua?

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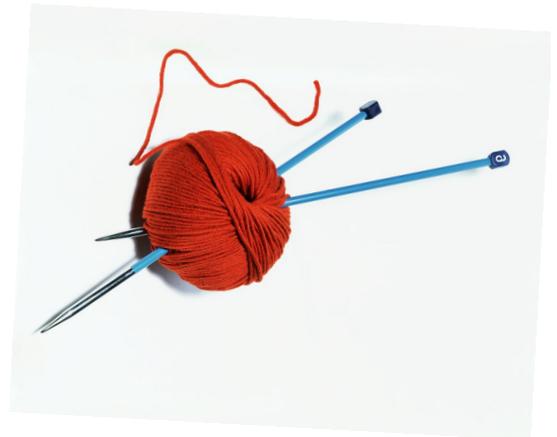
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Suggested items:

- Fabric
- Sewing machine needles
- Sewing supplies and sewing machines
- Scissors
- Irons and ironing boards
- Knitting needles
- Yarn
- Buttons
- Lace
- Beads for jewelry making

Wisconsin/Nicaragua Partners of the Americas is a 501(c)3 non-profit organization.

Cash and in-kind donations are fully tax-deductible to the extent allowed by law.



Submitted by, Jeannette Rantala

CULTURAL ARTS

Thanks again to all who entered the Cultural Arts Contest. The list of winners to go to state are listed on page 1 of the May Dispatch. The winner of the People's Choice award was Jo Mersnick with her alcohol ink painting entitled, "Leaves and Lichen". Our judge was Kathy Lahti and she was kind enough to donate her time to judge for us. Many thanks to her for her generosity. Start working on next year's entries, ladies.

Mary Ann Gronquist
Cultural Arts Co-chair

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Times 10:00-11:30 a.m. and 2:00-3:30 p.m. For more questions call 715-395-1293

Sue Hendrickson

HCE ANNUAL CRAFT SALE**SATURDAY, OCTOBER 10, 2015**

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

When: Saturday, October 10, 2015

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 which included an 8 foot table and folding chair.

Racks, shelving, etc. are allowed. Purchase additional spaces accordingly. *Handcrafted items only.* No kits, rummage, commercial/vendor sales, bake goods, garden produce, etc.

Sponsor: Douglas County HCE

Registration: By mail only. To receive more information and request a registration form call:

Linda Williams at 715-398-5394

Our Craft Sale is our only fundraiser which supports our Melinda Boswell Scholarship and four short-term scholarships available each year.

Submitted by, Linda Williams



FLAG DAY

Flag Day is on June 14th. The enclosed brochure in your Dispatch was graciously proved by Thomas Stein, VFW Post 1091. I contacted VFW Commander Gayle Carlson last week to see if he knew where we could obtain the flag etiquette brochure and he got on the phone and ordered enough for our Dispatch mailing, and his post is covering the costs involved. Many thanks to Commander Carlson and his post for their generosity. Please fly your flag proudly (and correctly) and remember to thank a vet for his or her service when you see one.

Submitted by,
Mary Ann Gronquist

MELINDA BOSWELL SCHOLARSHIP RECIPIENT CHOSEN

We recently received notice from WITC regarding the recipient of the Melinda Boswell Scholarship for the 2015 academic year is Jeff Linder, a WITC-Superior Heating, Ventilation and Air Conditioning/Refrigeration student. Congratulations Jeff!

Submitted by,
Linda Williams

RESIDENTIAL SAMPLES: HOW TO SUBMIT A SOIL SAMPLE:

- Make sure your sample bag has 1.5-2 cups of soil in it. Label the bag with your name, type of garden, and what is growing in it. Fill out the [Lawn and Garden Submission Form](http://douglas.uwex.edu/files/2010/05/Lawn-and-Garden-Submission-Form.pdf) <http://douglas.uwex.edu/files/2010/05/Lawn-and-Garden-Submission-Form.pdf>

We Mail:

1. Return sample and completed soils sheet to Courthouse Room 107 and we will ship for you. **\$20.00** (per sample) cash or check to "Douglas County Treasurer." **Credit cards not accepted.**

You Mail:

1. You can put the white bag or plastic lunch bag with soil into a regular envelope/box with a label attached to mail. Checkbook boxes work great! Enclose completed form. **\$15.00** (per sample). Enclose check payable to "Soil & Forage Analysis Laboratory." If you prefer, you can charge it to your credit card by filling out the payment information on the Lawn and Garden Submission Form.

Mail to: Soil & Forage Analysis Lab
2611 Yellowstone Dr
Marshfield, WI 54449

Once you receive the results, feel free to contact Jane Anklam, Agriculture/Horticulture Educator at 715-395-1515 or jane.anklam@ces.uwex.edu if you want help interpreting the results or for further information.

Submitted by, Cheryl –Editor

Get Ready for Lake Superior Day: July 19, 2015: Sue Hendrickson

In 2004, the Lake Superior Binational Forum restarted an annual day on the third Sunday of July to celebrate peoples' deep connections to the world's largest lake. The day originated in Thunder Bay and Duluth in 1993 and soon the Forum began promoting a basin wide (cause everything in the basin runs into the lake!) event to encourage any individual, group, business, church, industry, organization, and community to hold an event or activity that celebrates the value of the lake to our lives.

Since then, hundreds of events in many locations have been held including festivals, art shows, church services, educational activities, lectures, games, and other actions. Local events will be coming out of the Lake Superior National Estuarine Research Reserve Center (NERR) on Barker's Island. Watch the local papers for more information; or check out the following website for new materials and resources for Lake Superior Day at www.superiorforum.org and share them with your favorite organization.

You too can help save Lake Superior by keeping certain items out of the sewer system. **PLEASE DO NOT FLUSH**

THESE ITEMS:

Baby, facial, or cleaning wipes (even if labeled *flushable*)

Diapers

Rags and towels

Toys

Cigarette butts

Feminine hygiene products

Underwear and sox

Rubber items such as latex gloves

Kitty litter

Sponges

Dental Floss

Cotton balls or swabs

Facial tissue

Food, fats, oil, or grease

Food wrappers

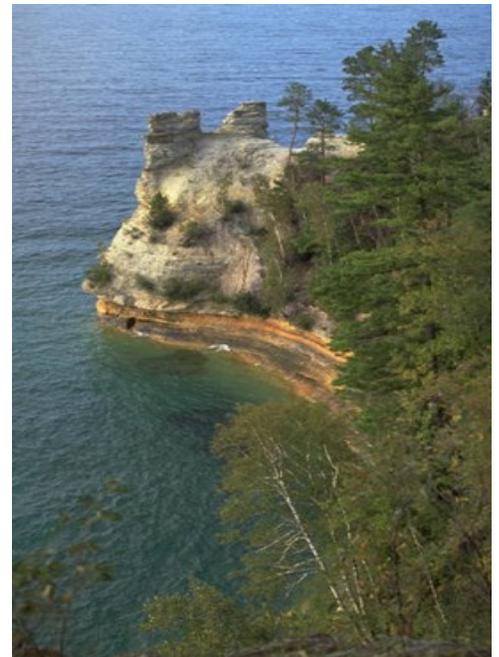
Clothing labels

Aquarium gravel

Medicines (bring to drop box at the Police Station)

Paints and stains

Other household hazardous waste (find places for these on the Recycling page of the Douglas County website: douglascountymi.org)



PUBLIC RELATIONS: In November we will be celebrating the 75th anniversary of Home and Community Education Clubs in Wisconsin! Members of 55 years or more are being sought for special recognition at the 2015 state conference. You? Someone you know? Give me a call and let's be part of this special observation! Thanks—Sue Hendrickson



Thanks to all who helped or participated in the incredible "Edible Ornaments" workshop. It was a great day of learning and fellowship. Thanks especially to Gary Kane of Wentworth Gardens for his interesting program...and the 10% off purchases that day!

Hilltoppers HCE

Douglas County UWEX
 1313 Belknap Street
 Courthouse Room 107
 Superior, WI 54880

TAPE

TAPE

Fran Sykora
 Chippewa Co. HCE President
 12103 120th Avenue
 Chippewa Falls, WI 54729

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

26	27	28	29	30	31	
19	20	21	22	23	24	25
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S	M	T	W	T	Fr	S

September 3 12:30pm
 September 7
 September 14-16
 September 24

June 1 TBA
 July
 July 3
 August
 August No meetings

September 3 12:30pm
 Craft Sale Meeting
 Town & Country
 Board Meeting
 1:30pm
 Library
 Stevens Point
 WAHCE State Conference
 Building Sustainable Communities TBA
 Sue Hendrickson

August
 August No meetings
 Court House Closed—
 Independence Day
 HCE Booth
 Membership/Mkt
 Fairgrounds

27	28	29	30			
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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 2015** issues will be the Hilltoppers. Contact the UW-Extension Office at 715-395-1363 before **August 25th** to arrange the date and time for assembly.

Contact:

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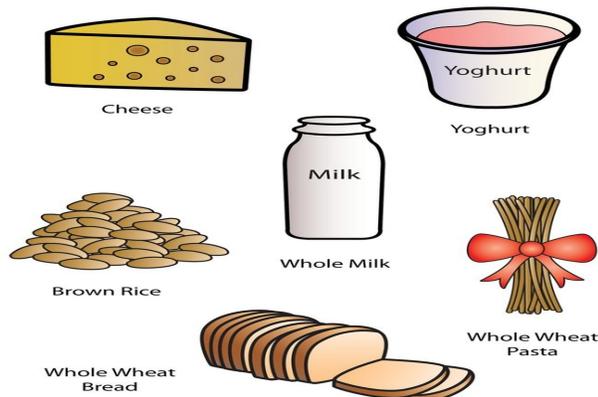
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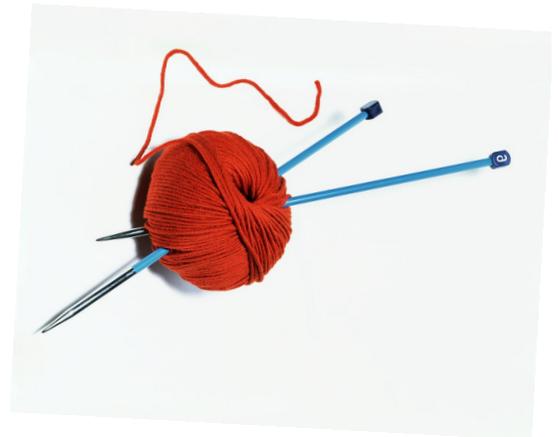
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Linda Williams

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- Make sure your sample bag has 1.5-2 cups of soil in it. Label the bag with your name, type of garden, and what is growing in it. Fill out the [Lawn and Garden Submission Form](http://douglas.uwex.edu/files/2010/05/Lawn-and-Garden-Submission-Form.pdf) <http://douglas.uwex.edu/files/2010/05/Lawn-and-Garden-Submission-Form.pdf>

We Mail:

1. Return sample and completed soils sheet to Courthouse Room 107 and we will ship for you. **\$20.00** (per sample) cash or check to "Douglas County Treasurer." **Credit cards not accepted.**

You Mail:

1. You can put the white bag or plastic lunch bag with soil into a regular envelope/box with a label attached to mail. Checkbook boxes work great! Enclose completed form. **\$15.00** (per sample). Enclose check payable to "Soil & Forage Analysis Laboratory." If you prefer, you can charge it to your credit card by filling out the payment information on the Lawn and Garden Submission Form.

Mail to: Soil & Forage Analysis Lab
2611 Yellowstone Dr
Marshfield, WI 54449

Once you receive the results, feel free to contact Jane Anklam, Agriculture/Horticulture Educator at 715-395-1515 or jane.anklam@ces.uwex.edu if you want help interpreting the results or for further information.

Submitted by, Cheryl –Editor

Get Ready for Lake Superior Day: July 19, 2015: Sue Hendrickson

In 2004, the Lake Superior Binational Forum restarted an annual day on the third Sunday of July to celebrate peoples' deep connections to the world's largest lake. The day originated in Thunder Bay and Duluth in 1993 and soon the Forum began promoting a basin wide (cause everything in the basin runs into the lake!) event to encourage any individual, group, business, church, industry, organization, and community to hold an event or activity that celebrates the value of the lake to our lives.

Since then, hundreds of events in many locations have been held including festivals, art shows, church services, educational activities, lectures, games, and other actions. Local events will be coming out of the Lake Superior National Estuarine Research Reserve Center (NERR) on Barker's Island. Watch the local papers for more information; or check out the following website for new materials and resources for Lake Superior Day at www.superiorforum.org and share them with your favorite organization.

You too can help save Lake Superior by keeping certain items out of the sewer system. **PLEASE DO NOT FLUSH**

THESE ITEMS:

Baby, facial, or cleaning wipes (even if labeled *flushable*)

Diapers

Rags and towels

Toys

Cigarette butts

Feminine hygiene products

Underwear and sox

Rubber items such as latex gloves

Kitty litter

Sponges

Dental Floss

Cotton balls or swabs

Facial tissue

Food, fats, oil, or grease

Food wrappers

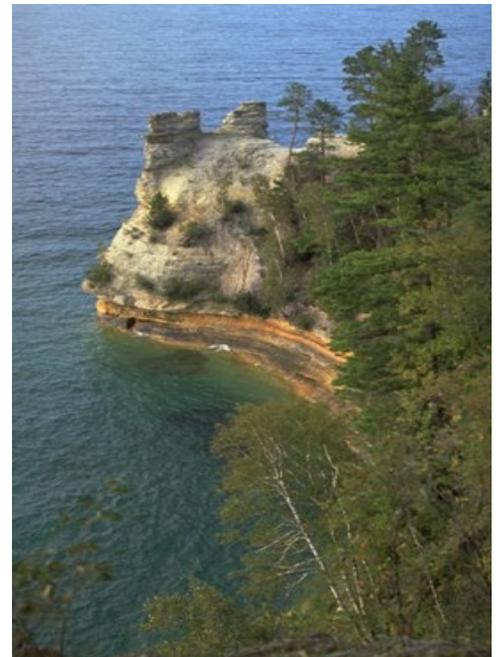
Clothing labels

Aquarium gravel

Medicines (bring to drop box at the Police Station)

Paints and stains

Other household hazardous waste (find places for these on the Recycling page of the Douglas County website: douglascountymi.org)



PUBLIC RELATIONS: In November we will be celebrating the 75th anniversary of Home and Community Education Clubs in Wisconsin! Members of 55 years or more are being sought for special recognition at the 2015 state conference. You? Someone you know? Give me a call and let's be part of this special observation! Thanks—Sue Hendrickson



Thanks to all who helped or participated in the incredible "Edible Ornaments" workshop. It was a great day of learning and fellowship. Thanks especially to Gary Kane of Wentworth Gardens for his interesting program...and the 10% off purchases that day!

Hilltoppers HCE

Douglas County UWEX
 1313 Belknap Street
 Courthouse Room 107
 Superior, WI 54880

TAPE

TAPE

Gail Engebretson

P.O. Box 157

Lake Nebagamon, WI 54849

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

26	27	28	29	30	31	
19	20	21	22	23	24	25
12	13	14	15	16	17	18
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S	M	T	W	T	Fr	S

September 3 12:30pm
 September 7
 September 14-16
 September 24

June 1 TBA
 July
 July 3
 August
 August No meetings

September 3 12:30pm
 Craft Sale Meeting
 Town & Country
 Board Meeting
 1:30pm
 Library
 Stevens Point
 WAHCE State Conference
 Building Sustainable Communities
 TBA
 Sue Hendrickson

August
 HCE Booth
 Membership/Mkt
 Fairgrounds
 No meetings
 Court House Closed—
 Independence Day

27	28	29	30			
20	21	22	23	24	25	26
13	14	15	16	17	18	19
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Now, sit back and relax. Let the sun shine on your face and shoulders (covered by a sunscreen of course). Enjoy the lazy days coming.

I'll enjoy a break from the grandkids' school schedules in exchange for baseball, soccer, and summer school injected with lots of free time and fun. The grandkids are turning 3, 9 and 13 years old over the summer. A teenager, YIKES!

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HCE slows down a bit for the summer too. Don't forget to send in your points for "On the Move, Program Surveys and Volunteer Hours by June 1 by phone, email or regular mail to me. Thanks.

Have a great summer,

Linda Williams,
VP Programming and
Community Outreach



HCE EXECUTIVE BOARD MEETING MINUTES**May 7, 2015 –Superior Public Library**

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

The meeting was opened at 12:45 p.m. by President Cheryl McCuskey with the HCE Creed .

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Correspondence: none

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Minutes submitted for approval by Jo Mersnick



June is Dairy Month-Bone Up on Calcium!

"How much calcium do I need?"

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- Older children (ages 9 to 18) consume 1,300 mg of calcium per day.
- Most adults (ages 19 to 50) consume 1,000 mg of calcium per day.
- Older adults (women ages 51 and older and men 71 and older) consume 1,200 mg of calcium per day.

Most people are not getting enough calcium in their diets. Three out of four adult women fail to meet the current recommended daily intake for calcium.

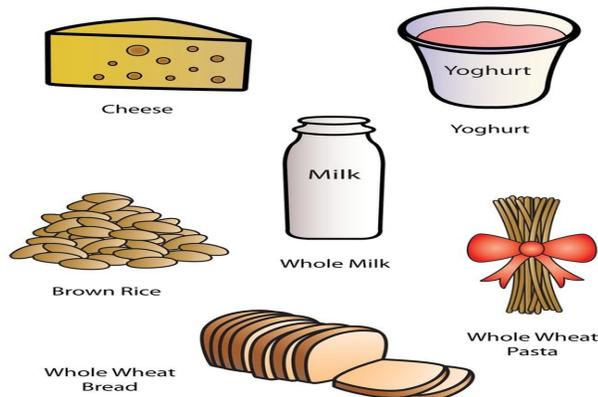
"What do those recommended intakes mean?" Try to get 2 to 3 servings of dairy daily or other calcium-rich foods a day. Dairy products contribute more than half of the calcium in the U.S. diet, but you can also find some calcium in many other foods such as broccoli, collards, and some brands of tofu (check the label).

Food	Amount of calcium per serving
1 cup non-fat yogurt	450 mg
1 cup milk (skim, 1%,2%,whole, buttermilk, chocolate)	300 mg
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1 ounce Swiss cheese	225 mg
1/2 cup tofu	50-800 mg (Some brands have more than others. Check labels.)
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"How about just taking a calcium supplement instead?" Getting your vitamins and minerals from foods ideal. Many calcium supplements are not fortified with vitamin D. Talk to your doctor, pharmacist or a dietitian to see if a calcium supplement or a calcium supplement with vitamin D is right for you.

"Should I take more than the recommended amount to be 'extra' healthy?" No. There is no benefit for healthy individuals to be consuming more than the recommended amounts of calcium. Excessive use of calcium supplements may raise your risk of developing kidney stones. The National Academy of Sciences has recommended a Tolerable Upper Intake Level of 2,500 mg calcium per day for adults ages 19-50. This is the maximum amount of calcium that is considered safe to consume on a daily basis.

Adapted from Getting Enough Calcium: Bone up on Calcium.
 Author: Susan Nitzke, Ph.D., R.D., professor,
 Nutritional Sciences.
 University of Wisconsin-Madison and UW-Extension



Submitted by, Araceli Whitwam-Sell
Family Living Educator
 University of Wisconsin Extension-Douglas County

HCE Donates to Wisconsin/Nicaragua Partners of the Americas Learning Centers

History: In 1979, two dynamic women had a vision. Rural Nicaraguan women were desperate for training to develop the skills that they would need to provide meaningful income while remaining in their communities to care for their families. In 1981, Ellen Maurer of Verona and Doña Angélica Pavón of Los Cedros, Nicaragua secured resources from Wisconsin and volunteer trainers from Nicaragua to form a sewing center in rural Los Cedros, a small community outside of Managua.

Since then, the Sewing Centers have broadened their focus and transitioned into Learning Centers. The training offered now encompasses a wide range of vocational skills such as baking, carpentry, cosmetology, small business management, etc. Participants begin by acquiring the skills necessary to provide them with a sense of dignity, independence, and purpose. They are then afforded the opportunity to utilize a micro-lending program to initiate a small business of their own. By building upon the unique skills of the individual members of the community, the community is shaped and fortified, thereby generating further aptitudes and resources.

Thousands of Nicaraguans have thus been mentored through the establishment of the Learning Centers. With each center being coordinated by local women, they are able to cater to the individual needs of each learning center's community.

Do You Have Donations for Nicaragua?

Knitting, crocheting and sewing equipment and supplies are being collected by Jeanette Rantala, HCE member, to bring to the Nicaragua Warehouse in Stevens Point at the end of June.

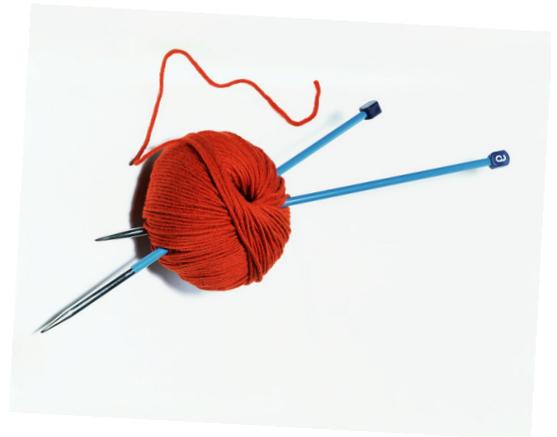
Please contact her at 715-375-2661 or by email: dirantala@centurytel.net before June 15th with questions or to make a donation. Pick up of donations can be arranged.

Suggested items:

- Fabric
- Sewing machine needles
- Sewing supplies and sewing machines
- Scissors
- Irons and ironing boards
- Knitting needles
- Yarn
- Buttons
- Lace
- Beads for jewelry making

Wisconsin/Nicaragua Partners of the Americas is a 501(c)3 non-profit organization.

Cash and in-kind donations are fully tax-deductible to the extent allowed by law.



Submitted by, Jeannette Rantala

CULTURAL ARTS

Thanks again to all who entered the Cultural Arts Contest. The list of winners to go to state are listed on page 1 of the May Dispatch. The winner of the People's Choice award was Jo Mersnick with her alcohol ink painting entitled, "Leaves and Lichen". Our judge was Kathy Lahti and she was kind enough to donate her time to judge for us. Many thanks to her for her generosity. Start working on next year's entries, ladies.

Mary Ann Gronquist
Cultural Arts Co-chair

County Hazardous Waste & Medication Collection Schedule 2015

Wednesday, June 24th, Brule Transfer Station, Solon Springs Solid Waste/Recycling, 11903 S Holly Lucius Rd.

Times 10:00-11:30 a.m. and 2:00-3:30 p.m. For more questions call 715-395-1293

Sue Hendrickson

HCE ANNUAL CRAFT SALE**SATURDAY, OCTOBER 10, 2015**

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

When: Saturday, October 10, 2015

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 which included an 8 foot table and folding chair.

Racks, shelving, etc. are allowed. Purchase additional spaces accordingly. *Handcrafted items only.* No kits, rummage, commercial/vendor sales, bake goods, garden produce, etc.

Sponsor: Douglas County HCE

Registration: By mail only. To receive more information and request a registration form call:

Linda Williams at 715-398-5394

Our Craft Sale is our only fundraiser which supports our Melinda Boswell Scholarship and four short-term scholarships available each year.

Submitted by, Linda Williams



FLAG DAY

Flag Day is on June 14th. The enclosed brochure in your Dispatch was graciously proved by Thomas Stein, VFW Post 1091. I contacted VFW Commander Gayle Carlson last week to see if he knew where we could obtain the flag etiquette brochure and he got on the phone and ordered enough for our Dispatch mailing, and his post is covering the costs involved. Many thanks to Commander Carlson and his post for their generosity. Please fly your flag proudly (and correctly) and remember to thank a vet for his or her service when you see one.

Submitted by,
Mary Ann Gronquist

MELINDA BOSWELL SCHOLARSHIP RECIPIENT CHOSEN

We recently received notice from WITC regarding the recipient of the Melinda Boswell Scholarship for the 2015 academic year is Jeff Linder, a WITC-Superior Heating, Ventilation and Air Conditioning/Refrigeration student. Congratulations Jeff!

Submitted by,
Linda Williams

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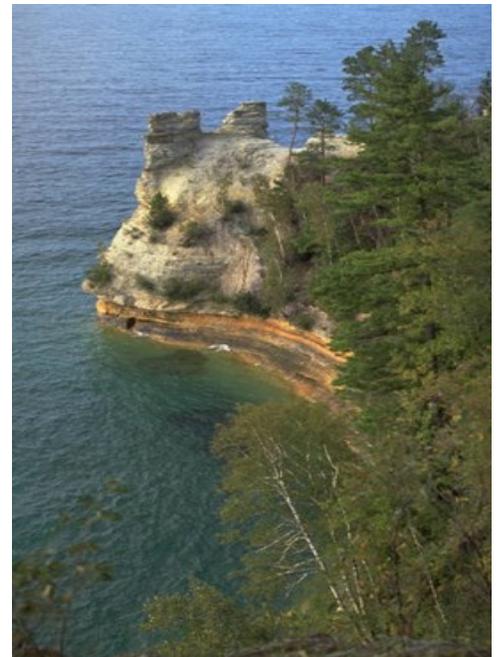
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DISPATCH



June/July/August 2015

Douglas County HCE Superior, WI

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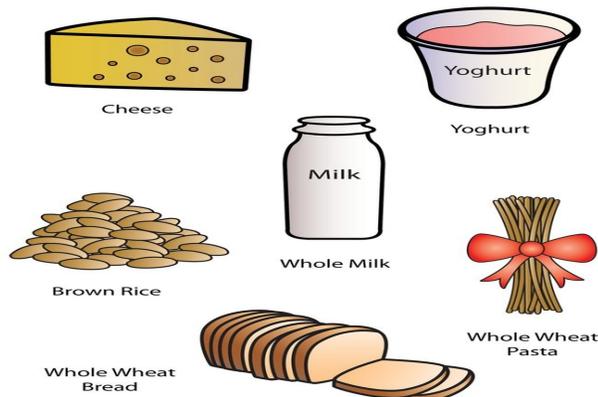
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University of Wisconsin Extension-Douglas County

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History: In 1979, two dynamic women had a vision. Rural Nicaraguan women were desperate for training to develop the skills that they would need to provide meaningful income while remaining in their communities to care for their families. In 1981, Ellen Maurer of Verona and Doña Angélica Pavón of Los Cedros, Nicaragua secured resources from Wisconsin and volunteer trainers from Nicaragua to form a sewing center in rural Los Cedros, a small community outside of Managua.

Since then, the Sewing Centers have broadened their focus and transitioned into Learning Centers. The training offered now encompasses a wide range of vocational skills such as baking, carpentry, cosmetology, small business management, etc. Participants begin by acquiring the skills necessary to provide them with a sense of dignity, independence, and purpose. They are then afforded the opportunity to utilize a micro-lending program to initiate a small business of their own. By building upon the unique skills of the individual members of the community, the community is shaped and fortified, thereby generating further aptitudes and resources.

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Do You Have Donations for Nicaragua?

Knitting, crocheting and sewing equipment and supplies are being collected by Jeanette Rantala, HCE member, to bring to the Nicaragua Warehouse in Stevens Point at the end of June.

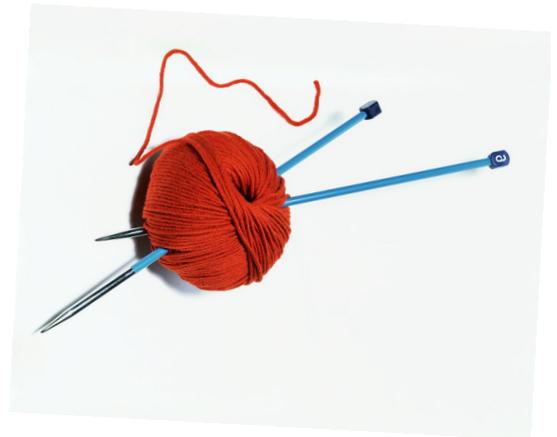
Please contact her at 715-375-2661 or by email: dirantala@centurytel.net before June 15th with questions or to make a donation. Pick up of donations can be arranged.

Suggested items:

- Fabric
- Sewing machine needles
- Sewing supplies and sewing machines
- Scissors
- Irons and ironing boards
- Knitting needles
- Yarn
- Buttons
- Lace
- Beads for jewelry making

Wisconsin/Nicaragua Partners of the Americas is a 501(c)3 non-profit organization.

Cash and in-kind donations are fully tax-deductible to the extent allowed by law.



Submitted by, Jeannette Rantala

CULTURAL ARTS

Thanks again to all who entered the Cultural Arts Contest. The list of winners to go to state are listed on page 1 of the May Dispatch. The winner of the People's Choice award was Jo Mersnick with her alcohol ink painting entitled, "Leaves and Lichen". Our judge was Kathy Lahti and she was kind enough to donate her time to judge for us. Many thanks to her for her generosity. Start working on next year's entries, ladies.

Mary Ann Gronquist
Cultural Arts Co-chair

County Hazardous Waste & Medication Collection Schedule 2015

Wednesday, June 24th, Brule Transfer Station, Solon Springs Solid Waste/Recycling, 11903 S Holly Lucius Rd.

Times 10:00-11:30 a.m. and 2:00-3:30 p.m. For more questions call 715-395-1293

Sue Hendrickson

HCE ANNUAL CRAFT SALE**SATURDAY, OCTOBER 10, 2015**

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

When: Saturday, October 10, 2015

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 which included an 8 foot table and folding chair.

Racks, shelving, etc. are allowed. Purchase additional spaces accordingly. *Handcrafted items only.* No kits, rummage, commercial/vendor sales, bake goods, garden produce, etc.

Sponsor: Douglas County HCE

Registration: By mail only. To receive more information and request a registration form call:

Linda Williams at 715-398-5394

Our Craft Sale is our only fundraiser which supports our Melinda Boswell Scholarship and four short-term scholarships available each year.

Submitted by, Linda Williams



FLAG DAY

Flag Day is on June 14th. The enclosed brochure in your Dispatch was graciously proved by Thomas Stein, VFW Post 1091. I contacted VFW Commander Gayle Carlson last week to see if he knew where we could obtain the flag etiquette brochure and he got on the phone and ordered enough for our Dispatch mailing, and his post is covering the costs involved. Many thanks to Commander Carlson and his post for their generosity. Please fly your flag proudly (and correctly) and remember to thank a vet for his or her service when you see one.

Submitted by,
Mary Ann Gronquist

MELINDA BOSWELL SCHOLARSHIP RECIPIENT CHOSEN

We recently received notice from WITC regarding the recipient of the Melinda Boswell Scholarship for the 2015 academic year is Jeff Linder, a WITC-Superior Heating, Ventilation and Air Conditioning/Refrigeration student. Congratulations Jeff!

Submitted by,
Linda Williams

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- Make sure your sample bag has 1.5-2 cups of soil in it. Label the bag with your name, type of garden, and what is growing in it. Fill out the [Lawn and Garden Submission Form](http://douglas.uwex.edu/files/2010/05/Lawn-and-Garden-Submission-Form.pdf) <http://douglas.uwex.edu/files/2010/05/Lawn-and-Garden-Submission-Form.pdf>

We Mail:

1. Return sample and completed soils sheet to Courthouse Room 107 and we will ship for you. **\$20.00** (per sample) cash or check to "Douglas County Treasurer." **Credit cards not accepted.**

You Mail:

1. You can put the white bag or plastic lunch bag with soil into a regular envelope/box with a label attached to mail. Checkbook boxes work great! Enclose completed form. **\$15.00** (per sample). Enclose check payable to "Soil & Forage Analysis Laboratory." If you prefer, you can charge it to your credit card by filling out the payment information on the Lawn and Garden Submission Form.

Mail to: Soil & Forage Analysis Lab
2611 Yellowstone Dr
Marshfield, WI 54449

Once you receive the results, feel free to contact Jane Anklam, Agriculture/Horticulture Educator at 715-395-1515 or jane.anklam@ces.uwex.edu if you want help interpreting the results or for further information.

Submitted by, Cheryl –Editor

Get Ready for Lake Superior Day: July 19, 2015: Sue Hendrickson

In 2004, the Lake Superior Binational Forum restarted an annual day on the third Sunday of July to celebrate peoples' deep connections to the world's largest lake. The day originated in Thunder Bay and Duluth in 1993 and soon the Forum began promoting a basin wide (cause everything in the basin runs into the lake!) event to encourage any individual, group, business, church, industry, organization, and community to hold an event or activity that celebrates the value of the lake to our lives.

Since then, hundreds of events in many locations have been held including festivals, art shows, church services, educational activities, lectures, games, and other actions. Local events will be coming out of the Lake Superior National Estuarine Research Reserve Center (NERR) on Barker's Island. Watch the local papers for more information; or check out the following website for new materials and resources for Lake Superior Day at www.superiorforum.org and share them with your favorite organization.

You too can help save Lake Superior by keeping certain items out of the sewer system. **PLEASE DO NOT FLUSH**

THESE ITEMS:

Baby, facial, or cleaning wipes (even if labeled *flushable*)

Diapers

Rags and towels

Toys

Cigarette butts

Feminine hygiene products

Underwear and sox

Rubber items such as latex gloves

Kitty litter

Sponges

Dental Floss

Cotton balls or swabs

Facial tissue

Food, fats, oil, or grease

Food wrappers

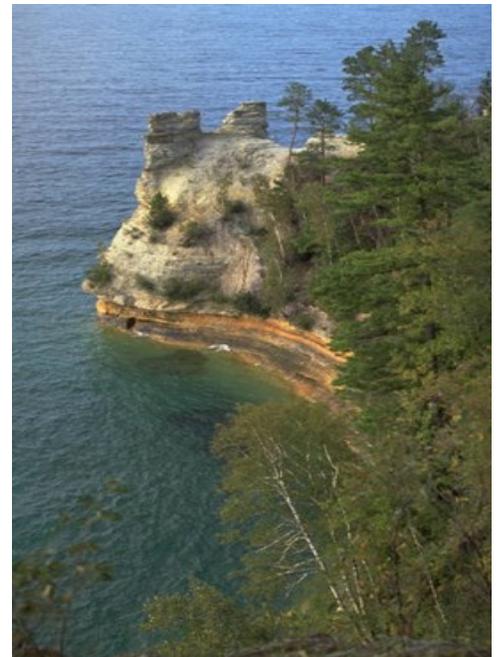
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Aquarium gravel

Medicines (bring to drop box at the Police Station)

Paints and stains

Other household hazardous waste (find places for these on the Recycling page of the Douglas County website: douglascountymi.org)



PUBLIC RELATIONS: In November we will be celebrating the 75th anniversary of Home and Community Education Clubs in Wisconsin! Members of 55 years or more are being sought for special recognition at the 2015 state conference. You? Someone you know? Give me a call and let's be part of this special observation! Thanks—Sue Hendrickson



Thanks to all who helped or participated in the incredible "Edible Ornaments" workshop. It was a great day of learning and fellowship. Thanks especially to Gary Kane of Wentworth Gardens for his interesting program...and the 10% off purchases that day!

Hilltoppers HCE

Douglas County UWEX
 1313 Belknap Street
 Courthouse Room 107
 Superior, WI 54880

TAPE

TAPE

Heidi Clausen, Regional Editor
 The Country Today
 471 – 70th Ave./County Rd J
 Clayton, WI 54004

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

26	27	28	29	30	31		
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JUNE							

September 3 12:30pm
 September 7
 September 14-16
 September 24

June 1 TBA
 July
 July 3
 August
 August No meetings

September 3 12:30pm
 Craft Sale Meeting
 Town & Country
 Board Meeting
 1:30pm
 Library
 Stevens Point
 WAHCE State Conference
 Building Sustainable Communities TBA
 Sue Hendrickson

August
 August No meetings
 HCE Booth
 Membership/Mkt
 Fairgrounds
 Independence Day
 Courthouse Closed—
 No meetings

27	28	29	30				
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Memo from the Board

It's June already! Not really, I'm writing this on a cold rainy day in mid-May. But it could be worse. Remember last year? Be thankful for this great area we live in.

Now, sit back and relax. Let the sun shine on your face and shoulders (covered by a sunscreen of course). Enjoy the lazy days coming.

I'll enjoy a break from the grandkids' school schedules in exchange for baseball, soccer, and summer school injected with lots of free time and fun. The grandkids are turning 3, 9 and 13 years old over the summer. A teenager, YIKES!

Our son and the two oldest grandkids still live with us and we babysit the youngest, two or three days a week. It gets to be quite a wild, noisy and crazily busy home, but I love it.

HCE slows down a bit for the summer too. Don't forget to send in your points for "On the Move, Program Surveys and Volunteer Hours by June 1 by phone, email or regular mail to me. Thanks.

Have a great summer,

Linda Williams,
VP Programming and
Community Outreach



HCE EXECUTIVE BOARD MEETING MINUTES**May 7, 2015 –Superior Public Library**

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

The meeting was opened at 12:45 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 reported on the Sunshine Fund

Dispatch: Due May 15th for June, July, August. Sue made a request that two months be shown on the back of the Dispatch. The current month and the upcoming month. This will aid in clubs planning for their meetings.

COMMITTEE REPORTS:VP Programming and Community Outreach:

Linda Williams reminded us of the volunteer hours that are due June 1st. Also, Program Surveys are due June 1st.

Cultural Arts: Mary Ann Gronquist – See Memo from the Board in the May Dispatch for details.

International: Christa Williams-Clements articles are very informative and interesting. We are still looking for a chair for the International Event.

Membership/Marketing: Sue Hendrickson is making an effort to get more publicity for HCE in the Superior Telegram.

Scholarship: Still looking for a chair.

WI Bookworms™ - Sue Hendrickson- Books will be delivered the 1st week of August. The WISline will provide reader training. More information to come.

Family Living Educator: Araceli Whitwam-Sell. Araceli was present at our meeting and we had a chance to learn more about her and her goals, during a little coffee break. She was hired as a 75% employee. She is looking forward to meeting people and establishing relationships, finding the needs of our community, learning more about our group and collaborating with HCE. We were all impressed with her dedication to her new job. We look forward to working with Ariceli.

UNFINISHED BUSINESS:

Craft Day: Craft Day was a very successful event. Details in the May Dispatch. Plans are to have another next year.

Edible Ornaments: Wentworth Gardens, May 28th 1:00 Plan to be there.

Spring District Meeting: Well attended and informative. Cheryl, Sue, Mary Ann, and Joyce attended

NEW BUSINESS:

Fair Booth: The Tri-State Fair will be held in late August, August 24 – 30. Town and Country will be staffing the HCE Booth on Friday, Aug. 28th and the Hilltoppers will staff the booth on Saturday, Aug. 30th .

State Conference: Sept. 14 – 16 Stevens Point, WI. Pool sessions will be "Raising a Thinking Child" and "Food Label Lingo".

Meeting closed with the HCE prayer at 2:25 p.m.

Minutes submitted for approval by Jo Mersnick



June is Dairy Month-Bone Up on Calcium!

"How much calcium do I need?"

In 2010 the National Academy of Sciences issued new Recommended Dietary Allowances (RDAs) for calcium. The new RDAs recommend that:

- Older children (ages 9 to 18) consume 1,300 mg of calcium per day.
- Most adults (ages 19 to 50) consume 1,000 mg of calcium per day.
- Older adults (women ages 51 and older and men 71 and older) consume 1,200 mg of calcium per day.

Most people are not getting enough calcium in their diets. Three out of four adult women fail to meet the current recommended daily intake for calcium.

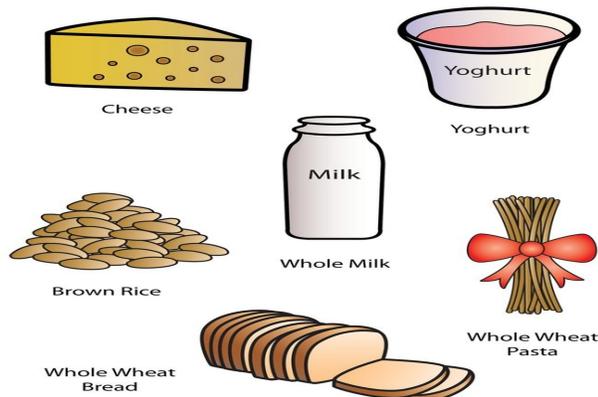
"What do those recommended intakes mean?" Try to get 2 to 3 servings of dairy daily or other calcium-rich foods a day. Dairy products contribute more than half of the calcium in the U.S. diet, but you can also find some calcium in many other foods such as broccoli, collards, and some brands of tofu (check the label).

Food	Amount of calcium per serving
1 cup non-fat yogurt	450 mg
1 cup milk (skim, 1%,2%,whole, buttermilk, chocolate)	300 mg
1/2 cup calcium-fortified orange juice	250 mg
1 ounce Swiss cheese	225 mg
1/2 cup tofu	50-800 mg (Some brands have more than others. Check labels.)
1/2 cup cooked collard greens	180 mg

"How about just taking a calcium supplement instead?" Getting your vitamins and minerals from foods ideal. Many calcium supplements are not fortified with vitamin D. Talk to your doctor, pharmacist or a dietitian to see if a calcium supplement or a calcium supplement with vitamin D is right for you.

"Should I take more than the recommended amount to be 'extra' healthy?" No. There is no benefit for healthy individuals to be consuming more than the recommended amounts of calcium. Excessive use of calcium supplements may raise your risk of developing kidney stones. The National Academy of Sciences has recommended a Tolerable Upper Intake Level of 2,500 mg calcium per day for adults ages 19-50. This is the maximum amount of calcium that is considered safe to consume on a daily basis.

Adapted from Getting Enough Calcium: Bone up on Calcium.
Author: Susan Nitzke, Ph.D., R.D., professor,
Nutritional Sciences.
University of Wisconsin-Madison and UW-Extension



Submitted by, Araceli Whitwam-Sell
Family Living Educator
University of Wisconsin Extension-Douglas County

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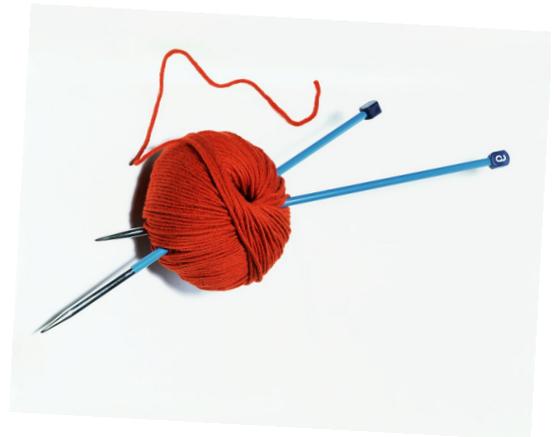
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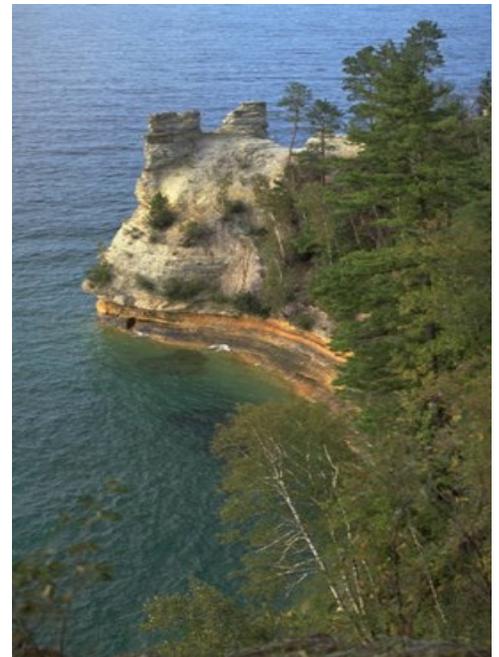
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Correspondence: none

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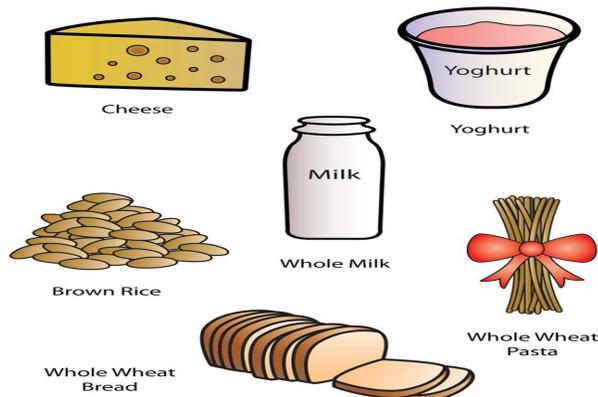
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Food	Amount of calcium per serving
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"Should I take more than the recommended amount to be 'extra' healthy?" No. There is no benefit for healthy individuals to be consuming more than the recommended amounts of calcium. Excessive use of calcium supplements may raise your risk of developing kidney stones. The National Academy of Sciences has recommended a Tolerable Upper Intake Level of 2,500 mg calcium per day for adults ages 19-50. This is the maximum amount of calcium that is considered safe to consume on a daily basis.

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University of Wisconsin-Madison and UW-Extension



Submitted by, Araceli Whitwam-Sell
Family Living Educator
University of Wisconsin Extension-Douglas County

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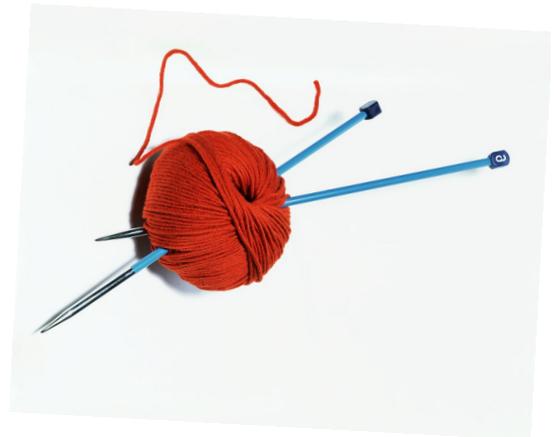
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- Sewing supplies and sewing machines
- Scissors
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- Knitting needles
- Yarn
- Buttons
- Lace
- Beads for jewelry making

Wisconsin/Nicaragua Partners of the Americas is a 501(c)3 non-profit organization.

Cash and in-kind donations are fully tax-deductible to the extent allowed by law.



Submitted by, Jeannette Rantala

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

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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.)

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Racks, shelving, etc. are allowed. Purchase additional spaces accordingly. *Handcrafted items only.* No kits, rummage, commercial/vendor sales, bake goods, garden produce, etc.

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Submitted by,
Mary Ann Gronquist

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We recently received notice from WITC regarding the recipient of the Melinda Boswell Scholarship for the 2015 academic year is Jeff Linder, a WITC-Superior Heating, Ventilation and Air Conditioning/Refrigeration student. Congratulations Jeff!

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Rags and towels

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Cigarette butts

Feminine hygiene products

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Rubber items such as latex gloves

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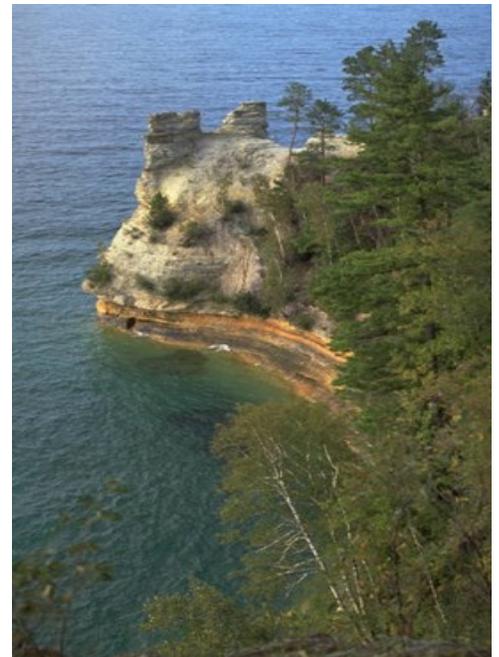
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Hilltoppers HCE



DISPATCH



June/July/August 2015

Douglas County HCE Superior, WI

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Inserts:
Flag brochure
Preserving the Power of Plants

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 2015** issues will be the Hilltoppers. Contact the UW-Extension Office at 715-395-1363 before **August 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

All articles from magazines, books, etc. quoted in the Douglas County HCE Dispatch have received written copyright permission. This permission is on file.

Memo from the Board

It's June already! Not really, I'm writing this on a cold rainy day in mid-May. But it could be worse. Remember last year? Be thankful for this great area we live in.

Now, sit back and relax. Let the sun shine on your face and shoulders (covered by a sunscreen of course). Enjoy the lazy days coming.

I'll enjoy a break from the grandkids' school schedules in exchange for baseball, soccer, and summer school injected with lots of free time and fun. The grandkids are turning 3, 9 and 13 years old over the summer. A teenager, YIKES!

Our son and the two oldest grandkids still live with us and we babysit the youngest, two or three days a week. It gets to be quite a wild, noisy and crazily busy home, but I love it.

HCE slows down a bit for the summer too. Don't forget to send in your points for "On the Move, Program Surveys and Volunteer Hours by June 1 by phone, email or regular mail to me. Thanks.

Have a great summer,

Linda Williams,
 VP Programming and
 Community Outreach



HCE EXECUTIVE BOARD MEETING MINUTES**May 7, 2015 –Superior Public Library**

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

The meeting was opened at 12:45 p.m. by President Cheryl McCuskey with the HCE Creed .

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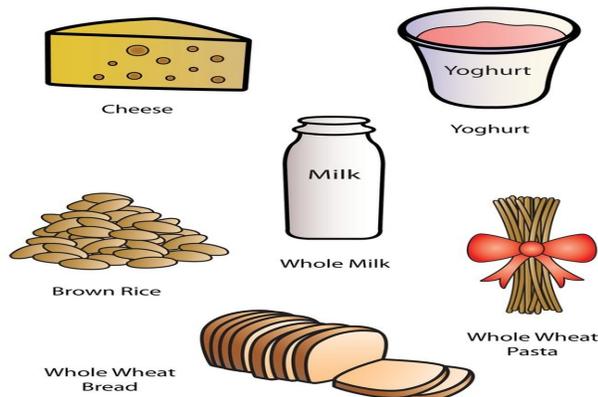
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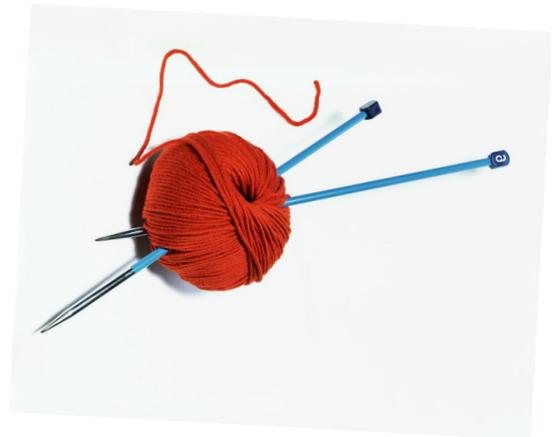
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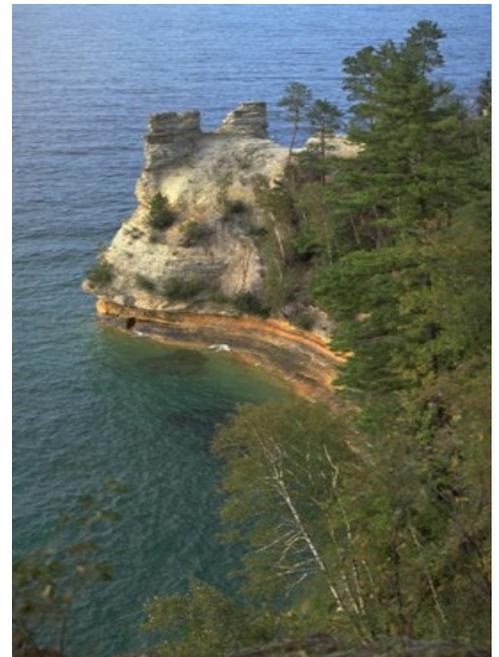
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Roll Call: Hilltoppers 2 , Merry Mates 2 , Town & Country 4, Advisor 1

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Minutes submitted for approval by Jo Mersnick



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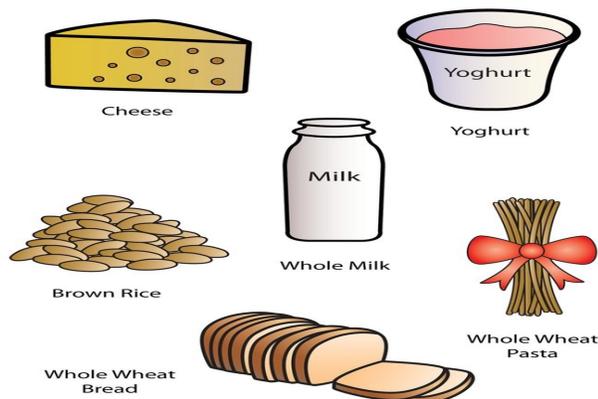
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 University of Wisconsin-Madison and UW-Extension



Submitted by, Araceli Whitwam-Sell
Family Living Educator
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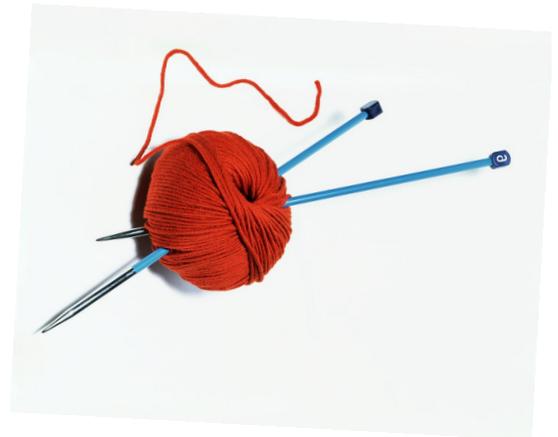
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- Yarn
- Buttons
- Lace
- Beads for jewelry making

Wisconsin/Nicaragua Partners of the Americas is a 501(c)3 non-profit organization.

Cash and in-kind donations are fully tax-deductible to the extent allowed by law.



Submitted by, Jeannette Rantala

CULTURAL ARTS

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Cultural Arts Co-chair

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Sue Hendrickson

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

When: Saturday, October 10, 2015

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 which included an 8 foot table and folding chair.

Racks, shelving, etc. are allowed. Purchase additional spaces accordingly. *Handcrafted items only.* No kits, rummage, commercial/vendor sales, bake goods, garden produce, etc.

Sponsor: Douglas County HCE

Registration: By mail only. To receive more information and request a registration form call:

Linda Williams at 715-398-5394

Our Craft Sale is our only fundraiser which supports our Melinda Boswell Scholarship and four short-term scholarships available each year.

Submitted by, Linda Williams



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Flag Day is on June 14th. The enclosed brochure in your Dispatch was graciously proved by Thomas Stein, VFW Post 1091. I contacted VFW Commander Gayle Carlson last week to see if he knew where we could obtain the flag etiquette brochure and he got on the phone and ordered enough for our Dispatch mailing, and his post is covering the costs involved. Many thanks to Commander Carlson and his post for their generosity. Please fly your flag proudly (and correctly) and remember to thank a vet for his or her service when you see one.

Submitted by,
Mary Ann Gronquist

MELINDA BOSWELL SCHOLARSHIP RECIPIENT CHOSEN

We recently received notice from WITC regarding the recipient of the Melinda Boswell Scholarship for the 2015 academic year is Jeff Linder, a WITC-Superior Heating, Ventilation and Air Conditioning/Refrigeration student. Congratulations Jeff!

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Mail to: Soil & Forage Analysis Lab
2611 Yellowstone Dr
Marshfield, WI 54449

Once you receive the results, feel free to contact Jane Anklam, Agriculture/Horticulture Educator at 715-395-1515 or jane.anklam@ces.uwex.edu if you want help interpreting the results or for further information.

Submitted by, Cheryl –Editor

Get Ready for Lake Superior Day: July 19, 2015: Sue Hendrickson

In 2004, the Lake Superior Binational Forum restarted an annual day on the third Sunday of July to celebrate peoples' deep connections to the world's largest lake. The day originated in Thunder Bay and Duluth in 1993 and soon the Forum began promoting a basin wide (cause everything in the basin runs into the lake!) event to encourage any individual, group, business, church, industry, organization, and community to hold an event or activity that celebrates the value of the lake to our lives.

Since then, hundreds of events in many locations have been held including festivals, art shows, church services, educational activities, lectures, games, and other actions. Local events will be coming out of the Lake Superior National Estuarine Research Reserve Center (NERR) on Barker's Island. Watch the local papers for more information; or check out the following website for new materials and resources for Lake Superior Day at www.superiorforum.org and share them with your favorite organization.

You too can help save Lake Superior by keeping certain items out of the sewer system. **PLEASE DO NOT FLUSH**

THESE ITEMS:

Baby, facial, or cleaning wipes (even if labeled *flushable*)

Diapers

Rags and towels

Toys

Cigarette butts

Feminine hygiene products

Underwear and sox

Rubber items such as latex gloves

Kitty litter

Sponges

Dental Floss

Cotton balls or swabs

Facial tissue

Food, fats, oil, or grease

Food wrappers

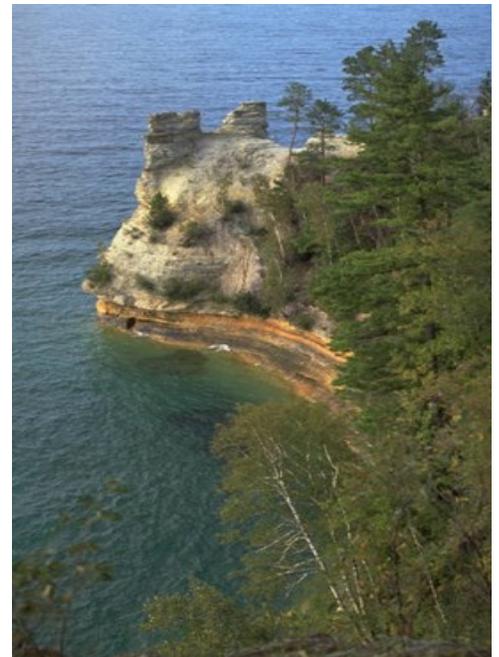
Clothing labels

Aquarium gravel

Medicines (bring to drop box at the Police Station)

Paints and stains

Other household hazardous waste (find places for these on the Recycling page of the Douglas County website: douglascountywi.org)



PUBLIC RELATIONS: In November we will be celebrating the 75th anniversary of Home and Community Education Clubs in Wisconsin! Members of 55 years or more are being sought for special recognition at the 2015 state conference. You? Someone you know? Give me a call and let's be part of this special observation! Thanks—Sue Hendrickson



Thanks to all who helped or participated in the incredible "Edible Ornaments" workshop. It was a great day of learning and fellowship. Thanks especially to Gary Kane of Wentworth Gardens for his interesting program...and the 10% off purchases that day!

Hilltoppers HCE

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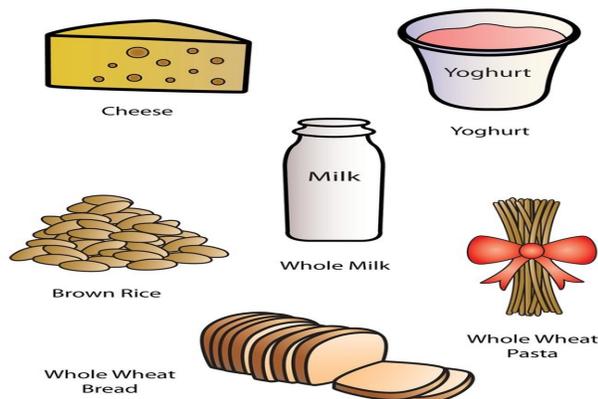
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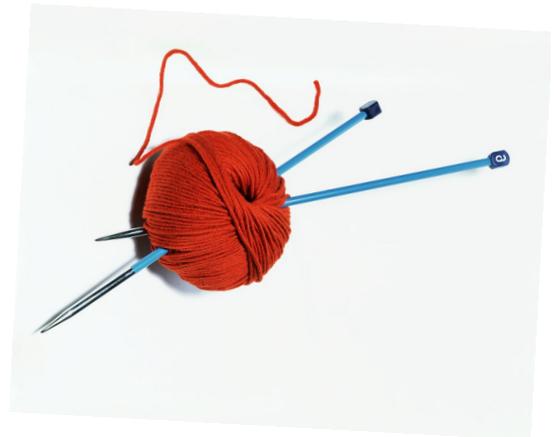
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Since then, hundreds of events in many locations have been held including festivals, art shows, church services, educational activities, lectures, games, and other actions. Local events will be coming out of the Lake Superior National Estuarine Research Reserve Center (NERR) on Barker's Island. Watch the local papers for more information; or check out the following website for new materials and resources for Lake Superior Day at www.superiorforum.org and share them with your favorite organization.

You too can help save Lake Superior by keeping certain items out of the sewer system. **PLEASE DO NOT FLUSH**

THESE ITEMS:

Baby, facial, or cleaning wipes (even if labeled *flushable*)

Diapers

Rags and towels

Toys

Cigarette butts

Feminine hygiene products

Underwear and sox

Rubber items such as latex gloves

Kitty litter

Sponges

Dental Floss

Cotton balls or swabs

Facial tissue

Food, fats, oil, or grease

Food wrappers

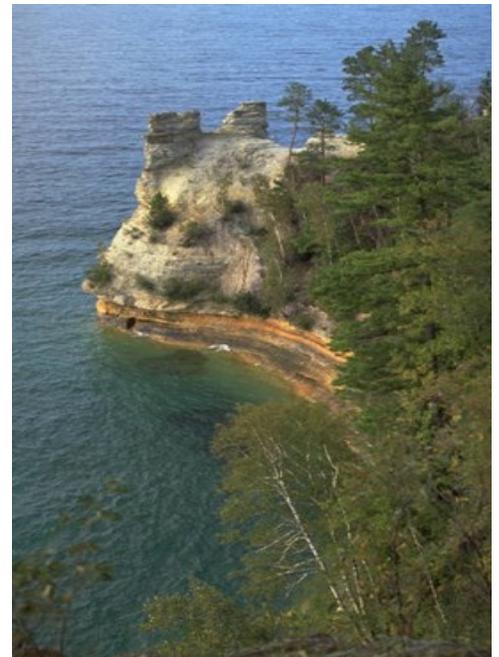
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Aquarium gravel

Medicines (bring to drop box at the Police Station)

Paints and stains

Other household hazardous waste (find places for these on the Recycling page of the Douglas County website: douglascountymi.org)



PUBLIC RELATIONS: In November we will be celebrating the 75th anniversary of Home and Community Education Clubs in Wisconsin! Members of 55 years or more are being sought for special recognition at the 2015 state conference. You? Someone you know? Give me a call and let's be part of this special observation! Thanks—Sue Hendrickson



Thanks to all who helped or participated in the incredible "Edible Ornaments" workshop. It was a great day of learning and fellowship. Thanks especially to Gary Kane of Wentworth Gardens for his interesting program...and the 10% off purchases that day!

Hilltoppers HCE

Douglas County UWEX
 1313 Belknap Street
 Courthouse Room 107
 Superior, WI 54880

TAPE

TAPE

Jessie Westman

3863 E. Karky Road
 Superior, WI 54880

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.

26	27	28	29	30	31		
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JUNE							

September 3 12:30pm
 September 7
 September 14-16
 September 24

June 1 TBA
 July
 July 3
 August
 August No meetings

September 3 12:30pm
 Craft Sale Meeting
 Town & Country
 Board Meeting
 Library
 September 7
 Court House Closed Labor Day
 WAHCE State Conference
 Stevens Point
 Building Sustainable Communities
 TBA
 Sue Hendrickson

August
 August No meetings
 Court House Closed—
 Independence Day
 HCE Booth
 Membership/Mkt
 Fairgrounds

27	28	29	30				
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AUGUST							

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Have a great summer,

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VP Programming and
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Roll Call: Hilltoppers 2 , Merry Mates 2 , Town & Country 4, Advisor 1

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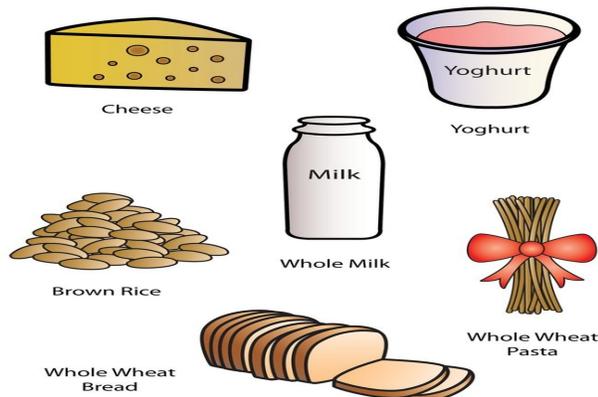
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University of Wisconsin-Madison and UW-Extension



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Family Living Educator
University of Wisconsin Extension-Douglas County

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Knitting, crocheting and sewing equipment and supplies are being collected by Jeanette Rantala, HCE member, to bring to the Nicaragua Warehouse in Stevens Point at the end of June.

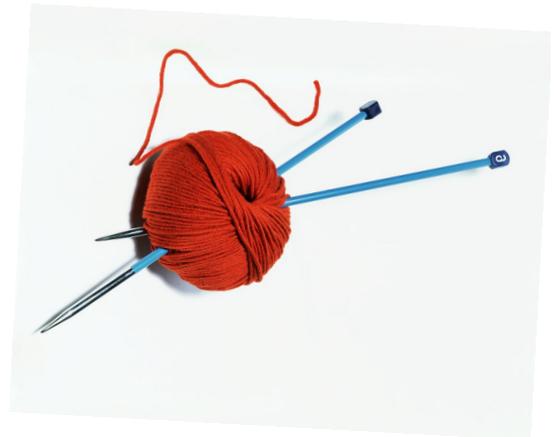
Please contact her at 715-375-2661 or by email: dirantala@centurytel.net before June 15th with questions or to make a donation. Pick up of donations can be arranged.

Suggested items:

- Fabric
- Sewing machine needles
- Sewing supplies and sewing machines
- Scissors
- Irons and ironing boards
- Knitting needles
- Yarn
- Buttons
- Lace
- Beads for jewelry making

Wisconsin/Nicaragua Partners of the Americas is a 501(c)3 non-profit organization.

Cash and in-kind donations are fully tax-deductible to the extent allowed by law.



Submitted by, Jeannette Rantala

CULTURAL ARTS

Thanks again to all who entered the Cultural Arts Contest. The list of winners to go to state are listed on page 1 of the May Dispatch. The winner of the People's Choice award was Jo Mersnick with her alcohol ink painting entitled, "Leaves and Lichen". Our judge was Kathy Lahti and she was kind enough to donate her time to judge for us. Many thanks to her for her generosity. Start working on next year's entries, ladies.

Mary Ann Gronquist
Cultural Arts Co-chair

County Hazardous Waste & Medication Collection Schedule 2015

Wednesday, June 24th, Brule Transfer Station, Solon Springs Solid Waste/Recycling, 11903 S Holly Lucius Rd.

Times 10:00-11:30 a.m. and 2:00-3:30 p.m. For more questions call 715-395-1293

Sue Hendrickson

HCE ANNUAL CRAFT SALE**SATURDAY, OCTOBER 10, 2015**

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

When: Saturday, October 10, 2015

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 which included an 8 foot table and folding chair.

Racks, shelving, etc. are allowed. Purchase additional spaces accordingly. *Handcrafted items only.* No kits, rummage, commercial/vendor sales, bake goods, garden produce, etc.

Sponsor: Douglas County HCE

Registration: By mail only. To receive more information and request a registration form call:

Linda Williams at 715-398-5394

Our Craft Sale is our only fundraiser which supports our Melinda Boswell Scholarship and four short-term scholarships available each year.

Submitted by, Linda Williams



FLAG DAY

Flag Day is on June 14th. The enclosed brochure in your Dispatch was graciously proved by Thomas Stein, VFW Post 1091. I contacted VFW Commander Gayle Carlson last week to see if he knew where we could obtain the flag etiquette brochure and he got on the phone and ordered enough for our Dispatch mailing, and his post is covering the costs involved. Many thanks to Commander Carlson and his post for their generosity. Please fly your flag proudly (and correctly) and remember to thank a vet for his or her service when you see one.

Submitted by,
Mary Ann Gronquist

MELINDA BOSWELL SCHOLARSHIP RECIPIENT CHOSEN

We recently received notice from WITC regarding the recipient of the Melinda Boswell Scholarship for the 2015 academic year is Jeff Linder, a WITC-Superior Heating, Ventilation and Air Conditioning/Refrigeration student. Congratulations Jeff!

Submitted by,
Linda Williams

RESIDENTIAL SAMPLES: HOW TO SUBMIT A SOIL SAMPLE:

- Make sure your sample bag has 1.5-2 cups of soil in it. Label the bag with your name, type of garden, and what is growing in it. Fill out the [Lawn and Garden Submission Form](http://douglas.uwex.edu/files/2010/05/Lawn-and-Garden-Submission-Form.pdf) <http://douglas.uwex.edu/files/2010/05/Lawn-and-Garden-Submission-Form.pdf>

We Mail:

1. Return sample and completed soils sheet to Courthouse Room 107 and we will ship for you. **\$20.00** (per sample) cash or check to "Douglas County Treasurer." **Credit cards not accepted.**

You Mail:

1. You can put the white bag or plastic lunch bag with soil into a regular envelope/box with a label attached to mail. Checkbook boxes work great! Enclose completed form. **\$15.00** (per sample). Enclose check payable to "Soil & Forage Analysis Laboratory." If you prefer, you can charge it to your credit card by filling out the payment information on the Lawn and Garden Submission Form.

Mail to: Soil & Forage Analysis Lab
2611 Yellowstone Dr
Marshfield, WI 54449

Once you receive the results, feel free to contact Jane Anklam, Agriculture/Horticulture Educator at 715-395-1515 or jane.anklam@ces.uwex.edu if you want help interpreting the results or for further information.

Submitted by, Cheryl –Editor

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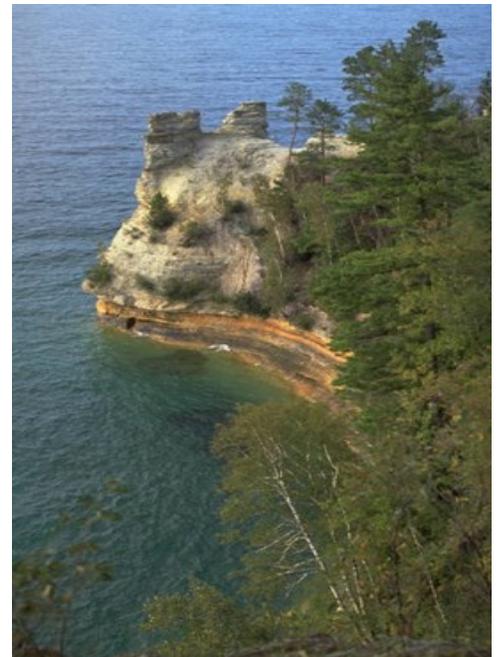
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DISPATCH



June/July/August 2015

Douglas County HCE Superior, WI

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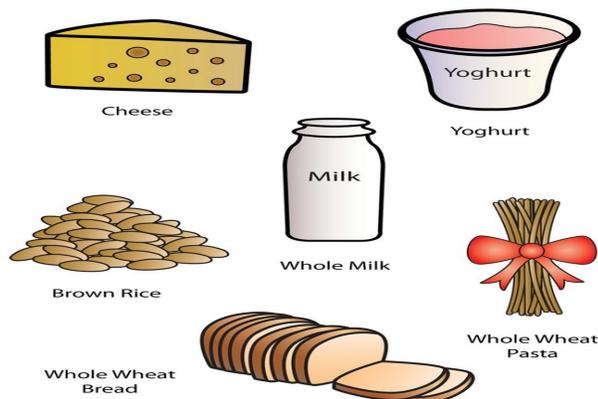
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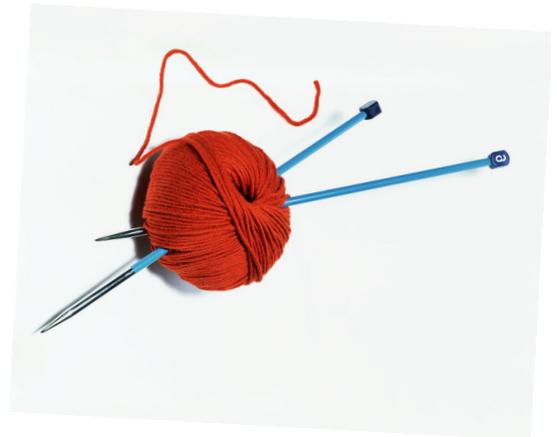
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- Sewing supplies and sewing machines
- Scissors
- Irons and ironing boards
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- Yarn
- Buttons
- Lace
- Beads for jewelry making

Wisconsin/Nicaragua Partners of the Americas is a 501(c)3 non-profit organization.

Cash and in-kind donations are fully tax-deductible to the extent allowed by law.



Submitted by, Jeannette Rantala

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Submitted by,
Mary Ann Gronquist

MELINDA BOSWELL SCHOLARSHIP RECIPIENT CHOSEN

We recently received notice from WITC regarding the recipient of the Melinda Boswell Scholarship for the 2015 academic year is Jeff Linder, a WITC-Superior Heating, Ventilation and Air Conditioning/Refrigeration student. Congratulations Jeff!

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Rags and towels

Toys

Cigarette butts

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Sponges

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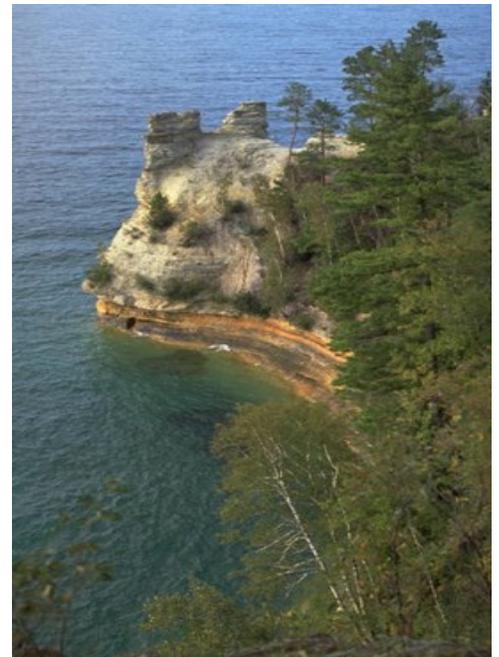
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PUBLIC RELATIONS: In November we will be celebrating the 75th anniversary of Home and Community Education Clubs in Wisconsin! Members of 55 years or more are being sought for special recognition at the 2015 state conference. You? Someone you know? Give me a call and let's be part of this special observation! Thanks—Sue Hendrickson



Thanks to all who helped or participated in the incredible "Edible Ornaments" workshop. It was a great day of learning and fellowship. Thanks especially to Gary Kane of Wentworth Gardens for his interesting program...and the 10% off purchases that day!

Hilltoppers HCE

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Memo from the Board

It's June already! Not really, I'm writing this on a cold rainy day in mid-May. But it could be worse. Remember last year? Be thankful for this great area we live in.

Now, sit back and relax. Let the sun shine on your face and shoulders (covered by a sunscreen of course). Enjoy the lazy days coming.

I'll enjoy a break from the grandkids' school schedules in exchange for baseball, soccer, and summer school injected with lots of free time and fun. The grandkids are turning 3, 9 and 13 years old over the summer. A teenager, YIKES!

Our son and the two oldest grandkids still live with us and we babysit the youngest, two or three days a week. It gets to be quite a wild, noisy and crazily busy home, but I love it.

HCE slows down a bit for the summer too. Don't forget to send in your points for "On the Move, Program Surveys and Volunteer Hours by June 1 by phone, email or regular mail to me. Thanks.

Have a great summer,

Linda Williams,
VP Programming and
Community Outreach



HCE EXECUTIVE BOARD MEETING MINUTES**May 7, 2015 –Superior Public Library**

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

The meeting was opened at 12:45 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 reported on the Sunshine Fund

Dispatch: Due May 15th for June, July, August. Sue made a request that two months be shown on the back of the Dispatch. The current month and the upcoming month. This will aid in clubs planning for their meetings.

COMMITTEE REPORTS:VP Programming and Community Outreach:

Linda Williams reminded us of the volunteer hours that are due June 1st. Also, Program Surveys are due June 1st.

Cultural Arts: Mary Ann Gronquist – See Memo from the Board in the May Dispatch for details.

International: Christa Williams-Clements articles are very informative and interesting. We are still looking for a chair for the International Event.

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Scholarship: Still looking for a chair.

WI Bookworms™ - Sue Hendrickson- Books will be delivered the 1st week of August. The WISline will provide reader training. More information to come.

Family Living Educator: Araceli Whitwam-Sell. Araceli was present at our meeting and we had a chance to learn more about her and her goals, during a little coffee break. She was hired as a 75% employee. She is looking forward to meeting people and establishing relationships, finding the needs of our community, learning more about our group and collaborating with HCE. We were all impressed with her dedication to her new job. We look forward to working with Ariceli.

UNFINISHED BUSINESS:

Craft Day: Craft Day was a very successful event. Details in the May Dispatch. Plans are to have another next year.

Edible Ornaments: Wentworth Gardens, May 28th 1:00 Plan to be there.

Spring District Meeting: Well attended and informative. Cheryl, Sue, Mary Ann, and Joyce attended

NEW BUSINESS:

Fair Booth: The Tri-State Fair will be held in late August, August 24 – 30. Town and Country will be staffing the HCE Booth on Friday, Aug. 28th and the Hilltoppers will staff the booth on Saturday, Aug. 30th .

State Conference: Sept. 14 – 16 Stevens Point, WI. Pool sessions will be "Raising a Thinking Child" and "Food Label Lingo".

Meeting closed with the HCE prayer at 2:25 p.m.

Minutes submitted for approval by Jo Mersnick



June is Dairy Month-Bone Up on Calcium!

"How much calcium do I need?"

In 2010 the National Academy of Sciences issued new Recommended Dietary Allowances (RDAs) for calcium. The new RDAs recommend that:

- Older children (ages 9 to 18) consume 1,300 mg of calcium per day.
- Most adults (ages 19 to 50) consume 1,000 mg of calcium per day.
- Older adults (women ages 51 and older and men 71 and older) consume 1,200 mg of calcium per day.

Most people are not getting enough calcium in their diets. Three out of four adult women fail to meet the current recommended daily intake for calcium.

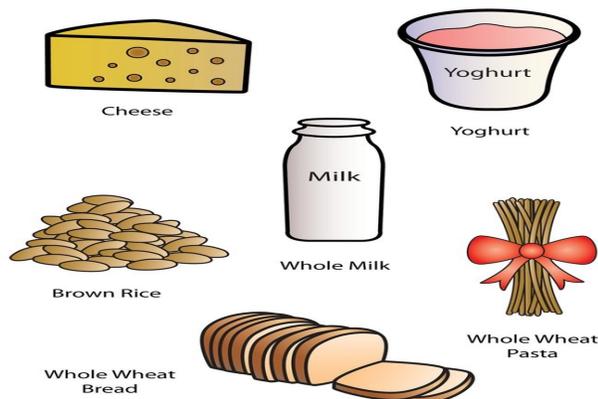
"What do those recommended intakes mean?" Try to get 2 to 3 servings of dairy daily or other calcium-rich foods a day. Dairy products contribute more than half of the calcium in the U.S. diet, but you can also find some calcium in many other foods such as broccoli, collards, and some brands of tofu (check the label).

Food	Amount of calcium per serving
1 cup non-fat yogurt	450 mg
1 cup milk (skim, 1%,2%,whole, buttermilk, chocolate)	300 mg
1/2 cup calcium-fortified orange juice	250 mg
1 ounce Swiss cheese	225 mg
1/2 cup tofu	50-800 mg (Some brands have more than others. Check labels.)
1/2 cup cooked collard greens	180 mg

"How about just taking a calcium supplement instead?" Getting your vitamins and minerals from foods ideal. Many calcium supplements are not fortified with vitamin D. Talk to your doctor, pharmacist or a dietitian to see if a calcium supplement or a calcium supplement with vitamin D is right for you.

"Should I take more than the recommended amount to be 'extra' healthy?" No. There is no benefit for healthy individuals to be consuming more than the recommended amounts of calcium. Excessive use of calcium supplements may raise your risk of developing kidney stones. The National Academy of Sciences has recommended a Tolerable Upper Intake Level of 2,500 mg calcium per day for adults ages 19-50. This is the maximum amount of calcium that is considered safe to consume on a daily basis.

Adapted from Getting Enough Calcium: Bone up on Calcium.
Author: Susan Nitzke, Ph.D., R.D., professor,
Nutritional Sciences.
University of Wisconsin-Madison and UW-Extension



Submitted by, Araceli Whitwam-Sell
Family Living Educator
University of Wisconsin Extension-Douglas County

HCE Donates to Wisconsin/Nicaragua Partners of the Americas Learning Centers

History: In 1979, two dynamic women had a vision. Rural Nicaraguan women were desperate for training to develop the skills that they would need to provide meaningful income while remaining in their communities to care for their families. In 1981, Ellen Maurer of Verona and Doña Angélica Pavón of Los Cedros, Nicaragua secured resources from Wisconsin and volunteer trainers from Nicaragua to form a sewing center in rural Los Cedros, a small community outside of Managua.

Since then, the Sewing Centers have broadened their focus and transitioned into Learning Centers. The training offered now encompasses a wide range of vocational skills such as baking, carpentry, cosmetology, small business management, etc. Participants begin by acquiring the skills necessary to provide them with a sense of dignity, independence, and purpose. They are then afforded the opportunity to utilize a micro-lending program to initiate a small business of their own. By building upon the unique skills of the individual members of the community, the community is shaped and fortified, thereby generating further aptitudes and resources.

Thousands of Nicaraguans have thus been mentored through the establishment of the Learning Centers. With each center being coordinated by local women, they are able to cater to the individual needs of each learning center's community.

Do You Have Donations for Nicaragua?

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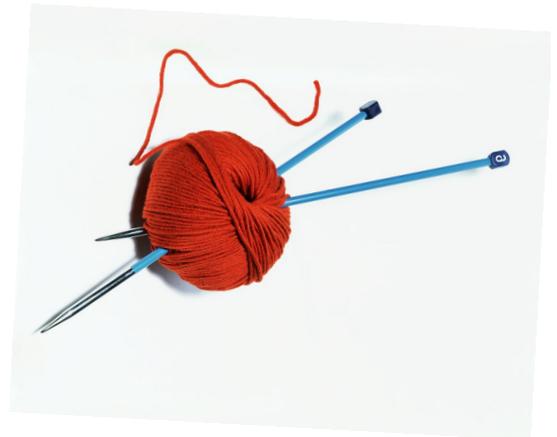
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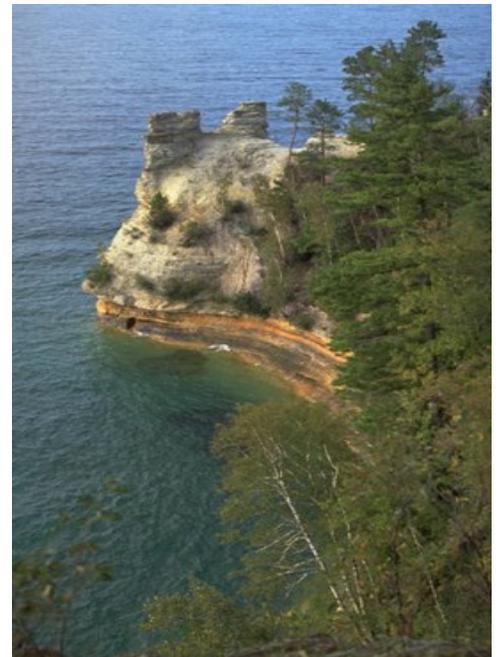
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Hilltoppers HCE

Douglas County UWEX
 1313 Belknap Street
 Courthouse Room 107
 Superior, WI 54880

TAPE

TAPE

Judith Reese

28745 Bluff Lake Rd.
 Danbury, WI 54830-9106

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

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JUNE							

September 3 12:30pm
 September 7
 September 14-16
 September 24

June 1 TBA
 July
 July 3
 August
 August No meetings

September 3 12:30pm
 Craft Sale Meeting
 Town & Country
 Board Meeting
 Library
 September 7
 Court House Closed Labor Day
 WAHCE State Conference
 Stevens Point
 Building Sustainable Communities
 TBA
 Sue Hendrickson

August
 HCE Booth
 Membership/Mkt
 Fairgrounds
 No meetings
 Court House Closed—
 Independence Day

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

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Minutes submitted for approval by Jo Mersnick



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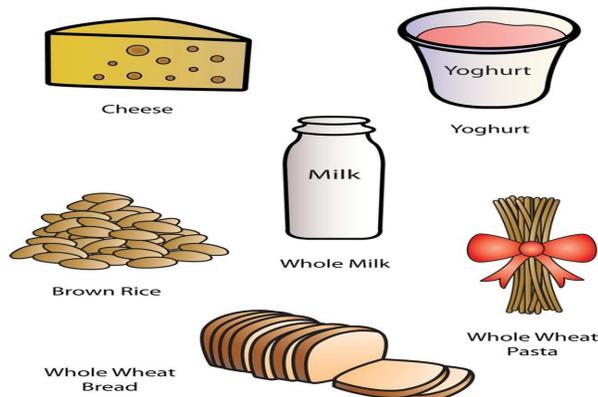
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University of Wisconsin-Madison and UW-Extension



Submitted by, Araceli Whitwam-Sell
Family Living Educator
University of Wisconsin Extension-Douglas County

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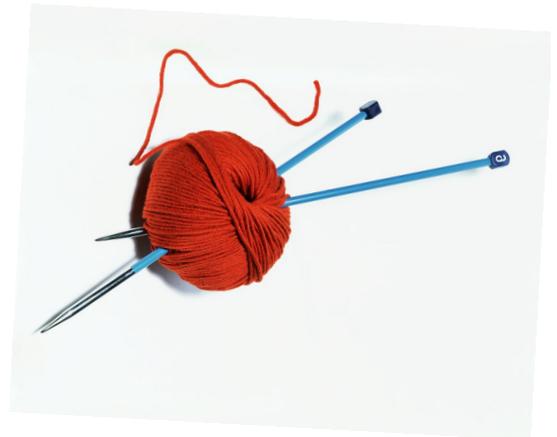
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- Yarn
- Buttons
- Lace
- Beads for jewelry making

Wisconsin/Nicaragua Partners of the Americas is a 501(c)3 non-profit organization.

Cash and in-kind donations are fully tax-deductible to the extent allowed by law.



Submitted by, Jeannette Rantala

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Submitted by,
Mary Ann Gronquist

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We recently received notice from WITC regarding the recipient of the Melinda Boswell Scholarship for the 2015 academic year is Jeff Linder, a WITC-Superior Heating, Ventilation and Air Conditioning/Refrigeration student. Congratulations Jeff!

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Marshfield, WI 54449

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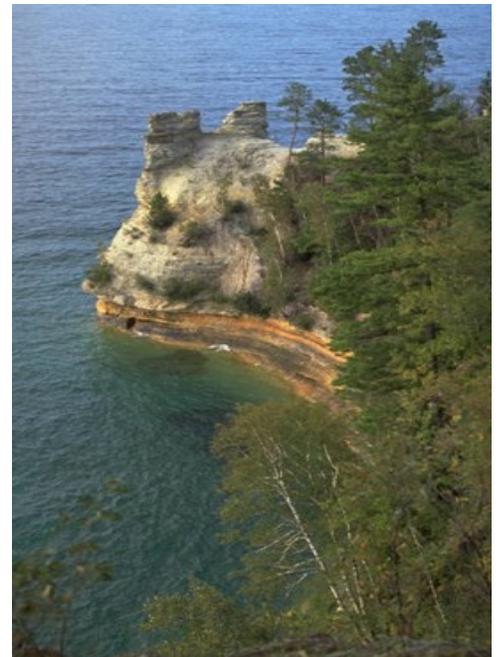
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Hilltoppers HCE



DISPATCH



June/July/August 2015

Douglas County HCE Superior, WI

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Public Relations 7

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Inserts:
Flag brochure
Preserving the Power of Plants

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 2015** issues will be the Hilltoppers. Contact the UW-Extension Office at 715-395-1363 before **August 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

All articles from magazines, books, etc. quoted in the Douglas County HCE Dispatch have received written copyright permission. This permission is on file.

Memo from the Board

It's June already! Not really, I'm writing this on a cold rainy day in mid-May. But it could be worse. Remember last year? Be thankful for this great area we live in.

Now, sit back and relax. Let the sun shine on your face and shoulders (covered by a sunscreen of course). Enjoy the lazy days coming.

I'll enjoy a break from the grandkids' school schedules in exchange for baseball, soccer, and summer school injected with lots of free time and fun. The grandkids are turning 3, 9 and 13 years old over the summer. A teenager, YIKES!

Our son and the two oldest grandkids still live with us and we babysit the youngest, two or three days a week. It gets to be quite a wild, noisy and crazily busy home, but I love it.

HCE slows down a bit for the summer too. Don't forget to send in your points for "On the Move, Program Surveys and Volunteer Hours by June 1 by phone, email or regular mail to me. Thanks.

Have a great summer,

Linda Williams,
 VP Programming and
 Community Outreach



HCE EXECUTIVE BOARD MEETING MINUTES**May 7, 2015 –Superior Public Library**

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

The meeting was opened at 12:45 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 reported on the Sunshine Fund

Dispatch: Due May 15th for June, July, August. Sue made a request that two months be shown on the back of the Dispatch. The current month and the upcoming month. This will aid in clubs planning for their meetings.

COMMITTEE REPORTS:VP Programming and Community Outreach:

Linda Williams reminded us of the volunteer hours that are due June 1st. Also, Program Surveys are due June 1st.

Cultural Arts: Mary Ann Gronquist – See Memo from the Board in the May Dispatch for details.

International: Christa Williams-Clements articles are very informative and interesting. We are still looking for a chair for the International Event.

Membership/Marketing: Sue Hendrickson is making an effort to get more publicity for HCE in the Superior Telegram.

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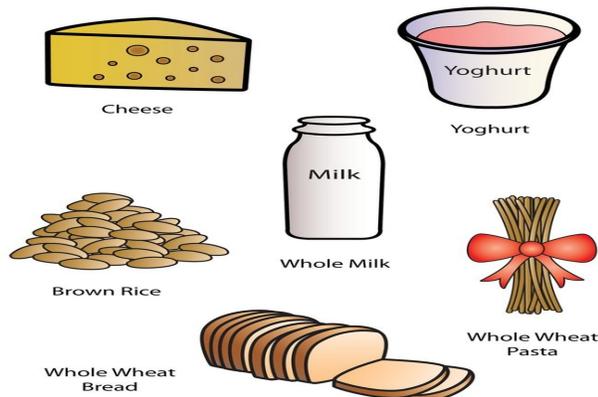
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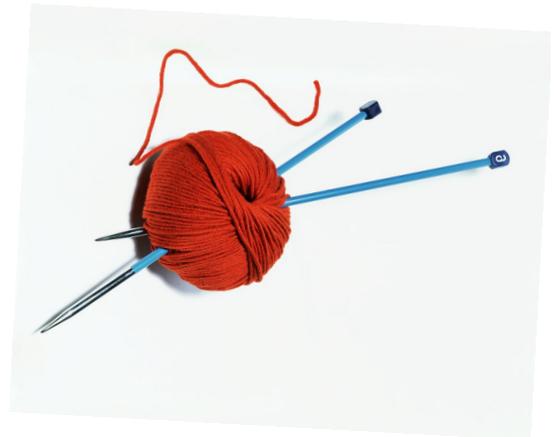
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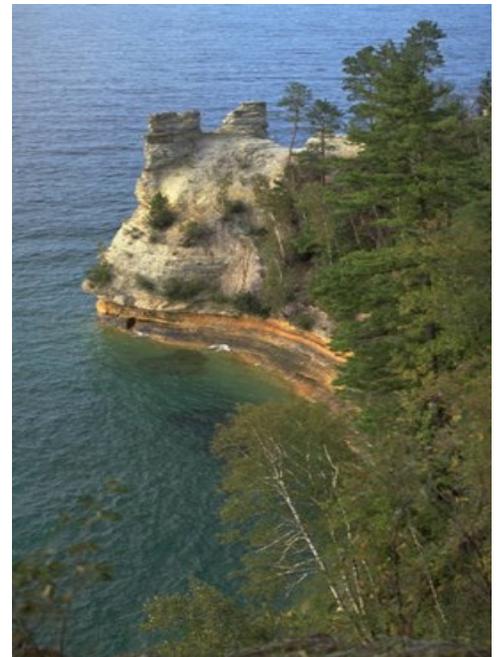
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Hilltoppers HCE

Douglas County UWEX
 1313 Belknap Street
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 Superior, WI 54880

TAPE

TAPE

June & John Reuille

3031 S. County Road A
 Superior, WI 54880

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.

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

28	29	30					
21	22	23	24	25	26	27	
14	15	16	17	18	19	20	
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	1	2	3	4	5	6	
S	M	T	W	T	Fr	S	
JUNE							

September 3 12:30pm
 September 7
 September 14-16
 September 24

June 1 TBA
 July
 July 3
 August
 August No meetings

September 3 12:30pm
 Craft Sale Meeting
 Town & Country
 Board Meeting
 Library
 September 7
 Court House Closed Labor Day
 WAHCE State Conference
 Stevens Point
 Building Sustainable Communities
 TBA
 Sue Hendrickson

June 1 HCE Booth
 Membership/Mkt
 Fairgrounds
 July
 No meetings
 Court House Closed—
 Independence Day

27	28	29	30				
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
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30	31						
23	24	25	26	27	28	29	
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AUGUST							

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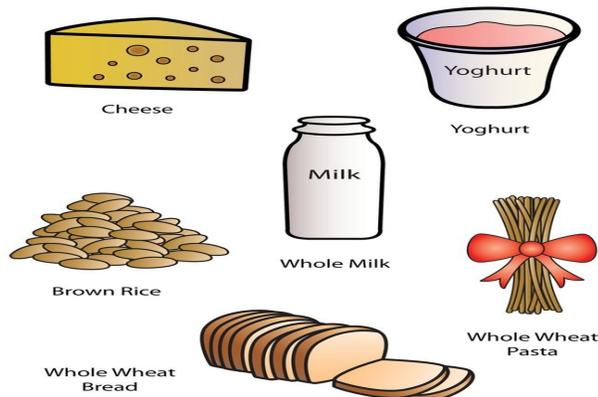
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 Author: Susan Nitzke, Ph.D., R.D., professor,
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 University of Wisconsin-Madison and UW-Extension



Submitted by, Araceli Whitwam-Sell
Family Living Educator
 University of Wisconsin Extension-Douglas County

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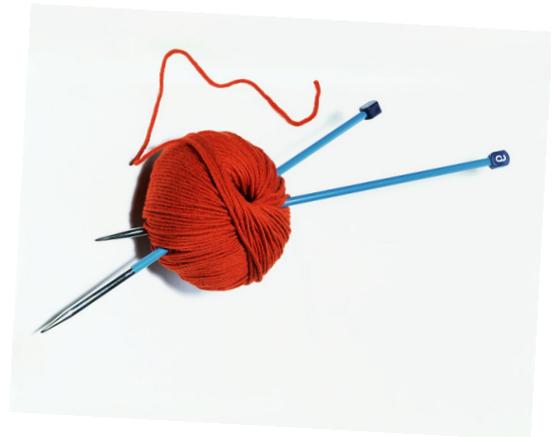
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- Sewing supplies and sewing machines
- Scissors
- Irons and ironing boards
- Knitting needles
- Yarn
- Buttons
- Lace
- Beads for jewelry making

Wisconsin/Nicaragua Partners of the Americas is a 501(c)3 non-profit organization.

Cash and in-kind donations are fully tax-deductible to the extent allowed by law.



Submitted by, Jeannette Rantala

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Thanks again to all who entered the Cultural Arts Contest. The list of winners to go to state are listed on page 1 of the May Dispatch. The winner of the People's Choice award was Jo Mersnick with her alcohol ink painting entitled, "Leaves and Lichen". Our judge was Kathy Lahti and she was kind enough to donate her time to judge for us. Many thanks to her for her generosity. Start working on next year's entries, ladies.

Mary Ann Gronquist
Cultural Arts Co-chair

County Hazardous Waste & Medication Collection Schedule 2015

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Times 10:00-11:30 a.m. and 2:00-3:30 p.m. For more questions call 715-395-1293

Sue Hendrickson

HCE ANNUAL CRAFT SALE**SATURDAY, OCTOBER 10, 2015**

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

When: Saturday, October 10, 2015

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 which included an 8 foot table and folding chair.

Racks, shelving, etc. are allowed. Purchase additional spaces accordingly. *Handcrafted items only.* No kits, rummage, commercial/vendor sales, bake goods, garden produce, etc.

Sponsor: Douglas County HCE

Registration: By mail only. To receive more information and request a registration form call:

Linda Williams at 715-398-5394

Our Craft Sale is our only fundraiser which supports our Melinda Boswell Scholarship and four short-term scholarships available each year.

Submitted by, Linda Williams



FLAG DAY

Flag Day is on June 14th. The enclosed brochure in your Dispatch was graciously proved by Thomas Stein, VFW Post 1091. I contacted VFW Commander Gayle Carlson last week to see if he knew where we could obtain the flag etiquette brochure and he got on the phone and ordered enough for our Dispatch mailing, and his post is covering the costs involved. Many thanks to Commander Carlson and his post for their generosity. Please fly your flag proudly (and correctly) and remember to thank a vet for his or her service when you see one.

Submitted by,
Mary Ann Gronquist

MELINDA BOSWELL SCHOLARSHIP RECIPIENT CHOSEN

We recently received notice from WITC regarding the recipient of the Melinda Boswell Scholarship for the 2015 academic year is Jeff Linder, a WITC-Superior Heating, Ventilation and Air Conditioning/Refrigeration student. Congratulations Jeff!

Submitted by,
Linda Williams

RESIDENTIAL SAMPLES: HOW TO SUBMIT A SOIL SAMPLE:

- Make sure your sample bag has 1.5-2 cups of soil in it. Label the bag with your name, type of garden, and what is growing in it. Fill out the [Lawn and Garden Submission Form](http://douglas.uwex.edu/files/2010/05/Lawn-and-Garden-Submission-Form.pdf) <http://douglas.uwex.edu/files/2010/05/Lawn-and-Garden-Submission-Form.pdf>

We Mail:

1. Return sample and completed soils sheet to Courthouse Room 107 and we will ship for you. **\$20.00** (per sample) cash or check to "Douglas County Treasurer." **Credit cards not accepted.**

You Mail:

1. You can put the white bag or plastic lunch bag with soil into a regular envelope/box with a label attached to mail. Checkbook boxes work great! Enclose completed form. **\$15.00** (per sample). Enclose check payable to "Soil & Forage Analysis Laboratory." If you prefer, you can charge it to your credit card by filling out the payment information on the Lawn and Garden Submission Form.

Mail to: Soil & Forage Analysis Lab
2611 Yellowstone Dr
Marshfield, WI 54449

Once you receive the results, feel free to contact Jane Anklam, Agriculture/Horticulture Educator at 715-395-1515 or jane.anklam@ces.uwex.edu if you want help interpreting the results or for further information.

Submitted by, Cheryl –Editor

Get Ready for Lake Superior Day: July 19, 2015: Sue Hendrickson

In 2004, the Lake Superior Binational Forum restarted an annual day on the third Sunday of July to celebrate peoples' deep connections to the world's largest lake. The day originated in Thunder Bay and Duluth in 1993 and soon the Forum began promoting a basin wide (cause everything in the basin runs into the lake!) event to encourage any individual, group, business, church, industry, organization, and community to hold an event or activity that celebrates the value of the lake to our lives.

Since then, hundreds of events in many locations have been held including festivals, art shows, church services, educational activities, lectures, games, and other actions. Local events will be coming out of the Lake Superior National Estuarine Research Reserve Center (NERR) on Barker's Island. Watch the local papers for more information; or check out the following website for new materials and resources for Lake Superior Day at www.superiorforum.org and share them with your favorite organization.

You too can help save Lake Superior by keeping certain items out of the sewer system. **PLEASE DO NOT FLUSH**

THESE ITEMS:

Baby, facial, or cleaning wipes (even if labeled *flushable*)

Diapers

Rags and towels

Toys

Cigarette butts

Feminine hygiene products

Underwear and sox

Rubber items such as latex gloves

Kitty litter

Sponges

Dental Floss

Cotton balls or swabs

Facial tissue

Food, fats, oil, or grease

Food wrappers

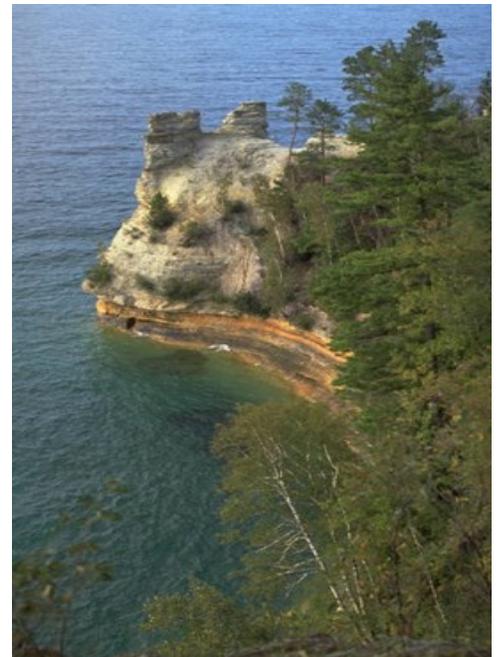
Clothing labels

Aquarium gravel

Medicines (bring to drop box at the Police Station)

Paints and stains

Other household hazardous waste (find places for these on the Recycling page of the Douglas County website: douglascountywi.org)



PUBLIC RELATIONS: In November we will be celebrating the 75th anniversary of Home and Community Education Clubs in Wisconsin! Members of 55 years or more are being sought for special recognition at the 2015 state conference. You? Someone you know? Give me a call and let's be part of this special observation! Thanks—Sue Hendrickson



Thanks to all who helped or participated in the incredible "Edible Ornaments" workshop. It was a great day of learning and fellowship. Thanks especially to Gary Kane of Wentworth Gardens for his interesting program...and the 10% off purchases that day!

Hilltoppers HCE



DISPATCH



June/July/August 2015

Douglas County HCE Superior, WI

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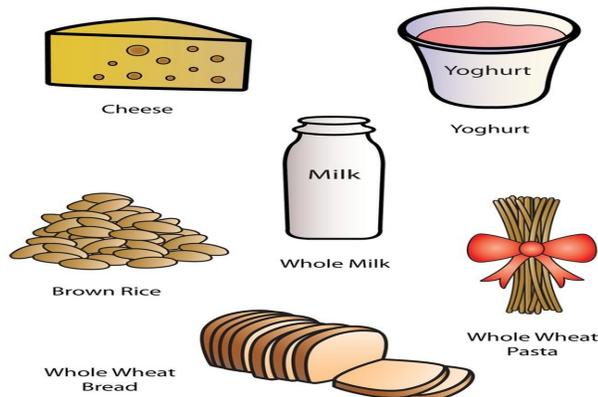
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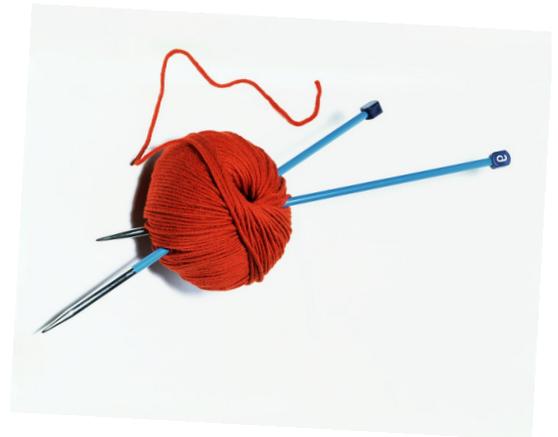
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We Mail:

1. Return sample and completed soils sheet to Courthouse Room 107 and we will ship for you. **\$20.00** (per sample) cash or check to "Douglas County Treasurer." **Credit cards not accepted.**

You Mail:

1. You can put the white bag or plastic lunch bag with soil into a regular envelope/box with a label attached to mail. Checkbook boxes work great! Enclose completed form. **\$15.00** (per sample). Enclose check payable to "Soil & Forage Analysis Laboratory." If you prefer, you can charge it to your credit card by filling out the payment information on the Lawn and Garden Submission Form.

Mail to: Soil & Forage Analysis Lab
2611 Yellowstone Dr
Marshfield, WI 54449

Once you receive the results, feel free to contact Jane Anklam, Agriculture/Horticulture Educator at 715-395-1515 or jane.anklam@ces.uwex.edu if you want help interpreting the results or for further information.

Submitted by, Cheryl –Editor

Get Ready for Lake Superior Day: July 19, 2015: Sue Hendrickson

In 2004, the Lake Superior Binational Forum restarted an annual day on the third Sunday of July to celebrate peoples' deep connections to the world's largest lake. The day originated in Thunder Bay and Duluth in 1993 and soon the Forum began promoting a basin wide (cause everything in the basin runs into the lake!) event to encourage any individual, group, business, church, industry, organization, and community to hold an event or activity that celebrates the value of the lake to our lives.

Since then, hundreds of events in many locations have been held including festivals, art shows, church services, educational activities, lectures, games, and other actions. Local events will be coming out of the Lake Superior National Estuarine Research Reserve Center (NERR) on Barker's Island. Watch the local papers for more information; or check out the following website for new materials and resources for Lake Superior Day at www.superiorforum.org and share them with your favorite organization.

You too can help save Lake Superior by keeping certain items out of the sewer system. **PLEASE DO NOT FLUSH**

THESE ITEMS:

Baby, facial, or cleaning wipes (even if labeled *flushable*)

Diapers

Rags and towels

Toys

Cigarette butts

Feminine hygiene products

Underwear and sox

Rubber items such as latex gloves

Kitty litter

Sponges

Dental Floss

Cotton balls or swabs

Facial tissue

Food, fats, oil, or grease

Food wrappers

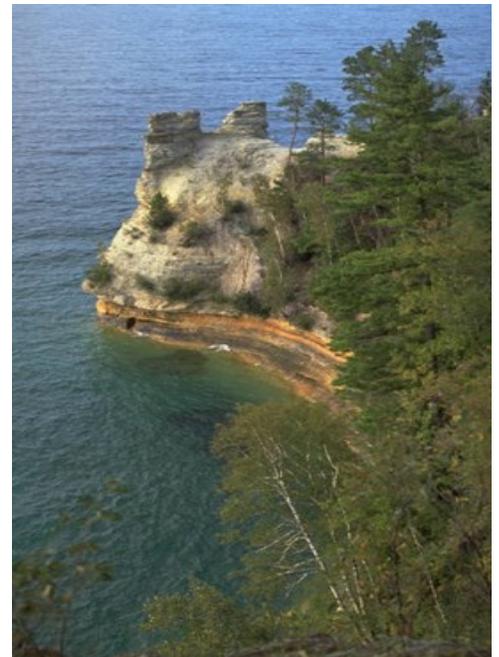
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Medicines (bring to drop box at the Police Station)

Paints and stains

Other household hazardous waste (find places for these on the Recycling page of the Douglas County website: douglascountymi.org)



PUBLIC RELATIONS: In November we will be celebrating the 75th anniversary of Home and Community Education Clubs in Wisconsin! Members of 55 years or more are being sought for special recognition at the 2015 state conference. You? Someone you know? Give me a call and let's be part of this special observation! Thanks—Sue Hendrickson



Thanks to all who helped or participated in the incredible "Edible Ornaments" workshop. It was a great day of learning and fellowship. Thanks especially to Gary Kane of Wentworth Gardens for his interesting program...and the 10% off purchases that day!

Hilltoppers HCE

Douglas County UWEX
 1313 Belknap Street
 Courthouse Room 107
 Superior, WI 54880

TAPE

TAPE

Kathy Beeksma
 Nutrition Coord./FLE
 201 W. Main Street
 Ashland, WI 54806

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.

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September 3 12:30pm
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 September 24

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 July
 July 3
 August
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DISPATCH



June/July/August 2015

Douglas County HCE Superior, WI

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Memo from the Board

It's June already! Not really, I'm writing this on a cold rainy day in mid-May. But it could be worse. Remember last year? Be thankful for this great area we live in.

Now, sit back and relax. Let the sun shine on your face and shoulders (covered by a sunscreen of course). Enjoy the lazy days coming.

I'll enjoy a break from the grandkids' school schedules in exchange for baseball, soccer, and summer school injected with lots of free time and fun. The grandkids are turning 3, 9 and 13 years old over the summer. A teenager, YIKES!

Our son and the two oldest grandkids still live with us and we babysit the youngest, two or three days a week. It gets to be quite a wild, noisy and crazily busy home, but I love it.

HCE slows down a bit for the summer too. Don't forget to send in your points for "On the Move, Program Surveys and Volunteer Hours by June 1 by phone, email or regular mail to me. Thanks.

Have a great summer,

Linda Williams,
 VP Programming and
 Community Outreach



HCE EXECUTIVE BOARD MEETING MINUTES**May 7, 2015 –Superior Public Library**

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

The meeting was opened at 12:45 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 reported on the Sunshine Fund

Dispatch: Due May 15th for June, July, August. Sue made a request that two months be shown on the back of the Dispatch. The current month and the upcoming month. This will aid in clubs planning for their meetings.

COMMITTEE REPORTS:VP Programming and Community Outreach:

Linda Williams reminded us of the volunteer hours that are due June 1st. Also, Program Surveys are due June 1st.

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Family Living Educator: Araceli Whitwam-Sell. Araceli was present at our meeting and we had a chance to learn more about her and her goals, during a little coffee break. She was hired as a 75% employee. She is looking forward to meeting people and establishing relationships, finding the needs of our community, learning more about our group and collaborating with HCE. We were all impressed with her dedication to her new job. We look forward to working with Ariceli.

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Craft Day: Craft Day was a very successful event. Details in the May Dispatch. Plans are to have another next year.

Edible Ornaments: Wentworth Gardens, May 28th 1:00 Plan to be there.

Spring District Meeting: Well attended and informative. Cheryl, Sue, Mary Ann, and Joyce attended

NEW BUSINESS:

Fair Booth: The Tri-State Fair will be held in late August, August 24 – 30. Town and Country will be staffing the HCE Booth on Friday, Aug. 28th and the Hilltoppers will staff the booth on Saturday, Aug. 30th .

State Conference: Sept. 14 – 16 Stevens Point, WI. Pool sessions will be "Raising a Thinking Child" and "Food Label Lingo".

Meeting closed with the HCE prayer at 2:25 p.m.

Minutes submitted for approval by Jo Mersnick



June is Dairy Month-Bone Up on Calcium!

"How much calcium do I need?"

In 2010 the National Academy of Sciences issued new Recommended Dietary Allowances (RDAs) for calcium. The new RDAs recommend that:

- Older children (ages 9 to 18) consume 1,300 mg of calcium per day.
- Most adults (ages 19 to 50) consume 1,000 mg of calcium per day.
- Older adults (women ages 51 and older and men 71 and older) consume 1,200 mg of calcium per day.

Most people are not getting enough calcium in their diets. Three out of four adult women fail to meet the current recommended daily intake for calcium.

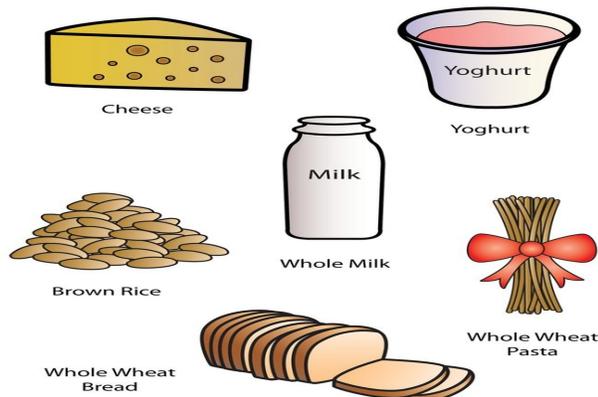
"What do those recommended intakes mean?" Try to get 2 to 3 servings of dairy daily or other calcium-rich foods a day. Dairy products contribute more than half of the calcium in the U.S. diet, but you can also find some calcium in many other foods such as broccoli, collards, and some brands of tofu (check the label).

Food	Amount of calcium per serving
1 cup non-fat yogurt	450 mg
1 cup milk (skim, 1%,2%,whole, buttermilk, chocolate)	300 mg
1/2 cup calcium-fortified orange juice	250 mg
1 ounce Swiss cheese	225 mg
1/2 cup tofu	50-800 mg (Some brands have more than others. Check labels.)
1/2 cup cooked collard greens	180 mg

"How about just taking a calcium supplement instead?" Getting your vitamins and minerals from foods ideal. Many calcium supplements are not fortified with vitamin D. Talk to your doctor, pharmacist or a dietitian to see if a calcium supplement or a calcium supplement with vitamin D is right for you.

"Should I take more than the recommended amount to be 'extra' healthy?" No. There is no benefit for healthy individuals to be consuming more than the recommended amounts of calcium. Excessive use of calcium supplements may raise your risk of developing kidney stones. The National Academy of Sciences has recommended a Tolerable Upper Intake Level of 2,500 mg calcium per day for adults ages 19-50. This is the maximum amount of calcium that is considered safe to consume on a daily basis.

Adapted from Getting Enough Calcium: Bone up on Calcium.
Author: Susan Nitzke, Ph.D., R.D., professor,
Nutritional Sciences.
University of Wisconsin-Madison and UW-Extension



Submitted by, Araceli Whitwam-Sell
Family Living Educator
University of Wisconsin Extension-Douglas County

HCE Donates to Wisconsin/Nicaragua Partners of the Americas Learning Centers

History: In 1979, two dynamic women had a vision. Rural Nicaraguan women were desperate for training to develop the skills that they would need to provide meaningful income while remaining in their communities to care for their families. In 1981, Ellen Maurer of Verona and Doña Angélica Pavón of Los Cedros, Nicaragua secured resources from Wisconsin and volunteer trainers from Nicaragua to form a sewing center in rural Los Cedros, a small community outside of Managua.

Since then, the Sewing Centers have broadened their focus and transitioned into Learning Centers. The training offered now encompasses a wide range of vocational skills such as baking, carpentry, cosmetology, small business management, etc. Participants begin by acquiring the skills necessary to provide them with a sense of dignity, independence, and purpose. They are then afforded the opportunity to utilize a micro-lending program to initiate a small business of their own. By building upon the unique skills of the individual members of the community, the community is shaped and fortified, thereby generating further aptitudes and resources.

Thousands of Nicaraguans have thus been mentored through the establishment of the Learning Centers. With each center being coordinated by local women, they are able to cater to the individual needs of each learning center's community.

Do You Have Donations for Nicaragua?

Knitting, crocheting and sewing equipment and supplies are being collected by Jeanette Rantala, HCE member, to bring to the Nicaragua Warehouse in Stevens Point at the end of June.

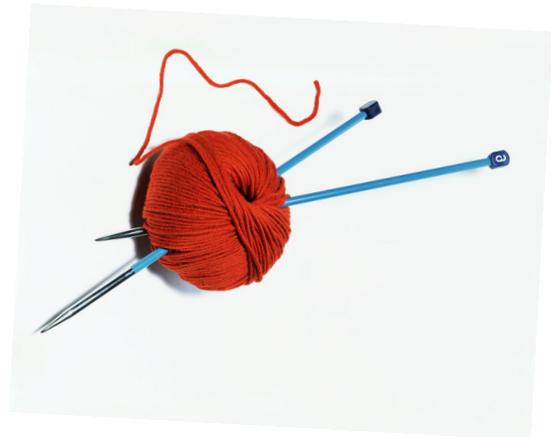
Please contact her at 715-375-2661 or by email: dirantala@centurytel.net before June 15th with questions or to make a donation. Pick up of donations can be arranged.

Suggested items:

- Fabric
- Sewing machine needles
- Sewing supplies and sewing machines
- Scissors
- Irons and ironing boards
- Knitting needles
- Yarn
- Buttons
- Lace
- Beads for jewelry making

Wisconsin/Nicaragua Partners of the Americas is a 501(c)3 non-profit organization.

Cash and in-kind donations are fully tax-deductible to the extent allowed by law.



Submitted by, Jeannette Rantala

CULTURAL ARTS

Thanks again to all who entered the Cultural Arts Contest. The list of winners to go to state are listed on page 1 of the May Dispatch. The winner of the People's Choice award was Jo Mersnick with her alcohol ink painting entitled, "Leaves and Lichen". Our judge was Kathy Lahti and she was kind enough to donate her time to judge for us. Many thanks to her for her generosity. Start working on next year's entries, ladies.

Mary Ann Gronquist
Cultural Arts Co-chair

County Hazardous Waste & Medication Collection Schedule 2015

Wednesday, June 24th, Brule Transfer Station, Solon Springs Solid Waste/Recycling, 11903 S Holly Lucius Rd.

Times 10:00-11:30 a.m. and 2:00-3:30 p.m. For more questions call 715-395-1293

Sue Hendrickson

HCE ANNUAL CRAFT SALE**SATURDAY, OCTOBER 10, 2015**

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

When: Saturday, October 10, 2015

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 which included an 8 foot table and folding chair.

Racks, shelving, etc. are allowed. Purchase additional spaces accordingly. *Handcrafted items only.* No kits, rummage, commercial/vendor sales, bake goods, garden produce, etc.

Sponsor: Douglas County HCE

Registration: By mail only. To receive more information and request a registration form call:

Linda Williams at 715-398-5394

Our Craft Sale is our only fundraiser which supports our Melinda Boswell Scholarship and four short-term scholarships available each year.

Submitted by, Linda Williams



FLAG DAY

Flag Day is on June 14th. The enclosed brochure in your Dispatch was graciously proved by Thomas Stein, VFW Post 1091. I contacted VFW Commander Gayle Carlson last week to see if he knew where we could obtain the flag etiquette brochure and he got on the phone and ordered enough for our Dispatch mailing, and his post is covering the costs involved. Many thanks to Commander Carlson and his post for their generosity. Please fly your flag proudly (and correctly) and remember to thank a vet for his or her service when you see one.

Submitted by,
Mary Ann Gronquist

MELINDA BOSWELL SCHOLARSHIP RECIPIENT CHOSEN

We recently received notice from WITC regarding the recipient of the Melinda Boswell Scholarship for the 2015 academic year is Jeff Linder, a WITC-Superior Heating, Ventilation and Air Conditioning/Refrigeration student. Congratulations Jeff!

Submitted by,
Linda Williams

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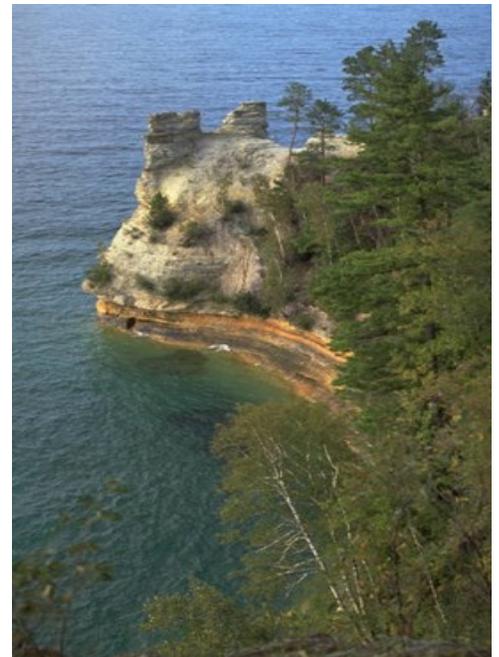
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- Older adults (women ages 51 and older and men 71 and older) consume 1,200 mg of calcium per day.

Most people are not getting enough calcium in their diets. Three out of four adult women fail to meet the current recommended daily intake for calcium.

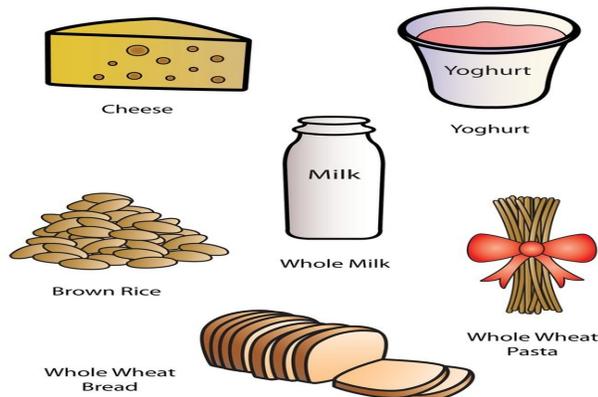
"What do those recommended intakes mean?" Try to get 2 to 3 servings of dairy daily or other calcium-rich foods a day. Dairy products contribute more than half of the calcium in the U.S. diet, but you can also find some calcium in many other foods such as broccoli, collards, and some brands of tofu (check the label).

Food	Amount of calcium per serving
1 cup non-fat yogurt	450 mg
1 cup milk (skim, 1%,2%,whole, buttermilk, chocolate)	300 mg
1/2 cup calcium-fortified orange juice	250 mg
1 ounce Swiss cheese	225 mg
1/2 cup tofu	50-800 mg (Some brands have more than others. Check labels.)
1/2 cup cooked collard greens	180 mg

"How about just taking a calcium supplement instead?" Getting your vitamins and minerals from foods ideal. Many calcium supplements are not fortified with vitamin D. Talk to your doctor, pharmacist or a dietitian to see if a calcium supplement or a calcium supplement with vitamin D is right for you.

"Should I take more than the recommended amount to be 'extra' healthy?" No. There is no benefit for healthy individuals to be consuming more than the recommended amounts of calcium. Excessive use of calcium supplements may raise your risk of developing kidney stones. The National Academy of Sciences has recommended a Tolerable Upper Intake Level of 2,500 mg calcium per day for adults ages 19-50. This is the maximum amount of calcium that is considered safe to consume on a daily basis.

Adapted from Getting Enough Calcium: Bone up on Calcium.
 Author: Susan Nitzke, Ph.D., R.D., professor,
 Nutritional Sciences.
 University of Wisconsin-Madison and UW-Extension



Submitted by, Araceli Whitwam-Sell
Family Living Educator
 University of Wisconsin Extension-Douglas County

HCE Donates to Wisconsin/Nicaragua Partners of the Americas Learning Centers

History: In 1979, two dynamic women had a vision. Rural Nicaraguan women were desperate for training to develop the skills that they would need to provide meaningful income while remaining in their communities to care for their families. In 1981, Ellen Maurer of Verona and Doña Angélica Pavón of Los Cedros, Nicaragua secured resources from Wisconsin and volunteer trainers from Nicaragua to form a sewing center in rural Los Cedros, a small community outside of Managua.

Since then, the Sewing Centers have broadened their focus and transitioned into Learning Centers. The training offered now encompasses a wide range of vocational skills such as baking, carpentry, cosmetology, small business management, etc. Participants begin by acquiring the skills necessary to provide them with a sense of dignity, independence, and purpose. They are then afforded the opportunity to utilize a micro-lending program to initiate a small business of their own. By building upon the unique skills of the individual members of the community, the community is shaped and fortified, thereby generating further aptitudes and resources.

Thousands of Nicaraguans have thus been mentored through the establishment of the Learning Centers. With each center being coordinated by local women, they are able to cater to the individual needs of each learning center's community.

Do You Have Donations for Nicaragua?

Knitting, crocheting and sewing equipment and supplies are being collected by Jeanette Rantala, HCE member, to bring to the Nicaragua Warehouse in Stevens Point at the end of June.

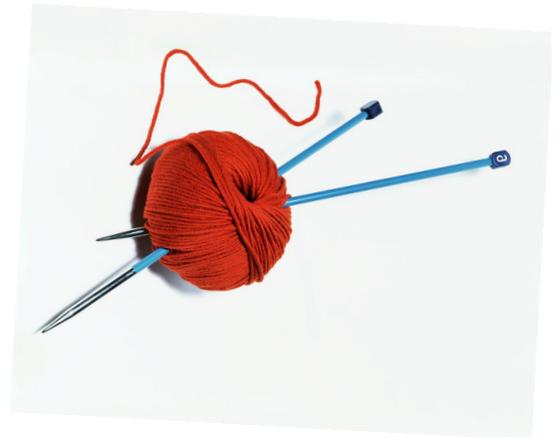
Please contact her at 715-375-2661 or by email: dirantala@centurytel.net before June 15th with questions or to make a donation. Pick up of donations can be arranged.

Suggested items:

- Fabric
- Sewing machine needles
- Sewing supplies and sewing machines
- Scissors
- Irons and ironing boards
- Knitting needles
- Yarn
- Buttons
- Lace
- Beads for jewelry making

Wisconsin/Nicaragua Partners of the Americas is a 501(c)3 non-profit organization.

Cash and in-kind donations are fully tax-deductible to the extent allowed by law.



Submitted by, Jeannette Rantala

CULTURAL ARTS

Thanks again to all who entered the Cultural Arts Contest. The list of winners to go to state are listed on page 1 of the May Dispatch. The winner of the People's Choice award was Jo Mersnick with her alcohol ink painting entitled, "Leaves and Lichen". Our judge was Kathy Lahti and she was kind enough to donate her time to judge for us. Many thanks to her for her generosity. Start working on next year's entries, ladies.

Mary Ann Gronquist
Cultural Arts Co-chair

County Hazardous Waste & Medication Collection Schedule 2015

Wednesday, June 24th, Brule Transfer Station, Solon Springs Solid Waste/Recycling, 11903 S Holly Lucius Rd.

Times 10:00-11:30 a.m. and 2:00-3:30 p.m. For more questions call 715-395-1293

Sue Hendrickson

HCE ANNUAL CRAFT SALE**SATURDAY, OCTOBER 10, 2015**

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

When: Saturday, October 10, 2015

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 which included an 8 foot table and folding chair.

Racks, shelving, etc. are allowed. Purchase additional spaces accordingly. *Handcrafted items only.* No kits, rummage, commercial/vendor sales, bake goods, garden produce, etc.

Sponsor: Douglas County HCE

Registration: By mail only. To receive more information and request a registration form call:

Linda Williams at 715-398-5394

Our Craft Sale is our only fundraiser which supports our Melinda Boswell Scholarship and four short-term scholarships available each year.

Submitted by, Linda Williams



FLAG DAY

Flag Day is on June 14th. The enclosed brochure in your Dispatch was graciously proved by Thomas Stein, VFW Post 1091. I contacted VFW Commander Gayle Carlson last week to see if he knew where we could obtain the flag etiquette brochure and he got on the phone and ordered enough for our Dispatch mailing, and his post is covering the costs involved. Many thanks to Commander Carlson and his post for their generosity. Please fly your flag proudly (and correctly) and remember to thank a vet for his or her service when you see one.

Submitted by,
Mary Ann Gronquist

MELINDA BOSWELL SCHOLARSHIP RECIPIENT CHOSEN

We recently received notice from WITC regarding the recipient of the Melinda Boswell Scholarship for the 2015 academic year is Jeff Linder, a WITC-Superior Heating, Ventilation and Air Conditioning/Refrigeration student. Congratulations Jeff!

Submitted by,
Linda Williams

RESIDENTIAL SAMPLES: HOW TO SUBMIT A SOIL SAMPLE:

- Make sure your sample bag has 1.5-2 cups of soil in it. Label the bag with your name, type of garden, and what is growing in it. Fill out the [Lawn and Garden Submission Form](http://douglas.uwex.edu/files/2010/05/Lawn-and-Garden-Submission-Form.pdf) <http://douglas.uwex.edu/files/2010/05/Lawn-and-Garden-Submission-Form.pdf>

We Mail:

1. Return sample and completed soils sheet to Courthouse Room 107 and we will ship for you. **\$20.00** (per sample) cash or check to "Douglas County Treasurer." **Credit cards not accepted.**

You Mail:

1. You can put the white bag or plastic lunch bag with soil into a regular envelope/box with a label attached to mail. Checkbook boxes work great! Enclose completed form. **\$15.00** (per sample). Enclose check payable to "Soil & Forage Analysis Laboratory." If you prefer, you can charge it to your credit card by filling out the payment information on the Lawn and Garden Submission Form.

Mail to: Soil & Forage Analysis Lab
2611 Yellowstone Dr
Marshfield, WI 54449

Once you receive the results, feel free to contact Jane Anklam, Agriculture/Horticulture Educator at 715-395-1515 or jane.anklam@ces.uwex.edu if you want help interpreting the results or for further information.

Submitted by, Cheryl –Editor

Get Ready for Lake Superior Day: July 19, 2015: Sue Hendrickson

In 2004, the Lake Superior Binational Forum restarted an annual day on the third Sunday of July to celebrate peoples' deep connections to the world's largest lake. The day originated in Thunder Bay and Duluth in 1993 and soon the Forum began promoting a basin wide (cause everything in the basin runs into the lake!) event to encourage any individual, group, business, church, industry, organization, and community to hold an event or activity that celebrates the value of the lake to our lives.

Since then, hundreds of events in many locations have been held including festivals, art shows, church services, educational activities, lectures, games, and other actions. Local events will be coming out of the Lake Superior National Estuarine Research Reserve Center (NERR) on Barker's Island. Watch the local papers for more information; or check out the following website for new materials and resources for Lake Superior Day at www.superiorforum.org and share them with your favorite organization.

You too can help save Lake Superior by keeping certain items out of the sewer system. **PLEASE DO NOT FLUSH**

THESE ITEMS:

Baby, facial, or cleaning wipes (even if labeled *flushable*)

Diapers

Rags and towels

Toys

Cigarette butts

Feminine hygiene products

Underwear and sox

Rubber items such as latex gloves

Kitty litter

Sponges

Dental Floss

Cotton balls or swabs

Facial tissue

Food, fats, oil, or grease

Food wrappers

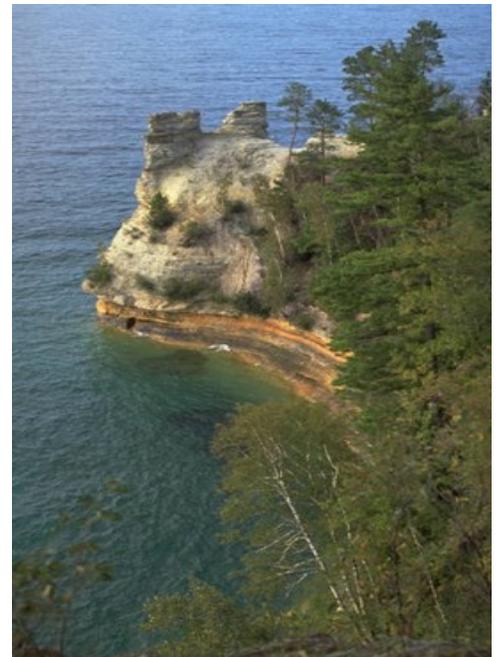
Clothing labels

Aquarium gravel

Medicines (bring to drop box at the Police Station)

Paints and stains

Other household hazardous waste (find places for these on the Recycling page of the Douglas County website: douglascountywi.org)



PUBLIC RELATIONS: In November we will be celebrating the 75th anniversary of Home and Community Education Clubs in Wisconsin! Members of 55 years or more are being sought for special recognition at the 2015 state conference. You? Someone you know? Give me a call and let's be part of this special observation! Thanks—Sue Hendrickson



Thanks to all who helped or participated in the incredible "Edible Ornaments" workshop. It was a great day of learning and fellowship. Thanks especially to Gary Kane of Wentworth Gardens for his interesting program...and the 10% off purchases that day!

Hilltoppers HCE

Douglas County UWEX
 1313 Belknap Street
 Courthouse Room 107
 Superior, WI 54880

TAPE

TAPE

Laurie J. Boyce
 Family Living State Program Ldr.
 432 N. Lake Street
 Madison, WI 53706

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

26	27	28	29	30	31		
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JUNE							

September 3 12:30pm
 September 7
 September 14-16
 September 24

June 1 TBA
 July
 July 3
 August
 August No meetings

September 3 12:30pm
 Town & Country
 Board Meeting
 Library
 September 7
 Court Sale Meeting
 Library
 September 14-16
 Craft Sale Meeting
 Library
 September 14-16
 WAHCE State Conference
 Stevens Point
 September 24
 Building Sustainable Communities
 TBA
 Sue Hendrickson

June 1
 HCE Booth
 Fairgrounds
 June 3
 Independence Day
 Court Sale Closed
 No meetings
 Membership/Mkt
 August
 August No meetings

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DISPATCH



June/July/August 2015

Douglas County HCE Superior, WI

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Inserts:
Flag brochure
Preserving the Power of Plants

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 2015** issues will be the Hilltoppers. Contact the UW-Extension Office at 715-395-1363 before **August 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

All articles from magazines, books, etc. quoted in the Douglas County HCE Dispatch have received written copyright permission. This permission is on file.

Memo from the Board

It's June already! Not really, I'm writing this on a cold rainy day in mid-May. But it could be worse. Remember last year? Be thankful for this great area we live in.

Now, sit back and relax. Let the sun shine on your face and shoulders (covered by a sunscreen of course). Enjoy the lazy days coming.

I'll enjoy a break from the grandkids' school schedules in exchange for baseball, soccer, and summer school injected with lots of free time and fun. The grandkids are turning 3, 9 and 13 years old over the summer. A teenager, YIKES!

Our son and the two oldest grandkids still live with us and we babysit the youngest, two or three days a week. It gets to be quite a wild, noisy and crazily busy home, but I love it.

HCE slows down a bit for the summer too. Don't forget to send in your points for "On the Move, Program Surveys and Volunteer Hours by June 1 by phone, email or regular mail to me. Thanks.

Have a great summer,

Linda Williams,
 VP Programming and
 Community Outreach



HCE EXECUTIVE BOARD MEETING MINUTES**May 7, 2015 –Superior Public Library**

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

The meeting was opened at 12:45 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 reported on the Sunshine Fund

Dispatch: Due May 15th for June, July, August. Sue made a request that two months be shown on the back of the Dispatch. The current month and the upcoming month. This will aid in clubs planning for their meetings.

COMMITTEE REPORTS:VP Programming and Community Outreach:

Linda Williams reminded us of the volunteer hours that are due June 1st. Also, Program Surveys are due June 1st.

Cultural Arts: Mary Ann Gronquist – See Memo from the Board in the May Dispatch for details.

International: Christa Williams-Clements articles are very informative and interesting. We are still looking for a chair for the International Event.

Membership/Marketing: Sue Hendrickson is making an effort to get more publicity for HCE in the Superior Telegram.

Scholarship: Still looking for a chair.

WI Bookworms™ - Sue Hendrickson- Books will be delivered the 1st week of August. The WISline will provide reader training. More information to come.

Family Living Educator: Araceli Whitwam-Sell. Araceli was present at our meeting and we had a chance to learn more about her and her goals, during a little coffee break. She was hired as a 75% employee. She is looking forward to meeting people and establishing relationships, finding the needs of our community, learning more about our group and collaborating with HCE. We were all impressed with her dedication to her new job. We look forward to working with Ariceli.

UNFINISHED BUSINESS:

Craft Day: Craft Day was a very successful event. Details in the May Dispatch. Plans are to have another next year.

Edible Ornaments: Wentworth Gardens, May 28th 1:00 Plan to be there.

Spring District Meeting: Well attended and informative. Cheryl, Sue, Mary Ann, and Joyce attended

NEW BUSINESS:

Fair Booth: The Tri-State Fair will be held in late August, August 24 – 30. Town and Country will be staffing the HCE Booth on Friday, Aug. 28th and the Hilltoppers will staff the booth on Saturday, Aug. 30th .

State Conference: Sept. 14 – 16 Stevens Point, WI. Pool sessions will be "Raising a Thinking Child" and "Food Label Lingo".

Meeting closed with the HCE prayer at 2:25 p.m.

Minutes submitted for approval by Jo Mersnick



June is Dairy Month-Bone Up on Calcium!

"How much calcium do I need?"

In 2010 the National Academy of Sciences issued new Recommended Dietary Allowances (RDAs) for calcium. The new RDAs recommend that:

- Older children (ages 9 to 18) consume 1,300 mg of calcium per day.
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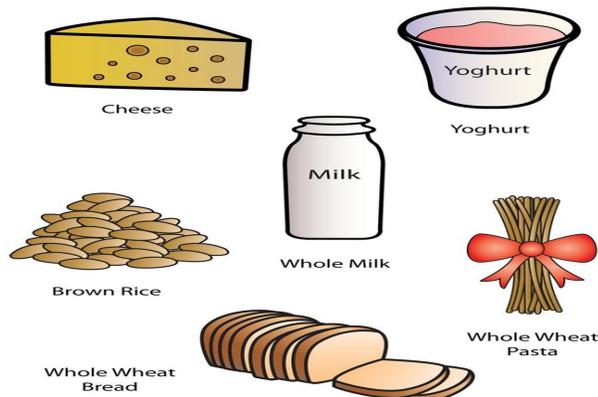
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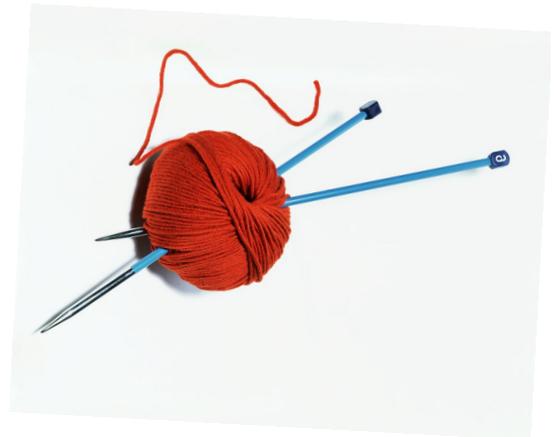
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Submitted by, Jeannette Rantala

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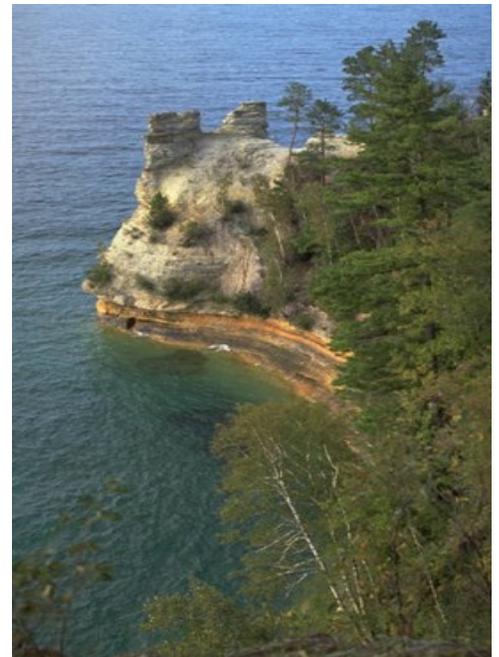
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Hilltoppers HCE

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Memo from the Board

It's June already! Not really, I'm writing this on a cold rainy day in mid-May. But it could be worse. Remember last year? Be thankful for this great area we live in.

Now, sit back and relax. Let the sun shine on your face and shoulders (covered by a sunscreen of course). Enjoy the lazy days coming.

I'll enjoy a break from the grandkids' school schedules in exchange for baseball, soccer, and summer school injected with lots of free time and fun. The grandkids are turning 3, 9 and 13 years old over the summer. A teenager, YIKES!

Our son and the two oldest grandkids still live with us and we babysit the youngest, two or three days a week. It gets to be quite a wild, noisy and crazily busy home, but I love it.

HCE slows down a bit for the summer too. Don't forget to send in your points for "On the Move, Program Surveys and Volunteer Hours by June 1 by phone, email or regular mail to me. Thanks.

Have a great summer,

Linda Williams,
VP Programming and
Community Outreach



HCE EXECUTIVE BOARD MEETING MINUTES**May 7, 2015 –Superior Public Library**

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

The meeting was opened at 12:45 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

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Sunshine: Joyce Cook reported on the Sunshine Fund

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Minutes submitted for approval by Jo Mersnick



June is Dairy Month-Bone Up on Calcium!

"How much calcium do I need?"

In 2010 the National Academy of Sciences issued new Recommended Dietary Allowances (RDAs) for calcium. The new RDAs recommend that:

- Older children (ages 9 to 18) consume 1,300 mg of calcium per day.
- Most adults (ages 19 to 50) consume 1,000 mg of calcium per day.
- Older adults (women ages 51 and older and men 71 and older) consume 1,200 mg of calcium per day.

Most people are not getting enough calcium in their diets. Three out of four adult women fail to meet the current recommended daily intake for calcium.

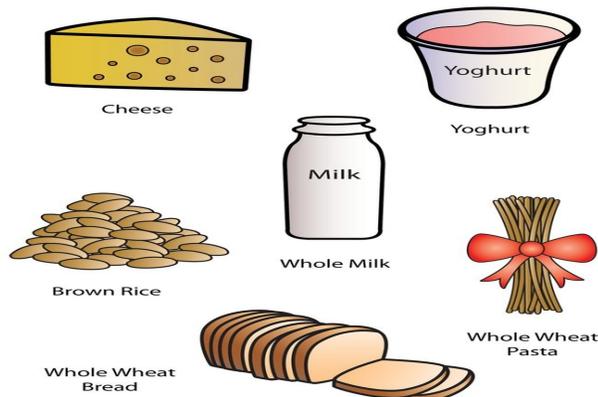
"What do those recommended intakes mean?" Try to get 2 to 3 servings of dairy daily or other calcium-rich foods a day. Dairy products contribute more than half of the calcium in the U.S. diet, but you can also find some calcium in many other foods such as broccoli, collards, and some brands of tofu (check the label).

Food	Amount of calcium per serving
1 cup non-fat yogurt	450 mg
1 cup milk (skim, 1%,2%,whole, buttermilk, chocolate)	300 mg
1/2 cup calcium-fortified orange juice	250 mg
1 ounce Swiss cheese	225 mg
1/2 cup tofu	50-800 mg (Some brands have more than others. Check labels.)
1/2 cup cooked collard greens	180 mg

"How about just taking a calcium supplement instead?" Getting your vitamins and minerals from foods ideal. Many calcium supplements are not fortified with vitamin D. Talk to your doctor, pharmacist or a dietitian to see if a calcium supplement or a calcium supplement with vitamin D is right for you.

"Should I take more than the recommended amount to be 'extra' healthy?" No. There is no benefit for healthy individuals to be consuming more than the recommended amounts of calcium. Excessive use of calcium supplements may raise your risk of developing kidney stones. The National Academy of Sciences has recommended a Tolerable Upper Intake Level of 2,500 mg calcium per day for adults ages 19-50. This is the maximum amount of calcium that is considered safe to consume on a daily basis.

Adapted from Getting Enough Calcium: Bone up on Calcium.
Author: Susan Nitzke, Ph.D., R.D., professor,
Nutritional Sciences.
University of Wisconsin-Madison and UW-Extension



Submitted by, Araceli Whitwam-Sell
Family Living Educator
University of Wisconsin Extension-Douglas County

HCE Donates to Wisconsin/Nicaragua Partners of the Americas Learning Centers

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Do You Have Donations for Nicaragua?

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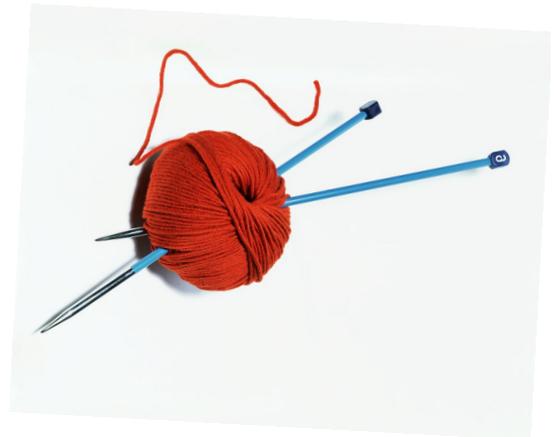
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Suggested items:

- Fabric
- Sewing machine needles
- Sewing supplies and sewing machines
- Scissors
- Irons and ironing boards
- Knitting needles
- Yarn
- Buttons
- Lace
- Beads for jewelry making

Wisconsin/Nicaragua Partners of the Americas is a 501(c)3 non-profit organization.

Cash and in-kind donations are fully tax-deductible to the extent allowed by law.



Submitted by, Jeannette Rantala

CULTURAL ARTS

Thanks again to all who entered the Cultural Arts Contest. The list of winners to go to state are listed on page 1 of the May Dispatch. The winner of the People's Choice award was Jo Mersnick with her alcohol ink painting entitled, "Leaves and Lichen". Our judge was Kathy Lahti and she was kind enough to donate her time to judge for us. Many thanks to her for her generosity. Start working on next year's entries, ladies.

Mary Ann Gronquist
Cultural Arts Co-chair

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Times 10:00-11:30 a.m. and 2:00-3:30 p.m. For more questions call 715-395-1293

Sue Hendrickson

HCE ANNUAL CRAFT SALE**SATURDAY, OCTOBER 10, 2015**

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

When: Saturday, October 10, 2015

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 which included an 8 foot table and folding chair.

Racks, shelving, etc. are allowed. Purchase additional spaces accordingly. *Handcrafted items only.* No kits, rummage, commercial/vendor sales, bake goods, garden produce, etc.

Sponsor: Douglas County HCE

Registration: By mail only. To receive more information and request a registration form call:

Linda Williams at 715-398-5394

Our Craft Sale is our only fundraiser which supports our Melinda Boswell Scholarship and four short-term scholarships available each year.

Submitted by, Linda Williams



FLAG DAY

Flag Day is on June 14th. The enclosed brochure in your Dispatch was graciously proved by Thomas Stein, VFW Post 1091. I contacted VFW Commander Gayle Carlson last week to see if he knew where we could obtain the flag etiquette brochure and he got on the phone and ordered enough for our Dispatch mailing, and his post is covering the costs involved. Many thanks to Commander Carlson and his post for their generosity. Please fly your flag proudly (and correctly) and remember to thank a vet for his or her service when you see one.

Submitted by,
Mary Ann Gronquist

MELINDA BOSWELL SCHOLARSHIP RECIPIENT CHOSEN

We recently received notice from WITC regarding the recipient of the Melinda Boswell Scholarship for the 2015 academic year is Jeff Linder, a WITC-Superior Heating, Ventilation and Air Conditioning/Refrigeration student. Congratulations Jeff!

Submitted by,
Linda Williams

RESIDENTIAL SAMPLES: HOW TO SUBMIT A SOIL SAMPLE:

- Make sure your sample bag has 1.5-2 cups of soil in it. Label the bag with your name, type of garden, and what is growing in it. Fill out the [Lawn and Garden Submission Form](http://douglas.uwex.edu/files/2010/05/Lawn-and-Garden-Submission-Form.pdf) <http://douglas.uwex.edu/files/2010/05/Lawn-and-Garden-Submission-Form.pdf>

We Mail:

1. Return sample and completed soils sheet to Courthouse Room 107 and we will ship for you. **\$20.00** (per sample) cash or check to "Douglas County Treasurer." **Credit cards not accepted.**

You Mail:

1. You can put the white bag or plastic lunch bag with soil into a regular envelope/box with a label attached to mail. Checkbook boxes work great! Enclose completed form. **\$15.00** (per sample). Enclose check payable to "Soil & Forage Analysis Laboratory." If you prefer, you can charge it to your credit card by filling out the payment information on the Lawn and Garden Submission Form.

Mail to: Soil & Forage Analysis Lab
2611 Yellowstone Dr
Marshfield, WI 54449

Once you receive the results, feel free to contact Jane Anklam, Agriculture/Horticulture Educator at 715-395-1515 or jane.anklam@ces.uwex.edu if you want help interpreting the results or for further information.

Submitted by, Cheryl –Editor

Get Ready for Lake Superior Day: July 19, 2015: Sue Hendrickson

In 2004, the Lake Superior Binational Forum restarted an annual day on the third Sunday of July to celebrate peoples' deep connections to the world's largest lake. The day originated in Thunder Bay and Duluth in 1993 and soon the Forum began promoting a basin wide (cause everything in the basin runs into the lake!) event to encourage any individual, group, business, church, industry, organization, and community to hold an event or activity that celebrates the value of the lake to our lives.

Since then, hundreds of events in many locations have been held including festivals, art shows, church services, educational activities, lectures, games, and other actions. Local events will be coming out of the Lake Superior National Estuarine Research Reserve Center (NERR) on Barker's Island. Watch the local papers for more information; or check out the following website for new materials and resources for Lake Superior Day at www.superiorforum.org and share them with your favorite organization.

You too can help save Lake Superior by keeping certain items out of the sewer system. **PLEASE DO NOT FLUSH**

THESE ITEMS:

Baby, facial, or cleaning wipes (even if labeled *flushable*)

Diapers

Rags and towels

Toys

Cigarette butts

Feminine hygiene products

Underwear and sox

Rubber items such as latex gloves

Kitty litter

Sponges

Dental Floss

Cotton balls or swabs

Facial tissue

Food, fats, oil, or grease

Food wrappers

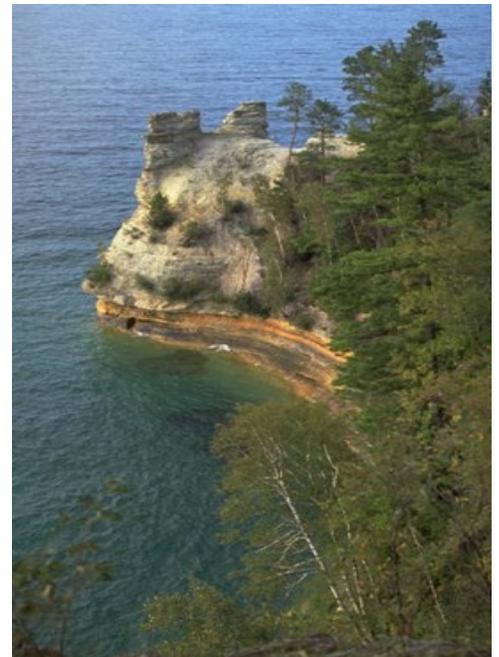
Clothing labels

Aquarium gravel

Medicines (bring to drop box at the Police Station)

Paints and stains

Other household hazardous waste (find places for these on the Recycling page of the Douglas County website: douglascountymi.org)



PUBLIC RELATIONS: In November we will be celebrating the 75th anniversary of Home and Community Education Clubs in Wisconsin! Members of 55 years or more are being sought for special recognition at the 2015 state conference. You? Someone you know? Give me a call and let's be part of this special observation! Thanks—Sue Hendrickson



Thanks to all who helped or participated in the incredible "Edible Ornaments" workshop. It was a great day of learning and fellowship. Thanks especially to Gary Kane of Wentworth Gardens for his interesting program...and the 10% off purchases that day!

Hilltoppers HCE

Douglas County UWEX
 1313 Belknap Street
 Courthouse Room 107
 Superior, WI 54880

TAPE

TAPE

Linda & Scott Bruce

5470 Windall Rd.

Iron River, WI 54847

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.

26	27	28	29	30	31		
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JULY							

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JUNE							

September 3 12:30pm
 September 7
 September 14-16
 September 24

June 1 TBA
 July
 July 3
 August
 August No meetings

September 3 12:30pm
 Town & Country
 Board Meeting
 Library
 Stevens Point
 WAHCE State Conference
 Building Sustainable Communities
 TBA
 Sue Hendrickson

September 3 12:30pm
 HCE Booth
 Membership/Mkt
 Fairgrounds
 No meetings
 Court House Closed—
 Independence Day

27	28	29	30				
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AUGUST							

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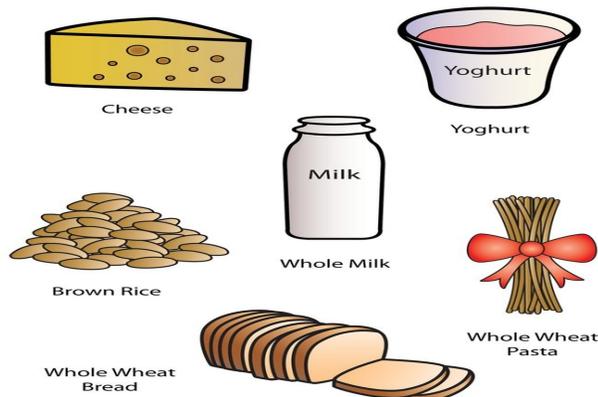
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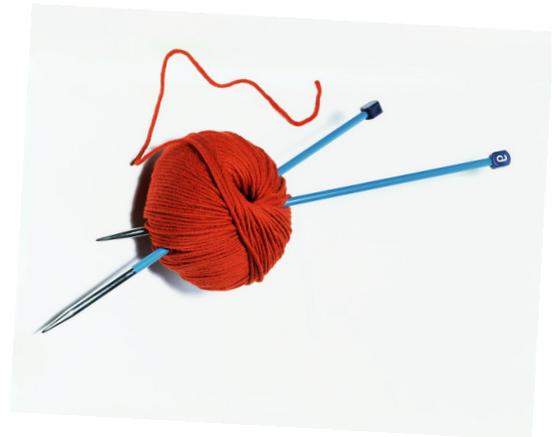
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Submitted by,
Mary Ann Gronquist

MELINDA BOSWELL SCHOLARSHIP RECIPIENT CHOSEN

We recently received notice from WITC regarding the recipient of the Melinda Boswell Scholarship for the 2015 academic year is Jeff Linder, a WITC-Superior Heating, Ventilation and Air Conditioning/Refrigeration student. Congratulations Jeff!

Submitted by,
Linda Williams

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- Make sure your sample bag has 1.5-2 cups of soil in it. Label the bag with your name, type of garden, and what is growing in it. Fill out the [Lawn and Garden Submission Form](http://douglas.uwex.edu/files/2010/05/Lawn-and-Garden-Submission-Form.pdf) <http://douglas.uwex.edu/files/2010/05/Lawn-and-Garden-Submission-Form.pdf>

We Mail:

1. Return sample and completed soils sheet to Courthouse Room 107 and we will ship for you. **\$20.00** (per sample) cash or check to "Douglas County Treasurer." **Credit cards not accepted.**

You Mail:

1. You can put the white bag or plastic lunch bag with soil into a regular envelope/box with a label attached to mail. Checkbook boxes work great! Enclose completed form. **\$15.00** (per sample). Enclose check payable to "Soil & Forage Analysis Laboratory." If you prefer, you can charge it to your credit card by filling out the payment information on the Lawn and Garden Submission Form.

Mail to: Soil & Forage Analysis Lab
2611 Yellowstone Dr
Marshfield, WI 54449

Once you receive the results, feel free to contact Jane Anklam, Agriculture/Horticulture Educator at 715-395-1515 or jane.anklam@ces.uwex.edu if you want help interpreting the results or for further information.

Submitted by, Cheryl –Editor

Get Ready for Lake Superior Day: July 19, 2015: Sue Hendrickson

In 2004, the Lake Superior Binational Forum restarted an annual day on the third Sunday of July to celebrate peoples' deep connections to the world's largest lake. The day originated in Thunder Bay and Duluth in 1993 and soon the Forum began promoting a basin wide (cause everything in the basin runs into the lake!) event to encourage any individual, group, business, church, industry, organization, and community to hold an event or activity that celebrates the value of the lake to our lives.

Since then, hundreds of events in many locations have been held including festivals, art shows, church services, educational activities, lectures, games, and other actions. Local events will be coming out of the Lake Superior National Estuarine Research Reserve Center (NERR) on Barker's Island. Watch the local papers for more information; or check out the following website for new materials and resources for Lake Superior Day at www.superiorforum.org and share them with your favorite organization.

You too can help save Lake Superior by keeping certain items out of the sewer system. **PLEASE DO NOT FLUSH**

THESE ITEMS:

Baby, facial, or cleaning wipes (even if labeled *flushable*)

Diapers

Rags and towels

Toys

Cigarette butts

Feminine hygiene products

Underwear and sox

Rubber items such as latex gloves

Kitty litter

Sponges

Dental Floss

Cotton balls or swabs

Facial tissue

Food, fats, oil, or grease

Food wrappers

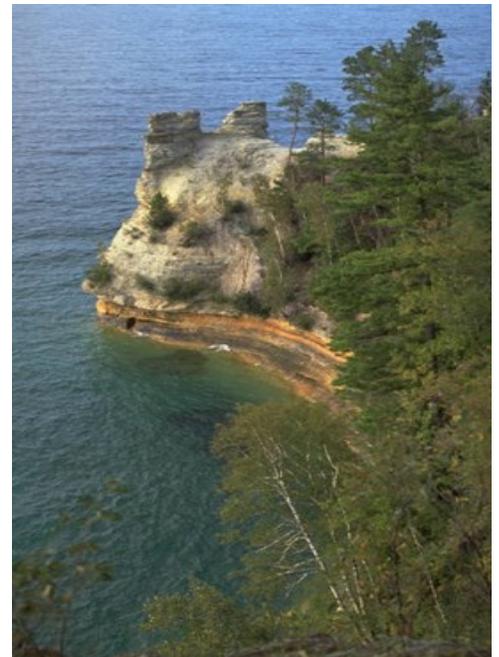
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Paints and stains

Other household hazardous waste (find places for these on the Recycling page of the Douglas County website: douglascountymi.org)



PUBLIC RELATIONS: In November we will be celebrating the 75th anniversary of Home and Community Education Clubs in Wisconsin! Members of 55 years or more are being sought for special recognition at the 2015 state conference. You? Someone you know? Give me a call and let's be part of this special observation! Thanks—Sue Hendrickson



Thanks to all who helped or participated in the incredible "Edible Ornaments" workshop. It was a great day of learning and fellowship. Thanks especially to Gary Kane of Wentworth Gardens for his interesting program...and the 10% off purchases that day!

Hilltoppers HCE

Douglas County UWEX
 1313 Belknap Street
 Courthouse Room 107
 Superior, WI 54880

TAPE

TAPE

Linda Westman

2011 Belknap St.
 Superior, WI 54880

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

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June TBA
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Memo from the Board

It's June already! Not really, I'm writing this on a cold rainy day in mid-May. But it could be worse. Remember last year? Be thankful for this great area we live in.

Now, sit back and relax. Let the sun shine on your face and shoulders (covered by a sunscreen of course). Enjoy the lazy days coming.

I'll enjoy a break from the grandkids' school schedules in exchange for baseball, soccer, and summer school injected with lots of free time and fun. The grandkids are turning 3, 9 and 13 years old over the summer. A teenager, YIKES!

Our son and the two oldest grandkids still live with us and we babysit the youngest, two or three days a week. It gets to be quite a wild, noisy and crazily busy home, but I love it.

HCE slows down a bit for the summer too. Don't forget to send in your points for "On the Move, Program Surveys and Volunteer Hours by June 1 by phone, email or regular mail to me. Thanks.

Have a great summer,

Linda Williams,
VP Programming and
Community Outreach



HCE EXECUTIVE BOARD MEETING MINUTES**May 7, 2015 –Superior Public Library**

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

The meeting was opened at 12:45 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 reported on the Sunshine Fund

Dispatch: Due May 15th for June, July, August. Sue made a request that two months be shown on the back of the Dispatch. The current month and the upcoming month. This will aid in clubs planning for their meetings.

COMMITTEE REPORTS:VP Programming and Community Outreach:

Linda Williams reminded us of the volunteer hours that are due June 1st. Also, Program Surveys are due June 1st.

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Scholarship: Still looking for a chair.

WI Bookworms™ - Sue Hendrickson- Books will be delivered the 1st week of August. The WISline will provide reader training. More information to come.

Family Living Educator: Araceli Whitwam-Sell. Araceli was present at our meeting and we had a chance to learn more about her and her goals, during a little coffee break. She was hired as a 75% employee. She is looking forward to meeting people and establishing relationships, finding the needs of our community, learning more about our group and collaborating with HCE. We were all impressed with her dedication to her new job. We look forward to working with Ariceli.

UNFINISHED BUSINESS:

Craft Day: Craft Day was a very successful event. Details in the May Dispatch. Plans are to have another next year.

Edible Ornaments: Wentworth Gardens, May 28th 1:00 Plan to be there.

Spring District Meeting: Well attended and informative. Cheryl, Sue, Mary Ann, and Joyce attended

NEW BUSINESS:

Fair Booth: The Tri-State Fair will be held in late August, August 24 – 30. Town and Country will be staffing the HCE Booth on Friday, Aug. 28th and the Hilltoppers will staff the booth on Saturday, Aug. 30th .

State Conference: Sept. 14 – 16 Stevens Point, WI. Pool sessions will be "Raising a Thinking Child" and "Food Label Lingo".

Meeting closed with the HCE prayer at 2:25 p.m.

Minutes submitted for approval by Jo Mersnick



June is Dairy Month-Bone Up on Calcium!

"How much calcium do I need?"

In 2010 the National Academy of Sciences issued new Recommended Dietary Allowances (RDAs) for calcium. The new RDAs recommend that:

- Older children (ages 9 to 18) consume 1,300 mg of calcium per day.
- Most adults (ages 19 to 50) consume 1,000 mg of calcium per day.
- Older adults (women ages 51 and older and men 71 and older) consume 1,200 mg of calcium per day.

Most people are not getting enough calcium in their diets. Three out of four adult women fail to meet the current recommended daily intake for calcium.

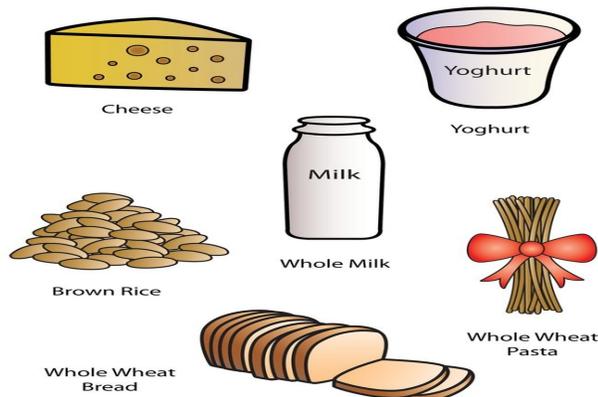
"What do those recommended intakes mean?" Try to get 2 to 3 servings of dairy daily or other calcium-rich foods a day. Dairy products contribute more than half of the calcium in the U.S. diet, but you can also find some calcium in many other foods such as broccoli, collards, and some brands of tofu (check the label).

Food	Amount of calcium per serving
1 cup non-fat yogurt	450 mg
1 cup milk (skim, 1%,2%,whole, buttermilk, chocolate)	300 mg
1/2 cup calcium-fortified orange juice	250 mg
1 ounce Swiss cheese	225 mg
1/2 cup tofu	50-800 mg (Some brands have more than others. Check labels.)
1/2 cup cooked collard greens	180 mg

"How about just taking a calcium supplement instead?" Getting your vitamins and minerals from foods ideal. Many calcium supplements are not fortified with vitamin D. Talk to your doctor, pharmacist or a dietitian to see if a calcium supplement or a calcium supplement with vitamin D is right for you.

"Should I take more than the recommended amount to be 'extra' healthy?" No. There is no benefit for healthy individuals to be consuming more than the recommended amounts of calcium. Excessive use of calcium supplements may raise your risk of developing kidney stones. The National Academy of Sciences has recommended a Tolerable Upper Intake Level of 2,500 mg calcium per day for adults ages 19-50. This is the maximum amount of calcium that is considered safe to consume on a daily basis.

Adapted from Getting Enough Calcium: Bone up on Calcium.
Author: Susan Nitzke, Ph.D., R.D., professor,
Nutritional Sciences.
University of Wisconsin-Madison and UW-Extension



Submitted by, Araceli Whitwam-Sell
Family Living Educator
University of Wisconsin Extension-Douglas County

HCE Donates to Wisconsin/Nicaragua Partners of the Americas Learning Centers

History: In 1979, two dynamic women had a vision. Rural Nicaraguan women were desperate for training to develop the skills that they would need to provide meaningful income while remaining in their communities to care for their families. In 1981, Ellen Maurer of Verona and Doña Angélica Pavón of Los Cedros, Nicaragua secured resources from Wisconsin and volunteer trainers from Nicaragua to form a sewing center in rural Los Cedros, a small community outside of Managua.

Since then, the Sewing Centers have broadened their focus and transitioned into Learning Centers. The training offered now encompasses a wide range of vocational skills such as baking, carpentry, cosmetology, small business management, etc. Participants begin by acquiring the skills necessary to provide them with a sense of dignity, independence, and purpose. They are then afforded the opportunity to utilize a micro-lending program to initiate a small business of their own. By building upon the unique skills of the individual members of the community, the community is shaped and fortified, thereby generating further aptitudes and resources.

Thousands of Nicaraguans have thus been mentored through the establishment of the Learning Centers. With each center being coordinated by local women, they are able to cater to the individual needs of each learning center's community.

Do You Have Donations for Nicaragua?

Knitting, crocheting and sewing equipment and supplies are being collected by Jeanette Rantala, HCE member, to bring to the Nicaragua Warehouse in Stevens Point at the end of June.

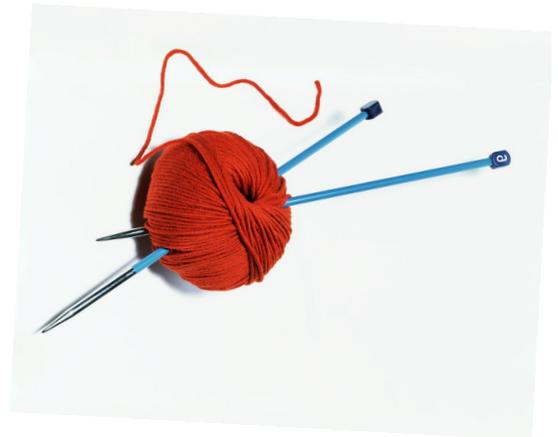
Please contact her at 715-375-2661 or by email: dirantala@centurytel.net before June 15th with questions or to make a donation. Pick up of donations can be arranged.

Suggested items:

- Fabric
- Sewing machine needles
- Sewing supplies and sewing machines
- Scissors
- Irons and ironing boards
- Knitting needles
- Yarn
- Buttons
- Lace
- Beads for jewelry making

Wisconsin/Nicaragua Partners of the Americas is a 501(c)3 non-profit organization.

Cash and in-kind donations are fully tax-deductible to the extent allowed by law.



Submitted by, Jeannette Rantala

CULTURAL ARTS

Thanks again to all who entered the Cultural Arts Contest. The list of winners to go to state are listed on page 1 of the May Dispatch. The winner of the People's Choice award was Jo Mersnick with her alcohol ink painting entitled, "Leaves and Lichen". Our judge was Kathy Lahti and she was kind enough to donate her time to judge for us. Many thanks to her for her generosity. Start working on next year's entries, ladies.

Mary Ann Gronquist
Cultural Arts Co-chair

County Hazardous Waste & Medication Collection Schedule 2015

Wednesday, June 24th, Brule Transfer Station, Solon Springs Solid Waste/Recycling, 11903 S Holly Lucius Rd.

Times 10:00-11:30 a.m. and 2:00-3:30 p.m. For more questions call 715-395-1293

Sue Hendrickson

HCE ANNUAL CRAFT SALE**SATURDAY, OCTOBER 10, 2015**

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

When: Saturday, October 10, 2015

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 which included an 8 foot table and folding chair.

Racks, shelving, etc. are allowed. Purchase additional spaces accordingly. *Handcrafted items only.* No kits, rummage, commercial/vendor sales, bake goods, garden produce, etc.

Sponsor: Douglas County HCE

Registration: By mail only. To receive more information and request a registration form call:

Linda Williams at 715-398-5394

Our Craft Sale is our only fundraiser which supports our Melinda Boswell Scholarship and four short-term scholarships available each year.

Submitted by, Linda Williams



FLAG DAY

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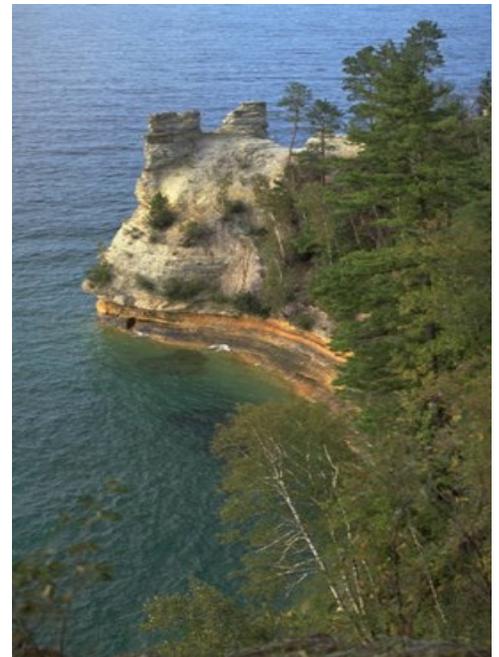
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DISPATCH



June/July/August 2015

Douglas County HCE Superior, WI

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Minutes submitted for approval by Jo Mersnick



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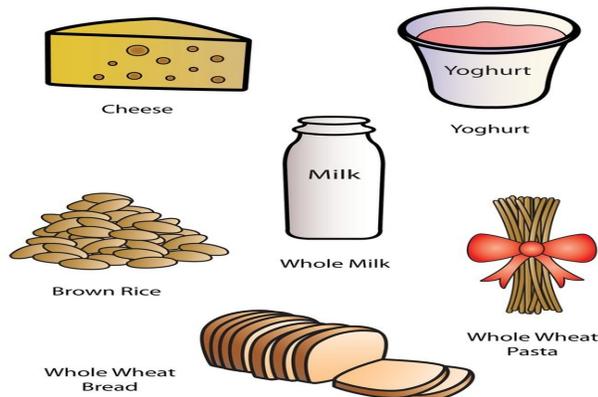
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Adapted from Getting Enough Calcium: Bone up on Calcium.
Author: Susan Nitzke, Ph.D., R.D., professor,
Nutritional Sciences.
University of Wisconsin-Madison and UW-Extension



Submitted by, Araceli Whitwam-Sell
Family Living Educator
University of Wisconsin Extension-Douglas County

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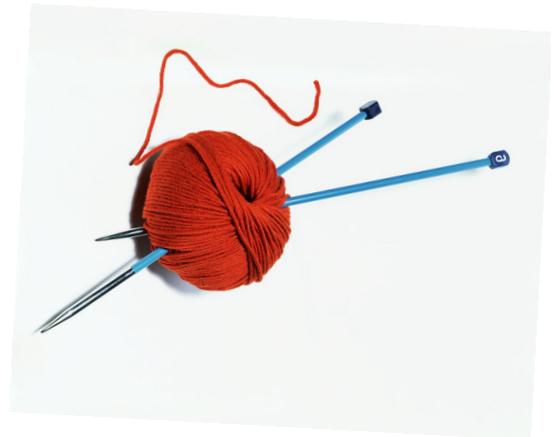
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Submitted by, Jeannette Rantala

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Submitted by,
Mary Ann Gronquist

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We recently received notice from WITC regarding the recipient of the Melinda Boswell Scholarship for the 2015 academic year is Jeff Linder, a WITC-Superior Heating, Ventilation and Air Conditioning/Refrigeration student. Congratulations Jeff!

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Submitted by, Cheryl –Editor

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Cigarette butts

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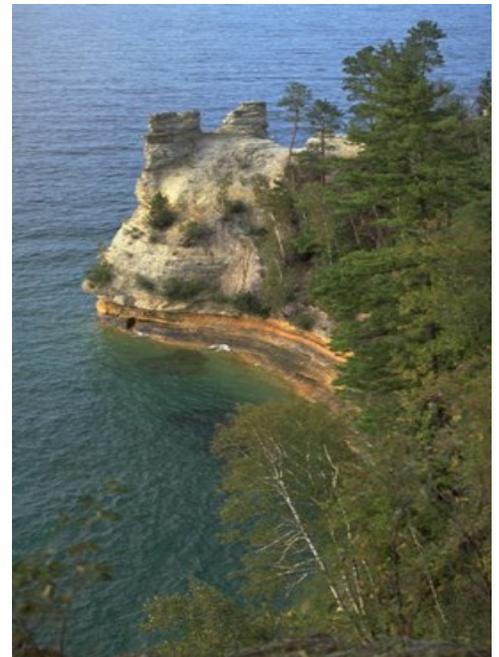
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Hilltoppers HCE



DISPATCH



June/July/August 2015

Douglas County HCE Superior, WI

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Memo from the Board

It's June already! Not really, I'm writing this on a cold rainy day in mid-May. But it could be worse. Remember last year? Be thankful for this great area we live in.

Now, sit back and relax. Let the sun shine on your face and shoulders (covered by a sunscreen of course). Enjoy the lazy days coming.

I'll enjoy a break from the grandkids' school schedules in exchange for baseball, soccer, and summer school injected with lots of free time and fun. The grandkids are turning 3, 9 and 13 years old over the summer. A teenager, YIKES!

Our son and the two oldest grandkids still live with us and we babysit the youngest, two or three days a week. It gets to be quite a wild, noisy and crazily busy home, but I love it.

HCE slows down a bit for the summer too. Don't forget to send in your points for "On the Move, Program Surveys and Volunteer Hours by June 1 by phone, email or regular mail to me. Thanks.

Have a great summer,

Linda Williams,
 VP Programming and
 Community Outreach



HCE EXECUTIVE BOARD MEETING MINUTES**May 7, 2015 –Superior Public Library**

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

The meeting was opened at 12:45 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 reported on the Sunshine Fund

Dispatch: Due May 15th for June, July, August. Sue made a request that two months be shown on the back of the Dispatch. The current month and the upcoming month. This will aid in clubs planning for their meetings.

COMMITTEE REPORTS:VP Programming and Community Outreach:

Linda Williams reminded us of the volunteer hours that are due June 1st. Also, Program Surveys are due June 1st.

Cultural Arts: Mary Ann Gronquist – See Memo from the Board in the May Dispatch for details.

International: Christa Williams-Clements articles are very informative and interesting. We are still looking for a chair for the International Event.

Membership/Marketing: Sue Hendrickson is making an effort to get more publicity for HCE in the Superior Telegram.

Scholarship: Still looking for a chair.

WI Bookworms™ - Sue Hendrickson- Books will be delivered the 1st week of August. The WISline will provide reader training. More information to come.

Family Living Educator: Araceli Whitwam-Sell. Araceli was present at our meeting and we had a chance to learn more about her and her goals, during a little coffee break. She was hired as a 75% employee. She is looking forward to meeting people and establishing relationships, finding the needs of our community, learning more about our group and collaborating with HCE. We were all impressed with her dedication to her new job. We look forward to working with Ariceli.

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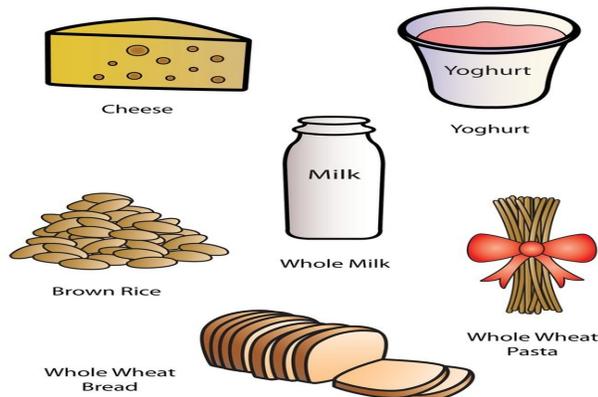
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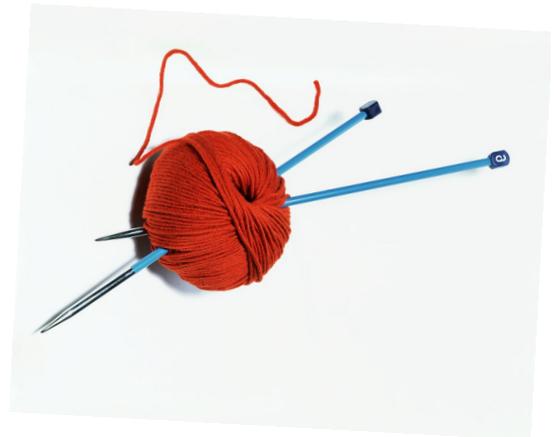
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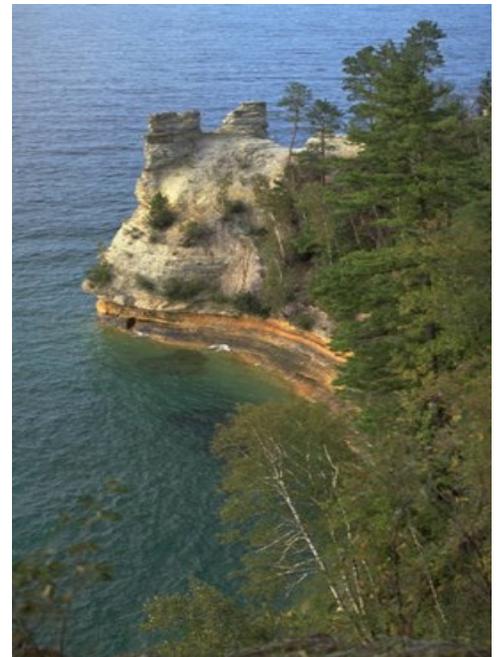
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Our son and the two oldest grandkids still live with us and we babysit the youngest, two or three days a week. It gets to be quite a wild, noisy and crazily busy home, but I love it.

HCE slows down a bit for the summer too. Don't forget to send in your points for "On the Move, Program Surveys and Volunteer Hours by June 1 by phone, email or regular mail to me. Thanks.

Have a great summer,

Linda Williams,
VP Programming and
Community Outreach



HCE EXECUTIVE BOARD MEETING MINUTES**May 7, 2015 –Superior Public Library**

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

The meeting was opened at 12:45 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

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Sunshine: Joyce Cook reported on the Sunshine Fund

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Minutes submitted for approval by Jo Mersnick



June is Dairy Month-Bone Up on Calcium!

"How much calcium do I need?"

In 2010 the National Academy of Sciences issued new Recommended Dietary Allowances (RDAs) for calcium. The new RDAs recommend that:

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- Most adults (ages 19 to 50) consume 1,000 mg of calcium per day.
- Older adults (women ages 51 and older and men 71 and older) consume 1,200 mg of calcium per day.

Most people are not getting enough calcium in their diets. Three out of four adult women fail to meet the current recommended daily intake for calcium.

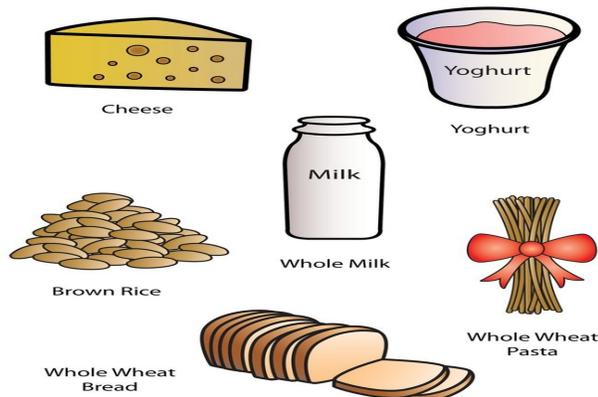
"What do those recommended intakes mean?" Try to get 2 to 3 servings of dairy daily or other calcium-rich foods a day. Dairy products contribute more than half of the calcium in the U.S. diet, but you can also find some calcium in many other foods such as broccoli, collards, and some brands of tofu (check the label).

Food	Amount of calcium per serving
1 cup non-fat yogurt	450 mg
1 cup milk (skim, 1%,2%,whole, buttermilk, chocolate)	300 mg
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1 ounce Swiss cheese	225 mg
1/2 cup tofu	50-800 mg (Some brands have more than others. Check labels.)
1/2 cup cooked collard greens	180 mg

"How about just taking a calcium supplement instead?" Getting your vitamins and minerals from foods ideal. Many calcium supplements are not fortified with vitamin D. Talk to your doctor, pharmacist or a dietitian to see if a calcium supplement or a calcium supplement with vitamin D is right for you.

"Should I take more than the recommended amount to be 'extra' healthy?" No. There is no benefit for healthy individuals to be consuming more than the recommended amounts of calcium. Excessive use of calcium supplements may raise your risk of developing kidney stones. The National Academy of Sciences has recommended a Tolerable Upper Intake Level of 2,500 mg calcium per day for adults ages 19-50. This is the maximum amount of calcium that is considered safe to consume on a daily basis.

Adapted from Getting Enough Calcium: Bone up on Calcium.
Author: Susan Nitzke, Ph.D., R.D., professor,
Nutritional Sciences.
University of Wisconsin-Madison and UW-Extension



Submitted by, Araceli Whitwam-Sell
Family Living Educator
University of Wisconsin Extension-Douglas County

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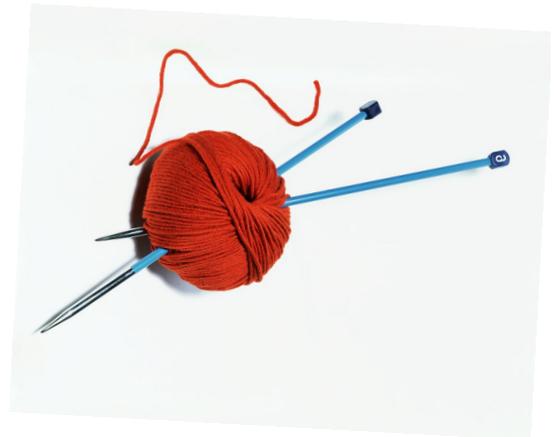
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Suggested items:

- Fabric
- Sewing machine needles
- Sewing supplies and sewing machines
- Scissors
- Irons and ironing boards
- Knitting needles
- Yarn
- Buttons
- Lace
- Beads for jewelry making

Wisconsin/Nicaragua Partners of the Americas is a 501(c)3 non-profit organization.

Cash and in-kind donations are fully tax-deductible to the extent allowed by law.



Submitted by, Jeannette Rantala

CULTURAL ARTS

Thanks again to all who entered the Cultural Arts Contest. The list of winners to go to state are listed on page 1 of the May Dispatch. The winner of the People's Choice award was Jo Mersnick with her alcohol ink painting entitled, "Leaves and Lichen". Our judge was Kathy Lahti and she was kind enough to donate her time to judge for us. Many thanks to her for her generosity. Start working on next year's entries, ladies.

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Cultural Arts Co-chair

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Sue Hendrickson

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

When: Saturday, October 10, 2015

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 which included an 8 foot table and folding chair.

Racks, shelving, etc. are allowed. Purchase additional spaces accordingly. *Handcrafted items only.* No kits, rummage, commercial/vendor sales, bake goods, garden produce, etc.

Sponsor: Douglas County HCE

Registration: By mail only. To receive more information and request a registration form call:

Linda Williams at 715-398-5394

Our Craft Sale is our only fundraiser which supports our Melinda Boswell Scholarship and four short-term scholarships available each year.

Submitted by, Linda Williams



FLAG DAY

Flag Day is on June 14th. The enclosed brochure in your Dispatch was graciously proved by Thomas Stein, VFW Post 1091. I contacted VFW Commander Gayle Carlson last week to see if he knew where we could obtain the flag etiquette brochure and he got on the phone and ordered enough for our Dispatch mailing, and his post is covering the costs involved. Many thanks to Commander Carlson and his post for their generosity. Please fly your flag proudly (and correctly) and remember to thank a vet for his or her service when you see one.

Submitted by,
Mary Ann Gronquist

MELINDA BOSWELL SCHOLARSHIP RECIPIENT CHOSEN

We recently received notice from WITC regarding the recipient of the Melinda Boswell Scholarship for the 2015 academic year is Jeff Linder, a WITC-Superior Heating, Ventilation and Air Conditioning/Refrigeration student. Congratulations Jeff!

Submitted by,
Linda Williams

RESIDENTIAL SAMPLES: HOW TO SUBMIT A SOIL SAMPLE:

- Make sure your sample bag has 1.5-2 cups of soil in it. Label the bag with your name, type of garden, and what is growing in it. Fill out the [Lawn and Garden Submission Form](http://douglas.uwex.edu/files/2010/05/Lawn-and-Garden-Submission-Form.pdf) <http://douglas.uwex.edu/files/2010/05/Lawn-and-Garden-Submission-Form.pdf>

We Mail:

1. Return sample and completed soils sheet to Courthouse Room 107 and we will ship for you. **\$20.00** (per sample) cash or check to "Douglas County Treasurer." **Credit cards not accepted.**

You Mail:

1. You can put the white bag or plastic lunch bag with soil into a regular envelope/box with a label attached to mail. Checkbook boxes work great! Enclose completed form. **\$15.00** (per sample). Enclose check payable to "Soil & Forage Analysis Laboratory." If you prefer, you can charge it to your credit card by filling out the payment information on the Lawn and Garden Submission Form.

Mail to: Soil & Forage Analysis Lab
2611 Yellowstone Dr
Marshfield, WI 54449

Once you receive the results, feel free to contact Jane Anklam, Agriculture/Horticulture Educator at 715-395-1515 or jane.anklam@ces.uwex.edu if you want help interpreting the results or for further information.

Submitted by, Cheryl –Editor

Get Ready for Lake Superior Day: July 19, 2015: Sue Hendrickson

In 2004, the Lake Superior Binational Forum restarted an annual day on the third Sunday of July to celebrate peoples' deep connections to the world's largest lake. The day originated in Thunder Bay and Duluth in 1993 and soon the Forum began promoting a basin wide (cause everything in the basin runs into the lake!) event to encourage any individual, group, business, church, industry, organization, and community to hold an event or activity that celebrates the value of the lake to our lives.

Since then, hundreds of events in many locations have been held including festivals, art shows, church services, educational activities, lectures, games, and other actions. Local events will be coming out of the Lake Superior National Estuarine Research Reserve Center (NERR) on Barker's Island. Watch the local papers for more information; or check out the following website for new materials and resources for Lake Superior Day at www.superiorforum.org and share them with your favorite organization.

You too can help save Lake Superior by keeping certain items out of the sewer system. **PLEASE DO NOT FLUSH**

THESE ITEMS:

Baby, facial, or cleaning wipes (even if labeled *flushable*)

Diapers

Rags and towels

Toys

Cigarette butts

Feminine hygiene products

Underwear and sox

Rubber items such as latex gloves

Kitty litter

Sponges

Dental Floss

Cotton balls or swabs

Facial tissue

Food, fats, oil, or grease

Food wrappers

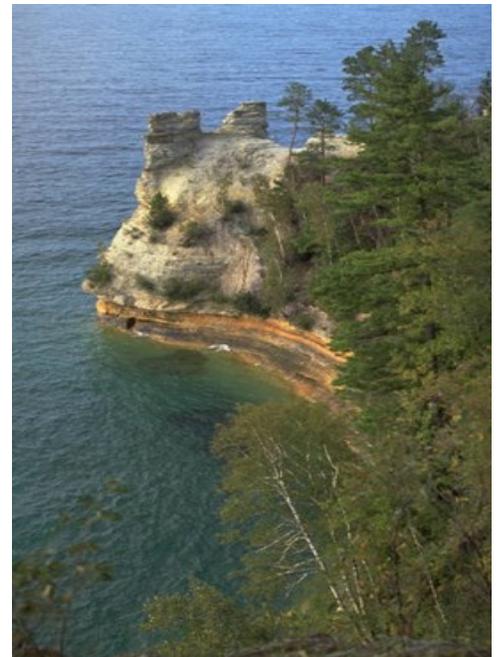
Clothing labels

Aquarium gravel

Medicines (bring to drop box at the Police Station)

Paints and stains

Other household hazardous waste (find places for these on the Recycling page of the Douglas County website: douglascountywi.org)



PUBLIC RELATIONS: In November we will be celebrating the 75th anniversary of Home and Community Education Clubs in Wisconsin! Members of 55 years or more are being sought for special recognition at the 2015 state conference. You? Someone you know? Give me a call and let's be part of this special observation! Thanks—Sue Hendrickson



Thanks to all who helped or participated in the incredible "Edible Ornaments" workshop. It was a great day of learning and fellowship. Thanks especially to Gary Kane of Wentworth Gardens for his interesting program...and the 10% off purchases that day!

Hilltoppers HCE

Douglas County UWEX
 1313 Belknap Street
 Courthouse Room 107
 Superior, WI 54880

TAPE

TAPE

Lorene Hass
 Central District Director
 300 N. Keyes Street
 Merrill, WI 54452

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

26	27	28	29	30	31		
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28	29	30					
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S	M	T	W	T	Fr	S	
JUNE							

September 3 12:30pm
 September 7
 September 14-16
 September 24

June 1 TBA
 July
 July 3
 August
 August No meetings

September 3 12:30pm
 Craft Sale Meeting
 Town & Country
 Board Meeting
 Library
 September 7
 Court Sale Meeting
 President
 Court Sale Meeting
 WAHCE State Conference
 Stevens Point
 Building Sustainable Communities
 TBA
 Sue Hendrickson

August
 August No meetings
 Court Sale Meeting
 Independence Day
 Fairgrounds
 HCE Booth
 Membership/Mkt
 Volunteer hours reports due

27	28	29	30				
20	21	22	23	24	25	26	
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AUGUST							

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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 2015** issues will be the Hilltoppers. Contact the UW-Extension Office at 715-395-1363 before **August 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

All articles from magazines, books, etc. quoted in the Douglas County HCE Dispatch have received written copyright permission. This permission is on file.

Memo from the Board

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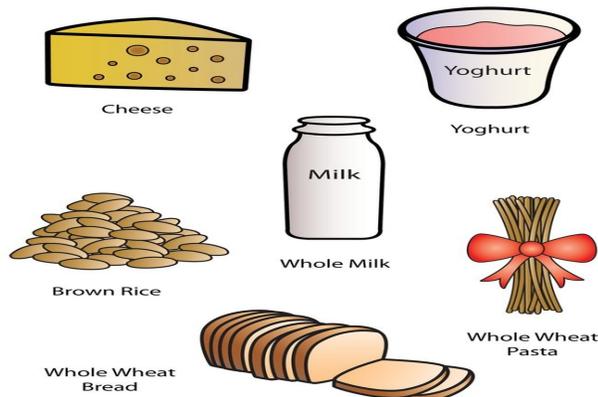
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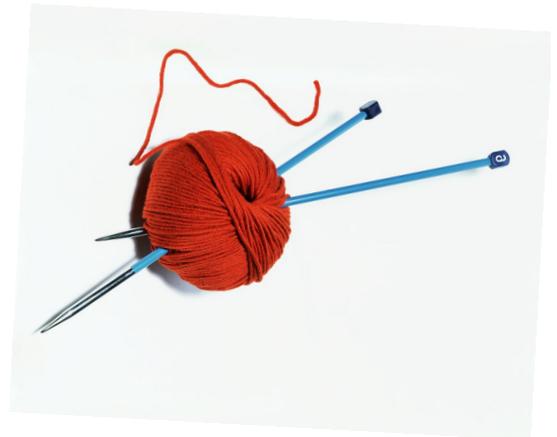
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1. You can put the white bag or plastic lunch bag with soil into a regular envelope/box with a label attached to mail. Checkbook boxes work great! Enclose completed form. **\$15.00** (per sample). Enclose check payable to "Soil & Forage Analysis Laboratory." If you prefer, you can charge it to your credit card by filling out the payment information on the Lawn and Garden Submission Form.

Mail to: Soil & Forage Analysis Lab
2611 Yellowstone Dr
Marshfield, WI 54449

Once you receive the results, feel free to contact Jane Anklam, Agriculture/Horticulture Educator at 715-395-1515 or jane.anklam@ces.uwex.edu if you want help interpreting the results or for further information.

Submitted by, Cheryl –Editor

Get Ready for Lake Superior Day: July 19, 2015: Sue Hendrickson

In 2004, the Lake Superior Binational Forum restarted an annual day on the third Sunday of July to celebrate peoples' deep connections to the world's largest lake. The day originated in Thunder Bay and Duluth in 1993 and soon the Forum began promoting a basin wide (cause everything in the basin runs into the lake!) event to encourage any individual, group, business, church, industry, organization, and community to hold an event or activity that celebrates the value of the lake to our lives.

Since then, hundreds of events in many locations have been held including festivals, art shows, church services, educational activities, lectures, games, and other actions. Local events will be coming out of the Lake Superior National Estuarine Research Reserve Center (NERR) on Barker's Island. Watch the local papers for more information; or check out the following website for new materials and resources for Lake Superior Day at www.superiorforum.org and share them with your favorite organization.

You too can help save Lake Superior by keeping certain items out of the sewer system. **PLEASE DO NOT FLUSH**

THESE ITEMS:

Baby, facial, or cleaning wipes (even if labeled *flushable*)

Diapers

Rags and towels

Toys

Cigarette butts

Feminine hygiene products

Underwear and sox

Rubber items such as latex gloves

Kitty litter

Sponges

Dental Floss

Cotton balls or swabs

Facial tissue

Food, fats, oil, or grease

Food wrappers

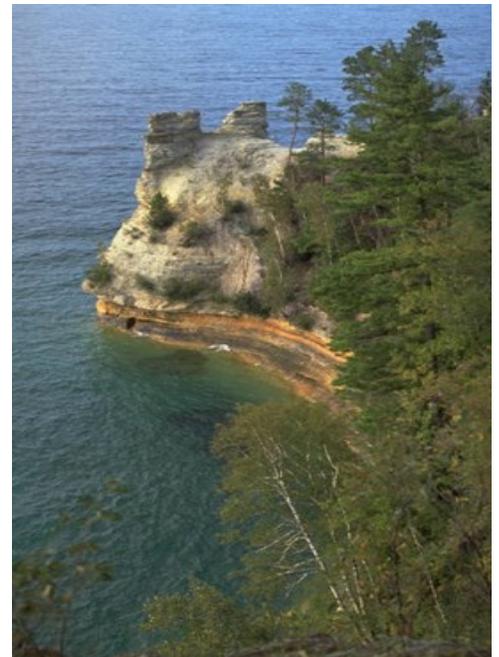
Clothing labels

Aquarium gravel

Medicines (bring to drop box at the Police Station)

Paints and stains

Other household hazardous waste (find places for these on the Recycling page of the Douglas County website: douglascountymi.org)



PUBLIC RELATIONS: In November we will be celebrating the 75th anniversary of Home and Community Education Clubs in Wisconsin! Members of 55 years or more are being sought for special recognition at the 2015 state conference. You? Someone you know? Give me a call and let's be part of this special observation! Thanks—Sue Hendrickson



Thanks to all who helped or participated in the incredible "Edible Ornaments" workshop. It was a great day of learning and fellowship. Thanks especially to Gary Kane of Wentworth Gardens for his interesting program...and the 10% off purchases that day!

Hilltoppers HCE

Douglas County UWEX
 1313 Belknap Street
 Courthouse Room 107
 Superior, WI 54880

TAPE

TAPE

Marcelline Protheroe
 Update Editor
 N6131 22nd Dr.
 Wild Rose, WI 54984

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.

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September 3 12:30pm
 September 7
 September 14-16
 September 24

June 1 TBA
 July
 July 3
 August
 August No meetings

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 Craft Sale Meeting
 Town & Country
 Board Meeting
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Memo from the Board

It's June already! Not really, I'm writing this on a cold rainy day in mid-May. But it could be worse. Remember last year? Be thankful for this great area we live in.

Now, sit back and relax. Let the sun shine on your face and shoulders (covered by a sunscreen of course). Enjoy the lazy days coming.

I'll enjoy a break from the grandkids' school schedules in exchange for baseball, soccer, and summer school injected with lots of free time and fun. The grandkids are turning 3, 9 and 13 years old over the summer. A teenager, YIKES!

Our son and the two oldest grandkids still live with us and we babysit the youngest, two or three days a week. It gets to be quite a wild, noisy and crazily busy home, but I love it.

HCE slows down a bit for the summer too. Don't forget to send in your points for "On the Move, Program Surveys and Volunteer Hours by June 1 by phone, email or regular mail to me. Thanks.

Have a great summer,

Linda Williams,
VP Programming and
Community Outreach



HCE EXECUTIVE BOARD MEETING MINUTES**May 7, 2015 –Superior Public Library**

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

The meeting was opened at 12:45 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 reported on the Sunshine Fund

Dispatch: Due May 15th for June, July, August. Sue made a request that two months be shown on the back of the Dispatch. The current month and the upcoming month. This will aid in clubs planning for their meetings.

COMMITTEE REPORTS:VP Programming and Community Outreach:

Linda Williams reminded us of the volunteer hours that are due June 1st. Also, Program Surveys are due June 1st.

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Craft Day: Craft Day was a very successful event. Details in the May Dispatch. Plans are to have another next year.

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Spring District Meeting: Well attended and informative. Cheryl, Sue, Mary Ann, and Joyce attended

NEW BUSINESS:

Fair Booth: The Tri-State Fair will be held in late August, August 24 – 30. Town and Country will be staffing the HCE Booth on Friday, Aug. 28th and the Hilltoppers will staff the booth on Saturday, Aug. 30th .

State Conference: Sept. 14 – 16 Stevens Point, WI. Pool sessions will be "Raising a Thinking Child" and "Food Label Lingo".

Meeting closed with the HCE prayer at 2:25 p.m.

Minutes submitted for approval by Jo Mersnick



June is Dairy Month-Bone Up on Calcium!

"How much calcium do I need?"

In 2010 the National Academy of Sciences issued new Recommended Dietary Allowances (RDAs) for calcium. The new RDAs recommend that:

- Older children (ages 9 to 18) consume 1,300 mg of calcium per day.
- Most adults (ages 19 to 50) consume 1,000 mg of calcium per day.
- Older adults (women ages 51 and older and men 71 and older) consume 1,200 mg of calcium per day.

Most people are not getting enough calcium in their diets. Three out of four adult women fail to meet the current recommended daily intake for calcium.

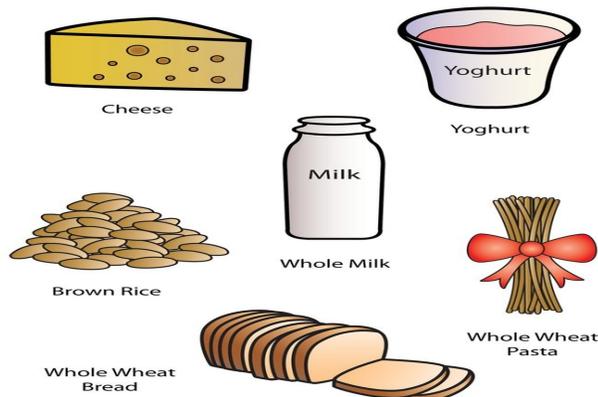
"What do those recommended intakes mean?" Try to get 2 to 3 servings of dairy daily or other calcium-rich foods a day. Dairy products contribute more than half of the calcium in the U.S. diet, but you can also find some calcium in many other foods such as broccoli, collards, and some brands of tofu (check the label).

Food	Amount of calcium per serving
1 cup non-fat yogurt	450 mg
1 cup milk (skim, 1%,2%,whole, buttermilk, chocolate)	300 mg
1/2 cup calcium-fortified orange juice	250 mg
1 ounce Swiss cheese	225 mg
1/2 cup tofu	50-800 mg (Some brands have more than others. Check labels.)
1/2 cup cooked collard greens	180 mg

"How about just taking a calcium supplement instead?" Getting your vitamins and minerals from foods ideal. Many calcium supplements are not fortified with vitamin D. Talk to your doctor, pharmacist or a dietitian to see if a calcium supplement or a calcium supplement with vitamin D is right for you.

"Should I take more than the recommended amount to be 'extra' healthy?" No. There is no benefit for healthy individuals to be consuming more than the recommended amounts of calcium. Excessive use of calcium supplements may raise your risk of developing kidney stones. The National Academy of Sciences has recommended a Tolerable Upper Intake Level of 2,500 mg calcium per day for adults ages 19-50. This is the maximum amount of calcium that is considered safe to consume on a daily basis.

Adapted from Getting Enough Calcium: Bone up on Calcium.
Author: Susan Nitzke, Ph.D., R.D., professor,
Nutritional Sciences.
University of Wisconsin-Madison and UW-Extension



Submitted by, Araceli Whitwam-Sell
Family Living Educator
University of Wisconsin Extension-Douglas County

HCE Donates to Wisconsin/Nicaragua Partners of the Americas Learning Centers

History: In 1979, two dynamic women had a vision. Rural Nicaraguan women were desperate for training to develop the skills that they would need to provide meaningful income while remaining in their communities to care for their families. In 1981, Ellen Maurer of Verona and Doña Angélica Pavón of Los Cedros, Nicaragua secured resources from Wisconsin and volunteer trainers from Nicaragua to form a sewing center in rural Los Cedros, a small community outside of Managua.

Since then, the Sewing Centers have broadened their focus and transitioned into Learning Centers. The training offered now encompasses a wide range of vocational skills such as baking, carpentry, cosmetology, small business management, etc. Participants begin by acquiring the skills necessary to provide them with a sense of dignity, independence, and purpose. They are then afforded the opportunity to utilize a micro-lending program to initiate a small business of their own. By building upon the unique skills of the individual members of the community, the community is shaped and fortified, thereby generating further aptitudes and resources.

Thousands of Nicaraguans have thus been mentored through the establishment of the Learning Centers. With each center being coordinated by local women, they are able to cater to the individual needs of each learning center's community.

Do You Have Donations for Nicaragua?

Knitting, crocheting and sewing equipment and supplies are being collected by Jeanette Rantala, HCE member, to bring to the Nicaragua Warehouse in Stevens Point at the end of June.

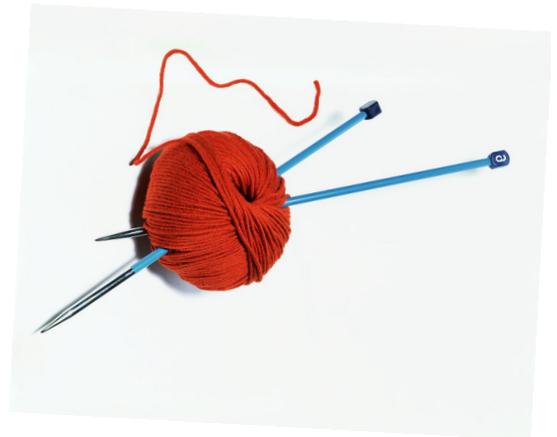
Please contact her at 715-375-2661 or by email: dirantala@centurytel.net before June 15th with questions or to make a donation. Pick up of donations can be arranged.

Suggested items:

- Fabric
- Sewing machine needles
- Sewing supplies and sewing machines
- Scissors
- Irons and ironing boards
- Knitting needles
- Yarn
- Buttons
- Lace
- Beads for jewelry making

Wisconsin/Nicaragua Partners of the Americas is a 501(c)3 non-profit organization.

Cash and in-kind donations are fully tax-deductible to the extent allowed by law.



Submitted by, Jeannette Rantala

CULTURAL ARTS

Thanks again to all who entered the Cultural Arts Contest. The list of winners to go to state are listed on page 1 of the May Dispatch. The winner of the People's Choice award was Jo Mersnick with her alcohol ink painting entitled, "Leaves and Lichen". Our judge was Kathy Lahti and she was kind enough to donate her time to judge for us. Many thanks to her for her generosity. Start working on next year's entries, ladies.

Mary Ann Gronquist
Cultural Arts Co-chair

County Hazardous Waste & Medication Collection Schedule 2015

Wednesday, June 24th, Brule Transfer Station, Solon Springs Solid Waste/Recycling, 11903 S Holly Lucius Rd.

Times 10:00-11:30 a.m. and 2:00-3:30 p.m. For more questions call 715-395-1293

Sue Hendrickson

HCE ANNUAL CRAFT SALE**SATURDAY, OCTOBER 10, 2015**

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

When: Saturday, October 10, 2015

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 which included an 8 foot table and folding chair.

Racks, shelving, etc. are allowed. Purchase additional spaces accordingly. *Handcrafted items only.* No kits, rummage, commercial/vendor sales, bake goods, garden produce, etc.

Sponsor: Douglas County HCE

Registration: By mail only. To receive more information and request a registration form call:

Linda Williams at 715-398-5394

Our Craft Sale is our only fundraiser which supports our Melinda Boswell Scholarship and four short-term scholarships available each year.

Submitted by, Linda Williams



FLAG DAY

Flag Day is on June 14th. The enclosed brochure in your Dispatch was graciously proved by Thomas Stein, VFW Post 1091. I contacted VFW Commander Gayle Carlson last week to see if he knew where we could obtain the flag etiquette brochure and he got on the phone and ordered enough for our Dispatch mailing, and his post is covering the costs involved. Many thanks to Commander Carlson and his post for their generosity. Please fly your flag proudly (and correctly) and remember to thank a vet for his or her service when you see one.

Submitted by,
Mary Ann Gronquist

MELINDA BOSWELL SCHOLARSHIP RECIPIENT CHOSEN

We recently received notice from WITC regarding the recipient of the Melinda Boswell Scholarship for the 2015 academic year is Jeff Linder, a WITC-Superior Heating, Ventilation and Air Conditioning/Refrigeration student. Congratulations Jeff!

Submitted by,
Linda Williams

RESIDENTIAL SAMPLES: HOW TO SUBMIT A SOIL SAMPLE:

- Make sure your sample bag has 1.5-2 cups of soil in it. Label the bag with your name, type of garden, and what is growing in it. Fill out the [Lawn and Garden Submission Form](http://douglas.uwex.edu/files/2010/05/Lawn-and-Garden-Submission-Form.pdf) <http://douglas.uwex.edu/files/2010/05/Lawn-and-Garden-Submission-Form.pdf>

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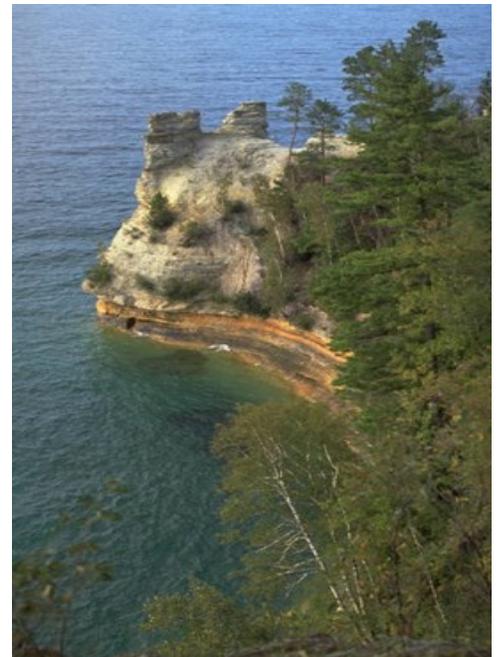
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August
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 No meetings
 Court Sale Closed—
 Independence Day



DISPATCH



June/July/August 2015

Douglas County HCE Superior, WI

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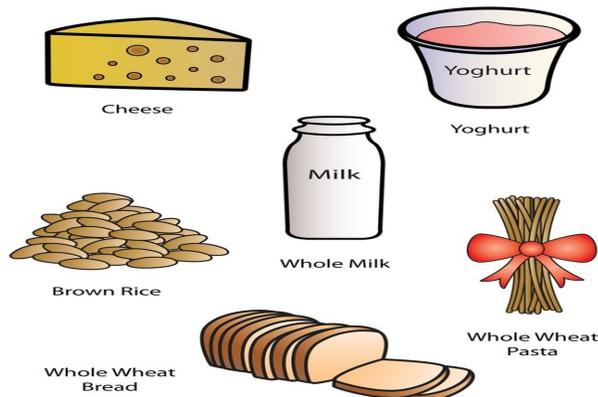
"What do those recommended intakes mean?" Try to get 2 to 3 servings of dairy daily or other calcium-rich foods a day. Dairy products contribute more than half of the calcium in the U.S. diet, but you can also find some calcium in many other foods such as broccoli, collards, and some brands of tofu (check the label).

Food	Amount of calcium per serving
1 cup non-fat yogurt	450 mg
1 cup milk (skim, 1%,2%,whole, buttermilk, chocolate)	300 mg
1/2 cup calcium-fortified orange juice	250 mg
1 ounce Swiss cheese	225 mg
1/2 cup tofu	50-800 mg (Some brands have more than others. Check labels.)
1/2 cup cooked collard greens	180 mg

"How about just taking a calcium supplement instead?" Getting your vitamins and minerals from foods ideal. Many calcium supplements are not fortified with vitamin D. Talk to your doctor, pharmacist or a dietitian to see if a calcium supplement or a calcium supplement with vitamin D is right for you.

"Should I take more than the recommended amount to be 'extra' healthy?" No. There is no benefit for healthy individuals to be consuming more than the recommended amounts of calcium. Excessive use of calcium supplements may raise your risk of developing kidney stones. The National Academy of Sciences has recommended a Tolerable Upper Intake Level of 2,500 mg calcium per day for adults ages 19-50. This is the maximum amount of calcium that is considered safe to consume on a daily basis.

Adapted from Getting Enough Calcium: Bone up on Calcium.
Author: Susan Nitzke, Ph.D., R.D., professor,
Nutritional Sciences.
University of Wisconsin-Madison and UW-Extension



Submitted by, Araceli Whitwam-Sell
Family Living Educator
University of Wisconsin Extension-Douglas County

HCE Donates to Wisconsin/Nicaragua Partners of the Americas Learning Centers

History: In 1979, two dynamic women had a vision. Rural Nicaraguan women were desperate for training to develop the skills that they would need to provide meaningful income while remaining in their communities to care for their families. In 1981, Ellen Maurer of Verona and Doña Angélica Pavón of Los Cedros, Nicaragua secured resources from Wisconsin and volunteer trainers from Nicaragua to form a sewing center in rural Los Cedros, a small community outside of Managua.

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Thousands of Nicaraguans have thus been mentored through the establishment of the Learning Centers. With each center being coordinated by local women, they are able to cater to the individual needs of each learning center's community.

Do You Have Donations for Nicaragua?

Knitting, crocheting and sewing equipment and supplies are being collected by Jeanette Rantala, HCE member, to bring to the Nicaragua Warehouse in Stevens Point at the end of June.

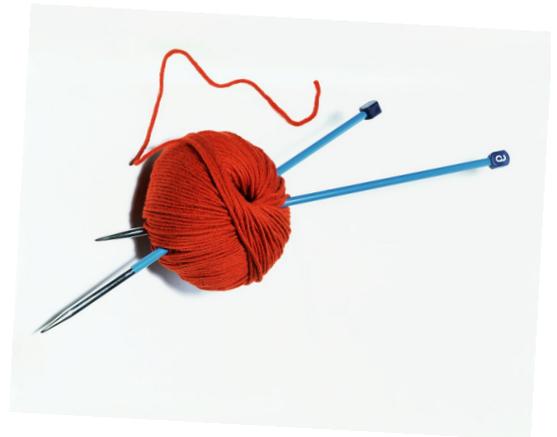
Please contact her at 715-375-2661 or by email: dirantala@centurytel.net before June 15th with questions or to make a donation. Pick up of donations can be arranged.

Suggested items:

- Fabric
- Sewing machine needles
- Sewing supplies and sewing machines
- Scissors
- Irons and ironing boards
- Knitting needles
- Yarn
- Buttons
- Lace
- Beads for jewelry making

Wisconsin/Nicaragua Partners of the Americas is a 501(c)3 non-profit organization.

Cash and in-kind donations are fully tax-deductible to the extent allowed by law.



Submitted by, Jeannette Rantala

CULTURAL ARTS

Thanks again to all who entered the Cultural Arts Contest. The list of winners to go to state are listed on page 1 of the May Dispatch. The winner of the People's Choice award was Jo Mersnick with her alcohol ink painting entitled, "Leaves and Lichen". Our judge was Kathy Lahti and she was kind enough to donate her time to judge for us. Many thanks to her for her generosity. Start working on next year's entries, ladies.

Mary Ann Gronquist
Cultural Arts Co-chair

County Hazardous Waste & Medication Collection Schedule 2015

Wednesday, June 24th, Brule Transfer Station, Solon Springs Solid Waste/Recycling, 11903 S Holly Lucius Rd.

Times 10:00-11:30 a.m. and 2:00-3:30 p.m. For more questions call 715-395-1293

Sue Hendrickson

HCE ANNUAL CRAFT SALE**SATURDAY, OCTOBER 10, 2015**

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

When: Saturday, October 10, 2015

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 which included an 8 foot table and folding chair.

Racks, shelving, etc. are allowed. Purchase additional spaces accordingly. *Handcrafted items only.* No kits, rummage, commercial/vendor sales, bake goods, garden produce, etc.

Sponsor: Douglas County HCE

Registration: By mail only. To receive more information and request a registration form call:

Linda Williams at 715-398-5394

Our Craft Sale is our only fundraiser which supports our Melinda Boswell Scholarship and four short-term scholarships available each year.

Submitted by, Linda Williams



FLAG DAY

Flag Day is on June 14th. The enclosed brochure in your Dispatch was graciously proved by Thomas Stein, VFW Post 1091. I contacted VFW Commander Gayle Carlson last week to see if he knew where we could obtain the flag etiquette brochure and he got on the phone and ordered enough for our Dispatch mailing, and his post is covering the costs involved. Many thanks to Commander Carlson and his post for their generosity. Please fly your flag proudly (and correctly) and remember to thank a vet for his or her service when you see one.

Submitted by,
Mary Ann Gronquist

MELINDA BOSWELL SCHOLARSHIP RECIPIENT CHOSEN

We recently received notice from WITC regarding the recipient of the Melinda Boswell Scholarship for the 2015 academic year is Jeff Linder, a WITC-Superior Heating, Ventilation and Air Conditioning/Refrigeration student. Congratulations Jeff!

Submitted by,
Linda Williams

RESIDENTIAL SAMPLES: HOW TO SUBMIT A SOIL SAMPLE:

- Make sure your sample bag has 1.5-2 cups of soil in it. Label the bag with your name, type of garden, and what is growing in it. Fill out the [Lawn and Garden Submission Form](http://douglas.uwex.edu/files/2010/05/Lawn-and-Garden-Submission-Form.pdf) <http://douglas.uwex.edu/files/2010/05/Lawn-and-Garden-Submission-Form.pdf>

We Mail:

1. Return sample and completed soils sheet to Courthouse Room 107 and we will ship for you. **\$20.00** (per sample) cash or check to "Douglas County Treasurer." **Credit cards not accepted.**

You Mail:

1. You can put the white bag or plastic lunch bag with soil into a regular envelope/box with a label attached to mail. Checkbook boxes work great! Enclose completed form. **\$15.00** (per sample). Enclose check payable to "Soil & Forage Analysis Laboratory." If you prefer, you can charge it to your credit card by filling out the payment information on the Lawn and Garden Submission Form.

Mail to: Soil & Forage Analysis Lab
2611 Yellowstone Dr
Marshfield, WI 54449

Once you receive the results, feel free to contact Jane Anklam, Agriculture/Horticulture Educator at 715-395-1515 or jane.anklam@ces.uwex.edu if you want help interpreting the results or for further information.

Submitted by, Cheryl –Editor

Get Ready for Lake Superior Day: July 19, 2015: Sue Hendrickson

In 2004, the Lake Superior Binational Forum restarted an annual day on the third Sunday of July to celebrate peoples' deep connections to the world's largest lake. The day originated in Thunder Bay and Duluth in 1993 and soon the Forum began promoting a basin wide (cause everything in the basin runs into the lake!) event to encourage any individual, group, business, church, industry, organization, and community to hold an event or activity that celebrates the value of the lake to our lives.

Since then, hundreds of events in many locations have been held including festivals, art shows, church services, educational activities, lectures, games, and other actions. Local events will be coming out of the Lake Superior National Estuarine Research Reserve Center (NERR) on Barker's Island. Watch the local papers for more information; or check out the following website for new materials and resources for Lake Superior Day at www.superiorforum.org and share them with your favorite organization.

You too can help save Lake Superior by keeping certain items out of the sewer system. **PLEASE DO NOT FLUSH**

THESE ITEMS:

Baby, facial, or cleaning wipes (even if labeled *flushable*)

Diapers

Rags and towels

Toys

Cigarette butts

Feminine hygiene products

Underwear and sox

Rubber items such as latex gloves

Kitty litter

Sponges

Dental Floss

Cotton balls or swabs

Facial tissue

Food, fats, oil, or grease

Food wrappers

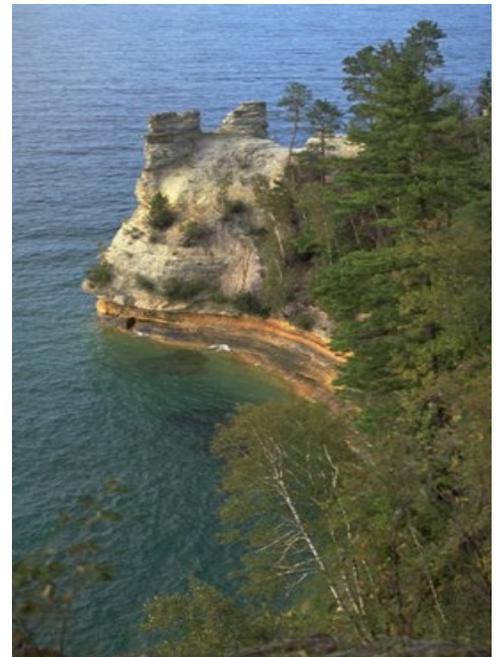
Clothing labels

Aquarium gravel

Medicines (bring to drop box at the Police Station)

Paints and stains

Other household hazardous waste (find places for these on the Recycling page of the Douglas County website: douglascountymi.org)



PUBLIC RELATIONS: In November we will be celebrating the 75th anniversary of Home and Community Education Clubs in Wisconsin! Members of 55 years or more are being sought for special recognition at the 2015 state conference. You? Someone you know? Give me a call and let's be part of this special observation! Thanks—Sue Hendrickson



Thanks to all who helped or participated in the incredible "Edible Ornaments" workshop. It was a great day of learning and fellowship. Thanks especially to Gary Kane of Wentworth Gardens for his interesting program...and the 10% off purchases that day!

Hilltoppers HCE

Douglas County UWEX
 1313 Belknap Street
 Courthouse Room 107
 Superior, WI 54880

TAPE

TAPE

Marian Maki

8093 S. County Road P
 Lake Nebagamon, WI 54849

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.

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September 3 12:30pm Craft Sale Meeting
 September 7 1:30pm Board Meeting
 September 14-16 WAHCE State Conference
 September 24 Building Sustainable Communities
 Stevens Point

June 1 TBA
 July 1-3 HCE Booth
 July 3 No meetings
 July 3 Independence Day
 August No meetings

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August 1-3 HCE Booth
 August 1-3 Membership/Mkt
 August 1-3 Fairgrounds
 August 1-3 Independence Day
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 August 1-3 Courthouse Closed—
 August 1-3 Independence Day

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DISPATCH



June/July/August 2015

Douglas County HCE Superior, WI

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Non-discrimination, Civil Rights and Mission 1

HCE Board Meeting Minutes 2

Family Living Educator Wisconsin/Nicaragua Partners 4

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Hazardous Waste 5

Craft Day 5

Flag Day 6

Melinda Boswell Scholarship 6

Soil Samples 6

Lake Superior Day 7

Public Relations 7

Edible Gardens 7

Calendar 8

Inserts:
Flag brochure
Preserving the Power of Plants

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 2015** issues will be the Hilltoppers. Contact the UW-Extension Office at 715-395-1363 before **August 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

All articles from magazines, books, etc. quoted in the Douglas County HCE Dispatch have received written copyright permission. This permission is on file.

Memo from the Board

It's June already! Not really, I'm writing this on a cold rainy day in mid-May. But it could be worse. Remember last year? Be thankful for this great area we live in.

Now, sit back and relax. Let the sun shine on your face and shoulders (covered by a sunscreen of course). Enjoy the lazy days coming.

I'll enjoy a break from the grandkids' school schedules in exchange for baseball, soccer, and summer school injected with lots of free time and fun. The grandkids are turning 3, 9 and 13 years old over the summer. A teenager, YIKES!

Our son and the two oldest grandkids still live with us and we babysit the youngest, two or three days a week. It gets to be quite a wild, noisy and crazily busy home, but I love it.

HCE slows down a bit for the summer too. Don't forget to send in your points for "On the Move, Program Surveys and Volunteer Hours by June 1 by phone, email or regular mail to me. Thanks.

Have a great summer,

Linda Williams,
 VP Programming and
 Community Outreach



HCE EXECUTIVE BOARD MEETING MINUTES**May 7, 2015 –Superior Public Library**

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

The meeting was opened at 12:45 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 reported on the Sunshine Fund

Dispatch: Due May 15th for June, July, August. Sue made a request that two months be shown on the back of the Dispatch. The current month and the upcoming month. This will aid in clubs planning for their meetings.

COMMITTEE REPORTS:VP Programming and Community Outreach:

Linda Williams reminded us of the volunteer hours that are due June 1st. Also, Program Surveys are due June 1st.

Cultural Arts: Mary Ann Gronquist – See Memo from the Board in the May Dispatch for details.

International: Christa Williams-Clements articles are very informative and interesting. We are still looking for a chair for the International Event.

Membership/Marketing: Sue Hendrickson is making an effort to get more publicity for HCE in the Superior Telegram.

Scholarship: Still looking for a chair.

WI Bookworms™ - Sue Hendrickson- Books will be delivered the 1st week of August. The WISline will provide reader training. More information to come.

Family Living Educator: Araceli Whitwam-Sell. Araceli was present at our meeting and we had a chance to learn more about her and her goals, during a little coffee break. She was hired as a 75% employee. She is looking forward to meeting people and establishing relationships, finding the needs of our community, learning more about our group and collaborating with HCE. We were all impressed with her dedication to her new job. We look forward to working with Ariceli.

UNFINISHED BUSINESS:

Craft Day: Craft Day was a very successful event. Details in the May Dispatch. Plans are to have another next year.

Edible Ornaments: Wentworth Gardens, May 28th 1:00 Plan to be there.

Spring District Meeting: Well attended and informative. Cheryl, Sue, Mary Ann, and Joyce attended

NEW BUSINESS:

Fair Booth: The Tri-State Fair will be held in late August, August 24 – 30. Town and Country will be staffing the HCE Booth on Friday, Aug. 28th and the Hilltoppers will staff the booth on Saturday, Aug. 30th .

State Conference: Sept. 14 – 16 Stevens Point, WI. Pool sessions will be "Raising a Thinking Child" and "Food Label Lingo".

Meeting closed with the HCE prayer at 2:25 p.m.

Minutes submitted for approval by Jo Mersnick



June is Dairy Month-Bone Up on Calcium!

"How much calcium do I need?"

In 2010 the National Academy of Sciences issued new Recommended Dietary Allowances (RDAs) for calcium. The new RDAs recommend that:

- Older children (ages 9 to 18) consume 1,300 mg of calcium per day.
- Most adults (ages 19 to 50) consume 1,000 mg of calcium per day.
- Older adults (women ages 51 and older and men 71 and older) consume 1,200 mg of calcium per day.

Most people are not getting enough calcium in their diets. Three out of four adult women fail to meet the current recommended daily intake for calcium.

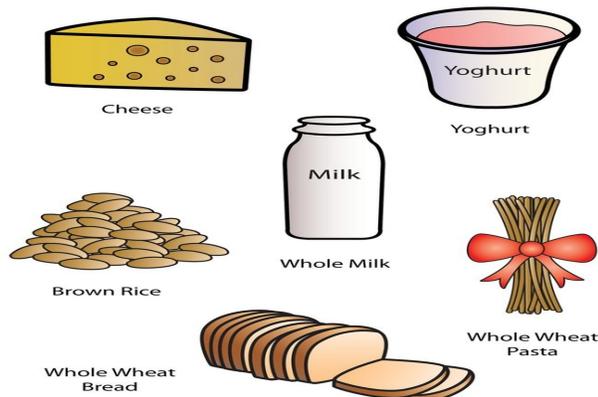
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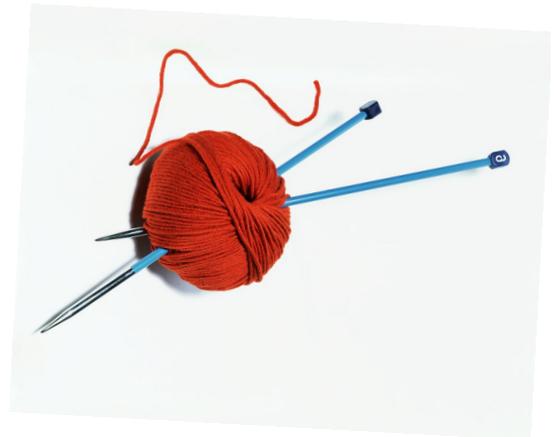
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Submitted by, Jeannette Rantala

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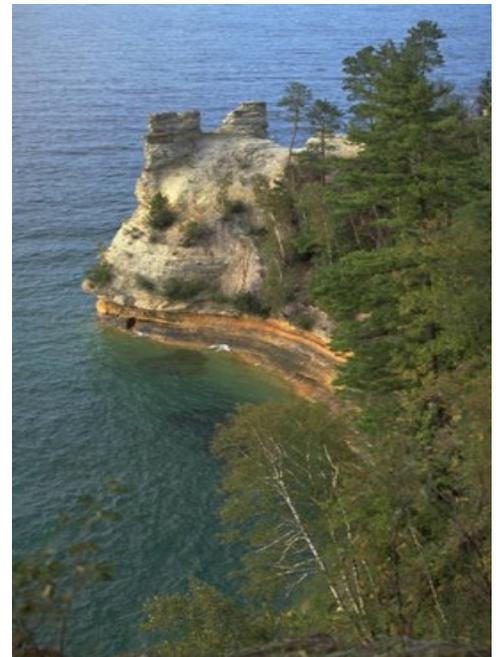
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JULY							

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

September 3 12:30pm
 September 7
 September 14-16
 September 24

June 1 TBA
 July
 July 3
 August
 August No meetings

September 3 12:30pm
 Town & Country
 Board Meeting
 Library
 September 7
 Court House Closed Labor Day
 WAHCE State Conference
 Stevens Point
 Building Sustainable Communities
 TBA
 Sue Hendrickson

August
 HCE Booth
 Membership/Mkt
 Fairgrounds
 No meetings
 Court House Closed—
 Independence Day

27	28	29	30				
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	
S	M	T	W	T	F	S	
SEPTEMBER							

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



DISPATCH



June/July/August 2015

Douglas County HCE Superior, WI

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Have a great summer,

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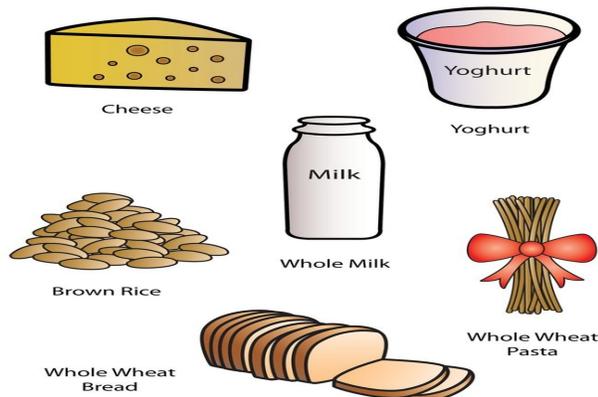
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Author: Susan Nitzke, Ph.D., R.D., professor,
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University of Wisconsin-Madison and UW-Extension



Submitted by, Araceli Whitwam-Sell
Family Living Educator
University of Wisconsin Extension-Douglas County

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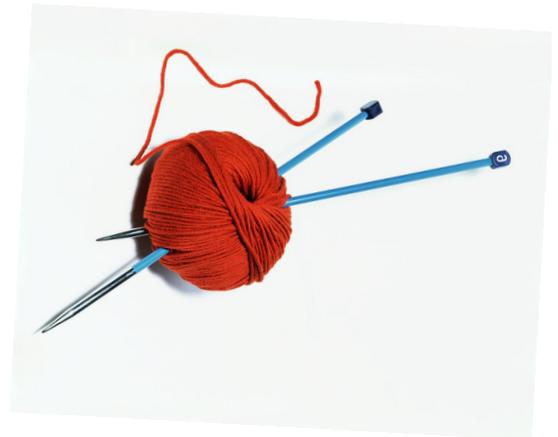
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Suggested items:

- Fabric
- Sewing machine needles
- Sewing supplies and sewing machines
- Scissors
- Irons and ironing boards
- Knitting needles
- Yarn
- Buttons
- Lace
- Beads for jewelry making

Wisconsin/Nicaragua Partners of the Americas is a 501(c)3 non-profit organization.

Cash and in-kind donations are fully tax-deductible to the extent allowed by law.



Submitted by, Jeannette Rantala

CULTURAL ARTS

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Cultural Arts Co-chair

County Hazardous Waste & Medication Collection Schedule 2015

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Sue Hendrickson

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

When: Saturday, October 10, 2015

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 which included an 8 foot table and folding chair.

Racks, shelving, etc. are allowed. Purchase additional spaces accordingly. *Handcrafted items only.* No kits, rummage, commercial/vendor sales, bake goods, garden produce, etc.

Sponsor: Douglas County HCE

Registration: By mail only. To receive more information and request a registration form call:

Linda Williams at 715-398-5394

Our Craft Sale is our only fundraiser which supports our Melinda Boswell Scholarship and four short-term scholarships available each year.

Submitted by, Linda Williams



FLAG DAY

Flag Day is on June 14th. The enclosed brochure in your Dispatch was graciously proved by Thomas Stein, VFW Post 1091. I contacted VFW Commander Gayle Carlson last week to see if he knew where we could obtain the flag etiquette brochure and he got on the phone and ordered enough for our Dispatch mailing, and his post is covering the costs involved. Many thanks to Commander Carlson and his post for their generosity. Please fly your flag proudly (and correctly) and remember to thank a vet for his or her service when you see one.

Submitted by,
Mary Ann Gronquist

MELINDA BOSWELL SCHOLARSHIP RECIPIENT CHOSEN

We recently received notice from WITC regarding the recipient of the Melinda Boswell Scholarship for the 2015 academic year is Jeff Linder, a WITC-Superior Heating, Ventilation and Air Conditioning/Refrigeration student. Congratulations Jeff!

Submitted by,
Linda Williams

RESIDENTIAL SAMPLES: HOW TO SUBMIT A SOIL SAMPLE:

- Make sure your sample bag has 1.5-2 cups of soil in it. Label the bag with your name, type of garden, and what is growing in it. Fill out the [Lawn and Garden Submission Form](http://douglas.uwex.edu/files/2010/05/Lawn-and-Garden-Submission-Form.pdf) <http://douglas.uwex.edu/files/2010/05/Lawn-and-Garden-Submission-Form.pdf>

We Mail:

1. Return sample and completed soils sheet to Courthouse Room 107 and we will ship for you. **\$20.00** (per sample) cash or check to "Douglas County Treasurer." **Credit cards not accepted.**

You Mail:

1. You can put the white bag or plastic lunch bag with soil into a regular envelope/box with a label attached to mail. Checkbook boxes work great! Enclose completed form. **\$15.00** (per sample). Enclose check payable to "Soil & Forage Analysis Laboratory." If you prefer, you can charge it to your credit card by filling out the payment information on the Lawn and Garden Submission Form.

Mail to: Soil & Forage Analysis Lab
2611 Yellowstone Dr
Marshfield, WI 54449

Once you receive the results, feel free to contact Jane Anklam, Agriculture/Horticulture Educator at 715-395-1515 or jane.anklam@ces.uwex.edu if you want help interpreting the results or for further information.

Submitted by, Cheryl –Editor

Get Ready for Lake Superior Day: July 19, 2015: Sue Hendrickson

In 2004, the Lake Superior Binational Forum restarted an annual day on the third Sunday of July to celebrate peoples' deep connections to the world's largest lake. The day originated in Thunder Bay and Duluth in 1993 and soon the Forum began promoting a basin wide (cause everything in the basin runs into the lake!) event to encourage any individual, group, business, church, industry, organization, and community to hold an event or activity that celebrates the value of the lake to our lives.

Since then, hundreds of events in many locations have been held including festivals, art shows, church services, educational activities, lectures, games, and other actions. Local events will be coming out of the Lake Superior National Estuarine Research Reserve Center (NERR) on Barker's Island. Watch the local papers for more information; or check out the following website for new materials and resources for Lake Superior Day at www.superiorforum.org and share them with your favorite organization.

You too can help save Lake Superior by keeping certain items out of the sewer system. **PLEASE DO NOT FLUSH**

THESE ITEMS:

Baby, facial, or cleaning wipes (even if labeled *flushable*)

Diapers

Rags and towels

Toys

Cigarette butts

Feminine hygiene products

Underwear and sox

Rubber items such as latex gloves

Kitty litter

Sponges

Dental Floss

Cotton balls or swabs

Facial tissue

Food, fats, oil, or grease

Food wrappers

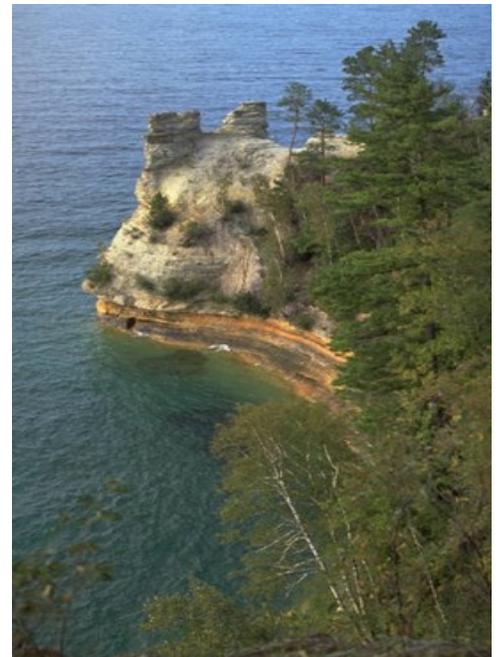
Clothing labels

Aquarium gravel

Medicines (bring to drop box at the Police Station)

Paints and stains

Other household hazardous waste (find places for these on the Recycling page of the Douglas County website: douglascountymi.org)



PUBLIC RELATIONS: In November we will be celebrating the 75th anniversary of Home and Community Education Clubs in Wisconsin! Members of 55 years or more are being sought for special recognition at the 2015 state conference. You? Someone you know? Give me a call and let's be part of this special observation! Thanks—Sue Hendrickson



Thanks to all who helped or participated in the incredible "Edible Ornaments" workshop. It was a great day of learning and fellowship. Thanks especially to Gary Kane of Wentworth Gardens for his interesting program...and the 10% off purchases that day!

Hilltoppers HCE

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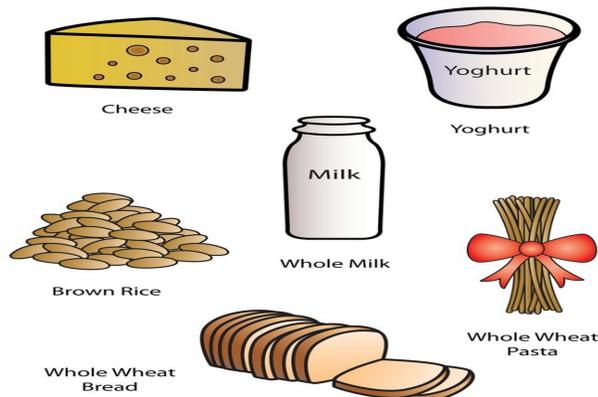
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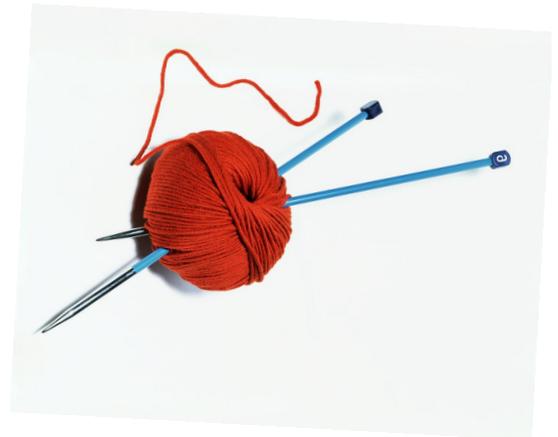
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Submitted by,
Mary Ann Gronquist

MELINDA BOSWELL SCHOLARSHIP RECIPIENT CHOSEN

We recently received notice from WITC regarding the recipient of the Melinda Boswell Scholarship for the 2015 academic year is Jeff Linder, a WITC-Superior Heating, Ventilation and Air Conditioning/Refrigeration student. Congratulations Jeff!

Submitted by,
Linda Williams

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Once you receive the results, feel free to contact Jane Anklam, Agriculture/Horticulture Educator at 715-395-1515 or jane.anklam@ces.uwex.edu if you want help interpreting the results or for further information.

Submitted by, Cheryl –Editor

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THESE ITEMS:

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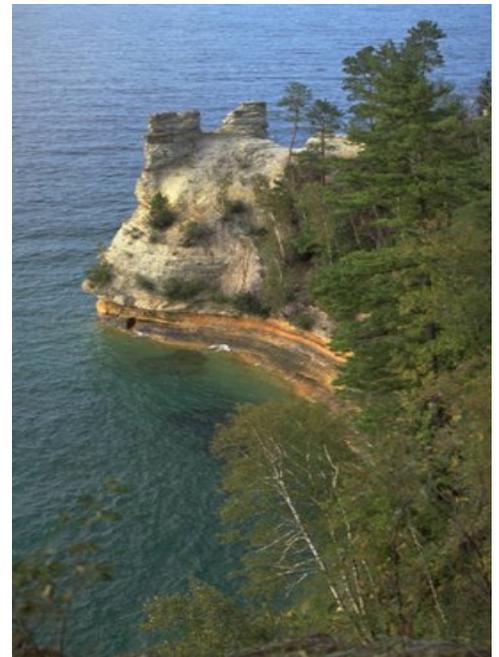
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Have a great summer,

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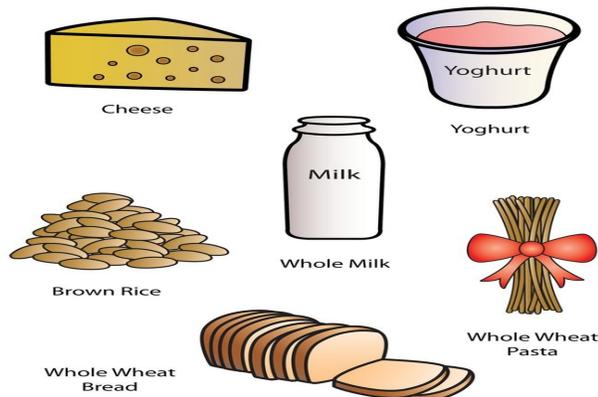
"What do those recommended intakes mean?" Try to get 2 to 3 servings of dairy daily or other calcium-rich foods a day. Dairy products contribute more than half of the calcium in the U.S. diet, but you can also find some calcium in many other foods such as broccoli, collards, and some brands of tofu (check the label).

Food	Amount of calcium per serving
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Adapted from Getting Enough Calcium: Bone up on Calcium.
Author: Susan Nitzke, Ph.D., R.D., professor,
Nutritional Sciences.
University of Wisconsin-Madison and UW-Extension



Submitted by, Araceli Whitwam-Sell
Family Living Educator
University of Wisconsin Extension-Douglas County

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Thousands of Nicaraguans have thus been mentored through the establishment of the Learning Centers. With each center being coordinated by local women, they are able to cater to the individual needs of each learning center's community.

Do You Have Donations for Nicaragua?

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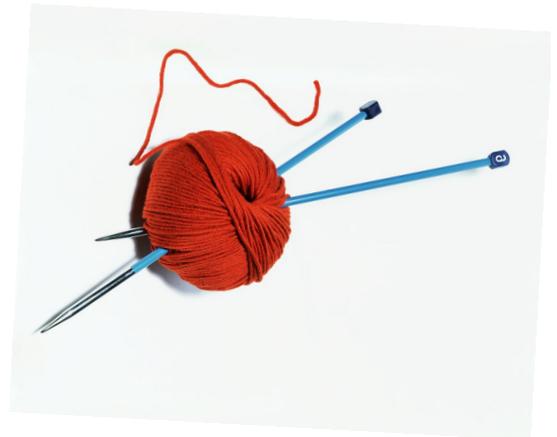
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Suggested items:

- Fabric
- Sewing machine needles
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- Scissors
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- Knitting needles
- Yarn
- Buttons
- Lace
- Beads for jewelry making

Wisconsin/Nicaragua Partners of the Americas is a 501(c)3 non-profit organization.

Cash and in-kind donations are fully tax-deductible to the extent allowed by law.



Submitted by, Jeannette Rantala

CULTURAL ARTS

Thanks again to all who entered the Cultural Arts Contest. The list of winners to go to state are listed on page 1 of the May Dispatch. The winner of the People's Choice award was Jo Mersnick with her alcohol ink painting entitled, "Leaves and Lichen". Our judge was Kathy Lahti and she was kind enough to donate her time to judge for us. Many thanks to her for her generosity. Start working on next year's entries, ladies.

Mary Ann Gronquist
Cultural Arts Co-chair

County Hazardous Waste & Medication Collection Schedule 2015

Wednesday, June 24th, Brule Transfer Station, Solon Springs Solid Waste/Recycling, 11903 S Holly Lucius Rd.

Times 10:00-11:30 a.m. and 2:00-3:30 p.m. For more questions call 715-395-1293

Sue Hendrickson

HCE ANNUAL CRAFT SALE**SATURDAY, OCTOBER 10, 2015**

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

When: Saturday, October 10, 2015

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 which included an 8 foot table and folding chair.

Racks, shelving, etc. are allowed. Purchase additional spaces accordingly. *Handcrafted items only.* No kits, rummage, commercial/vendor sales, bake goods, garden produce, etc.

Sponsor: Douglas County HCE

Registration: By mail only. To receive more information and request a registration form call:

Linda Williams at 715-398-5394

Our Craft Sale is our only fundraiser which supports our Melinda Boswell Scholarship and four short-term scholarships available each year.

Submitted by, Linda Williams



FLAG DAY

Flag Day is on June 14th. The enclosed brochure in your Dispatch was graciously proved by Thomas Stein, VFW Post 1091. I contacted VFW Commander Gayle Carlson last week to see if he knew where we could obtain the flag etiquette brochure and he got on the phone and ordered enough for our Dispatch mailing, and his post is covering the costs involved. Many thanks to Commander Carlson and his post for their generosity. Please fly your flag proudly (and correctly) and remember to thank a vet for his or her service when you see one.

Submitted by,
Mary Ann Gronquist

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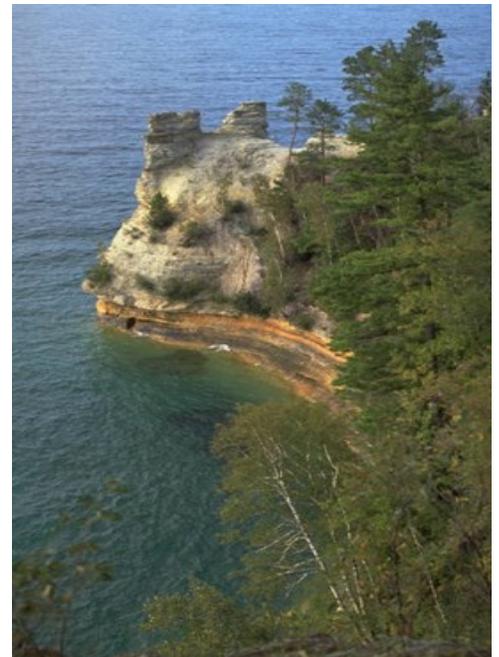
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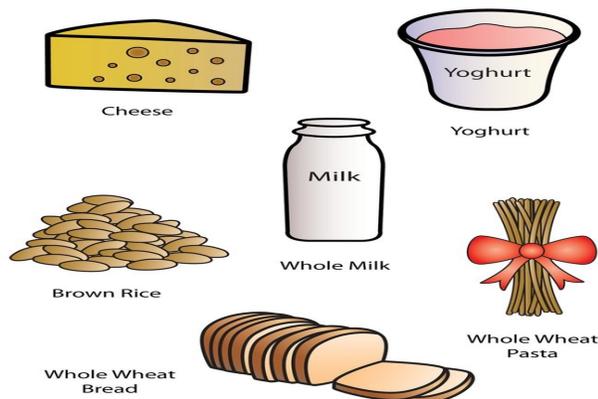
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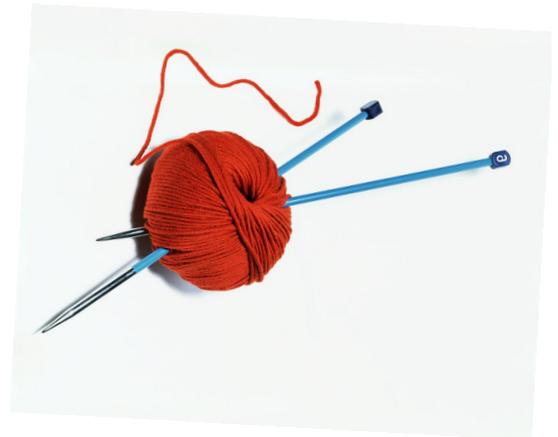
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Submitted by, Jeannette Rantala

CULTURAL ARTS

Thanks again to all who entered the Cultural Arts Contest. The list of winners to go to state are listed on page 1 of the May Dispatch. The winner of the People's Choice award was Jo Mersnick with her alcohol ink painting entitled, "Leaves and Lichen". Our judge was Kathy Lahti and she was kind enough to donate her time to judge for us. Many thanks to her for her generosity. Start working on next year's entries, ladies.

Mary Ann Gronquist
Cultural Arts Co-chair

County Hazardous Waste & Medication Collection Schedule 2015

Wednesday, June 24th, Brule Transfer Station, Solon Springs Solid Waste/Recycling, 11903 S Holly Lucius Rd.

Times 10:00-11:30 a.m. and 2:00-3:30 p.m. For more questions call 715-395-1293

Sue Hendrickson

HCE ANNUAL CRAFT SALE**SATURDAY, OCTOBER 10, 2015**

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

When: Saturday, October 10, 2015

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 which included an 8 foot table and folding chair.

Racks, shelving, etc. are allowed. Purchase additional spaces accordingly. *Handcrafted items only.* No kits, rummage, commercial/vendor sales, bake goods, garden produce, etc.

Sponsor: Douglas County HCE

Registration: By mail only. To receive more information and request a registration form call:

Linda Williams at 715-398-5394

Our Craft Sale is our only fundraiser which supports our Melinda Boswell Scholarship and four short-term scholarships available each year.

Submitted by, Linda Williams



FLAG DAY

Flag Day is on June 14th. The enclosed brochure in your Dispatch was graciously proved by Thomas Stein, VFW Post 1091. I contacted VFW Commander Gayle Carlson last week to see if he knew where we could obtain the flag etiquette brochure and he got on the phone and ordered enough for our Dispatch mailing, and his post is covering the costs involved. Many thanks to Commander Carlson and his post for their generosity. Please fly your flag proudly (and correctly) and remember to thank a vet for his or her service when you see one.

Submitted by,
Mary Ann Gronquist

MELINDA BOSWELL SCHOLARSHIP RECIPIENT CHOSEN

We recently received notice from WITC regarding the recipient of the Melinda Boswell Scholarship for the 2015 academic year is Jeff Linder, a WITC-Superior Heating, Ventilation and Air Conditioning/Refrigeration student. Congratulations Jeff!

Submitted by,
Linda Williams

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We Mail:

1. Return sample and completed soils sheet to Courthouse Room 107 and we will ship for you. **\$20.00** (per sample) cash or check to "Douglas County Treasurer." **Credit cards not accepted.**

You Mail:

1. You can put the white bag or plastic lunch bag with soil into a regular envelope/box with a label attached to mail. Checkbook boxes work great! Enclose completed form. **\$15.00** (per sample). Enclose check payable to "Soil & Forage Analysis Laboratory." If you prefer, you can charge it to your credit card by filling out the payment information on the Lawn and Garden Submission Form.

Mail to: Soil & Forage Analysis Lab
2611 Yellowstone Dr
Marshfield, WI 54449

Once you receive the results, feel free to contact Jane Anklam, Agriculture/Horticulture Educator at 715-395-1515 or jane.anklam@ces.uwex.edu if you want help interpreting the results or for further information.

Submitted by, Cheryl –Editor

Get Ready for Lake Superior Day: July 19, 2015: Sue Hendrickson

In 2004, the Lake Superior Binational Forum restarted an annual day on the third Sunday of July to celebrate peoples' deep connections to the world's largest lake. The day originated in Thunder Bay and Duluth in 1993 and soon the Forum began promoting a basin wide (cause everything in the basin runs into the lake!) event to encourage any individual, group, business, church, industry, organization, and community to hold an event or activity that celebrates the value of the lake to our lives.

Since then, hundreds of events in many locations have been held including festivals, art shows, church services, educational activities, lectures, games, and other actions. Local events will be coming out of the Lake Superior National Estuarine Research Reserve Center (NERR) on Barker's Island. Watch the local papers for more information; or check out the following website for new materials and resources for Lake Superior Day at www.superiorforum.org and share them with your favorite organization.

You too can help save Lake Superior by keeping certain items out of the sewer system. **PLEASE DO NOT FLUSH**

THESE ITEMS:

Baby, facial, or cleaning wipes (even if labeled *flushable*)

Diapers

Rags and towels

Toys

Cigarette butts

Feminine hygiene products

Underwear and sox

Rubber items such as latex gloves

Kitty litter

Sponges

Dental Floss

Cotton balls or swabs

Facial tissue

Food, fats, oil, or grease

Food wrappers

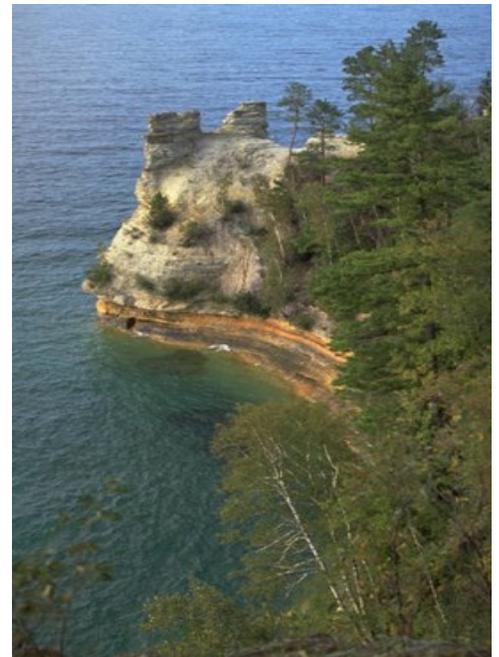
Clothing labels

Aquarium gravel

Medicines (bring to drop box at the Police Station)

Paints and stains

Other household hazardous waste (find places for these on the Recycling page of the Douglas County website: douglascountymi.org)



PUBLIC RELATIONS: In November we will be celebrating the 75th anniversary of Home and Community Education Clubs in Wisconsin! Members of 55 years or more are being sought for special recognition at the 2015 state conference. You? Someone you know? Give me a call and let's be part of this special observation! Thanks—Sue Hendrickson



Thanks to all who helped or participated in the incredible "Edible Ornaments" workshop. It was a great day of learning and fellowship. Thanks especially to Gary Kane of Wentworth Gardens for his interesting program...and the 10% off purchases that day!

Hilltoppers HCE

Douglas County UWEX
 1313 Belknap Street
 Courthouse Room 107
 Superior, WI 54880

TAPE

TAPE

Mary Becklund

2315 Hammond Ave.
 Superior, WI 54880

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.

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September 3 12:30pm
 September 7
 September 14-16
 September 24

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 July
 July 3
 August
 August No meetings

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 Board Meeting
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DISPATCH



June/July/August 2015

Douglas County HCE Superior, WI

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cheryl.shockley@ces.uwex.edu

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Memo from the Board

It's June already! Not really, I'm writing this on a cold rainy day in mid-May. But it could be worse. Remember last year? Be thankful for this great area we live in.

Now, sit back and relax. Let the sun shine on your face and shoulders (covered by a sunscreen of course). Enjoy the lazy days coming.

I'll enjoy a break from the grandkids' school schedules in exchange for baseball, soccer, and summer school injected with lots of free time and fun. The grandkids are turning 3, 9 and 13 years old over the summer. A teenager, YIKES!

Our son and the two oldest grandkids still live with us and we babysit the youngest, two or three days a week. It gets to be quite a wild, noisy and crazily busy home, but I love it.

HCE slows down a bit for the summer too. Don't forget to send in your points for "On the Move, Program Surveys and Volunteer Hours by June 1 by phone, email or regular mail to me. Thanks.

Have a great summer,

Linda Williams,
VP Programming and
Community Outreach



HCE EXECUTIVE BOARD MEETING MINUTES**May 7, 2015 –Superior Public Library**

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

The meeting was opened at 12:45 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 reported on the Sunshine Fund

Dispatch: Due May 15th for June, July, August. Sue made a request that two months be shown on the back of the Dispatch. The current month and the upcoming month. This will aid in clubs planning for their meetings.

COMMITTEE REPORTS:VP Programming and Community Outreach:

Linda Williams reminded us of the volunteer hours that are due June 1st. Also, Program Surveys are due June 1st.

Cultural Arts: Mary Ann Gronquist – See Memo from the Board in the May Dispatch for details.

International: Christa Williams-Clements articles are very informative and interesting. We are still looking for a chair for the International Event.

Membership/Marketing: Sue Hendrickson is making an effort to get more publicity for HCE in the Superior Telegram.

Scholarship: Still looking for a chair.

WI Bookworms™ - Sue Hendrickson- Books will be delivered the 1st week of August. The WISline will provide reader training. More information to come.

Family Living Educator: Araceli Whitwam-Sell. Araceli was present at our meeting and we had a chance to learn more about her and her goals, during a little coffee break. She was hired as a 75% employee. She is looking forward to meeting people and establishing relationships, finding the needs of our community, learning more about our group and collaborating with HCE. We were all impressed with her dedication to her new job. We look forward to working with Ariceli.

UNFINISHED BUSINESS:

Craft Day: Craft Day was a very successful event. Details in the May Dispatch. Plans are to have another next year.

Edible Ornaments: Wentworth Gardens, May 28th 1:00 Plan to be there.

Spring District Meeting: Well attended and informative. Cheryl, Sue, Mary Ann, and Joyce attended

NEW BUSINESS:

Fair Booth: The Tri-State Fair will be held in late August, August 24 – 30. Town and Country will be staffing the HCE Booth on Friday, Aug. 28th and the Hilltoppers will staff the booth on Saturday, Aug. 30th .

State Conference: Sept. 14 – 16 Stevens Point, WI. Pool sessions will be "Raising a Thinking Child" and "Food Label Lingo".

Meeting closed with the HCE prayer at 2:25 p.m.

Minutes submitted for approval by Jo Mersnick



June is Dairy Month-Bone Up on Calcium!

“How much calcium do I need?”

In 2010 the National Academy of Sciences issued new Recommended Dietary Allowances (RDAs) for calcium. The new RDAs recommend that:

- Older children (ages 9 to 18) consume 1,300 mg of calcium per day.
- Most adults (ages 19 to 50) consume 1,000 mg of calcium per day.
- Older adults (women ages 51 and older and men 71 and older) consume 1,200 mg of calcium per day.

Most people are not getting enough calcium in their diets. Three out of four adult women fail to meet the current recommended daily intake for calcium.

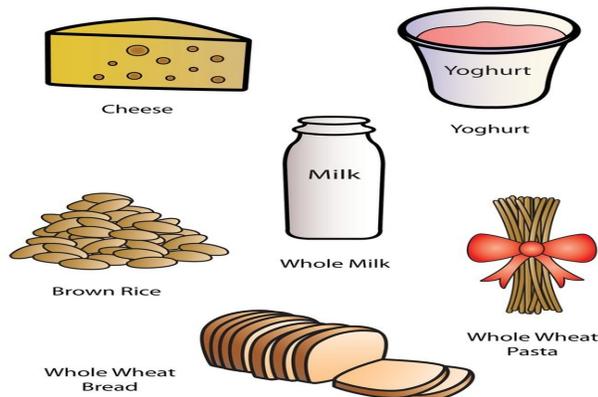
“What do those recommended intakes mean?” Try to get 2 to 3 servings of dairy daily or other calcium-rich foods a day. Dairy products contribute more than half of the calcium in the U.S. diet, but you can also find some calcium in many other foods such as broccoli, collards, and some brands of tofu (check the label).

Food	Amount of calcium per serving
1 cup non-fat yogurt	450 mg
1 cup milk (skim, 1%,2%,whole, buttermilk, chocolate)	300 mg
1/2 cup calcium-fortified orange juice	250 mg
1 ounce Swiss cheese	225 mg
1/2 cup tofu	50-800 mg (Some brands have more than others. Check labels.)
1/2 cup cooked collard greens	180 mg

“How about just taking a calcium supplement instead?” Getting your vitamins and minerals from foods ideal. Many calcium supplements are not fortified with vitamin D. Talk to your doctor, pharmacist or a dietitian to see if a calcium supplement or a calcium supplement with vitamin D is right for you.

“Should I take more than the recommended amount to be ‘extra’ healthy?” No. There is no benefit for healthy individuals to be consuming more than the recommended amounts of calcium. Excessive use of calcium supplements may raise your risk of developing kidney stones. The National Academy of Sciences has recommended a Tolerable Upper Intake Level of 2,500 mg calcium per day for adults ages 19-50. This is the maximum amount of calcium that is considered safe to consume on a daily basis.

Adapted from Getting Enough Calcium: Bone up on Calcium.
 Author: Susan Nitzke, Ph.D., R.D., professor,
 Nutritional Sciences.
 University of Wisconsin-Madison and UW-Extension



Submitted by, Araceli Whitwam-Sell
Family Living Educator
 University of Wisconsin Extension-Douglas County

HCE Donates to Wisconsin/Nicaragua Partners of the Americas Learning Centers

History: In 1979, two dynamic women had a vision. Rural Nicaraguan women were desperate for training to develop the skills that they would need to provide meaningful income while remaining in their communities to care for their families. In 1981, Ellen Maurer of Verona and Doña Angélica Pavón of Los Cedros, Nicaragua secured resources from Wisconsin and volunteer trainers from Nicaragua to form a sewing center in rural Los Cedros, a small community outside of Managua.

Since then, the Sewing Centers have broadened their focus and transitioned into Learning Centers. The training offered now encompasses a wide range of vocational skills such as baking, carpentry, cosmetology, small business management, etc. Participants begin by acquiring the skills necessary to provide them with a sense of dignity, independence, and purpose. They are then afforded the opportunity to utilize a micro-lending program to initiate a small business of their own. By building upon the unique skills of the individual members of the community, the community is shaped and fortified, thereby generating further aptitudes and resources.

Thousands of Nicaraguans have thus been mentored through the establishment of the Learning Centers. With each center being coordinated by local women, they are able to cater to the individual needs of each learning center's community.

Do You Have Donations for Nicaragua?

Knitting, crocheting and sewing equipment and supplies are being collected by Jeanette Rantala, HCE member, to bring to the Nicaragua Warehouse in Stevens Point at the end of June.

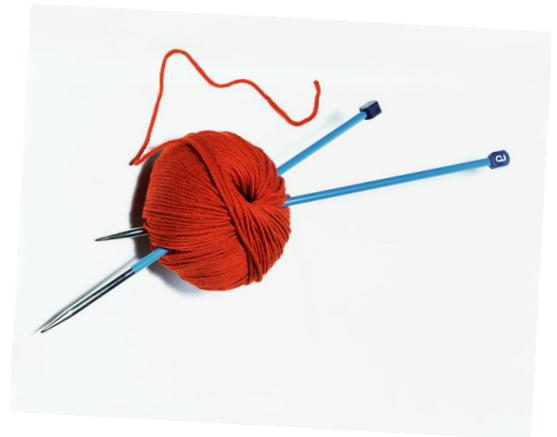
Please contact her at 715-375-2661 or by email: dirantala@centurytel.net before June 15th with questions or to make a donation. Pick up of donations can be arranged.

Suggested items:

- Fabric
- Sewing machine needles
- Sewing supplies and sewing machines
- Scissors
- Irons and ironing boards
- Knitting needles
- Yarn
- Buttons
- Lace
- Beads for jewelry making

Wisconsin/Nicaragua Partners of the Americas is a 501(c)3 non-profit organization.

Cash and in-kind donations are fully tax-deductible to the extent allowed by law.



Submitted by, Jeannette Rantala

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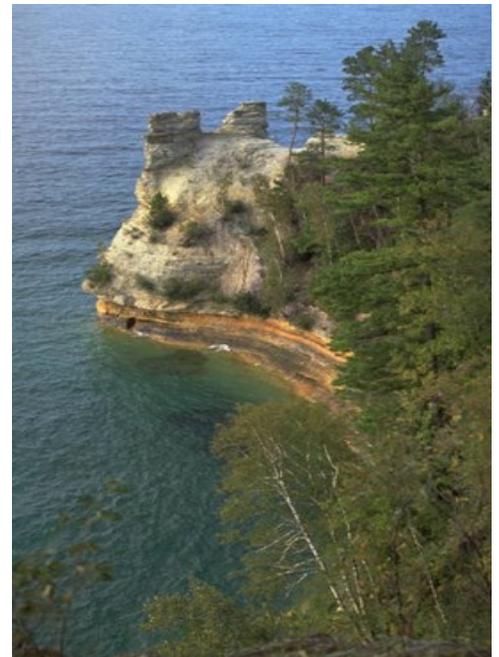
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HCE EXECUTIVE BOARD MEETING MINUTES**May 7, 2015 –Superior Public Library**

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

The meeting was opened at 12:45 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 reported on the Sunshine Fund

Dispatch: Due May 15th for June, July, August. Sue made a request that two months be shown on the back of the Dispatch. The current month and the upcoming month. This will aid in clubs planning for their meetings.

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Minutes submitted for approval by Jo Mersnick



June is Dairy Month-Bone Up on Calcium!

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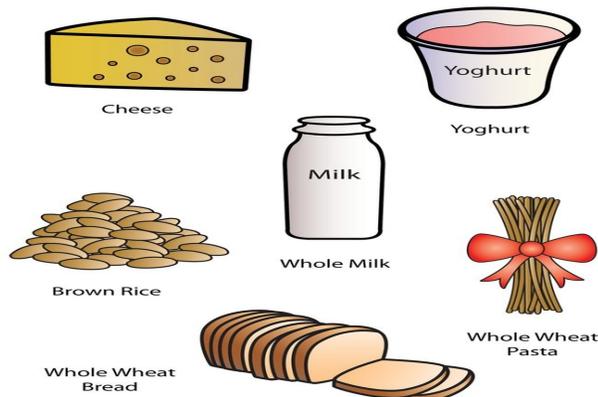
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"Should I take more than the recommended amount to be 'extra' healthy?" No. There is no benefit for healthy individuals to be consuming more than the recommended amounts of calcium. Excessive use of calcium supplements may raise your risk of developing kidney stones. The National Academy of Sciences has recommended a Tolerable Upper Intake Level of 2,500 mg calcium per day for adults ages 19-50. This is the maximum amount of calcium that is considered safe to consume on a daily basis.

Adapted from Getting Enough Calcium: Bone up on Calcium.
Author: Susan Nitzke, Ph.D., R.D., professor,
Nutritional Sciences.
University of Wisconsin-Madison and UW-Extension



Submitted by, Araceli Whitwam-Sell
Family Living Educator
University of Wisconsin Extension-Douglas County

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History: In 1979, two dynamic women had a vision. Rural Nicaraguan women were desperate for training to develop the skills that they would need to provide meaningful income while remaining in their communities to care for their families. In 1981, Ellen Maurer of Verona and Doña Angélica Pavón of Los Cedros, Nicaragua secured resources from Wisconsin and volunteer trainers from Nicaragua to form a sewing center in rural Los Cedros, a small community outside of Managua.

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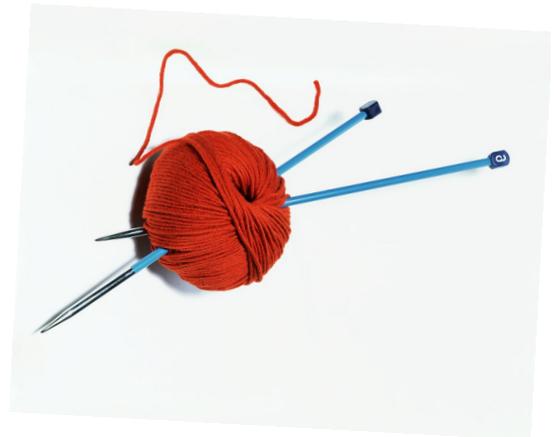
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Suggested items:

- Fabric
- Sewing machine needles
- Sewing supplies and sewing machines
- Scissors
- Irons and ironing boards
- Knitting needles
- Yarn
- Buttons
- Lace
- Beads for jewelry making

Wisconsin/Nicaragua Partners of the Americas is a 501(c)3 non-profit organization.

Cash and in-kind donations are fully tax-deductible to the extent allowed by law.



Submitted by, Jeannette Rantala

CULTURAL ARTS

Thanks again to all who entered the Cultural Arts Contest. The list of winners to go to state are listed on page 1 of the May Dispatch. The winner of the People's Choice award was Jo Mersnick with her alcohol ink painting entitled, "Leaves and Lichen". Our judge was Kathy Lahti and she was kind enough to donate her time to judge for us. Many thanks to her for her generosity. Start working on next year's entries, ladies.

Mary Ann Gronquist
Cultural Arts Co-chair

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Wednesday, June 24th, Brule Transfer Station, Solon Springs Solid Waste/Recycling, 11903 S Holly Lucius Rd.

Times 10:00-11:30 a.m. and 2:00-3:30 p.m. For more questions call 715-395-1293

Sue Hendrickson

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SATURDAY, OCTOBER 10, 2015

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

When: Saturday, October 10, 2015

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 which included an 8 foot table and folding chair.

Racks, shelving, etc. are allowed. Purchase additional spaces accordingly. *Handcrafted items only.* No kits, rummage, commercial/vendor sales, bake goods, garden produce, etc.

Sponsor: Douglas County HCE

Registration: By mail only. To receive more information and request a registration form call:

Linda Williams at 715-398-5394

Our Craft Sale is our only fundraiser which supports our Melinda Boswell Scholarship and four short-term scholarships available each year.

Submitted by, Linda Williams



FLAG DAY

Flag Day is on June 14th. The enclosed brochure in your Dispatch was graciously proved by Thomas Stein, VFW Post 1091. I contacted VFW Commander Gayle Carlson last week to see if he knew where we could obtain the flag etiquette brochure and he got on the phone and ordered enough for our Dispatch mailing, and his post is covering the costs involved. Many thanks to Commander Carlson and his post for their generosity. Please fly your flag proudly (and correctly) and remember to thank a vet for his or her service when you see one.

Submitted by,
Mary Ann Gronquist

MELINDA BOSWELL SCHOLARSHIP RECIPIENT CHOSEN

We recently received notice from WITC regarding the recipient of the Melinda Boswell Scholarship for the 2015 academic year is Jeff Linder, a WITC-Superior Heating, Ventilation and Air Conditioning/Refrigeration student. Congratulations Jeff!

Submitted by,
Linda Williams

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- Make sure your sample bag has 1.5-2 cups of soil in it. Label the bag with your name, type of garden, and what is growing in it. Fill out the [Lawn and Garden Submission Form](http://douglas.uwex.edu/files/2010/05/Lawn-and-Garden-Submission-Form.pdf) <http://douglas.uwex.edu/files/2010/05/Lawn-and-Garden-Submission-Form.pdf>

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1. Return sample and completed soils sheet to Courthouse Room 107 and we will ship for you. **\$20.00** (per sample) cash or check to "Douglas County Treasurer." **Credit cards not accepted.**

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Mail to: Soil & Forage Analysis Lab
2611 Yellowstone Dr
Marshfield, WI 54449

Once you receive the results, feel free to contact Jane Anklam, Agriculture/Horticulture Educator at 715-395-1515 or jane.anklam@ces.uwex.edu if you want help interpreting the results or for further information.

Submitted by, Cheryl –Editor

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In 2004, the Lake Superior Binational Forum restarted an annual day on the third Sunday of July to celebrate peoples' deep connections to the world's largest lake. The day originated in Thunder Bay and Duluth in 1993 and soon the Forum began promoting a basin wide (cause everything in the basin runs into the lake!) event to encourage any individual, group, business, church, industry, organization, and community to hold an event or activity that celebrates the value of the lake to our lives.

Since then, hundreds of events in many locations have been held including festivals, art shows, church services, educational activities, lectures, games, and other actions. Local events will be coming out of the Lake Superior National Estuarine Research Reserve Center (NERR) on Barker's Island. Watch the local papers for more information; or check out the following website for new materials and resources for Lake Superior Day at www.superiorforum.org and share them with your favorite organization.

You too can help save Lake Superior by keeping certain items out of the sewer system. **PLEASE DO NOT FLUSH**

THESE ITEMS:

Baby, facial, or cleaning wipes (even if labeled *flushable*)

Diapers

Rags and towels

Toys

Cigarette butts

Feminine hygiene products

Underwear and sox

Rubber items such as latex gloves

Kitty litter

Sponges

Dental Floss

Cotton balls or swabs

Facial tissue

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Food wrappers

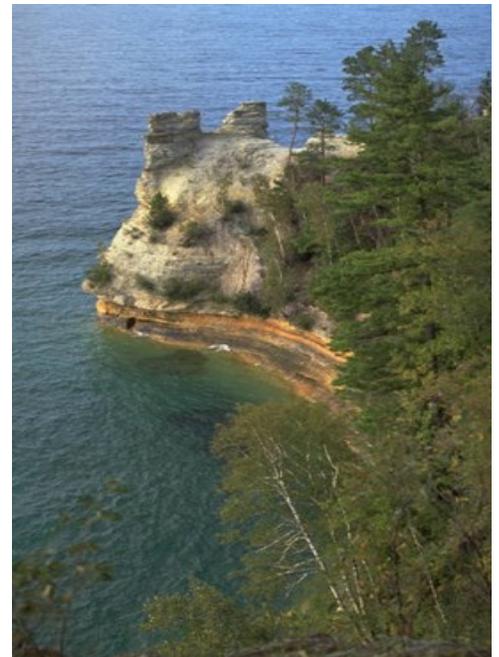
Clothing labels

Aquarium gravel

Medicines (bring to drop box at the Police Station)

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Other household hazardous waste (find places for these on the Recycling page of the Douglas County website: douglascountywi.org)



PUBLIC RELATIONS: In November we will be celebrating the 75th anniversary of Home and Community Education Clubs in Wisconsin! Members of 55 years or more are being sought for special recognition at the 2015 state conference. You? Someone you know? Give me a call and let's be part of this special observation! Thanks—Sue Hendrickson



Thanks to all who helped or participated in the incredible "Edible Ornaments" workshop. It was a great day of learning and fellowship. Thanks especially to Gary Kane of Wentworth Gardens for his interesting program...and the 10% off purchases that day!

Hilltoppers HCE

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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 2015** issues will be the Hilltoppers. Contact the UW-Extension Office at 715-395-1363 before **August 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
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All articles from magazines, books, etc. quoted in the Douglas County HCE Dispatch have received written copyright permission. This permission is on file.

Memo from the Board

It's June already! Not really, I'm writing this on a cold rainy day in mid-May. But it could be worse. Remember last year? Be thankful for this great area we live in.

Now, sit back and relax. Let the sun shine on your face and shoulders (covered by a sunscreen of course). Enjoy the lazy days coming.

I'll enjoy a break from the grandkids' school schedules in exchange for baseball, soccer, and summer school injected with lots of free time and fun. The grandkids are turning 3, 9 and 13 years old over the summer. A teenager, YIKES!

Our son and the two oldest grandkids still live with us and we babysit the youngest, two or three days a week. It gets to be quite a wild, noisy and crazily busy home, but I love it.

HCE slows down a bit for the summer too. Don't forget to send in your points for "On the Move, Program Surveys and Volunteer Hours by June 1 by phone, email or regular mail to me. Thanks.

Have a great summer,

Linda Williams,
VP Programming and
Community Outreach



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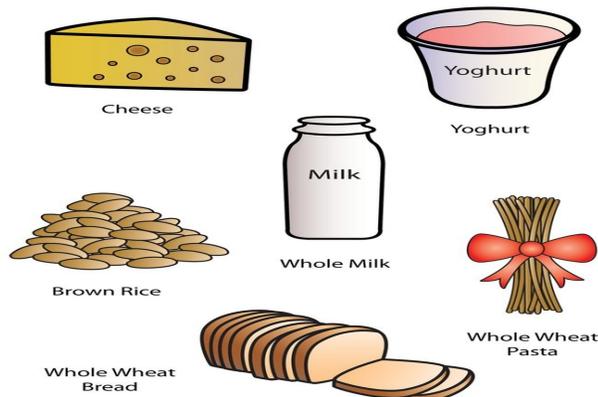
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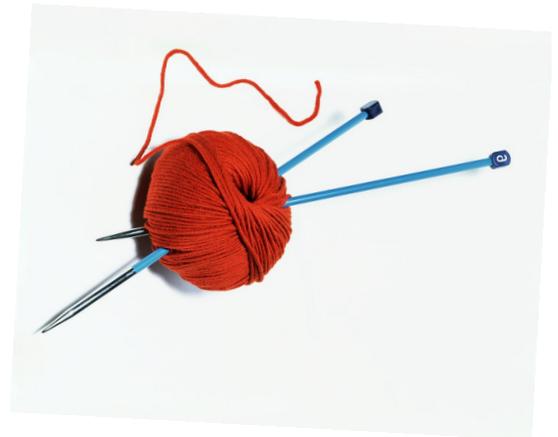
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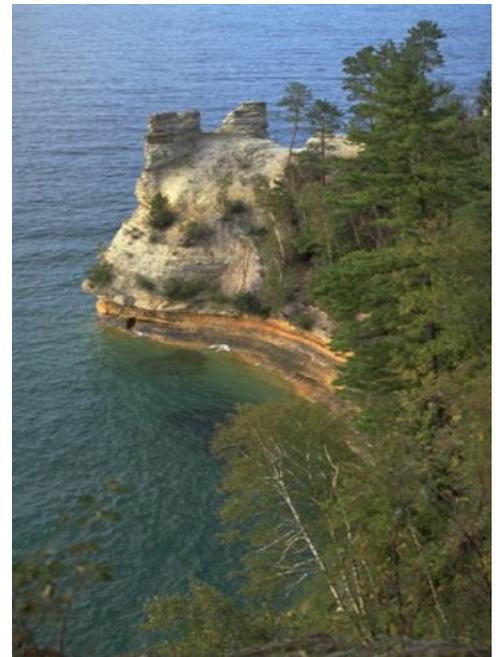
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Douglas County UWEX
 1313 Belknap Street
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TAPE

TAPE

Michelle Amys

6120 E Way Rd
 South Range, WI 54874

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.

26	27	28	29	30	31		
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September 3 12:30pm
 September 7
 September 14-16
 September 24

June 1 TBA
 July
 July 3
 August
 August No meetings

September 3 12:30pm
 Town & Country
 Board Meeting
 Library
 September 7
 Courtouse Closed Labor Day
 WAHCE State Conference
 Stevens Point
 September 14-16
 Building Sustainable Communities
 TBA
 Sue Hendrickson

August
 August No meetings
 Courtouse Closed—
 Independence Day
 Fairgrounds
 HCE Booth
 Membership/Mkt
 No meetings
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AUGUST							

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Have a great summer,

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Most people are not getting enough calcium in their diets. Three out of four adult women fail to meet the current recommended daily intake for calcium.

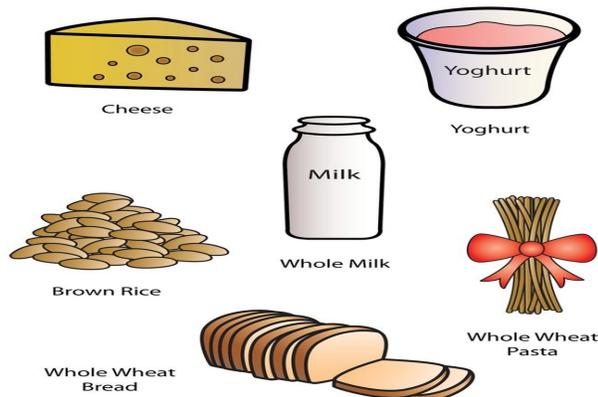
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Adapted from Getting Enough Calcium: Bone up on Calcium.
Author: Susan Nitzke, Ph.D., R.D., professor,
Nutritional Sciences.
University of Wisconsin-Madison and UW-Extension



Submitted by, Araceli Whitwam-Sell
Family Living Educator
University of Wisconsin Extension-Douglas County

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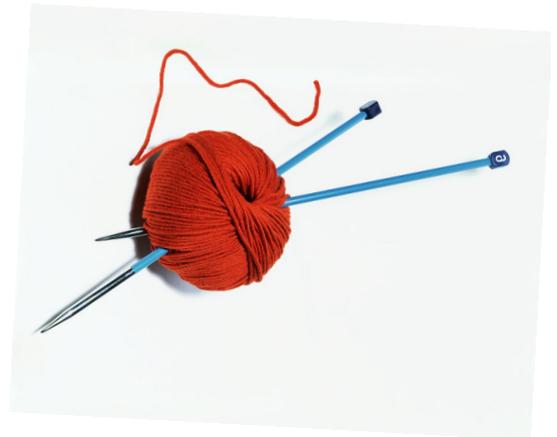
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Suggested items:

- Fabric
- Sewing machine needles
- Sewing supplies and sewing machines
- Scissors
- Irons and ironing boards
- Knitting needles
- Yarn
- Buttons
- Lace
- Beads for jewelry making

Wisconsin/Nicaragua Partners of the Americas is a 501(c)3 non-profit organization.

Cash and in-kind donations are fully tax-deductible to the extent allowed by law.



Submitted by, Jeannette Rantala

CULTURAL ARTS

Thanks again to all who entered the Cultural Arts Contest. The list of winners to go to state are listed on page 1 of the May Dispatch. The winner of the People's Choice award was Jo Mersnick with her alcohol ink painting entitled, "Leaves and Lichen". Our judge was Kathy Lahti and she was kind enough to donate her time to judge for us. Many thanks to her for her generosity. Start working on next year's entries, ladies.

Mary Ann Gronquist
Cultural Arts Co-chair

County Hazardous Waste & Medication Collection Schedule 2015

Wednesday, June 24th, Brule Transfer Station, Solon Springs Solid Waste/Recycling, 11903 S Holly Lucius Rd.

Times 10:00-11:30 a.m. and 2:00-3:30 p.m. For more questions call 715-395-1293

Sue Hendrickson

HCE ANNUAL CRAFT SALE**SATURDAY, OCTOBER 10, 2015**

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

When: Saturday, October 10, 2015

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 which included an 8 foot table and folding chair.

Racks, shelving, etc. are allowed. Purchase additional spaces accordingly. *Handcrafted items only.* No kits, rummage, commercial/vendor sales, bake goods, garden produce, etc.

Sponsor: Douglas County HCE

Registration: By mail only. To receive more information and request a registration form call:

Linda Williams at 715-398-5394

Our Craft Sale is our only fundraiser which supports our Melinda Boswell Scholarship and four short-term scholarships available each year.

Submitted by, Linda Williams



FLAG DAY

Flag Day is on June 14th. The enclosed brochure in your Dispatch was graciously proved by Thomas Stein, VFW Post 1091. I contacted VFW Commander Gayle Carlson last week to see if he knew where we could obtain the flag etiquette brochure and he got on the phone and ordered enough for our Dispatch mailing, and his post is covering the costs involved. Many thanks to Commander Carlson and his post for their generosity. Please fly your flag proudly (and correctly) and remember to thank a vet for his or her service when you see one.

Submitted by,
Mary Ann Gronquist

MELINDA BOSWELL SCHOLARSHIP RECIPIENT CHOSEN

We recently received notice from WITC regarding the recipient of the Melinda Boswell Scholarship for the 2015 academic year is Jeff Linder, a WITC-Superior Heating, Ventilation and Air Conditioning/Refrigeration student. Congratulations Jeff!

Submitted by,
Linda Williams

RESIDENTIAL SAMPLES: HOW TO SUBMIT A SOIL SAMPLE:

- Make sure your sample bag has 1.5-2 cups of soil in it. Label the bag with your name, type of garden, and what is growing in it. Fill out the [Lawn and Garden Submission Form](http://douglas.uwex.edu/files/2010/05/Lawn-and-Garden-Submission-Form.pdf) <http://douglas.uwex.edu/files/2010/05/Lawn-and-Garden-Submission-Form.pdf>

We Mail:

1. Return sample and completed soils sheet to Courthouse Room 107 and we will ship for you. **\$20.00** (per sample) cash or check to "Douglas County Treasurer." **Credit cards not accepted.**

You Mail:

1. You can put the white bag or plastic lunch bag with soil into a regular envelope/box with a label attached to mail. Checkbook boxes work great! Enclose completed form. **\$15.00** (per sample). Enclose check payable to "Soil & Forage Analysis Laboratory." If you prefer, you can charge it to your credit card by filling out the payment information on the Lawn and Garden Submission Form.

Mail to: Soil & Forage Analysis Lab
2611 Yellowstone Dr
Marshfield, WI 54449

Once you receive the results, feel free to contact Jane Anklam, Agriculture/Horticulture Educator at 715-395-1515 or jane.anklam@ces.uwex.edu if you want help interpreting the results or for further information.

Submitted by, Cheryl –Editor

Get Ready for Lake Superior Day: July 19, 2015: Sue Hendrickson

In 2004, the Lake Superior Binational Forum restarted an annual day on the third Sunday of July to celebrate peoples' deep connections to the world's largest lake. The day originated in Thunder Bay and Duluth in 1993 and soon the Forum began promoting a basin wide (cause everything in the basin runs into the lake!) event to encourage any individual, group, business, church, industry, organization, and community to hold an event or activity that celebrates the value of the lake to our lives.

Since then, hundreds of events in many locations have been held including festivals, art shows, church services, educational activities, lectures, games, and other actions. Local events will be coming out of the Lake Superior National Estuarine Research Reserve Center (NERR) on Barker's Island. Watch the local papers for more information; or check out the following website for new materials and resources for Lake Superior Day at www.superiorforum.org and share them with your favorite organization.

You too can help save Lake Superior by keeping certain items out of the sewer system. **PLEASE DO NOT FLUSH**

THESE ITEMS:

Baby, facial, or cleaning wipes (even if labeled *flushable*)

Diapers

Rags and towels

Toys

Cigarette butts

Feminine hygiene products

Underwear and sox

Rubber items such as latex gloves

Kitty litter

Sponges

Dental Floss

Cotton balls or swabs

Facial tissue

Food, fats, oil, or grease

Food wrappers

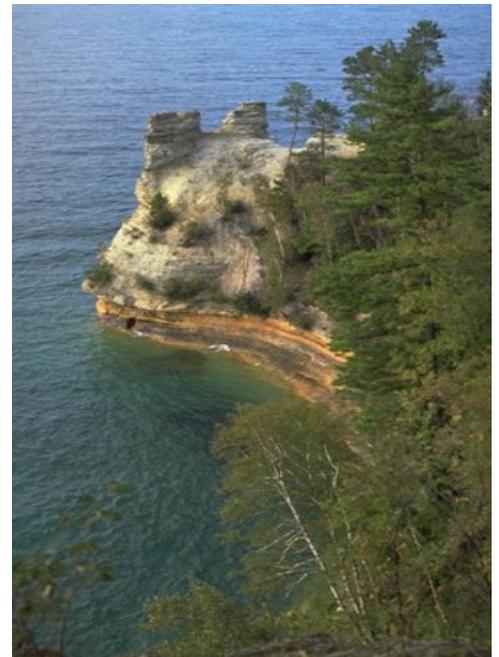
Clothing labels

Aquarium gravel

Medicines (bring to drop box at the Police Station)

Paints and stains

Other household hazardous waste (find places for these on the Recycling page of the Douglas County website: douglascountymi.org)



PUBLIC RELATIONS: In November we will be celebrating the 75th anniversary of Home and Community Education Clubs in Wisconsin! Members of 55 years or more are being sought for special recognition at the 2015 state conference. You? Someone you know? Give me a call and let's be part of this special observation! Thanks—Sue Hendrickson



Thanks to all who helped or participated in the incredible "Edible Ornaments" workshop. It was a great day of learning and fellowship. Thanks especially to Gary Kane of Wentworth Gardens for his interesting program...and the 10% off purchases that day!

Hilltoppers HCE



DISPATCH



June/July/August 2015

Douglas County HCE Superior, WI

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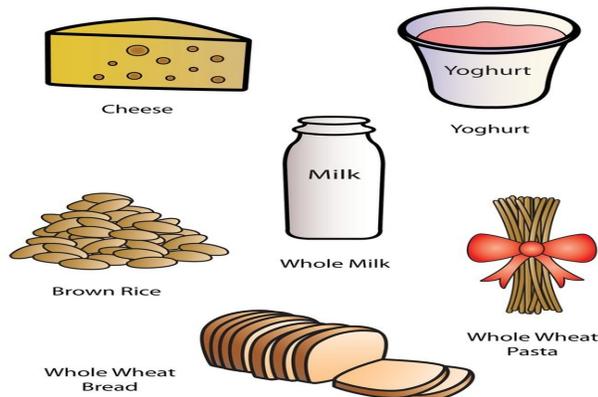
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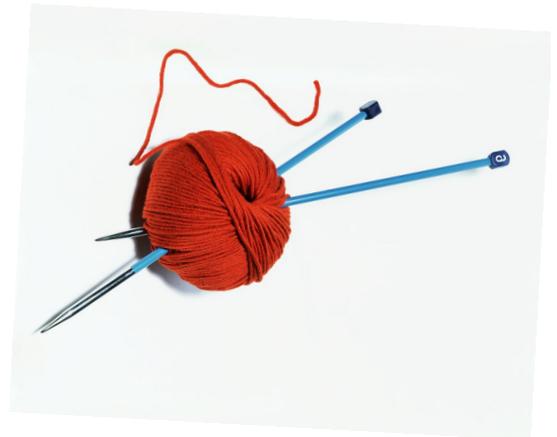
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Submitted by, Linda Williams



FLAG DAY

Flag Day is on June 14th. The enclosed brochure in your Dispatch was graciously proved by Thomas Stein, VFW Post 1091. I contacted VFW Commander Gayle Carlson last week to see if he knew where we could obtain the flag etiquette brochure and he got on the phone and ordered enough for our Dispatch mailing, and his post is covering the costs involved. Many thanks to Commander Carlson and his post for their generosity. Please fly your flag proudly (and correctly) and remember to thank a vet for his or her service when you see one.

Submitted by,
Mary Ann Gronquist

MELINDA BOSWELL SCHOLARSHIP RECIPIENT CHOSEN

We recently received notice from WITC regarding the recipient of the Melinda Boswell Scholarship for the 2015 academic year is Jeff Linder, a WITC-Superior Heating, Ventilation and Air Conditioning/Refrigeration student. Congratulations Jeff!

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1. Return sample and completed soils sheet to Courthouse Room 107 and we will ship for you. **\$20.00** (per sample) cash or check to "Douglas County Treasurer." **Credit cards not accepted.**

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Once you receive the results, feel free to contact Jane Anklam, Agriculture/Horticulture Educator at 715-395-1515 or jane.anklam@ces.uwex.edu if you want help interpreting the results or for further information.

Submitted by, Cheryl –Editor

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THESE ITEMS:

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Rags and towels

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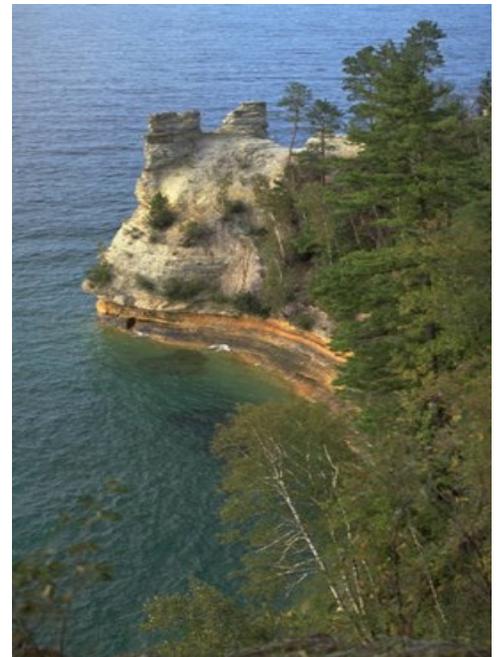
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Have a great summer,

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

The meeting was opened at 12:45 p.m. by President Cheryl McCuskey with the HCE Creed .

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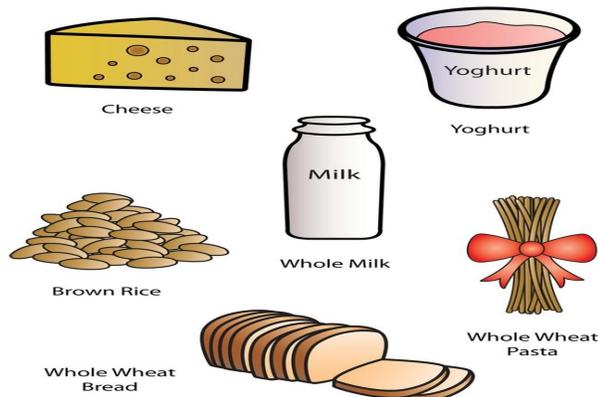
"What do those recommended intakes mean?" Try to get 2 to 3 servings of dairy daily or other calcium-rich foods a day. Dairy products contribute more than half of the calcium in the U.S. diet, but you can also find some calcium in many other foods such as broccoli, collards, and some brands of tofu (check the label).

Food	Amount of calcium per serving
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Adapted from Getting Enough Calcium: Bone up on Calcium.
Author: Susan Nitzke, Ph.D., R.D., professor,
Nutritional Sciences.
University of Wisconsin-Madison and UW-Extension



Submitted by, Araceli Whitwam-Sell
Family Living Educator
University of Wisconsin Extension-Douglas County

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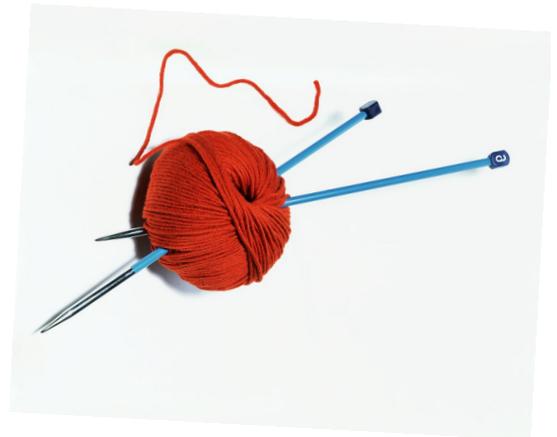
Please contact her at 715-375-2661 or by email: dirantala@centurytel.net before June 15th with questions or to make a donation. Pick up of donations can be arranged.

Suggested items:

- Fabric
- Sewing machine needles
- Sewing supplies and sewing machines
- Scissors
- Irons and ironing boards
- Knitting needles
- Yarn
- Buttons
- Lace
- Beads for jewelry making

Wisconsin/Nicaragua Partners of the Americas is a 501(c)3 non-profit organization.

Cash and in-kind donations are fully tax-deductible to the extent allowed by law.



Submitted by, Jeannette Rantala

CULTURAL ARTS

Thanks again to all who entered the Cultural Arts Contest. The list of winners to go to state are listed on page 1 of the May Dispatch. The winner of the People's Choice award was Jo Mersnick with her alcohol ink painting entitled, "Leaves and Lichen". Our judge was Kathy Lahti and she was kind enough to donate her time to judge for us. Many thanks to her for her generosity. Start working on next year's entries, ladies.

Mary Ann Gronquist
Cultural Arts Co-chair

County Hazardous Waste & Medication Collection Schedule 2015

Wednesday, June 24th, Brule Transfer Station, Solon Springs Solid Waste/Recycling, 11903 S Holly Lucius Rd.

Times 10:00-11:30 a.m. and 2:00-3:30 p.m. For more questions call 715-395-1293

Sue Hendrickson

HCE ANNUAL CRAFT SALE**SATURDAY, OCTOBER 10, 2015**

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

When: Saturday, October 10, 2015

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 which included an 8 foot table and folding chair.

Racks, shelving, etc. are allowed. Purchase additional spaces accordingly. *Handcrafted items only.* No kits, rummage, commercial/vendor sales, bake goods, garden produce, etc.

Sponsor: Douglas County HCE

Registration: By mail only. To receive more information and request a registration form call:

Linda Williams at 715-398-5394

Our Craft Sale is our only fundraiser which supports our Melinda Boswell Scholarship and four short-term scholarships available each year.

Submitted by, Linda Williams



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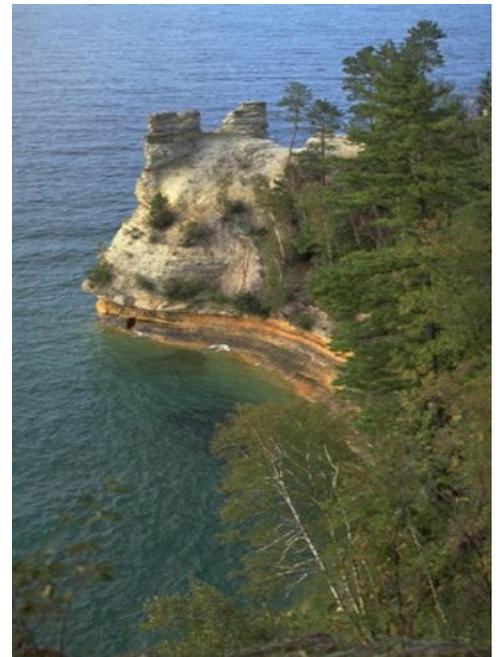
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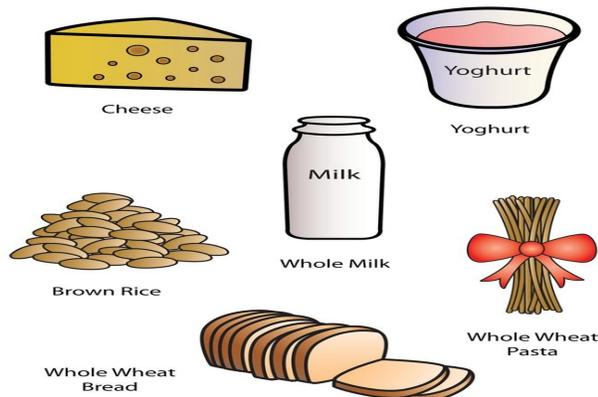
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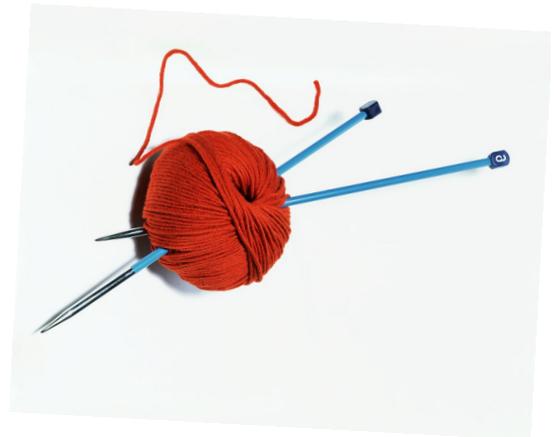
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Wisconsin/Nicaragua Partners of the Americas is a 501(c)3 non-profit organization.

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Submitted by, Jeannette Rantala

CULTURAL ARTS

Thanks again to all who entered the Cultural Arts Contest. The list of winners to go to state are listed on page 1 of the May Dispatch. The winner of the People's Choice award was Jo Mersnick with her alcohol ink painting entitled, "Leaves and Lichen". Our judge was Kathy Lahti and she was kind enough to donate her time to judge for us. Many thanks to her for her generosity. Start working on next year's entries, ladies.

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

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

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Sponsor: Douglas County HCE

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Our Craft Sale is our only fundraiser which supports our Melinda Boswell Scholarship and four short-term scholarships available each year.

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Flag Day is on June 14th. The enclosed brochure in your Dispatch was graciously proved by Thomas Stein, VFW Post 1091. I contacted VFW Commander Gayle Carlson last week to see if he knew where we could obtain the flag etiquette brochure and he got on the phone and ordered enough for our Dispatch mailing, and his post is covering the costs involved. Many thanks to Commander Carlson and his post for their generosity. Please fly your flag proudly (and correctly) and remember to thank a vet for his or her service when you see one.

Submitted by,
Mary Ann Gronquist

MELINDA BOSWELL SCHOLARSHIP RECIPIENT CHOSEN

We recently received notice from WITC regarding the recipient of the Melinda Boswell Scholarship for the 2015 academic year is Jeff Linder, a WITC-Superior Heating, Ventilation and Air Conditioning/Refrigeration student. Congratulations Jeff!

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Marshfield, WI 54449

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Submitted by, Cheryl –Editor

Get Ready for Lake Superior Day: July 19, 2015: Sue Hendrickson

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You too can help save Lake Superior by keeping certain items out of the sewer system. **PLEASE DO NOT FLUSH**

THESE ITEMS:

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Diapers

Rags and towels

Toys

Cigarette butts

Feminine hygiene products

Underwear and sox

Rubber items such as latex gloves

Kitty litter

Sponges

Dental Floss

Cotton balls or swabs

Facial tissue

Food, fats, oil, or grease

Food wrappers

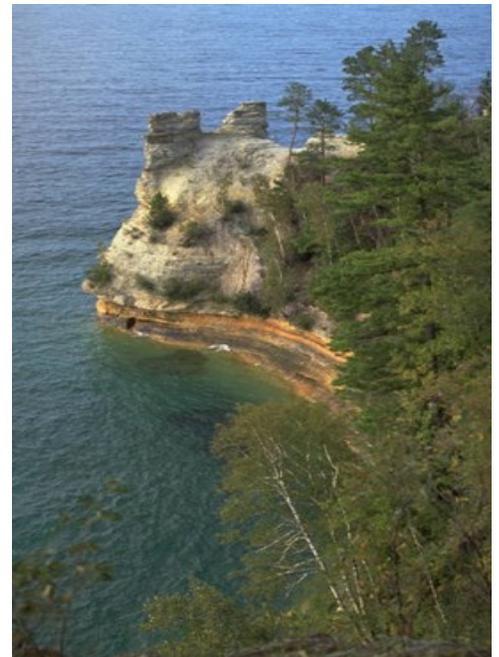
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Thanks to all who helped or participated in the incredible "Edible Ornaments" workshop. It was a great day of learning and fellowship. Thanks especially to Gary Kane of Wentworth Gardens for his interesting program...and the 10% off purchases that day!

Hilltoppers HCE

Douglas County UWEX
 1313 Belknap Street
 Courthouse Room 107
 Superior, WI 54880

TAPE

TAPE

Patricia Wermter

POB 323

Lake Nebagnemon, WI 54849

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

26	27	28	29	30	31		
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JUNE							

September 3 12:30pm
 September 7
 September 14-16
 September 24

June 1 TBA
 July
 July 3
 August
 August No meetings

September 3 12:30pm
 Town & Country
 Board Meeting
 1:30pm
 Library
 Stevens Point
 September 7
 Court House Closed Labor Day
 WAHCE State Conference
 Building Sustainable Communities
 TBA
 Sue Hendrickson

August
 August No meetings
 HCE Booth
 Membership/Mkt
 Fairgrounds
 Independence Day
 Court House Closed—
 No meetings

27	28	29	30				
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HCE slows down a bit for the summer too. Don't forget to send in your points for "On the Move, Program Surveys and Volunteer Hours by June 1 by phone, email or regular mail to me. Thanks.

Have a great summer,

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

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Edible Ornaments: Wentworth Gardens, May 28th 1:00 Plan to be there.

Spring District Meeting: Well attended and informative. Cheryl, Sue, Mary Ann, and Joyce attended

NEW BUSINESS:

Fair Booth: The Tri-State Fair will be held in late August, August 24 – 30. Town and Country will be staffing the HCE Booth on Friday, Aug. 28th and the Hilltoppers will staff the booth on Saturday, Aug. 30th .

State Conference: Sept. 14 – 16 Stevens Point, WI. Pool sessions will be "Raising a Thinking Child" and "Food Label Lingo".

Meeting closed with the HCE prayer at 2:25 p.m.

Minutes submitted for approval by Jo Mersnick



June is Dairy Month-Bone Up on Calcium!

"How much calcium do I need?"

In 2010 the National Academy of Sciences issued new Recommended Dietary Allowances (RDAs) for calcium. The new RDAs recommend that:

- Older children (ages 9 to 18) consume 1,300 mg of calcium per day.
- Most adults (ages 19 to 50) consume 1,000 mg of calcium per day.
- Older adults (women ages 51 and older and men 71 and older) consume 1,200 mg of calcium per day.

Most people are not getting enough calcium in their diets. Three out of four adult women fail to meet the current recommended daily intake for calcium.

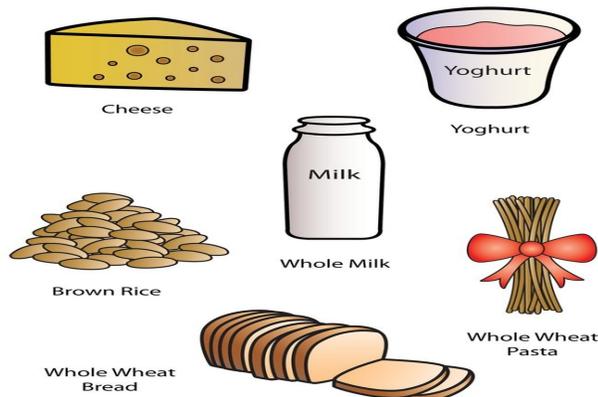
"What do those recommended intakes mean?" Try to get 2 to 3 servings of dairy daily or other calcium-rich foods a day. Dairy products contribute more than half of the calcium in the U.S. diet, but you can also find some calcium in many other foods such as broccoli, collards, and some brands of tofu (check the label).

Food	Amount of calcium per serving
1 cup non-fat yogurt	450 mg
1 cup milk (skim, 1%,2%,whole, buttermilk, chocolate)	300 mg
1/2 cup calcium-fortified orange juice	250 mg
1 ounce Swiss cheese	225 mg
1/2 cup tofu	50-800 mg (Some brands have more than others. Check labels.)
1/2 cup cooked collard greens	180 mg

"How about just taking a calcium supplement instead?" Getting your vitamins and minerals from foods ideal. Many calcium supplements are not fortified with vitamin D. Talk to your doctor, pharmacist or a dietitian to see if a calcium supplement or a calcium supplement with vitamin D is right for you.

"Should I take more than the recommended amount to be 'extra' healthy?" No. There is no benefit for healthy individuals to be consuming more than the recommended amounts of calcium. Excessive use of calcium supplements may raise your risk of developing kidney stones. The National Academy of Sciences has recommended a Tolerable Upper Intake Level of 2,500 mg calcium per day for adults ages 19-50. This is the maximum amount of calcium that is considered safe to consume on a daily basis.

Adapted from Getting Enough Calcium: Bone up on Calcium.
Author: Susan Nitzke, Ph.D., R.D., professor,
Nutritional Sciences.
University of Wisconsin-Madison and UW-Extension



Submitted by, Araceli Whitwam-Sell
Family Living Educator
University of Wisconsin Extension-Douglas County

HCE Donates to Wisconsin/Nicaragua Partners of the Americas Learning Centers

History: In 1979, two dynamic women had a vision. Rural Nicaraguan women were desperate for training to develop the skills that they would need to provide meaningful income while remaining in their communities to care for their families. In 1981, Ellen Maurer of Verona and Doña Angélica Pavón of Los Cedros, Nicaragua secured resources from Wisconsin and volunteer trainers from Nicaragua to form a sewing center in rural Los Cedros, a small community outside of Managua.

Since then, the Sewing Centers have broadened their focus and transitioned into Learning Centers. The training offered now encompasses a wide range of vocational skills such as baking, carpentry, cosmetology, small business management, etc. Participants begin by acquiring the skills necessary to provide them with a sense of dignity, independence, and purpose. They are then afforded the opportunity to utilize a micro-lending program to initiate a small business of their own. By building upon the unique skills of the individual members of the community, the community is shaped and fortified, thereby generating further aptitudes and resources.

Thousands of Nicaraguans have thus been mentored through the establishment of the Learning Centers. With each center being coordinated by local women, they are able to cater to the individual needs of each learning center's community.

Do You Have Donations for Nicaragua?

Knitting, crocheting and sewing equipment and supplies are being collected by Jeanette Rantala, HCE member, to bring to the Nicaragua Warehouse in Stevens Point at the end of June.

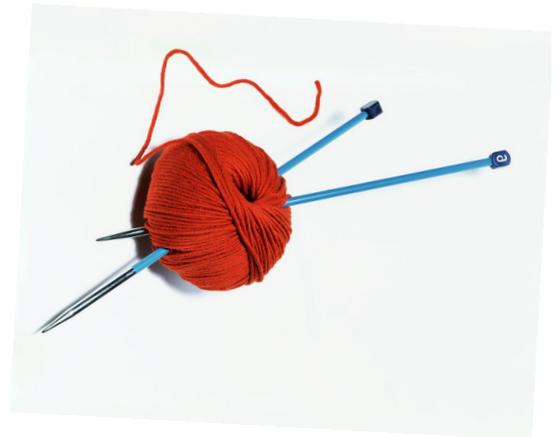
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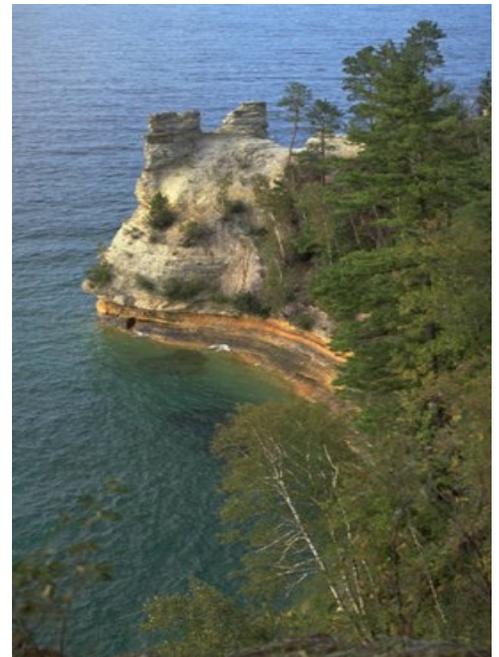
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Spring District Meeting: Well attended and informative. Cheryl, Sue, Mary Ann, and Joyce attended

NEW BUSINESS:

Fair Booth: The Tri-State Fair will be held in late August, August 24 – 30. Town and Country will be staffing the HCE Booth on Friday, Aug. 28th and the Hilltoppers will staff the booth on Saturday, Aug. 30th .

State Conference: Sept. 14 – 16 Stevens Point, WI. Pool sessions will be "Raising a Thinking Child" and "Food Label Lingo".

Meeting closed with the HCE prayer at 2:25 p.m.

Minutes submitted for approval by Jo Mersnick



June is Dairy Month-Bone Up on Calcium!

"How much calcium do I need?"

In 2010 the National Academy of Sciences issued new Recommended Dietary Allowances (RDAs) for calcium. The new RDAs recommend that:

- Older children (ages 9 to 18) consume 1,300 mg of calcium per day.
- Most adults (ages 19 to 50) consume 1,000 mg of calcium per day.
- Older adults (women ages 51 and older and men 71 and older) consume 1,200 mg of calcium per day.

Most people are not getting enough calcium in their diets. Three out of four adult women fail to meet the current recommended daily intake for calcium.

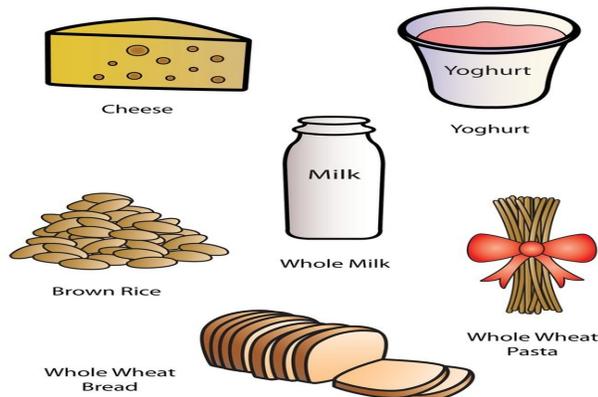
"What do those recommended intakes mean?" Try to get 2 to 3 servings of dairy daily or other calcium-rich foods a day. Dairy products contribute more than half of the calcium in the U.S. diet, but you can also find some calcium in many other foods such as broccoli, collards, and some brands of tofu (check the label).

Food	Amount of calcium per serving
1 cup non-fat yogurt	450 mg
1 cup milk (skim, 1%,2%,whole, buttermilk, chocolate)	300 mg
1/2 cup calcium-fortified orange juice	250 mg
1 ounce Swiss cheese	225 mg
1/2 cup tofu	50-800 mg (Some brands have more than others. Check labels.)
1/2 cup cooked collard greens	180 mg

"How about just taking a calcium supplement instead?" Getting your vitamins and minerals from foods ideal. Many calcium supplements are not fortified with vitamin D. Talk to your doctor, pharmacist or a dietitian to see if a calcium supplement or a calcium supplement with vitamin D is right for you.

"Should I take more than the recommended amount to be 'extra' healthy?" No. There is no benefit for healthy individuals to be consuming more than the recommended amounts of calcium. Excessive use of calcium supplements may raise your risk of developing kidney stones. The National Academy of Sciences has recommended a Tolerable Upper Intake Level of 2,500 mg calcium per day for adults ages 19-50. This is the maximum amount of calcium that is considered safe to consume on a daily basis.

Adapted from Getting Enough Calcium: Bone up on Calcium.
Author: Susan Nitzke, Ph.D., R.D., professor,
Nutritional Sciences.
University of Wisconsin-Madison and UW-Extension



Submitted by, Araceli Whitwam-Sell
Family Living Educator
University of Wisconsin Extension-Douglas County

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Thousands of Nicaraguans have thus been mentored through the establishment of the Learning Centers. With each center being coordinated by local women, they are able to cater to the individual needs of each learning center's community.

Do You Have Donations for Nicaragua?

Knitting, crocheting and sewing equipment and supplies are being collected by Jeanette Rantala, HCE member, to bring to the Nicaragua Warehouse in Stevens Point at the end of June.

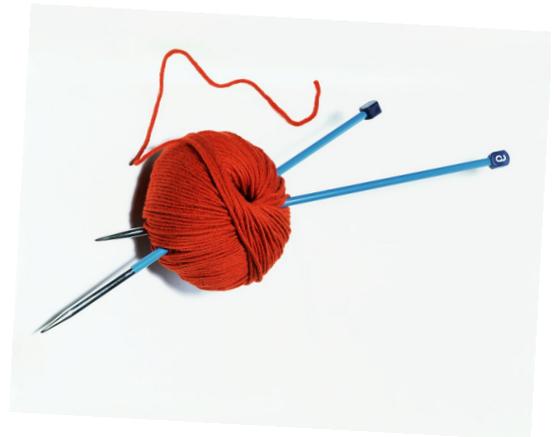
Please contact her at 715-375-2661 or by email: dirantala@centurytel.net before June 15th with questions or to make a donation. Pick up of donations can be arranged.

Suggested items:

- Fabric
- Sewing machine needles
- Sewing supplies and sewing machines
- Scissors
- Irons and ironing boards
- Knitting needles
- Yarn
- Buttons
- Lace
- Beads for jewelry making

Wisconsin/Nicaragua Partners of the Americas is a 501(c)3 non-profit organization.

Cash and in-kind donations are fully tax-deductible to the extent allowed by law.



Submitted by, Jeannette Rantala

CULTURAL ARTS

Thanks again to all who entered the Cultural Arts Contest. The list of winners to go to state are listed on page 1 of the May Dispatch. The winner of the People's Choice award was Jo Mersnick with her alcohol ink painting entitled, "Leaves and Lichen". Our judge was Kathy Lahti and she was kind enough to donate her time to judge for us. Many thanks to her for her generosity. Start working on next year's entries, ladies.

Mary Ann Gronquist
Cultural Arts Co-chair

County Hazardous Waste & Medication Collection Schedule 2015

Wednesday, June 24th, Brule Transfer Station, Solon Springs Solid Waste/Recycling, 11903 S Holly Lucius Rd.

Times 10:00-11:30 a.m. and 2:00-3:30 p.m. For more questions call 715-395-1293

Sue Hendrickson

HCE ANNUAL CRAFT SALE**SATURDAY, OCTOBER 10, 2015**

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

When: Saturday, October 10, 2015

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 which included an 8 foot table and folding chair.

Racks, shelving, etc. are allowed. Purchase additional spaces accordingly. *Handcrafted items only.* No kits, rummage, commercial/vendor sales, bake goods, garden produce, etc.

Sponsor: Douglas County HCE

Registration: By mail only. To receive more information and request a registration form call:

Linda Williams at 715-398-5394

Our Craft Sale is our only fundraiser which supports our Melinda Boswell Scholarship and four short-term scholarships available each year.

Submitted by, Linda Williams



FLAG DAY

Flag Day is on June 14th. The enclosed brochure in your Dispatch was graciously proved by Thomas Stein, VFW Post 1091. I contacted VFW Commander Gayle Carlson last week to see if he knew where we could obtain the flag etiquette brochure and he got on the phone and ordered enough for our Dispatch mailing, and his post is covering the costs involved. Many thanks to Commander Carlson and his post for their generosity. Please fly your flag proudly (and correctly) and remember to thank a vet for his or her service when you see one.

Submitted by,
Mary Ann Gronquist

MELINDA BOSWELL SCHOLARSHIP RECIPIENT CHOSEN

We recently received notice from WITC regarding the recipient of the Melinda Boswell Scholarship for the 2015 academic year is Jeff Linder, a WITC-Superior Heating, Ventilation and Air Conditioning/Refrigeration student. Congratulations Jeff!

Submitted by,
Linda Williams

RESIDENTIAL SAMPLES: HOW TO SUBMIT A SOIL SAMPLE:

- Make sure your sample bag has 1.5-2 cups of soil in it. Label the bag with your name, type of garden, and what is growing in it. Fill out the [Lawn and Garden Submission Form](http://douglas.uwex.edu/files/2010/05/Lawn-and-Garden-Submission-Form.pdf) <http://douglas.uwex.edu/files/2010/05/Lawn-and-Garden-Submission-Form.pdf>

We Mail:

1. Return sample and completed soils sheet to Courthouse Room 107 and we will ship for you. **\$20.00** (per sample) cash or check to "Douglas County Treasurer." **Credit cards not accepted.**

You Mail:

1. You can put the white bag or plastic lunch bag with soil into a regular envelope/box with a label attached to mail. Checkbook boxes work great! Enclose completed form. **\$15.00** (per sample). Enclose check payable to "Soil & Forage Analysis Laboratory." If you prefer, you can charge it to your credit card by filling out the payment information on the Lawn and Garden Submission Form.

Mail to: Soil & Forage Analysis Lab
2611 Yellowstone Dr
Marshfield, WI 54449

Once you receive the results, feel free to contact Jane Anklam, Agriculture/Horticulture Educator at 715-395-1515 or jane.anklam@ces.uwex.edu if you want help interpreting the results or for further information.

Submitted by, Cheryl –Editor

Get Ready for Lake Superior Day: July 19, 2015: Sue Hendrickson

In 2004, the Lake Superior Binational Forum restarted an annual day on the third Sunday of July to celebrate peoples' deep connections to the world's largest lake. The day originated in Thunder Bay and Duluth in 1993 and soon the Forum began promoting a basin wide (cause everything in the basin runs into the lake!) event to encourage any individual, group, business, church, industry, organization, and community to hold an event or activity that celebrates the value of the lake to our lives.

Since then, hundreds of events in many locations have been held including festivals, art shows, church services, educational activities, lectures, games, and other actions. Local events will be coming out of the Lake Superior National Estuarine Research Reserve Center (NERR) on Barker's Island. Watch the local papers for more information; or check out the following website for new materials and resources for Lake Superior Day at www.superiorforum.org and share them with your favorite organization.

You too can help save Lake Superior by keeping certain items out of the sewer system. **PLEASE DO NOT FLUSH**

THESE ITEMS:

Baby, facial, or cleaning wipes (even if labeled *flushable*)

Diapers

Rags and towels

Toys

Cigarette butts

Feminine hygiene products

Underwear and sox

Rubber items such as latex gloves

Kitty litter

Sponges

Dental Floss

Cotton balls or swabs

Facial tissue

Food, fats, oil, or grease

Food wrappers

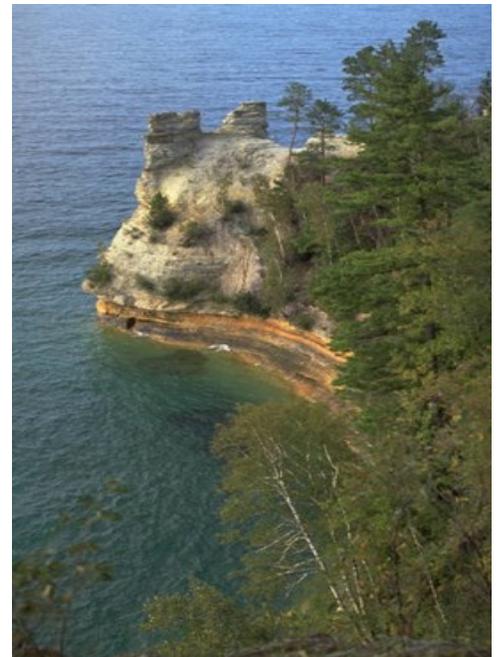
Clothing labels

Aquarium gravel

Medicines (bring to drop box at the Police Station)

Paints and stains

Other household hazardous waste (find places for these on the Recycling page of the Douglas County website: douglascountymi.org)



PUBLIC RELATIONS: In November we will be celebrating the 75th anniversary of Home and Community Education Clubs in Wisconsin! Members of 55 years or more are being sought for special recognition at the 2015 state conference. You? Someone you know? Give me a call and let's be part of this special observation! Thanks—Sue Hendrickson



Thanks to all who helped or participated in the incredible "Edible Ornaments" workshop. It was a great day of learning and fellowship. Thanks especially to Gary Kane of Wentworth Gardens for his interesting program...and the 10% off purchases that day!

Hilltoppers HCE

Douglas County UWEX
 1313 Belknap Street
 Courthouse Room 107
 Superior, WI 54880

TAPE

TAPE

Patty Cosgrove
 Ext. Education & Recycling Comm.
 9255 E. Jack Pine Avenue
 Solon Springs, WI 54873

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

26	27	28	29	30	31	
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September 3 12:30pm
 September 7
 September 14-16
 September 24

June 1 TBA
 July
 July 3
 August
 August No meetings

September 3 12:30pm
 Town & Country
 Board Meeting
 Library
 Stevens Point
 WAHCE State Conference
 Building Sustainable Communities
 TBA
 Sue Hendrickson

June 1 HCE Booth
 Membership/Mkt
 Fairgrounds
 July
 July 3 Independence Day
 Court House Closed—
 No meetings
 August
 August No meetings

27	28	29	30			
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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 2015** issues will be the Hilltoppers. Contact the UW-Extension Office at 715-395-1363 before **August 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

All articles from magazines, books, etc. quoted in the Douglas County HCE Dispatch have received written copyright permission. This permission is on file.

Memo from the Board

It's June already! Not really, I'm writing this on a cold rainy day in mid-May. But it could be worse. Remember last year? Be thankful for this great area we live in.

Now, sit back and relax. Let the sun shine on your face and shoulders (covered by a sunscreen of course). Enjoy the lazy days coming.

I'll enjoy a break from the grandkids' school schedules in exchange for baseball, soccer, and summer school injected with lots of free time and fun. The grandkids are turning 3, 9 and 13 years old over the summer. A teenager, YIKES!

Our son and the two oldest grandkids still live with us and we babysit the youngest, two or three days a week. It gets to be quite a wild, noisy and crazily busy home, but I love it.

HCE slows down a bit for the summer too. Don't forget to send in your points for "On the Move, Program Surveys and Volunteer Hours by June 1 by phone, email or regular mail to me. Thanks.

Have a great summer,

Linda Williams,
VP Programming and
Community Outreach



HCE EXECUTIVE BOARD MEETING MINUTES**May 7, 2015 –Superior Public Library**

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

The meeting was opened at 12:45 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 reported on the Sunshine Fund

Dispatch: Due May 15th for June, July, August. Sue made a request that two months be shown on the back of the Dispatch. The current month and the upcoming month. This will aid in clubs planning for their meetings.

COMMITTEE REPORTS:VP Programming and Community Outreach:

Linda Williams reminded us of the volunteer hours that are due June 1st. Also, Program Surveys are due June 1st.

Cultural Arts: Mary Ann Gronquist – See Memo from the Board in the May Dispatch for details.

International: Christa Williams-Clements articles are very informative and interesting. We are still looking for a chair for the International Event.

Membership/Marketing: Sue Hendrickson is making an effort to get more publicity for HCE in the Superior Telegram.

Scholarship: Still looking for a chair.

WI Bookworms™ - Sue Hendrickson- Books will be delivered the 1st week of August. The WISline will provide reader training. More information to come.

Family Living Educator: Araceli Whitwam-Sell. Araceli was present at our meeting and we had a chance to learn more about her and her goals, during a little coffee break. She was hired as a 75% employee. She is looking forward to meeting people and establishing relationships, finding the needs of our community, learning more about our group and collaborating with HCE. We were all impressed with her dedication to her new job. We look forward to working with Ariceli.

UNFINISHED BUSINESS:

Craft Day: Craft Day was a very successful event. Details in the May Dispatch. Plans are to have another next year.

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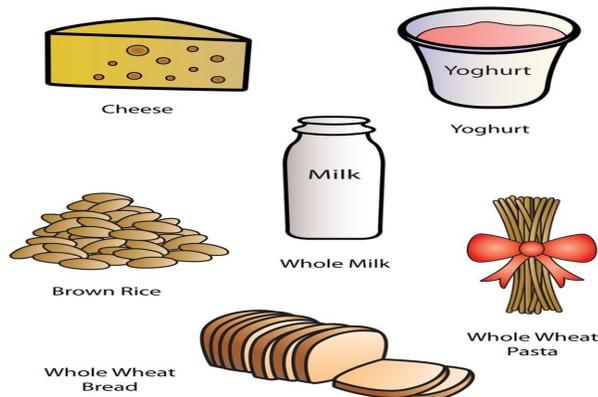
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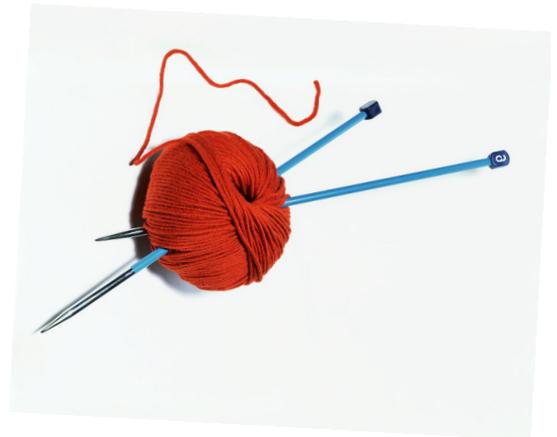
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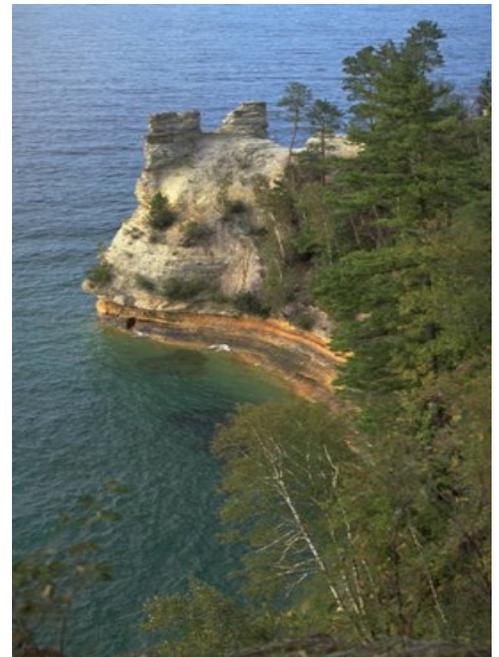
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Hilltoppers HCE

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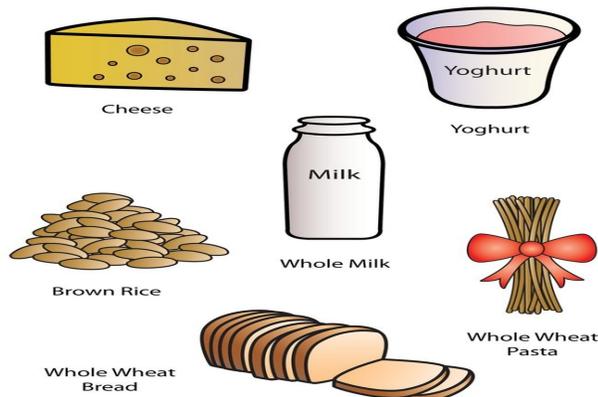
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Author: Susan Nitzke, Ph.D., R.D., professor,
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University of Wisconsin-Madison and UW-Extension



Submitted by, Araceli Whitwam-Sell
Family Living Educator
University of Wisconsin Extension-Douglas County

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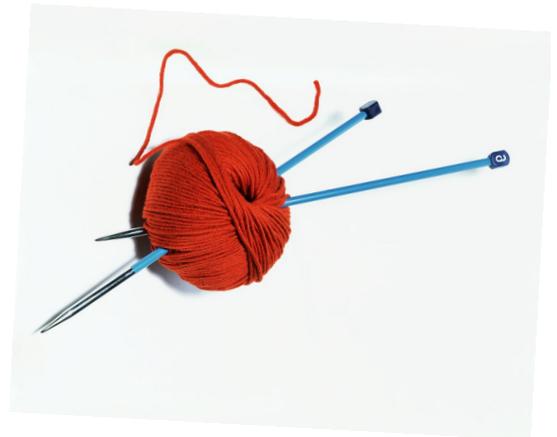
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Suggested items:

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- Sewing supplies and sewing machines
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- Knitting needles
- Yarn
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- Lace
- Beads for jewelry making

Wisconsin/Nicaragua Partners of the Americas is a 501(c)3 non-profit organization.

Cash and in-kind donations are fully tax-deductible to the extent allowed by law.



Submitted by, Jeannette Rantala

CULTURAL ARTS

Thanks again to all who entered the Cultural Arts Contest. The list of winners to go to state are listed on page 1 of the May Dispatch. The winner of the People's Choice award was Jo Mersnick with her alcohol ink painting entitled, "Leaves and Lichen". Our judge was Kathy Lahti and she was kind enough to donate her time to judge for us. Many thanks to her for her generosity. Start working on next year's entries, ladies.

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Cultural Arts Co-chair

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Sue Hendrickson

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

When: Saturday, October 10, 2015

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 which included an 8 foot table and folding chair.

Racks, shelving, etc. are allowed. Purchase additional spaces accordingly. *Handcrafted items only.* No kits, rummage, commercial/vendor sales, bake goods, garden produce, etc.

Sponsor: Douglas County HCE

Registration: By mail only. To receive more information and request a registration form call:

Linda Williams at 715-398-5394

Our Craft Sale is our only fundraiser which supports our Melinda Boswell Scholarship and four short-term scholarships available each year.

Submitted by, Linda Williams



FLAG DAY

Flag Day is on June 14th. The enclosed brochure in your Dispatch was graciously proved by Thomas Stein, VFW Post 1091. I contacted VFW Commander Gayle Carlson last week to see if he knew where we could obtain the flag etiquette brochure and he got on the phone and ordered enough for our Dispatch mailing, and his post is covering the costs involved. Many thanks to Commander Carlson and his post for their generosity. Please fly your flag proudly (and correctly) and remember to thank a vet for his or her service when you see one.

Submitted by,
Mary Ann Gronquist

MELINDA BOSWELL SCHOLARSHIP RECIPIENT CHOSEN

We recently received notice from WITC regarding the recipient of the Melinda Boswell Scholarship for the 2015 academic year is Jeff Linder, a WITC-Superior Heating, Ventilation and Air Conditioning/Refrigeration student. Congratulations Jeff!

Submitted by,
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- Make sure your sample bag has 1.5-2 cups of soil in it. Label the bag with your name, type of garden, and what is growing in it. Fill out the [Lawn and Garden Submission Form](http://douglas.uwex.edu/files/2010/05/Lawn-and-Garden-Submission-Form.pdf) <http://douglas.uwex.edu/files/2010/05/Lawn-and-Garden-Submission-Form.pdf>

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1. Return sample and completed soils sheet to Courthouse Room 107 and we will ship for you. **\$20.00** (per sample) cash or check to "Douglas County Treasurer." **Credit cards not accepted.**

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1. You can put the white bag or plastic lunch bag with soil into a regular envelope/box with a label attached to mail. Checkbook boxes work great! Enclose completed form. **\$15.00** (per sample). Enclose check payable to "Soil & Forage Analysis Laboratory." If you prefer, you can charge it to your credit card by filling out the payment information on the Lawn and Garden Submission Form.

Mail to: Soil & Forage Analysis Lab
2611 Yellowstone Dr
Marshfield, WI 54449

Once you receive the results, feel free to contact Jane Anklam, Agriculture/Horticulture Educator at 715-395-1515 or jane.anklam@ces.uwex.edu if you want help interpreting the results or for further information.

Submitted by, Cheryl –Editor

Get Ready for Lake Superior Day: July 19, 2015: Sue Hendrickson

In 2004, the Lake Superior Binational Forum restarted an annual day on the third Sunday of July to celebrate peoples' deep connections to the world's largest lake. The day originated in Thunder Bay and Duluth in 1993 and soon the Forum began promoting a basin wide (cause everything in the basin runs into the lake!) event to encourage any individual, group, business, church, industry, organization, and community to hold an event or activity that celebrates the value of the lake to our lives.

Since then, hundreds of events in many locations have been held including festivals, art shows, church services, educational activities, lectures, games, and other actions. Local events will be coming out of the Lake Superior National Estuarine Research Reserve Center (NERR) on Barker's Island. Watch the local papers for more information; or check out the following website for new materials and resources for Lake Superior Day at www.superiorforum.org and share them with your favorite organization.

You too can help save Lake Superior by keeping certain items out of the sewer system. **PLEASE DO NOT FLUSH**

THESE ITEMS:

Baby, facial, or cleaning wipes (even if labeled *flushable*)

Diapers

Rags and towels

Toys

Cigarette butts

Feminine hygiene products

Underwear and sox

Rubber items such as latex gloves

Kitty litter

Sponges

Dental Floss

Cotton balls or swabs

Facial tissue

Food, fats, oil, or grease

Food wrappers

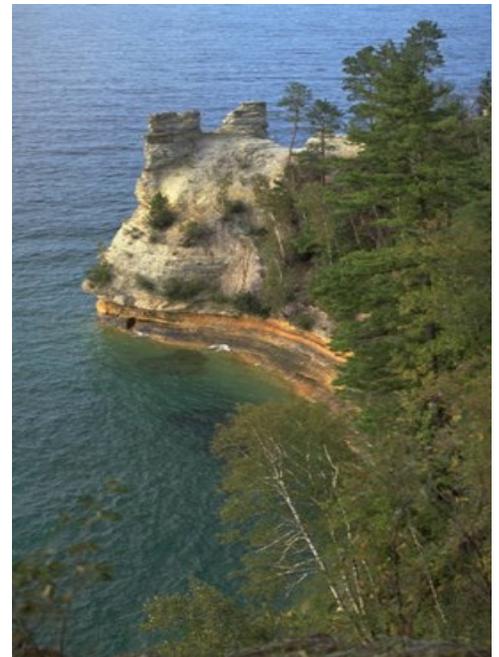
Clothing labels

Aquarium gravel

Medicines (bring to drop box at the Police Station)

Paints and stains

Other household hazardous waste (find places for these on the Recycling page of the Douglas County website: douglascountywi.org)



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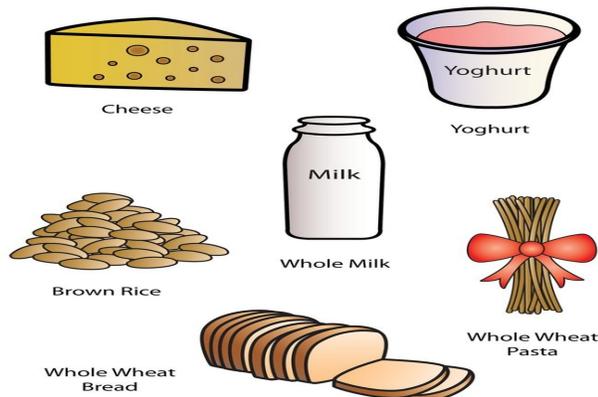
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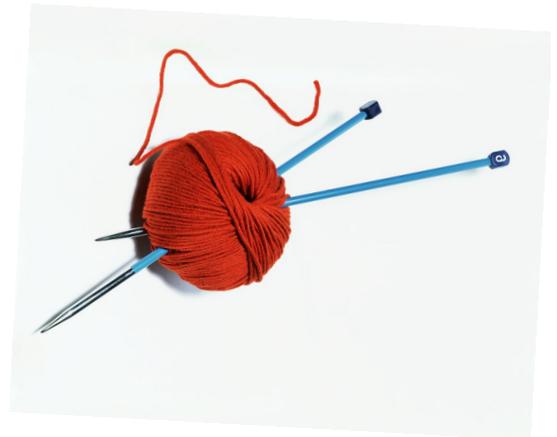
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Submitted by, Cheryl –Editor

Get Ready for Lake Superior Day: July 19, 2015: Sue Hendrickson

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THESE ITEMS:

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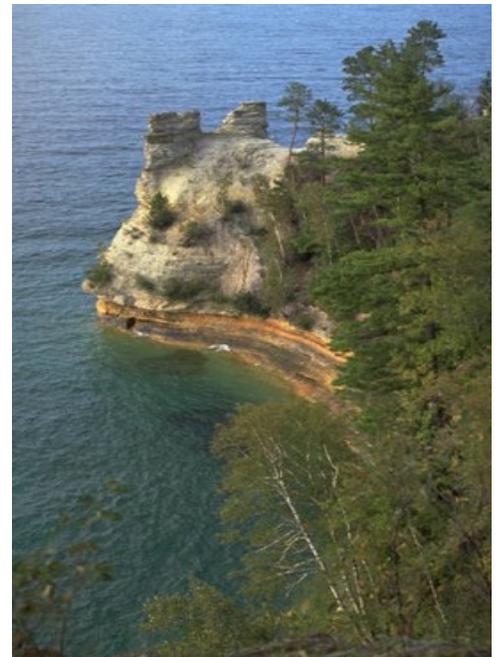
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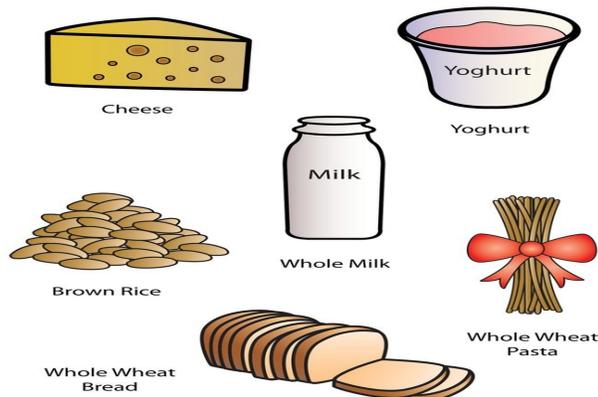
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University of Wisconsin-Madison and UW-Extension



Submitted by, Araceli Whitwam-Sell
Family Living Educator
University of Wisconsin Extension-Douglas County

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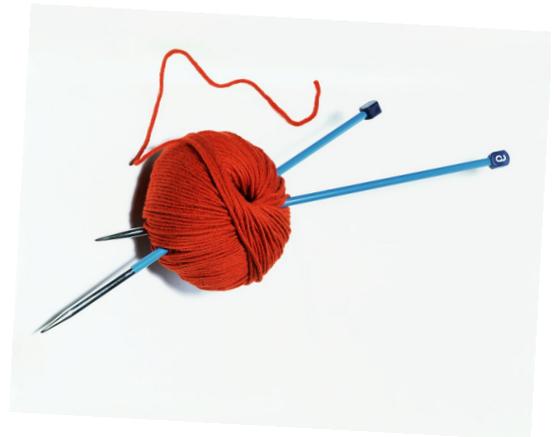
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Suggested items:

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Submitted by, Jeannette Rantala

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Thanks again to all who entered the Cultural Arts Contest. The list of winners to go to state are listed on page 1 of the May Dispatch. The winner of the People's Choice award was Jo Mersnick with her alcohol ink painting entitled, "Leaves and Lichen". Our judge was Kathy Lahti and she was kind enough to donate her time to judge for us. Many thanks to her for her generosity. Start working on next year's entries, ladies.

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Wednesday, June 24th, Brule Transfer Station, Solon Springs Solid Waste/Recycling, 11903 S Holly Lucius Rd.

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Sue Hendrickson

HCE ANNUAL CRAFT SALE**SATURDAY, OCTOBER 10, 2015**

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

When: Saturday, October 10, 2015

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 which included an 8 foot table and folding chair.

Racks, shelving, etc. are allowed. Purchase additional spaces accordingly. *Handcrafted items only.* No kits, rummage, commercial/vendor sales, bake goods, garden produce, etc.

Sponsor: Douglas County HCE

Registration: By mail only. To receive more information and request a registration form call:

Linda Williams at 715-398-5394

Our Craft Sale is our only fundraiser which supports our Melinda Boswell Scholarship and four short-term scholarships available each year.

Submitted by, Linda Williams



FLAG DAY

Flag Day is on June 14th. The enclosed brochure in your Dispatch was graciously proved by Thomas Stein, VFW Post 1091. I contacted VFW Commander Gayle Carlson last week to see if he knew where we could obtain the flag etiquette brochure and he got on the phone and ordered enough for our Dispatch mailing, and his post is covering the costs involved. Many thanks to Commander Carlson and his post for their generosity. Please fly your flag proudly (and correctly) and remember to thank a vet for his or her service when you see one.

Submitted by,
Mary Ann Gronquist

MELINDA BOSWELL SCHOLARSHIP RECIPIENT CHOSEN

We recently received notice from WITC regarding the recipient of the Melinda Boswell Scholarship for the 2015 academic year is Jeff Linder, a WITC-Superior Heating, Ventilation and Air Conditioning/Refrigeration student. Congratulations Jeff!

Submitted by,
Linda Williams

RESIDENTIAL SAMPLES: HOW TO SUBMIT A SOIL SAMPLE:

- Make sure your sample bag has 1.5-2 cups of soil in it. Label the bag with your name, type of garden, and what is growing in it. Fill out the [Lawn and Garden Submission Form](http://douglas.uwex.edu/files/2010/05/Lawn-and-Garden-Submission-Form.pdf) <http://douglas.uwex.edu/files/2010/05/Lawn-and-Garden-Submission-Form.pdf>

We Mail:

1. Return sample and completed soils sheet to Courthouse Room 107 and we will ship for you. **\$20.00** (per sample) cash or check to "Douglas County Treasurer." **Credit cards not accepted.**

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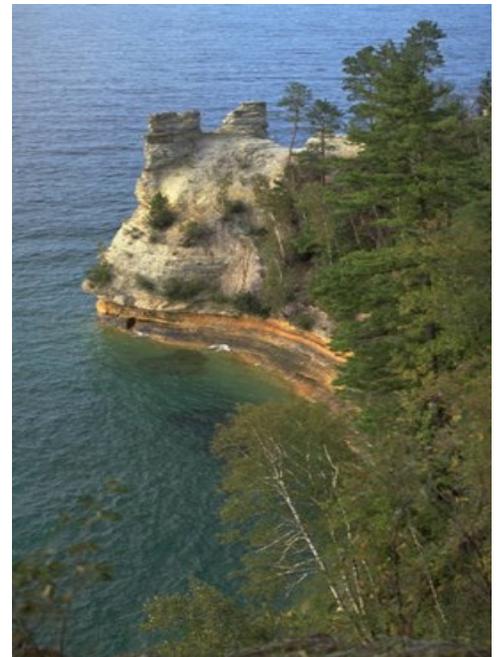
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June/July/August 2015

Douglas County HCE Superior, WI

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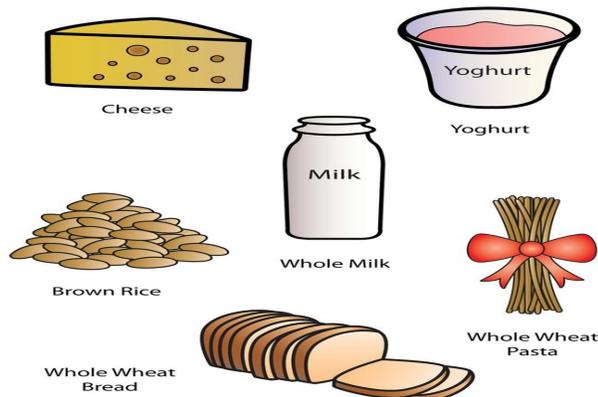
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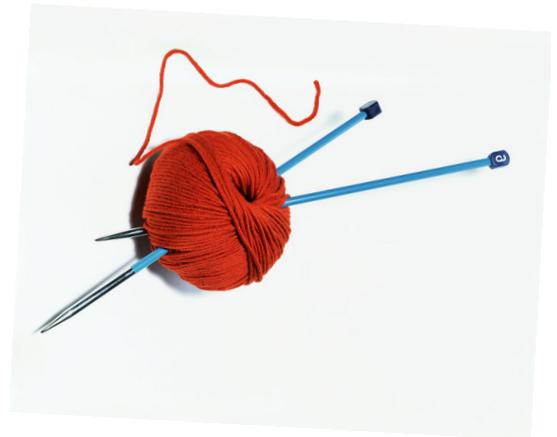
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Where: Head of the Lakes Fairgrounds, 4700 Tower Ave., Superior, WI. Multi-purpose building

When: Saturday, October 10, 2015

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 which included an 8 foot table and folding chair.

Racks, shelving, etc. are allowed. Purchase additional spaces accordingly. *Handcrafted items only.* No kits, rummage, commercial/vendor sales, bake goods, garden produce, etc.

Sponsor: Douglas County HCE

Registration: By mail only. To receive more information and request a registration form call:

Linda Williams at 715-398-5394

Our Craft Sale is our only fundraiser which supports our Melinda Boswell Scholarship and four short-term scholarships available each year.

Submitted by, Linda Williams



FLAG DAY

Flag Day is on June 14th. The enclosed brochure in your Dispatch was graciously proved by Thomas Stein, VFW Post 1091. I contacted VFW Commander Gayle Carlson last week to see if he knew where we could obtain the flag etiquette brochure and he got on the phone and ordered enough for our Dispatch mailing, and his post is covering the costs involved. Many thanks to Commander Carlson and his post for their generosity. Please fly your flag proudly (and correctly) and remember to thank a vet for his or her service when you see one.

Submitted by,
Mary Ann Gronquist

MELINDA BOSWELL SCHOLARSHIP RECIPIENT CHOSEN

We recently received notice from WITC regarding the recipient of the Melinda Boswell Scholarship for the 2015 academic year is Jeff Linder, a WITC-Superior Heating, Ventilation and Air Conditioning/Refrigeration student. Congratulations Jeff!

Submitted by,
Linda Williams

RESIDENTIAL SAMPLES: HOW TO SUBMIT A SOIL SAMPLE:

- Make sure your sample bag has 1.5-2 cups of soil in it. Label the bag with your name, type of garden, and what is growing in it. Fill out the [Lawn and Garden Submission Form](http://douglas.uwex.edu/files/2010/05/Lawn-and-Garden-Submission-Form.pdf) <http://douglas.uwex.edu/files/2010/05/Lawn-and-Garden-Submission-Form.pdf>

We Mail:

1. Return sample and completed soils sheet to Courthouse Room 107 and we will ship for you. **\$20.00** (per sample) cash or check to "Douglas County Treasurer." **Credit cards not accepted.**

You Mail:

1. You can put the white bag or plastic lunch bag with soil into a regular envelope/box with a label attached to mail. Checkbook boxes work great! Enclose completed form. **\$15.00** (per sample). Enclose check payable to "Soil & Forage Analysis Laboratory." If you prefer, you can charge it to your credit card by filling out the payment information on the Lawn and Garden Submission Form.

Mail to: Soil & Forage Analysis Lab
2611 Yellowstone Dr
Marshfield, WI 54449

Once you receive the results, feel free to contact Jane Anklam, Agriculture/Horticulture Educator at 715-395-1515 or jane.anklam@ces.uwex.edu if you want help interpreting the results or for further information.

Submitted by, Cheryl –Editor

Get Ready for Lake Superior Day: July 19, 2015: Sue Hendrickson

In 2004, the Lake Superior Binational Forum restarted an annual day on the third Sunday of July to celebrate peoples' deep connections to the world's largest lake. The day originated in Thunder Bay and Duluth in 1993 and soon the Forum began promoting a basin wide (cause everything in the basin runs into the lake!) event to encourage any individual, group, business, church, industry, organization, and community to hold an event or activity that celebrates the value of the lake to our lives.

Since then, hundreds of events in many locations have been held including festivals, art shows, church services, educational activities, lectures, games, and other actions. Local events will be coming out of the Lake Superior National Estuarine Research Reserve Center (NERR) on Barker's Island. Watch the local papers for more information; or check out the following website for new materials and resources for Lake Superior Day at www.superiorforum.org and share them with your favorite organization.

You too can help save Lake Superior by keeping certain items out of the sewer system. **PLEASE DO NOT FLUSH**

THESE ITEMS:

Baby, facial, or cleaning wipes (even if labeled *flushable*)

Diapers

Rags and towels

Toys

Cigarette butts

Feminine hygiene products

Underwear and sox

Rubber items such as latex gloves

Kitty litter

Sponges

Dental Floss

Cotton balls or swabs

Facial tissue

Food, fats, oil, or grease

Food wrappers

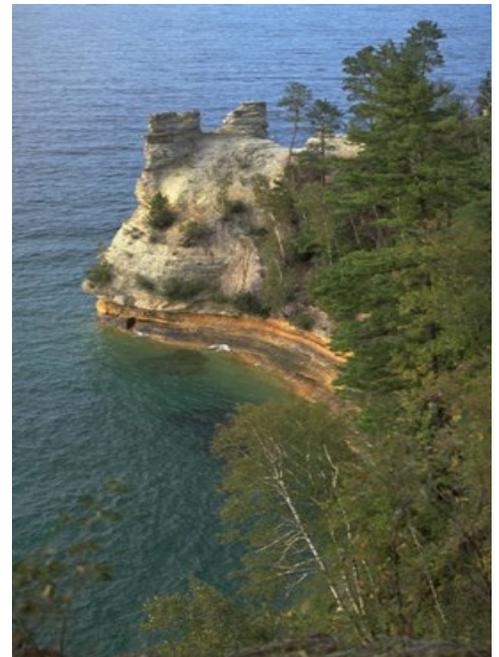
Clothing labels

Aquarium gravel

Medicines (bring to drop box at the Police Station)

Paints and stains

Other household hazardous waste (find places for these on the Recycling page of the Douglas County website: douglascountywi.org)



PUBLIC RELATIONS: In November we will be celebrating the 75th anniversary of Home and Community Education Clubs in Wisconsin! Members of 55 years or more are being sought for special recognition at the 2015 state conference. You? Someone you know? Give me a call and let's be part of this special observation! Thanks—Sue Hendrickson



Thanks to all who helped or participated in the incredible "Edible Ornaments" workshop. It was a great day of learning and fellowship. Thanks especially to Gary Kane of Wentworth Gardens for his interesting program...and the 10% off purchases that day!

Hilltoppers HCE

Douglas County UWEX
 1313 Belknap Street
 Courthouse Room 107
 Superior, WI 54880

TAPE

TAPE

Senior Center
 Douglas County
 1527 Tower Ave.
 Superior, WI 54880

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

26	27	28	29	30	31		
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September 3 12:30pm
 September 7
 September 14-16
 September 24

June 1 TBA
 July
 July 3
 August
 August No meetings

Library
 Library
 Stevens Point
 Craft Sale Meeting
 Town & Country
 Board Meeting
 President
 Court House Closed Labor Day
 WAHCE State Conference
 Building Sustainable Communities
 TBA
 Sue Hendrickson

Fairgrounds
 HCE Booth
 Membership/Mkt
 No meetings
 Court House Closed—
 Independence Day

27	28	29	30				
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Memo from the Board

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Now, sit back and relax. Let the sun shine on your face and shoulders (covered by a sunscreen of course). Enjoy the lazy days coming.

I'll enjoy a break from the grandkids' school schedules in exchange for baseball, soccer, and summer school injected with lots of free time and fun. The grandkids are turning 3, 9 and 13 years old over the summer. A teenager, YIKES!

Our son and the two oldest grandkids still live with us and we babysit the youngest, two or three days a week. It gets to be quite a wild, noisy and crazily busy home, but I love it.

HCE slows down a bit for the summer too. Don't forget to send in your points for "On the Move, Program Surveys and Volunteer Hours by June 1 by phone, email or regular mail to me. Thanks.

Have a great summer,

Linda Williams,
VP Programming and
Community Outreach



HCE EXECUTIVE BOARD MEETING MINUTES**May 7, 2015 –Superior Public Library**

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

The meeting was opened at 12:45 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.

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Minutes submitted for approval by Jo Mersnick



June is Dairy Month-Bone Up on Calcium!

"How much calcium do I need?"

In 2010 the National Academy of Sciences issued new Recommended Dietary Allowances (RDAs) for calcium. The new RDAs recommend that:

- Older children (ages 9 to 18) consume 1,300 mg of calcium per day.
- Most adults (ages 19 to 50) consume 1,000 mg of calcium per day.
- Older adults (women ages 51 and older and men 71 and older) consume 1,200 mg of calcium per day.

Most people are not getting enough calcium in their diets. Three out of four adult women fail to meet the current recommended daily intake for calcium.

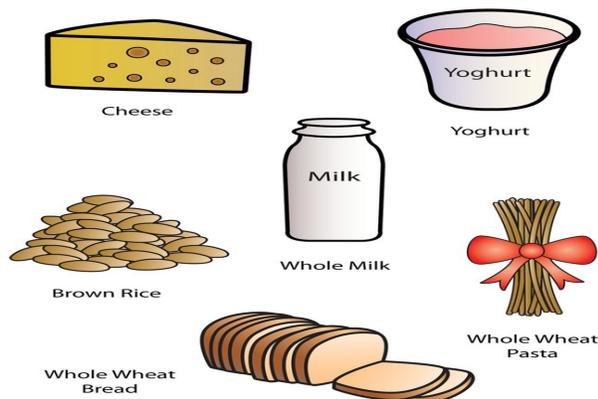
"What do those recommended intakes mean?" Try to get 2 to 3 servings of dairy daily or other calcium-rich foods a day. Dairy products contribute more than half of the calcium in the U.S. diet, but you can also find some calcium in many other foods such as broccoli, collards, and some brands of tofu (check the label).

Food	Amount of calcium per serving
1 cup non-fat yogurt	450 mg
1 cup milk (skim, 1%,2%,whole, buttermilk, chocolate)	300 mg
1/2 cup calcium-fortified orange juice	250 mg
1 ounce Swiss cheese	225 mg
1/2 cup tofu	50-800 mg (Some brands have more than others. Check labels.)
1/2 cup cooked collard greens	180 mg

"How about just taking a calcium supplement instead?" Getting your vitamins and minerals from foods ideal. Many calcium supplements are not fortified with vitamin D. Talk to your doctor, pharmacist or a dietitian to see if a calcium supplement or a calcium supplement with vitamin D is right for you.

"Should I take more than the recommended amount to be 'extra' healthy?" No. There is no benefit for healthy individuals to be consuming more than the recommended amounts of calcium. Excessive use of calcium supplements may raise your risk of developing kidney stones. The National Academy of Sciences has recommended a Tolerable Upper Intake Level of 2,500 mg calcium per day for adults ages 19-50. This is the maximum amount of calcium that is considered safe to consume on a daily basis.

Adapted from Getting Enough Calcium: Bone up on Calcium.
Author: Susan Nitzke, Ph.D., R.D., professor,
Nutritional Sciences.
University of Wisconsin-Madison and UW-Extension



Submitted by, Araceli Whitwam-Sell
Family Living Educator
University of Wisconsin Extension-Douglas County

HCE Donates to Wisconsin/Nicaragua Partners of the Americas Learning Centers

History: In 1979, two dynamic women had a vision. Rural Nicaraguan women were desperate for training to develop the skills that they would need to provide meaningful income while remaining in their communities to care for their families. In 1981, Ellen Maurer of Verona and Doña Angélica Pavón of Los Cedros, Nicaragua secured resources from Wisconsin and volunteer trainers from Nicaragua to form a sewing center in rural Los Cedros, a small community outside of Managua.

Since then, the Sewing Centers have broadened their focus and transitioned into Learning Centers. The training offered now encompasses a wide range of vocational skills such as baking, carpentry, cosmetology, small business management, etc. Participants begin by acquiring the skills necessary to provide them with a sense of dignity, independence, and purpose. They are then afforded the opportunity to utilize a micro-lending program to initiate a small business of their own. By building upon the unique skills of the individual members of the community, the community is shaped and fortified, thereby generating further aptitudes and resources.

Thousands of Nicaraguans have thus been mentored through the establishment of the Learning Centers. With each center being coordinated by local women, they are able to cater to the individual needs of each learning center's community.

Do You Have Donations for Nicaragua?

Knitting, crocheting and sewing equipment and supplies are being collected by Jeanette Rantala, HCE member, to bring to the Nicaragua Warehouse in Stevens Point at the end of June.

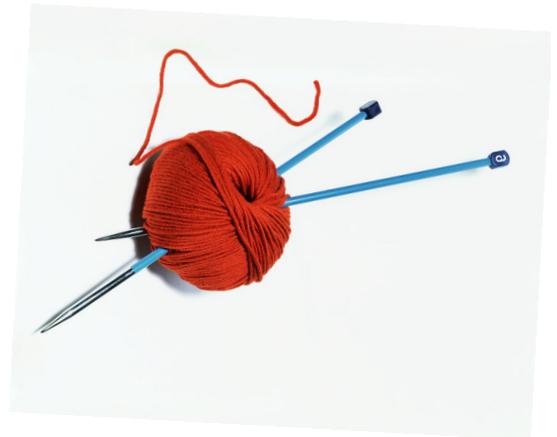
Please contact her at 715-375-2661 or by email: dirantala@centurytel.net before June 15th with questions or to make a donation. Pick up of donations can be arranged.

Suggested items:

- Fabric
- Sewing machine needles
- Sewing supplies and sewing machines
- Scissors
- Irons and ironing boards
- Knitting needles
- Yarn
- Buttons
- Lace
- Beads for jewelry making

Wisconsin/Nicaragua Partners of the Americas is a 501(c)3 non-profit organization.

Cash and in-kind donations are fully tax-deductible to the extent allowed by law.



Submitted by, Jeannette Rantala

CULTURAL ARTS

Thanks again to all who entered the Cultural Arts Contest. The list of winners to go to state are listed on page 1 of the May Dispatch. The winner of the People's Choice award was Jo Mersnick with her alcohol ink painting entitled, "Leaves and Lichen". Our judge was Kathy Lahti and she was kind enough to donate her time to judge for us. Many thanks to her for her generosity. Start working on next year's entries, ladies.

Mary Ann Gronquist
Cultural Arts Co-chair

County Hazardous Waste & Medication Collection Schedule 2015

Wednesday, June 24th, Brule Transfer Station, Solon Springs Solid Waste/Recycling, 11903 S Holly Lucius Rd.

Times 10:00-11:30 a.m. and 2:00-3:30 p.m. For more questions call 715-395-1293

Sue Hendrickson

HCE ANNUAL CRAFT SALE**SATURDAY, OCTOBER 10, 2015**

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

When: Saturday, October 10, 2015

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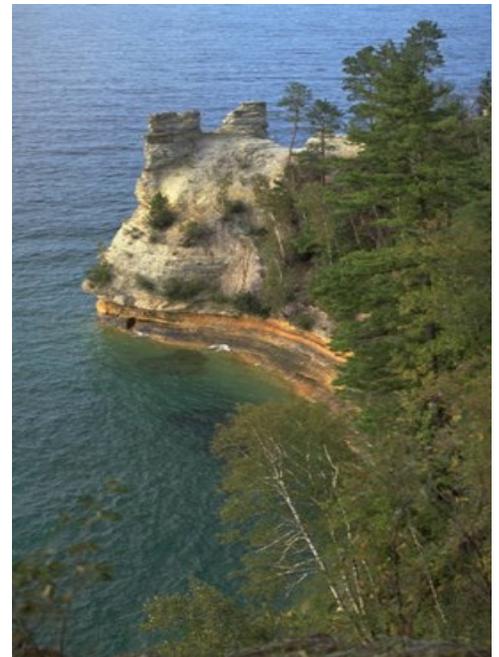
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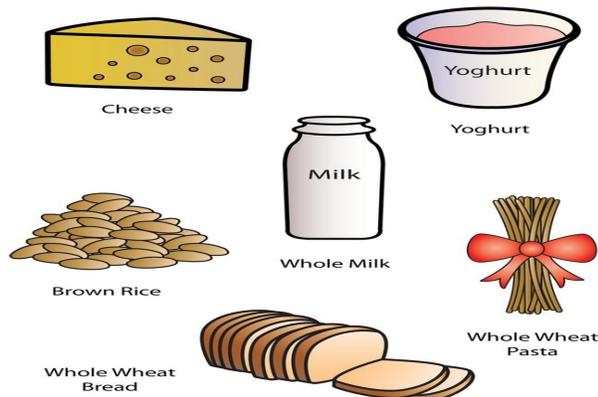
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Food	Amount of calcium per serving
1 cup non-fat yogurt	450 mg
1 cup milk (skim, 1%,2%,whole, buttermilk, chocolate)	300 mg
1/2 cup calcium-fortified orange juice	250 mg
1 ounce Swiss cheese	225 mg
1/2 cup tofu	50-800 mg (Some brands have more than others. Check labels.)
1/2 cup cooked collard greens	180 mg

"How about just taking a calcium supplement instead?" Getting your vitamins and minerals from foods ideal. Many calcium supplements are not fortified with vitamin D. Talk to your doctor, pharmacist or a dietitian to see if a calcium supplement or a calcium supplement with vitamin D is right for you.

"Should I take more than the recommended amount to be 'extra' healthy?" No. There is no benefit for healthy individuals to be consuming more than the recommended amounts of calcium. Excessive use of calcium supplements may raise your risk of developing kidney stones. The National Academy of Sciences has recommended a Tolerable Upper Intake Level of 2,500 mg calcium per day for adults ages 19-50. This is the maximum amount of calcium that is considered safe to consume on a daily basis.

Adapted from Getting Enough Calcium: Bone up on Calcium.
Author: Susan Nitzke, Ph.D., R.D., professor,
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University of Wisconsin-Madison and UW-Extension



Submitted by, Araceli Whitwam-Sell
Family Living Educator
University of Wisconsin Extension-Douglas County

HCE Donates to Wisconsin/Nicaragua Partners of the Americas Learning Centers

History: In 1979, two dynamic women had a vision. Rural Nicaraguan women were desperate for training to develop the skills that they would need to provide meaningful income while remaining in their communities to care for their families. In 1981, Ellen Maurer of Verona and Doña Angélica Pavón of Los Cedros, Nicaragua secured resources from Wisconsin and volunteer trainers from Nicaragua to form a sewing center in rural Los Cedros, a small community outside of Managua.

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Knitting, crocheting and sewing equipment and supplies are being collected by Jeanette Rantala, HCE member, to bring to the Nicaragua Warehouse in Stevens Point at the end of June.

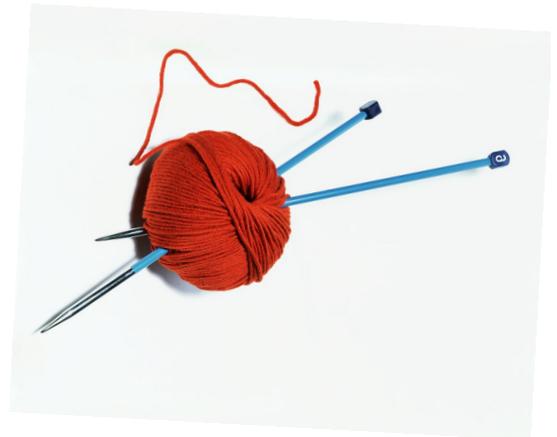
Please contact her at 715-375-2661 or by email: dirantala@centurytel.net before June 15th with questions or to make a donation. Pick up of donations can be arranged.

Suggested items:

- Fabric
- Sewing machine needles
- Sewing supplies and sewing machines
- Scissors
- Irons and ironing boards
- Knitting needles
- Yarn
- Buttons
- Lace
- Beads for jewelry making

Wisconsin/Nicaragua Partners of the Americas is a 501(c)3 non-profit organization.

Cash and in-kind donations are fully tax-deductible to the extent allowed by law.



Submitted by, Jeannette Rantala

CULTURAL ARTS

Thanks again to all who entered the Cultural Arts Contest. The list of winners to go to state are listed on page 1 of the May Dispatch. The winner of the People's Choice award was Jo Mersnick with her alcohol ink painting entitled, "Leaves and Lichen". Our judge was Kathy Lahti and she was kind enough to donate her time to judge for us. Many thanks to her for her generosity. Start working on next year's entries, ladies.

Mary Ann Gronquist
Cultural Arts Co-chair

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Wednesday, June 24th, Brule Transfer Station, Solon Springs Solid Waste/Recycling, 11903 S Holly Lucius Rd.

Times 10:00-11:30 a.m. and 2:00-3:30 p.m. For more questions call 715-395-1293

Sue Hendrickson

HCE ANNUAL CRAFT SALE**SATURDAY, OCTOBER 10, 2015**

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

When: Saturday, October 10, 2015

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 which included an 8 foot table and folding chair.

Racks, shelving, etc. are allowed. Purchase additional spaces accordingly. *Handcrafted items only.* No kits, rummage, commercial/vendor sales, bake goods, garden produce, etc.

Sponsor: Douglas County HCE

Registration: By mail only. To receive more information and request a registration form call:

Linda Williams at 715-398-5394

Our Craft Sale is our only fundraiser which supports our Melinda Boswell Scholarship and four short-term scholarships available each year.

Submitted by, Linda Williams



FLAG DAY

Flag Day is on June 14th. The enclosed brochure in your Dispatch was graciously proved by Thomas Stein, VFW Post 1091. I contacted VFW Commander Gayle Carlson last week to see if he knew where we could obtain the flag etiquette brochure and he got on the phone and ordered enough for our Dispatch mailing, and his post is covering the costs involved. Many thanks to Commander Carlson and his post for their generosity. Please fly your flag proudly (and correctly) and remember to thank a vet for his or her service when you see one.

Submitted by,
Mary Ann Gronquist

MELINDA BOSWELL SCHOLARSHIP RECIPIENT CHOSEN

We recently received notice from WITC regarding the recipient of the Melinda Boswell Scholarship for the 2015 academic year is Jeff Linder, a WITC-Superior Heating, Ventilation and Air Conditioning/Refrigeration student. Congratulations Jeff!

Submitted by,
Linda Williams

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- Make sure your sample bag has 1.5-2 cups of soil in it. Label the bag with your name, type of garden, and what is growing in it. Fill out the [Lawn and Garden Submission Form](http://douglas.uwex.edu/files/2010/05/Lawn-and-Garden-Submission-Form.pdf) <http://douglas.uwex.edu/files/2010/05/Lawn-and-Garden-Submission-Form.pdf>

We Mail:

1. Return sample and completed soils sheet to Courthouse Room 107 and we will ship for you. **\$20.00** (per sample) cash or check to "Douglas County Treasurer." **Credit cards not accepted.**

You Mail:

1. You can put the white bag or plastic lunch bag with soil into a regular envelope/box with a label attached to mail. Checkbook boxes work great! Enclose completed form. **\$15.00** (per sample). Enclose check payable to "Soil & Forage Analysis Laboratory." If you prefer, you can charge it to your credit card by filling out the payment information on the Lawn and Garden Submission Form.

Mail to: Soil & Forage Analysis Lab
2611 Yellowstone Dr
Marshfield, WI 54449

Once you receive the results, feel free to contact Jane Anklam, Agriculture/Horticulture Educator at 715-395-1515 or jane.anklam@ces.uwex.edu if you want help interpreting the results or for further information.

Submitted by, Cheryl –Editor

Get Ready for Lake Superior Day: July 19, 2015: Sue Hendrickson

In 2004, the Lake Superior Binational Forum restarted an annual day on the third Sunday of July to celebrate peoples' deep connections to the world's largest lake. The day originated in Thunder Bay and Duluth in 1993 and soon the Forum began promoting a basin wide (cause everything in the basin runs into the lake!) event to encourage any individual, group, business, church, industry, organization, and community to hold an event or activity that celebrates the value of the lake to our lives.

Since then, hundreds of events in many locations have been held including festivals, art shows, church services, educational activities, lectures, games, and other actions. Local events will be coming out of the Lake Superior National Estuarine Research Reserve Center (NERR) on Barker's Island. Watch the local papers for more information; or check out the following website for new materials and resources for Lake Superior Day at www.superiorforum.org and share them with your favorite organization.

You too can help save Lake Superior by keeping certain items out of the sewer system. **PLEASE DO NOT FLUSH**

THESE ITEMS:

Baby, facial, or cleaning wipes (even if labeled *flushable*)

Diapers

Rags and towels

Toys

Cigarette butts

Feminine hygiene products

Underwear and sox

Rubber items such as latex gloves

Kitty litter

Sponges

Dental Floss

Cotton balls or swabs

Facial tissue

Food, fats, oil, or grease

Food wrappers

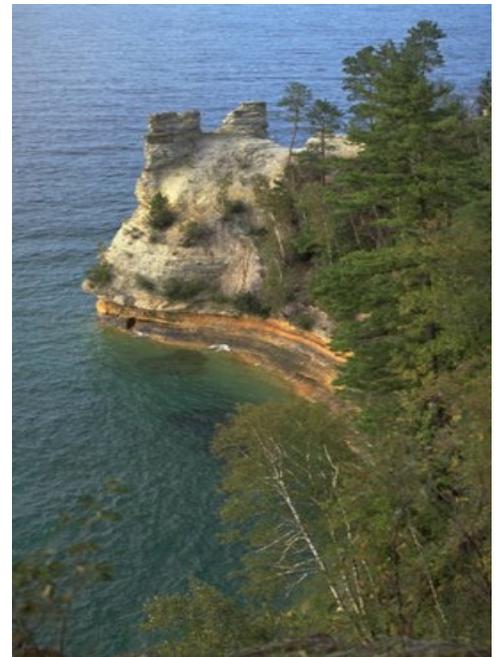
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Other household hazardous waste (find places for these on the Recycling page of the Douglas County website: douglascountywi.org)



PUBLIC RELATIONS: In November we will be celebrating the 75th anniversary of Home and Community Education Clubs in Wisconsin! Members of 55 years or more are being sought for special recognition at the 2015 state conference. You? Someone you know? Give me a call and let's be part of this special observation! Thanks—Sue Hendrickson



Thanks to all who helped or participated in the incredible "Edible Ornaments" workshop. It was a great day of learning and fellowship. Thanks especially to Gary Kane of Wentworth Gardens for his interesting program...and the 10% off purchases that day!

Hilltoppers HCE

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- 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 2015** issues will be the Hilltoppers. Contact the UW-Extension Office at 715-395-1363 before **August 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

All articles from magazines, books, etc. quoted in the Douglas County HCE Dispatch have received written copyright permission. This permission is on file.

Memo from the Board

It's June already! Not really, I'm writing this on a cold rainy day in mid-May. But it could be worse. Remember last year? Be thankful for this great area we live in.

Now, sit back and relax. Let the sun shine on your face and shoulders (covered by a sunscreen of course). Enjoy the lazy days coming.

I'll enjoy a break from the grandkids' school schedules in exchange for baseball, soccer, and summer school injected with lots of free time and fun. The grandkids are turning 3, 9 and 13 years old over the summer. A teenager, YIKES!

Our son and the two oldest grandkids still live with us and we babysit the youngest, two or three days a week. It gets to be quite a wild, noisy and crazily busy home, but I love it.

HCE slows down a bit for the summer too. Don't forget to send in your points for "On the Move, Program Surveys and Volunteer Hours by June 1 by phone, email or regular mail to me. Thanks.

Have a great summer,

Linda Williams,
VP Programming and
Community Outreach



HCE EXECUTIVE BOARD MEETING MINUTES**May 7, 2015 –Superior Public Library**

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

The meeting was opened at 12:45 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 reported on the Sunshine Fund

Dispatch: Due May 15th for June, July, August. Sue made a request that two months be shown on the back of the Dispatch. The current month and the upcoming month. This will aid in clubs planning for their meetings.

COMMITTEE REPORTS:VP Programming and Community Outreach:

Linda Williams reminded us of the volunteer hours that are due June 1st. Also, Program Surveys are due June 1st.

Cultural Arts: Mary Ann Gronquist – See Memo from the Board in the May Dispatch for details.

International: Christa Williams-Clements articles are very informative and interesting. We are still looking for a chair for the International Event.

Membership/Marketing: Sue Hendrickson is making an effort to get more publicity for HCE in the Superior Telegram.

Scholarship: Still looking for a chair.

WI Bookworms™ - Sue Hendrickson- Books will be delivered the 1st week of August. The WISline will provide reader training. More information to come.

Family Living Educator: Araceli Whitwam-Sell. Araceli was present at our meeting and we had a chance to learn more about her and her goals, during a little coffee break. She was hired as a 75% employee. She is looking forward to meeting people and establishing relationships, finding the needs of our community, learning more about our group and collaborating with HCE. We were all impressed with her dedication to her new job. We look forward to working with Ariceli.

UNFINISHED BUSINESS:

Craft Day: Craft Day was a very successful event. Details in the May Dispatch. Plans are to have another next year.

Edible Ornaments: Wentworth Gardens, May 28th 1:00 Plan to be there.

Spring District Meeting: Well attended and informative. Cheryl, Sue, Mary Ann, and Joyce attended

NEW BUSINESS:

Fair Booth: The Tri-State Fair will be held in late August, August 24 – 30. Town and Country will be staffing the HCE Booth on Friday, Aug. 28th and the Hilltoppers will staff the booth on Saturday, Aug. 30th .

State Conference: Sept. 14 – 16 Stevens Point, WI. Pool sessions will be "Raising a Thinking Child" and "Food Label Lingo".

Meeting closed with the HCE prayer at 2:25 p.m.

Minutes submitted for approval by Jo Mersnick



June is Dairy Month-Bone Up on Calcium!

"How much calcium do I need?"

In 2010 the National Academy of Sciences issued new Recommended Dietary Allowances (RDAs) for calcium. The new RDAs recommend that:

- Older children (ages 9 to 18) consume 1,300 mg of calcium per day.
- Most adults (ages 19 to 50) consume 1,000 mg of calcium per day.
- Older adults (women ages 51 and older and men 71 and older) consume 1,200 mg of calcium per day.

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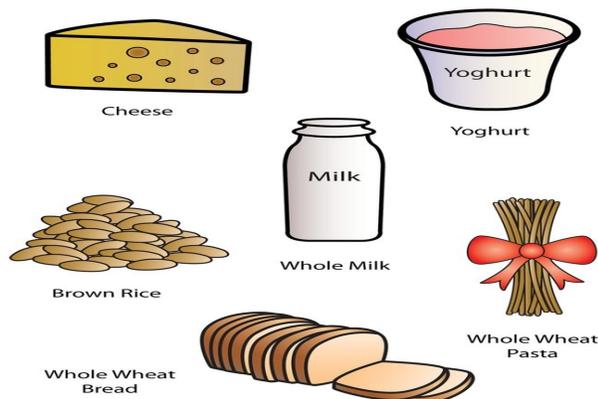
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University of Wisconsin Extension-Douglas County

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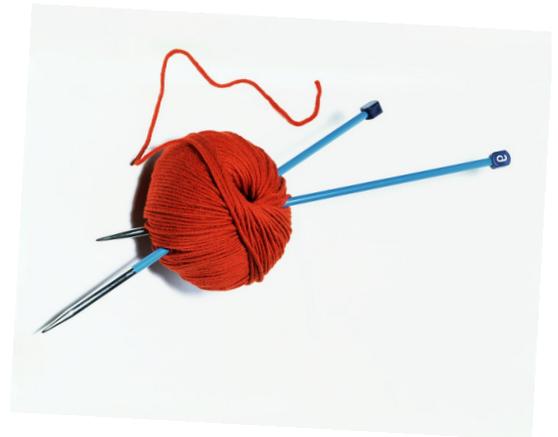
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Submitted by, Jeannette Rantala

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Linda Williams

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Sponges

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Facial tissue

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Food wrappers

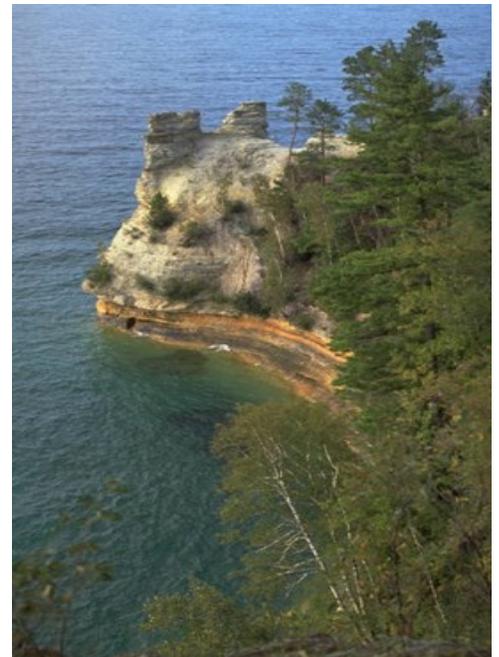
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Hilltoppers HCE

Douglas County UWEX
 1313 Belknap Street
 Courthouse Room 107
 Superior, WI 54880

TAPE

TAPE

Sue DeNio
 Box in Extension

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.

26	27	28	29	30	31		
19	20	21	22	23	24	25	
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JUNE							

September 3 12:30pm
 September 7
 September 14-16
 September 24

June 1 TBA
 July
 July 3
 August
 August No meetings

September 3 12:30pm
 Town & Country
 Board Meeting
 Library
 September 7
 Court Sale Meeting
 Town & Country
 Board Meeting
 Library
 September 14-16
 Craft Sale Meeting
 Town & Country
 Board Meeting
 Library
 September 24
 WAHCE State Conference
 Building Sustainable Communities
 Stevens Point
 TBA
 Sue Hendrickson

June 1
 HCE Booth
 Membership/Mkt
 Fairgrounds
 July
 No meetings
 Court Sale Closed—
 Independence Day
 August
 No meetings

27	28	29	30				
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AUGUST							



DISPATCH



June/July/August 2015

Douglas County HCE Superior, WI

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Dispatch assembly for the **September 2015** issues will be the Hilltoppers. Contact the UW-Extension Office at 715-395-1363 before **August 25th** to arrange the date and time for assembly.

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Memo from the Board

It's June already! Not really, I'm writing this on a cold rainy day in mid-May. But it could be worse. Remember last year? Be thankful for this great area we live in.

Now, sit back and relax. Let the sun shine on your face and shoulders (covered by a sunscreen of course). Enjoy the lazy days coming.

I'll enjoy a break from the grandkids' school schedules in exchange for baseball, soccer, and summer school injected with lots of free time and fun. The grandkids are turning 3, 9 and 13 years old over the summer. A teenager, YIKES!

Our son and the two oldest grandkids still live with us and we babysit the youngest, two or three days a week. It gets to be quite a wild, noisy and crazily busy home, but I love it.

HCE slows down a bit for the summer too. Don't forget to send in your points for "On the Move, Program Surveys and Volunteer Hours by June 1 by phone, email or regular mail to me. Thanks.

Have a great summer,

Linda Williams,
VP Programming and
Community Outreach



HCE EXECUTIVE BOARD MEETING MINUTES**May 7, 2015 –Superior Public Library**

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

The meeting was opened at 12:45 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 reported on the Sunshine Fund

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Minutes submitted for approval by Jo Mersnick



June is Dairy Month-Bone Up on Calcium!

"How much calcium do I need?"

In 2010 the National Academy of Sciences issued new Recommended Dietary Allowances (RDAs) for calcium. The new RDAs recommend that:

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- Most adults (ages 19 to 50) consume 1,000 mg of calcium per day.
- Older adults (women ages 51 and older and men 71 and older) consume 1,200 mg of calcium per day.

Most people are not getting enough calcium in their diets. Three out of four adult women fail to meet the current recommended daily intake for calcium.

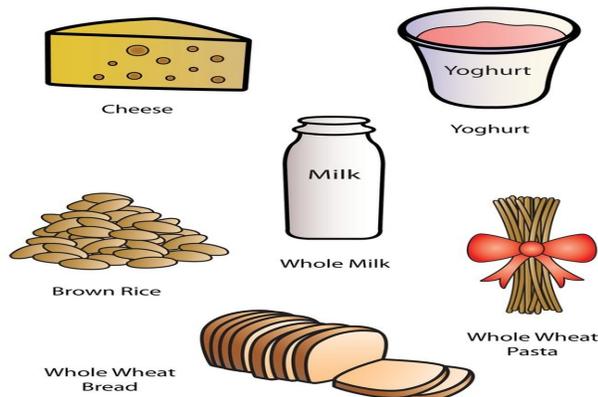
"What do those recommended intakes mean?" Try to get 2 to 3 servings of dairy daily or other calcium-rich foods a day. Dairy products contribute more than half of the calcium in the U.S. diet, but you can also find some calcium in many other foods such as broccoli, collards, and some brands of tofu (check the label).

Food	Amount of calcium per serving
1 cup non-fat yogurt	450 mg
1 cup milk (skim, 1%,2%,whole, buttermilk, chocolate)	300 mg
1/2 cup calcium-fortified orange juice	250 mg
1 ounce Swiss cheese	225 mg
1/2 cup tofu	50-800 mg (Some brands have more than others. Check labels.)
1/2 cup cooked collard greens	180 mg

"How about just taking a calcium supplement instead?" Getting your vitamins and minerals from foods ideal. Many calcium supplements are not fortified with vitamin D. Talk to your doctor, pharmacist or a dietitian to see if a calcium supplement or a calcium supplement with vitamin D is right for you.

"Should I take more than the recommended amount to be 'extra' healthy?" No. There is no benefit for healthy individuals to be consuming more than the recommended amounts of calcium. Excessive use of calcium supplements may raise your risk of developing kidney stones. The National Academy of Sciences has recommended a Tolerable Upper Intake Level of 2,500 mg calcium per day for adults ages 19-50. This is the maximum amount of calcium that is considered safe to consume on a daily basis.

Adapted from Getting Enough Calcium: Bone up on Calcium.
Author: Susan Nitzke, Ph.D., R.D., professor,
Nutritional Sciences.
University of Wisconsin-Madison and UW-Extension



Submitted by, Araceli Whitwam-Sell
Family Living Educator
University of Wisconsin Extension-Douglas County

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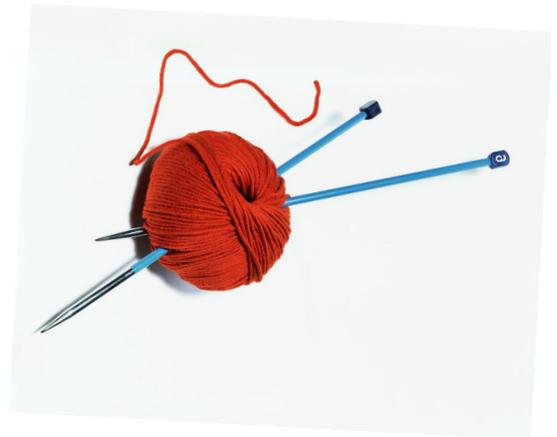
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Suggested items:

- Fabric
- Sewing machine needles
- Sewing supplies and sewing machines
- Scissors
- Irons and ironing boards
- Knitting needles
- Yarn
- Buttons
- Lace
- Beads for jewelry making

Wisconsin/Nicaragua Partners of the Americas is a 501(c)3 non-profit organization.

Cash and in-kind donations are fully tax-deductible to the extent allowed by law.



Submitted by, Jeannette Rantala

CULTURAL ARTS

Thanks again to all who entered the Cultural Arts Contest. The list of winners to go to state are listed on page 1 of the May Dispatch. The winner of the People's Choice award was Jo Mersnick with her alcohol ink painting entitled, "Leaves and Lichen". Our judge was Kathy Lahti and she was kind enough to donate her time to judge for us. Many thanks to her for her generosity. Start working on next year's entries, ladies.

Mary Ann Gronquist
Cultural Arts Co-chair

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Times 10:00-11:30 a.m. and 2:00-3:30 p.m. For more questions call 715-395-1293

Sue Hendrickson

HCE ANNUAL CRAFT SALE**SATURDAY, OCTOBER 10, 2015**

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

When: Saturday, October 10, 2015

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 which included an 8 foot table and folding chair.

Racks, shelving, etc. are allowed. Purchase additional spaces accordingly. *Handcrafted items only.* No kits, rummage, commercial/vendor sales, bake goods, garden produce, etc.

Sponsor: Douglas County HCE

Registration: By mail only. To receive more information and request a registration form call:

Linda Williams at 715-398-5394

Our Craft Sale is our only fundraiser which supports our Melinda Boswell Scholarship and four short-term scholarships available each year.

Submitted by, Linda Williams



FLAG DAY

Flag Day is on June 14th. The enclosed brochure in your Dispatch was graciously proved by Thomas Stein, VFW Post 1091. I contacted VFW Commander Gayle Carlson last week to see if he knew where we could obtain the flag etiquette brochure and he got on the phone and ordered enough for our Dispatch mailing, and his post is covering the costs involved. Many thanks to Commander Carlson and his post for their generosity. Please fly your flag proudly (and correctly) and remember to thank a vet for his or her service when you see one.

Submitted by,
Mary Ann Gronquist

MELINDA BOSWELL SCHOLARSHIP RECIPIENT CHOSEN

We recently received notice from WITC regarding the recipient of the Melinda Boswell Scholarship for the 2015 academic year is Jeff Linder, a WITC-Superior Heating, Ventilation and Air Conditioning/Refrigeration student. Congratulations Jeff!

Submitted by,
Linda Williams

RESIDENTIAL SAMPLES: HOW TO SUBMIT A SOIL SAMPLE:

- Make sure your sample bag has 1.5-2 cups of soil in it. Label the bag with your name, type of garden, and what is growing in it. Fill out the [Lawn and Garden Submission Form](http://douglas.uwex.edu/files/2010/05/Lawn-and-Garden-Submission-Form.pdf) <http://douglas.uwex.edu/files/2010/05/Lawn-and-Garden-Submission-Form.pdf>

We Mail:

1. Return sample and completed soils sheet to Courthouse Room 107 and we will ship for you. **\$20.00** (per sample) cash or check to "Douglas County Treasurer." **Credit cards not accepted.**

You Mail:

1. You can put the white bag or plastic lunch bag with soil into a regular envelope/box with a label attached to mail. Checkbook boxes work great! Enclose completed form. **\$15.00** (per sample). Enclose check payable to "Soil & Forage Analysis Laboratory." If you prefer, you can charge it to your credit card by filling out the payment information on the Lawn and Garden Submission Form.

Mail to: Soil & Forage Analysis Lab
2611 Yellowstone Dr
Marshfield, WI 54449

Once you receive the results, feel free to contact Jane Anklam, Agriculture/Horticulture Educator at 715-395-1515 or jane.anklam@ces.uwex.edu if you want help interpreting the results or for further information.

Submitted by, Cheryl –Editor

Get Ready for Lake Superior Day: July 19, 2015: Sue Hendrickson

In 2004, the Lake Superior Binational Forum restarted an annual day on the third Sunday of July to celebrate peoples' deep connections to the world's largest lake. The day originated in Thunder Bay and Duluth in 1993 and soon the Forum began promoting a basin wide (cause everything in the basin runs into the lake!) event to encourage any individual, group, business, church, industry, organization, and community to hold an event or activity that celebrates the value of the lake to our lives.

Since then, hundreds of events in many locations have been held including festivals, art shows, church services, educational activities, lectures, games, and other actions. Local events will be coming out of the Lake Superior National Estuarine Research Reserve Center (NERR) on Barker's Island. Watch the local papers for more information; or check out the following website for new materials and resources for Lake Superior Day at www.superiorforum.org and share them with your favorite organization.

You too can help save Lake Superior by keeping certain items out of the sewer system. **PLEASE DO NOT FLUSH**

THESE ITEMS:

Baby, facial, or cleaning wipes (even if labeled *flushable*)

Diapers

Rags and towels

Toys

Cigarette butts

Feminine hygiene products

Underwear and sox

Rubber items such as latex gloves

Kitty litter

Sponges

Dental Floss

Cotton balls or swabs

Facial tissue

Food, fats, oil, or grease

Food wrappers

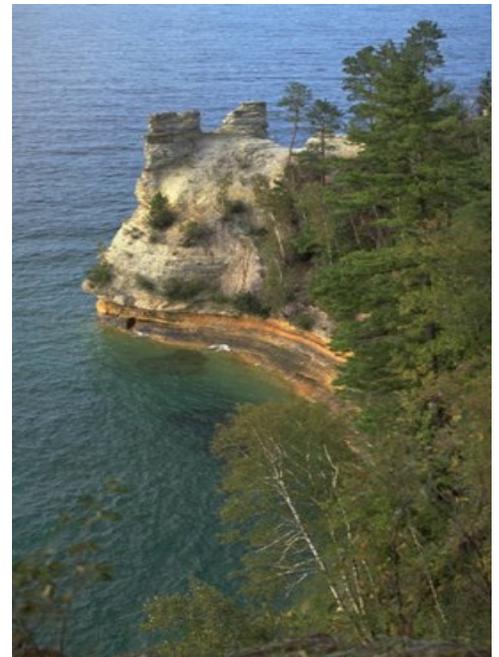
Clothing labels

Aquarium gravel

Medicines (bring to drop box at the Police Station)

Paints and stains

Other household hazardous waste (find places for these on the Recycling page of the Douglas County website: douglascountywi.org)



PUBLIC RELATIONS: In November we will be celebrating the 75th anniversary of Home and Community Education Clubs in Wisconsin! Members of 55 years or more are being sought for special recognition at the 2015 state conference. You? Someone you know? Give me a call and let's be part of this special observation! Thanks—Sue Hendrickson



Thanks to all who helped or participated in the incredible "Edible Ornaments" workshop. It was a great day of learning and fellowship. Thanks especially to Gary Kane of Wentworth Gardens for his interesting program...and the 10% off purchases that day!

Hilltoppers HCE

Douglas County UWEX
 1313 Belknap Street
 Courthouse Room 107
 Superior, WI 54880

TAPE

TAPE

Wendi & Art Kroll

4120 S Haukkala Rd
 Maple, WI 54854

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.

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September
 September 3 12:30pm Craft Sale Meeting
 September 7 1:30pm Town & Country Board Meeting
 September 14-16 WAHCE State Conference
 September 24 Building Sustainable Communities
 Sue Hendrickson

August
 August No meetings

SEPTEMBER
 September 3 Library Craft Sale Meeting
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 September 6 Library President
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 September 13-16 WAHCE State Conference
 Stevens Point Building Sustainable Communities
 TBA

AUGUST
 August 1-2 HCE Booth
 August 3-8 Membership/Mkt
 August 9-13 Independence Day
 August 14-15 Court House Closed—
 August 16-22 No meetings
 August 23-27 Independence Day
 August 28-29 Fairgrounds

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Mission Statement for Wisconsin Association for Home and Community Education HCE offers opportunities for:

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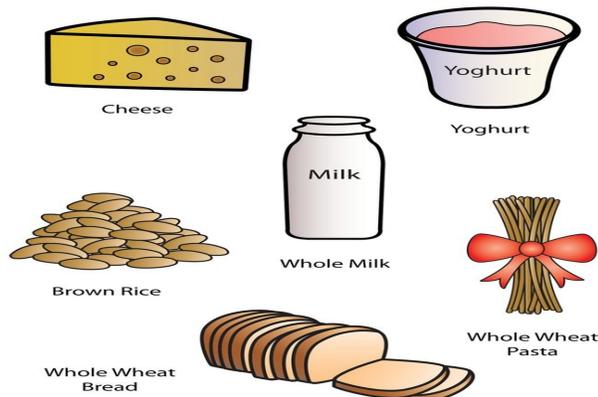
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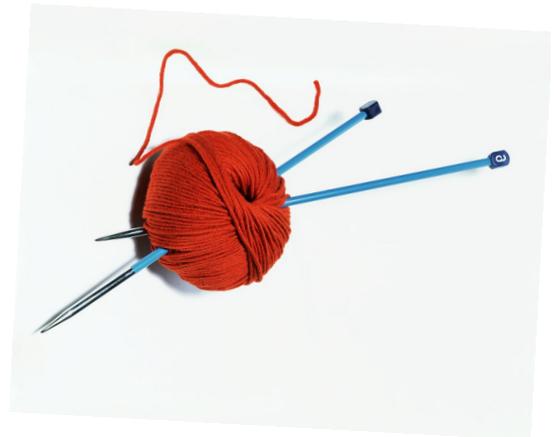
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Mary Ann Gronquist

MELINDA BOSWELL SCHOLARSHIP RECIPIENT CHOSEN

We recently received notice from WITC regarding the recipient of the Melinda Boswell Scholarship for the 2015 academic year is Jeff Linder, a WITC-Superior Heating, Ventilation and Air Conditioning/Refrigeration student. Congratulations Jeff!

Submitted by,
Linda Williams

RESIDENTIAL SAMPLES: HOW TO SUBMIT A SOIL SAMPLE:

- Make sure your sample bag has 1.5-2 cups of soil in it. Label the bag with your name, type of garden, and what is growing in it. Fill out the [Lawn and Garden Submission Form](http://douglas.uwex.edu/files/2010/05/Lawn-and-Garden-Submission-Form.pdf) <http://douglas.uwex.edu/files/2010/05/Lawn-and-Garden-Submission-Form.pdf>

We Mail:

1. Return sample and completed soils sheet to Courthouse Room 107 and we will ship for you. **\$20.00** (per sample) cash or check to "Douglas County Treasurer." **Credit cards not accepted.**

You Mail:

1. You can put the white bag or plastic lunch bag with soil into a regular envelope/box with a label attached to mail. Checkbook boxes work great! Enclose completed form. **\$15.00** (per sample). Enclose check payable to "Soil & Forage Analysis Laboratory." If you prefer, you can charge it to your credit card by filling out the payment information on the Lawn and Garden Submission Form.

Mail to: Soil & Forage Analysis Lab
2611 Yellowstone Dr
Marshfield, WI 54449

Once you receive the results, feel free to contact Jane Anklam, Agriculture/Horticulture Educator at 715-395-1515 or jane.anklam@ces.uwex.edu if you want help interpreting the results or for further information.

Submitted by, Cheryl –Editor

Get Ready for Lake Superior Day: July 19, 2015: Sue Hendrickson

In 2004, the Lake Superior Binational Forum restarted an annual day on the third Sunday of July to celebrate peoples' deep connections to the world's largest lake. The day originated in Thunder Bay and Duluth in 1993 and soon the Forum began promoting a basin wide (cause everything in the basin runs into the lake!) event to encourage any individual, group, business, church, industry, organization, and community to hold an event or activity that celebrates the value of the lake to our lives.

Since then, hundreds of events in many locations have been held including festivals, art shows, church services, educational activities, lectures, games, and other actions. Local events will be coming out of the Lake Superior National Estuarine Research Reserve Center (NERR) on Barker's Island. Watch the local papers for more information; or check out the following website for new materials and resources for Lake Superior Day at www.superiorforum.org and share them with your favorite organization.

You too can help save Lake Superior by keeping certain items out of the sewer system. **PLEASE DO NOT FLUSH**

THESE ITEMS:

Baby, facial, or cleaning wipes (even if labeled *flushable*)

Diapers

Rags and towels

Toys

Cigarette butts

Feminine hygiene products

Underwear and sox

Rubber items such as latex gloves

Kitty litter

Sponges

Dental Floss

Cotton balls or swabs

Facial tissue

Food, fats, oil, or grease

Food wrappers

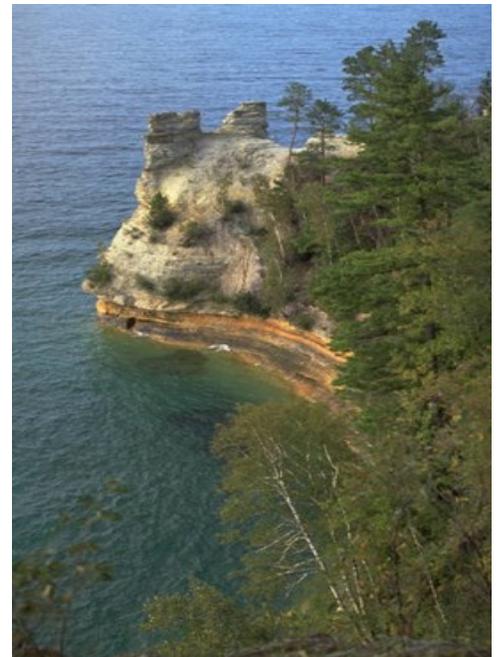
Clothing labels

Aquarium gravel

Medicines (bring to drop box at the Police Station)

Paints and stains

Other household hazardous waste (find places for these on the Recycling page of the Douglas County website: douglascountymi.org)



PUBLIC RELATIONS: In November we will be celebrating the 75th anniversary of Home and Community Education Clubs in Wisconsin! Members of 55 years or more are being sought for special recognition at the 2015 state conference. You? Someone you know? Give me a call and let's be part of this special observation! Thanks—Sue Hendrickson



Thanks to all who helped or participated in the incredible "Edible Ornaments" workshop. It was a great day of learning and fellowship. Thanks especially to Gary Kane of Wentworth Gardens for his interesting program...and the 10% off purchases that day!

Hilltoppers HCE

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.

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JUNE							

September 3 12:30pm Craft Sale Meeting
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June 1 TBA
 July 1-3 No meetings
 August No meetings

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DISPATCH



June/July/August 2015

Douglas County HCE Superior, WI

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I'll enjoy a break from the grandkids' school schedules in exchange for baseball, soccer, and summer school injected with lots of free time and fun. The grandkids are turning 3, 9 and 13 years old over the summer. A teenager, YIKES!

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HCE slows down a bit for the summer too. Don't forget to send in your points for "On the Move, Program Surveys and Volunteer Hours by June 1 by phone, email or regular mail to me. Thanks.

Have a great summer,

Linda Williams,
 VP Programming and
 Community Outreach



HCE EXECUTIVE BOARD MEETING MINUTES**May 7, 2015 –Superior Public Library**

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

The meeting was opened at 12:45 p.m. by President Cheryl McCuskey with the HCE Creed .

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Correspondence: none

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Minutes submitted for approval by Jo Mersnick



June is Dairy Month-Bone Up on Calcium!

"How much calcium do I need?"

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- Older children (ages 9 to 18) consume 1,300 mg of calcium per day.
- Most adults (ages 19 to 50) consume 1,000 mg of calcium per day.
- Older adults (women ages 51 and older and men 71 and older) consume 1,200 mg of calcium per day.

Most people are not getting enough calcium in their diets. Three out of four adult women fail to meet the current recommended daily intake for calcium.

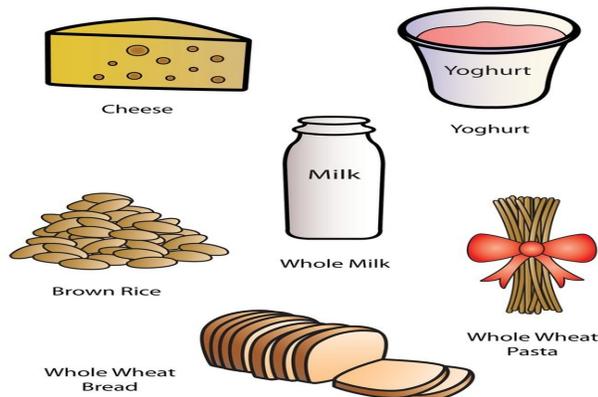
"What do those recommended intakes mean?" Try to get 2 to 3 servings of dairy daily or other calcium-rich foods a day. Dairy products contribute more than half of the calcium in the U.S. diet, but you can also find some calcium in many other foods such as broccoli, collards, and some brands of tofu (check the label).

Food	Amount of calcium per serving
1 cup non-fat yogurt	450 mg
1 cup milk (skim, 1%,2%,whole, buttermilk, chocolate)	300 mg
1/2 cup calcium-fortified orange juice	250 mg
1 ounce Swiss cheese	225 mg
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"How about just taking a calcium supplement instead?" Getting your vitamins and minerals from foods ideal. Many calcium supplements are not fortified with vitamin D. Talk to your doctor, pharmacist or a dietitian to see if a calcium supplement or a calcium supplement with vitamin D is right for you.

"Should I take more than the recommended amount to be 'extra' healthy?" No. There is no benefit for healthy individuals to be consuming more than the recommended amounts of calcium. Excessive use of calcium supplements may raise your risk of developing kidney stones. The National Academy of Sciences has recommended a Tolerable Upper Intake Level of 2,500 mg calcium per day for adults ages 19-50. This is the maximum amount of calcium that is considered safe to consume on a daily basis.

Adapted from Getting Enough Calcium: Bone up on Calcium.
Author: Susan Nitzke, Ph.D., R.D., professor,
Nutritional Sciences.
University of Wisconsin-Madison and UW-Extension



Submitted by, Araceli Whitwam-Sell
Family Living Educator
University of Wisconsin Extension-Douglas County

HCE Donates to Wisconsin/Nicaragua Partners of the Americas Learning Centers

History: In 1979, two dynamic women had a vision. Rural Nicaraguan women were desperate for training to develop the skills that they would need to provide meaningful income while remaining in their communities to care for their families. In 1981, Ellen Maurer of Verona and Doña Angélica Pavón of Los Cedros, Nicaragua secured resources from Wisconsin and volunteer trainers from Nicaragua to form a sewing center in rural Los Cedros, a small community outside of Managua.

Since then, the Sewing Centers have broadened their focus and transitioned into Learning Centers. The training offered now encompasses a wide range of vocational skills such as baking, carpentry, cosmetology, small business management, etc. Participants begin by acquiring the skills necessary to provide them with a sense of dignity, independence, and purpose. They are then afforded the opportunity to utilize a micro-lending program to initiate a small business of their own. By building upon the unique skills of the individual members of the community, the community is shaped and fortified, thereby generating further aptitudes and resources.

Thousands of Nicaraguans have thus been mentored through the establishment of the Learning Centers. With each center being coordinated by local women, they are able to cater to the individual needs of each learning center's community.

Do You Have Donations for Nicaragua?

Knitting, crocheting and sewing equipment and supplies are being collected by Jeanette Rantala, HCE member, to bring to the Nicaragua Warehouse in Stevens Point at the end of June.

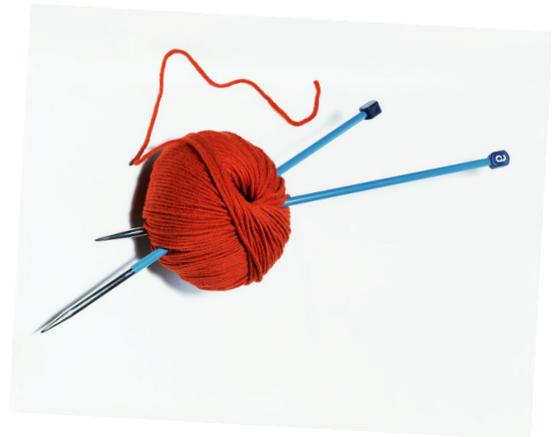
Please contact her at 715-375-2661 or by email: dirantala@centurytel.net before June 15th with questions or to make a donation. Pick up of donations can be arranged.

Suggested items:

- Fabric
- Sewing machine needles
- Sewing supplies and sewing machines
- Scissors
- Irons and ironing boards
- Knitting needles
- Yarn
- Buttons
- Lace
- Beads for jewelry making

Wisconsin/Nicaragua Partners of the Americas is a 501(c)3 non-profit organization.

Cash and in-kind donations are fully tax-deductible to the extent allowed by law.



Submitted by, Jeannette Rantala

CULTURAL ARTS

Thanks again to all who entered the Cultural Arts Contest. The list of winners to go to state are listed on page 1 of the May Dispatch. The winner of the People's Choice award was Jo Mersnick with her alcohol ink painting entitled, "Leaves and Lichen". Our judge was Kathy Lahti and she was kind enough to donate her time to judge for us. Many thanks to her for her generosity. Start working on next year's entries, ladies.

Mary Ann Gronquist
Cultural Arts Co-chair

County Hazardous Waste & Medication Collection Schedule 2015

Wednesday, June 24th, Brule Transfer Station, Solon Springs Solid Waste/Recycling, 11903 S Holly Lucius Rd.

Times 10:00-11:30 a.m. and 2:00-3:30 p.m. For more questions call 715-395-1293

Sue Hendrickson

HCE ANNUAL CRAFT SALE**SATURDAY, OCTOBER 10, 2015**

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

When: Saturday, October 10, 2015

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 which included an 8 foot table and folding chair.

Racks, shelving, etc. are allowed. Purchase additional spaces accordingly. *Handcrafted items only.* No kits, rummage, commercial/vendor sales, bake goods, garden produce, etc.

Sponsor: Douglas County HCE

Registration: By mail only. To receive more information and request a registration form call:

Linda Williams at 715-398-5394

Our Craft Sale is our only fundraiser which supports our Melinda Boswell Scholarship and four short-term scholarships available each year.

Submitted by, Linda Williams



FLAG DAY

Flag Day is on June 14th. The enclosed brochure in your Dispatch was graciously proved by Thomas Stein, VFW Post 1091. I contacted VFW Commander Gayle Carlson last week to see if he knew where we could obtain the flag etiquette brochure and he got on the phone and ordered enough for our Dispatch mailing, and his post is covering the costs involved. Many thanks to Commander Carlson and his post for their generosity. Please fly your flag proudly (and correctly) and remember to thank a vet for his or her service when you see one.

Submitted by,
Mary Ann Gronquist

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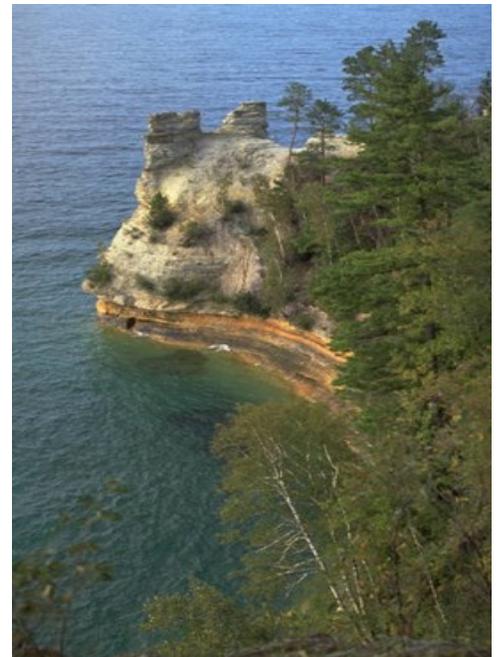
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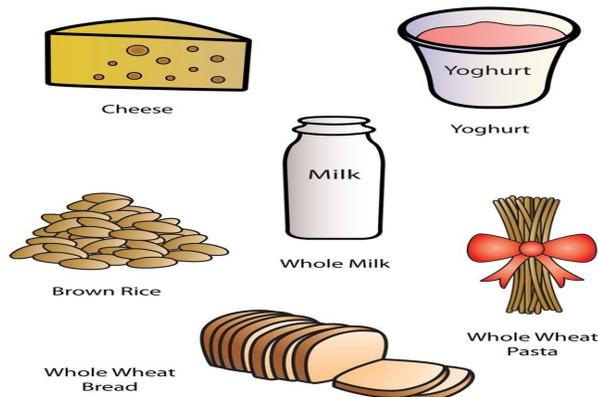
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Nutritional Sciences.
University of Wisconsin-Madison and UW-Extension



Submitted by, Araceli Whitwam-Sell
Family Living Educator
University of Wisconsin Extension-Douglas County

HCE Donates to Wisconsin/Nicaragua Partners of the Americas Learning Centers

History: In 1979, two dynamic women had a vision. Rural Nicaraguan women were desperate for training to develop the skills that they would need to provide meaningful income while remaining in their communities to care for their families. In 1981, Ellen Maurer of Verona and Doña Angélica Pavón of Los Cedros, Nicaragua secured resources from Wisconsin and volunteer trainers from Nicaragua to form a sewing center in rural Los Cedros, a small community outside of Managua.

Since then, the Sewing Centers have broadened their focus and transitioned into Learning Centers. The training offered now encompasses a wide range of vocational skills such as baking, carpentry, cosmetology, small business management, etc. Participants begin by acquiring the skills necessary to provide them with a sense of dignity, independence, and purpose. They are then afforded the opportunity to utilize a micro-lending program to initiate a small business of their own. By building upon the unique skills of the individual members of the community, the community is shaped and fortified, thereby generating further aptitudes and resources.

Thousands of Nicaraguans have thus been mentored through the establishment of the Learning Centers. With each center being coordinated by local women, they are able to cater to the individual needs of each learning center's community.

Do You Have Donations for Nicaragua?

Knitting, crocheting and sewing equipment and supplies are being collected by Jeanette Rantala, HCE member, to bring to the Nicaragua Warehouse in Stevens Point at the end of June.

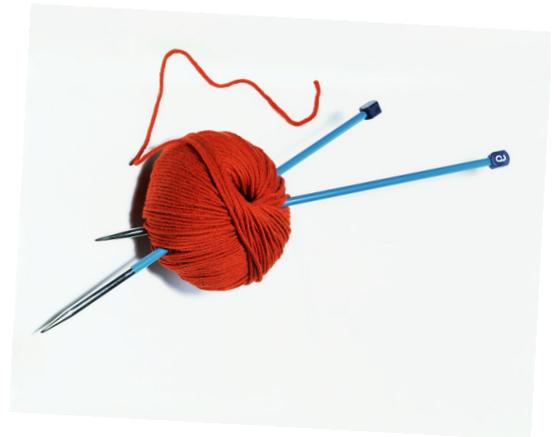
Please contact her at 715-375-2661 or by email: dirantala@centurytel.net before June 15th with questions or to make a donation. Pick up of donations can be arranged.

Suggested items:

- Fabric
- Sewing machine needles
- Sewing supplies and sewing machines
- Scissors
- Irons and ironing boards
- Knitting needles
- Yarn
- Buttons
- Lace
- Beads for jewelry making

Wisconsin/Nicaragua Partners of the Americas is a 501(c)3 non-profit organization.

Cash and in-kind donations are fully tax-deductible to the extent allowed by law.



Submitted by, Jeannette Rantala

CULTURAL ARTS

Thanks again to all who entered the Cultural Arts Contest. The list of winners to go to state are listed on page 1 of the May Dispatch. The winner of the People's Choice award was Jo Mersnick with her alcohol ink painting entitled, "Leaves and Lichen". Our judge was Kathy Lahti and she was kind enough to donate her time to judge for us. Many thanks to her for her generosity. Start working on next year's entries, ladies.

Mary Ann Gronquist
Cultural Arts Co-chair

County Hazardous Waste & Medication Collection Schedule 2015

Wednesday, June 24th, Brule Transfer Station, Solon Springs Solid Waste/Recycling, 11903 S Holly Lucius Rd.

Times 10:00-11:30 a.m. and 2:00-3:30 p.m. For more questions call 715-395-1293

Sue Hendrickson

HCE ANNUAL CRAFT SALE**SATURDAY, OCTOBER 10, 2015**

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

When: Saturday, October 10, 2015

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 which included an 8 foot table and folding chair.

Racks, shelving, etc. are allowed. Purchase additional spaces accordingly. *Handcrafted items only.* No kits, rummage, commercial/vendor sales, bake goods, garden produce, etc.

Sponsor: Douglas County HCE

Registration: By mail only. To receive more information and request a registration form call:

Linda Williams at 715-398-5394

Our Craft Sale is our only fundraiser which supports our Melinda Boswell Scholarship and four short-term scholarships available each year.

Submitted by, Linda Williams



FLAG DAY

Flag Day is on June 14th. The enclosed brochure in your Dispatch was graciously proved by Thomas Stein, VFW Post 1091. I contacted VFW Commander Gayle Carlson last week to see if he knew where we could obtain the flag etiquette brochure and he got on the phone and ordered enough for our Dispatch mailing, and his post is covering the costs involved. Many thanks to Commander Carlson and his post for their generosity. Please fly your flag proudly (and correctly) and remember to thank a vet for his or her service when you see one.

Submitted by,
Mary Ann Gronquist

MELINDA BOSWELL SCHOLARSHIP RECIPIENT CHOSEN

We recently received notice from WITC regarding the recipient of the Melinda Boswell Scholarship for the 2015 academic year is Jeff Linder, a WITC-Superior Heating, Ventilation and Air Conditioning/Refrigeration student. Congratulations Jeff!

Submitted by,
Linda Williams

RESIDENTIAL SAMPLES: HOW TO SUBMIT A SOIL SAMPLE:

- Make sure your sample bag has 1.5-2 cups of soil in it. Label the bag with your name, type of garden, and what is growing in it. Fill out the [Lawn and Garden Submission Form](http://douglas.uwex.edu/files/2010/05/Lawn-and-Garden-Submission-Form.pdf) <http://douglas.uwex.edu/files/2010/05/Lawn-and-Garden-Submission-Form.pdf>

We Mail:

1. Return sample and completed soils sheet to Courthouse Room 107 and we will ship for you. **\$20.00** (per sample) cash or check to "Douglas County Treasurer." **Credit cards not accepted.**

You Mail:

1. You can put the white bag or plastic lunch bag with soil into a regular envelope/box with a label attached to mail. Checkbook boxes work great! Enclose completed form. **\$15.00** (per sample). Enclose check payable to "Soil & Forage Analysis Laboratory." If you prefer, you can charge it to your credit card by filling out the payment information on the Lawn and Garden Submission Form.

Mail to: Soil & Forage Analysis Lab
2611 Yellowstone Dr
Marshfield, WI 54449

Once you receive the results, feel free to contact Jane Anklam, Agriculture/Horticulture Educator at 715-395-1515 or jane.anklam@ces.uwex.edu if you want help interpreting the results or for further information.

Submitted by, Cheryl –Editor

Get Ready for Lake Superior Day: July 19, 2015: Sue Hendrickson

In 2004, the Lake Superior Binational Forum restarted an annual day on the third Sunday of July to celebrate peoples' deep connections to the world's largest lake. The day originated in Thunder Bay and Duluth in 1993 and soon the Forum began promoting a basin wide (cause everything in the basin runs into the lake!) event to encourage any individual, group, business, church, industry, organization, and community to hold an event or activity that celebrates the value of the lake to our lives.

Since then, hundreds of events in many locations have been held including festivals, art shows, church services, educational activities, lectures, games, and other actions. Local events will be coming out of the Lake Superior National Estuarine Research Reserve Center (NERR) on Barker's Island. Watch the local papers for more information; or check out the following website for new materials and resources for Lake Superior Day at www.superiorforum.org and share them with your favorite organization.

You too can help save Lake Superior by keeping certain items out of the sewer system. **PLEASE DO NOT FLUSH**

THESE ITEMS:

Baby, facial, or cleaning wipes (even if labeled *flushable*)

Diapers

Rags and towels

Toys

Cigarette butts

Feminine hygiene products

Underwear and sox

Rubber items such as latex gloves

Kitty litter

Sponges

Dental Floss

Cotton balls or swabs

Facial tissue

Food, fats, oil, or grease

Food wrappers

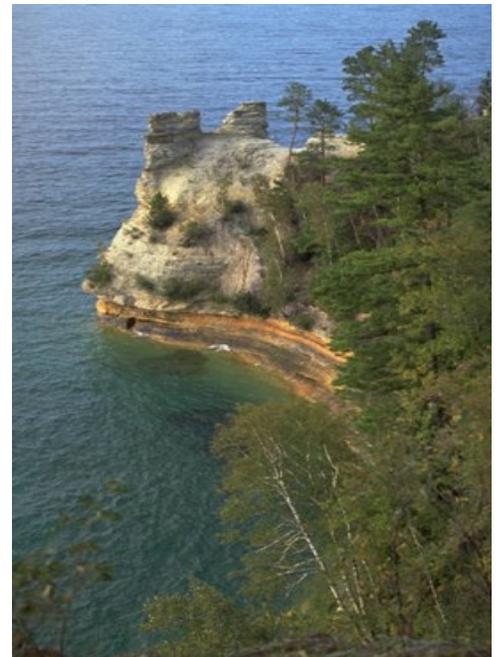
Clothing labels

Aquarium gravel

Medicines (bring to drop box at the Police Station)

Paints and stains

Other household hazardous waste (find places for these on the Recycling page of the Douglas County website: douglascountymi.org)



PUBLIC RELATIONS: In November we will be celebrating the 75th anniversary of Home and Community Education Clubs in Wisconsin! Members of 55 years or more are being sought for special recognition at the 2015 state conference. You? Someone you know? Give me a call and let's be part of this special observation! Thanks—Sue Hendrickson



Thanks to all who helped or participated in the incredible "Edible Ornaments" workshop. It was a great day of learning and fellowship. Thanks especially to Gary Kane of Wentworth Gardens for his interesting program...and the 10% off purchases that day!

Hilltoppers HCE

Douglas County UWEX
 1313 Belknap Street
 Courthouse Room 107
 Superior, WI 54880

TAPE

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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.

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- *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 2015** issues will be the Hilltoppers. Contact the UW-Extension Office at 715-395-1363 before **August 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

All articles from magazines, books, etc. quoted in the Douglas County HCE Dispatch have received written copyright permission. This permission is on file.

Memo from the Board

It's June already! Not really, I'm writing this on a cold rainy day in mid-May. But it could be worse. Remember last year? Be thankful for this great area we live in.

Now, sit back and relax. Let the sun shine on your face and shoulders (covered by a sunscreen of course). Enjoy the lazy days coming.

I'll enjoy a break from the grandkids' school schedules in exchange for baseball, soccer, and summer school injected with lots of free time and fun. The grandkids are turning 3, 9 and 13 years old over the summer. A teenager, YIKES!

Our son and the two oldest grandkids still live with us and we babysit the youngest, two or three days a week. It gets to be quite a wild, noisy and crazily busy home, but I love it.

HCE slows down a bit for the summer too. Don't forget to send in your points for "On the Move, Program Surveys and Volunteer Hours by June 1 by phone, email or regular mail to me. Thanks.

Have a great summer,

Linda Williams,
 VP Programming and
 Community Outreach



HCE EXECUTIVE BOARD MEETING MINUTES**May 7, 2015 –Superior Public Library**

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

The meeting was opened at 12:45 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 reported on the Sunshine Fund

Dispatch: Due May 15th for June, July, August. Sue made a request that two months be shown on the back of the Dispatch. The current month and the upcoming month. This will aid in clubs planning for their meetings.

COMMITTEE REPORTS:VP Programming and Community Outreach:

Linda Williams reminded us of the volunteer hours that are due June 1st. Also, Program Surveys are due June 1st.

Cultural Arts: Mary Ann Gronquist – See Memo from the Board in the May Dispatch for details.

International: Christa Williams-Clements articles are very informative and interesting. We are still looking for a chair for the International Event.

Membership/Marketing: Sue Hendrickson is making an effort to get more publicity for HCE in the Superior Telegram.

Scholarship: Still looking for a chair.

WI Bookworms™ - Sue Hendrickson- Books will be delivered the 1st week of August. The WISline will provide reader training. More information to come.

Family Living Educator: Araceli Whitwam-Sell. Araceli was present at our meeting and we had a chance to learn more about her and her goals, during a little coffee break. She was hired as a 75% employee. She is looking forward to meeting people and establishing relationships, finding the needs of our community, learning more about our group and collaborating with HCE. We were all impressed with her dedication to her new job. We look forward to working with Ariceli.

UNFINISHED BUSINESS:

Craft Day: Craft Day was a very successful event. Details in the May Dispatch. Plans are to have another next year.

Edible Ornaments: Wentworth Gardens, May 28th 1:00 Plan to be there.

Spring District Meeting: Well attended and informative. Cheryl, Sue, Mary Ann, and Joyce attended

NEW BUSINESS:

Fair Booth: The Tri-State Fair will be held in late August, August 24 – 30. Town and Country will be staffing the HCE Booth on Friday, Aug. 28th and the Hilltoppers will staff the booth on Saturday, Aug. 30th .

State Conference: Sept. 14 – 16 Stevens Point, WI. Pool sessions will be "Raising a Thinking Child" and "Food Label Lingo".

Meeting closed with the HCE prayer at 2:25 p.m.

Minutes submitted for approval by Jo Mersnick



June is Dairy Month-Bone Up on Calcium!

"How much calcium do I need?"

In 2010 the National Academy of Sciences issued new Recommended Dietary Allowances (RDAs) for calcium. The new RDAs recommend that:

- Older children (ages 9 to 18) consume 1,300 mg of calcium per day.
- Most adults (ages 19 to 50) consume 1,000 mg of calcium per day.
- Older adults (women ages 51 and older and men 71 and older) consume 1,200 mg of calcium per day.

Most people are not getting enough calcium in their diets. Three out of four adult women fail to meet the current recommended daily intake for calcium.

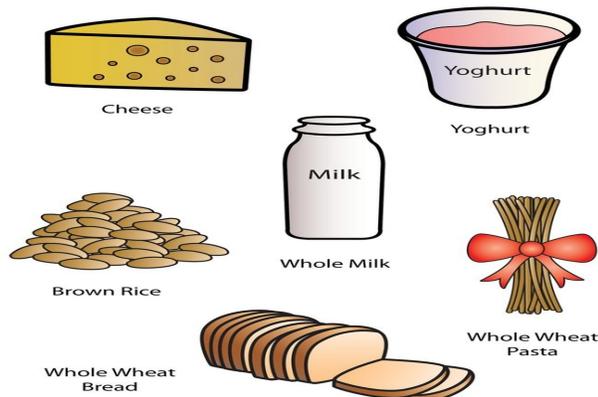
"What do those recommended intakes mean?" Try to get 2 to 3 servings of dairy daily or other calcium-rich foods a day. Dairy products contribute more than half of the calcium in the U.S. diet, but you can also find some calcium in many other foods such as broccoli, collards, and some brands of tofu (check the label).

Food	Amount of calcium per serving
1 cup non-fat yogurt	450 mg
1 cup milk (skim, 1%,2%,whole, buttermilk, chocolate)	300 mg
1/2 cup calcium-fortified orange juice	250 mg
1 ounce Swiss cheese	225 mg
1/2 cup tofu	50-800 mg (Some brands have more than others. Check labels.)
1/2 cup cooked collard greens	180 mg

"How about just taking a calcium supplement instead?" Getting your vitamins and minerals from foods ideal. Many calcium supplements are not fortified with vitamin D. Talk to your doctor, pharmacist or a dietitian to see if a calcium supplement or a calcium supplement with vitamin D is right for you.

"Should I take more than the recommended amount to be 'extra' healthy?" No. There is no benefit for healthy individuals to be consuming more than the recommended amounts of calcium. Excessive use of calcium supplements may raise your risk of developing kidney stones. The National Academy of Sciences has recommended a Tolerable Upper Intake Level of 2,500 mg calcium per day for adults ages 19-50. This is the maximum amount of calcium that is considered safe to consume on a daily basis.

Adapted from Getting Enough Calcium: Bone up on Calcium.
Author: Susan Nitzke, Ph.D., R.D., professor,
Nutritional Sciences.
University of Wisconsin-Madison and UW-Extension



Submitted by, Araceli Whitwam-Sell
Family Living Educator
University of Wisconsin Extension-Douglas County

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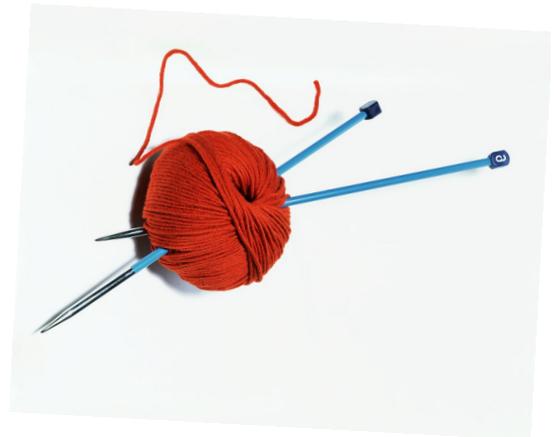
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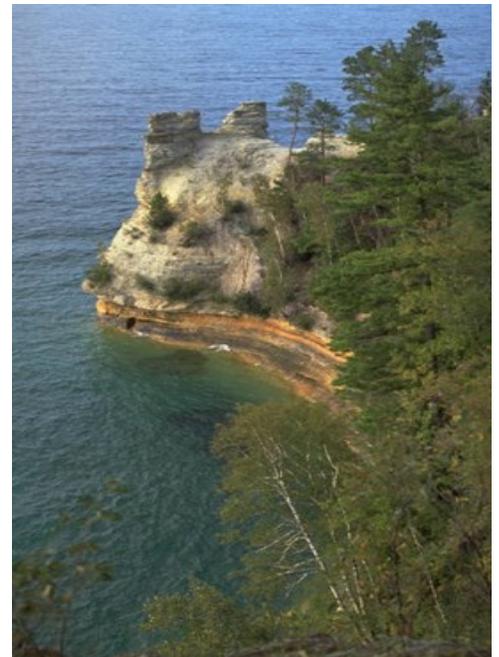
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June/July/August 2015

Douglas County HCE Superior, WI

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Dispatch assembly for the **September 2015** issues will be the Hilltoppers. Contact the UW-Extension Office at 715-395-1363 before **August 25th** to arrange the date and time for assembly.

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Memo from the Board

It's June already! Not really, I'm writing this on a cold rainy day in mid-May. But it could be worse. Remember last year? Be thankful for this great area we live in.

Now, sit back and relax. Let the sun shine on your face and shoulders (covered by a sunscreen of course). Enjoy the lazy days coming.

I'll enjoy a break from the grandkids' school schedules in exchange for baseball, soccer, and summer school injected with lots of free time and fun. The grandkids are turning 3, 9 and 13 years old over the summer. A teenager, YIKES!

Our son and the two oldest grandkids still live with us and we babysit the youngest, two or three days a week. It gets to be quite a wild, noisy and crazily busy home, but I love it.

HCE slows down a bit for the summer too. Don't forget to send in your points for "On the Move, Program Surveys and Volunteer Hours by June 1 by phone, email or regular mail to me. Thanks.

Have a great summer,

Linda Williams,
VP Programming and
Community Outreach



HCE EXECUTIVE BOARD MEETING MINUTES**May 7, 2015 –Superior Public Library**

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

The meeting was opened at 12:45 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 reported on the Sunshine Fund

Dispatch: Due May 15th for June, July, August. Sue made a request that two months be shown on the back of the Dispatch. The current month and the upcoming month. This will aid in clubs planning for their meetings.

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Minutes submitted for approval by Jo Mersnick



June is Dairy Month-Bone Up on Calcium!

"How much calcium do I need?"

In 2010 the National Academy of Sciences issued new Recommended Dietary Allowances (RDAs) for calcium. The new RDAs recommend that:

- Older children (ages 9 to 18) consume 1,300 mg of calcium per day.
- Most adults (ages 19 to 50) consume 1,000 mg of calcium per day.
- Older adults (women ages 51 and older and men 71 and older) consume 1,200 mg of calcium per day.

Most people are not getting enough calcium in their diets. Three out of four adult women fail to meet the current recommended daily intake for calcium.

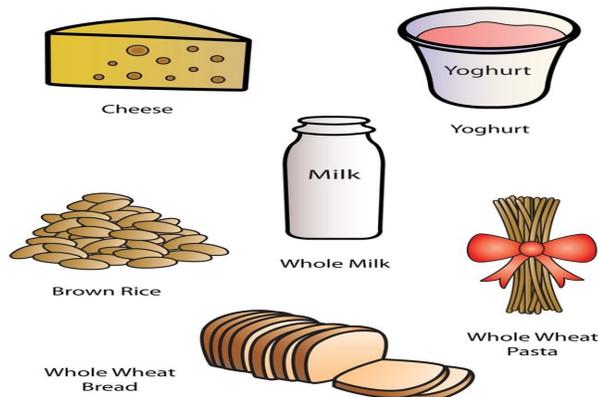
"What do those recommended intakes mean?" Try to get 2 to 3 servings of dairy daily or other calcium-rich foods a day. Dairy products contribute more than half of the calcium in the U.S. diet, but you can also find some calcium in many other foods such as broccoli, collards, and some brands of tofu (check the label).

Food	Amount of calcium per serving
1 cup non-fat yogurt	450 mg
1 cup milk (skim, 1%,2%,whole, buttermilk, chocolate)	300 mg
1/2 cup calcium-fortified orange juice	250 mg
1 ounce Swiss cheese	225 mg
1/2 cup tofu	50-800 mg (Some brands have more than others. Check labels.)
1/2 cup cooked collard greens	180 mg

"How about just taking a calcium supplement instead?" Getting your vitamins and minerals from foods ideal. Many calcium supplements are not fortified with vitamin D. Talk to your doctor, pharmacist or a dietitian to see if a calcium supplement or a calcium supplement with vitamin D is right for you.

"Should I take more than the recommended amount to be 'extra' healthy?" No. There is no benefit for healthy individuals to be consuming more than the recommended amounts of calcium. Excessive use of calcium supplements may raise your risk of developing kidney stones. The National Academy of Sciences has recommended a Tolerable Upper Intake Level of 2,500 mg calcium per day for adults ages 19-50. This is the maximum amount of calcium that is considered safe to consume on a daily basis.

Adapted from Getting Enough Calcium: Bone up on Calcium.
Author: Susan Nitzke, Ph.D., R.D., professor,
Nutritional Sciences.
University of Wisconsin-Madison and UW-Extension



Submitted by, Araceli Whitwam-Sell
Family Living Educator
University of Wisconsin Extension-Douglas County

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Do You Have Donations for Nicaragua?

Knitting, crocheting and sewing equipment and supplies are being collected by Jeanette Rantala, HCE member, to bring to the Nicaragua Warehouse in Stevens Point at the end of June.

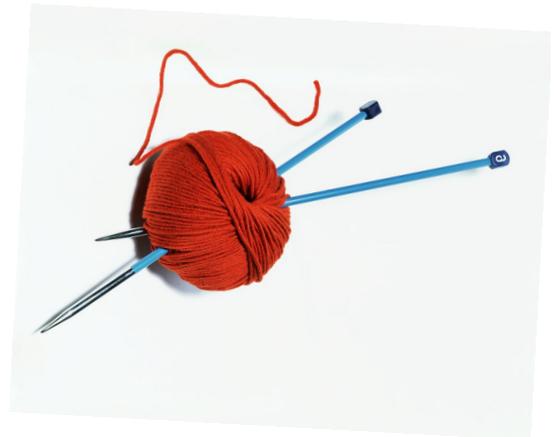
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Suggested items:

- Fabric
- Sewing machine needles
- Sewing supplies and sewing machines
- Scissors
- Irons and ironing boards
- Knitting needles
- Yarn
- Buttons
- Lace
- Beads for jewelry making

Wisconsin/Nicaragua Partners of the Americas is a 501(c)3 non-profit organization.

Cash and in-kind donations are fully tax-deductible to the extent allowed by law.



Submitted by, Jeannette Rantala

CULTURAL ARTS

Thanks again to all who entered the Cultural Arts Contest. The list of winners to go to state are listed on page 1 of the May Dispatch. The winner of the People's Choice award was Jo Mersnick with her alcohol ink painting entitled, "Leaves and Lichen". Our judge was Kathy Lahti and she was kind enough to donate her time to judge for us. Many thanks to her for her generosity. Start working on next year's entries, ladies.

Mary Ann Gronquist
Cultural Arts Co-chair

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Times 10:00-11:30 a.m. and 2:00-3:30 p.m. For more questions call 715-395-1293

Sue Hendrickson

HCE ANNUAL CRAFT SALE**SATURDAY, OCTOBER 10, 2015**

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

When: Saturday, October 10, 2015

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 which included an 8 foot table and folding chair.

Racks, shelving, etc. are allowed. Purchase additional spaces accordingly. *Handcrafted items only.* No kits, rummage, commercial/vendor sales, bake goods, garden produce, etc.

Sponsor: Douglas County HCE

Registration: By mail only. To receive more information and request a registration form call:

Linda Williams at 715-398-5394

Our Craft Sale is our only fundraiser which supports our Melinda Boswell Scholarship and four short-term scholarships available each year.

Submitted by, Linda Williams



FLAG DAY

Flag Day is on June 14th. The enclosed brochure in your Dispatch was graciously proved by Thomas Stein, VFW Post 1091. I contacted VFW Commander Gayle Carlson last week to see if he knew where we could obtain the flag etiquette brochure and he got on the phone and ordered enough for our Dispatch mailing, and his post is covering the costs involved. Many thanks to Commander Carlson and his post for their generosity. Please fly your flag proudly (and correctly) and remember to thank a vet for his or her service when you see one.

Submitted by,
Mary Ann Gronquist

MELINDA BOSWELL SCHOLARSHIP RECIPIENT CHOSEN

We recently received notice from WITC regarding the recipient of the Melinda Boswell Scholarship for the 2015 academic year is Jeff Linder, a WITC-Superior Heating, Ventilation and Air Conditioning/Refrigeration student. Congratulations Jeff!

Submitted by,
Linda Williams

RESIDENTIAL SAMPLES: HOW TO SUBMIT A SOIL SAMPLE:

- Make sure your sample bag has 1.5-2 cups of soil in it. Label the bag with your name, type of garden, and what is growing in it. Fill out the [Lawn and Garden Submission Form](http://douglas.uwex.edu/files/2010/05/Lawn-and-Garden-Submission-Form.pdf) <http://douglas.uwex.edu/files/2010/05/Lawn-and-Garden-Submission-Form.pdf>

We Mail:

1. Return sample and completed soils sheet to Courthouse Room 107 and we will ship for you. **\$20.00** (per sample) cash or check to "Douglas County Treasurer." **Credit cards not accepted.**

You Mail:

1. You can put the white bag or plastic lunch bag with soil into a regular envelope/box with a label attached to mail. Checkbook boxes work great! Enclose completed form. **\$15.00** (per sample). Enclose check payable to "Soil & Forage Analysis Laboratory." If you prefer, you can charge it to your credit card by filling out the payment information on the Lawn and Garden Submission Form.

Mail to: Soil & Forage Analysis Lab
2611 Yellowstone Dr
Marshfield, WI 54449

Once you receive the results, feel free to contact Jane Anklam, Agriculture/Horticulture Educator at 715-395-1515 or jane.anklam@ces.uwex.edu if you want help interpreting the results or for further information.

Submitted by, Cheryl –Editor

Get Ready for Lake Superior Day: July 19, 2015: Sue Hendrickson

In 2004, the Lake Superior Binational Forum restarted an annual day on the third Sunday of July to celebrate peoples' deep connections to the world's largest lake. The day originated in Thunder Bay and Duluth in 1993 and soon the Forum began promoting a basin wide (cause everything in the basin runs into the lake!) event to encourage any individual, group, business, church, industry, organization, and community to hold an event or activity that celebrates the value of the lake to our lives.

Since then, hundreds of events in many locations have been held including festivals, art shows, church services, educational activities, lectures, games, and other actions. Local events will be coming out of the Lake Superior National Estuarine Research Reserve Center (NERR) on Barker's Island. Watch the local papers for more information; or check out the following website for new materials and resources for Lake Superior Day at www.superiorforum.org and share them with your favorite organization.

You too can help save Lake Superior by keeping certain items out of the sewer system. **PLEASE DO NOT FLUSH**

THESE ITEMS:

Baby, facial, or cleaning wipes (even if labeled *flushable*)

Diapers

Rags and towels

Toys

Cigarette butts

Feminine hygiene products

Underwear and sox

Rubber items such as latex gloves

Kitty litter

Sponges

Dental Floss

Cotton balls or swabs

Facial tissue

Food, fats, oil, or grease

Food wrappers

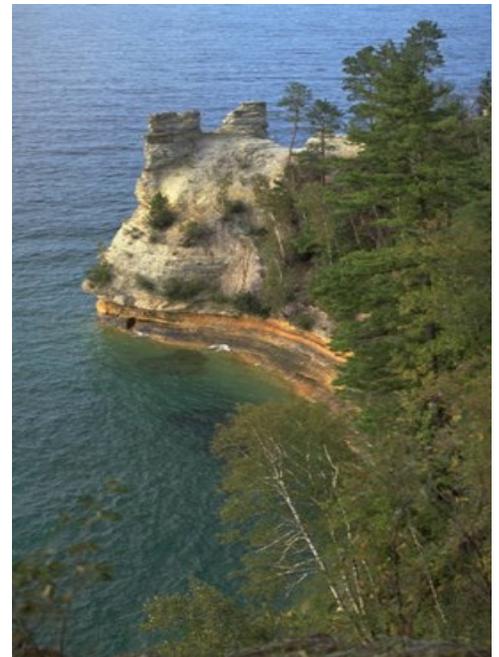
Clothing labels

Aquarium gravel

Medicines (bring to drop box at the Police Station)

Paints and stains

Other household hazardous waste (find places for these on the Recycling page of the Douglas County website: douglascountymi.org)



PUBLIC RELATIONS: In November we will be celebrating the 75th anniversary of Home and Community Education Clubs in Wisconsin! Members of 55 years or more are being sought for special recognition at the 2015 state conference. You? Someone you know? Give me a call and let's be part of this special observation! Thanks—Sue Hendrickson



Thanks to all who helped or participated in the incredible "Edible Ornaments" workshop. It was a great day of learning and fellowship. Thanks especially to Gary Kane of Wentworth Gardens for his interesting program...and the 10% off purchases that day!

Hilltoppers HCE

Douglas County UWEX
 1313 Belknap Street
 Courthouse Room 107
 Superior, WI 54880

TAPE

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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.

26	27	28	29	30	31	
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September
 September 3 12:30pm Craft Sale Meeting
 September 7 1:30pm Board Meeting
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 September 24 Sue Hendrickson Building Sustainable Communities TBA

July
 July 1 HCE Booth
 July 3 No meetings
 July 3 Independence Day
 August No meetings

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27	28	29	30			
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Mission Statement for Wisconsin Association for Home and Community Education HCE offers opportunities for:

- *Learning in a social setting,*
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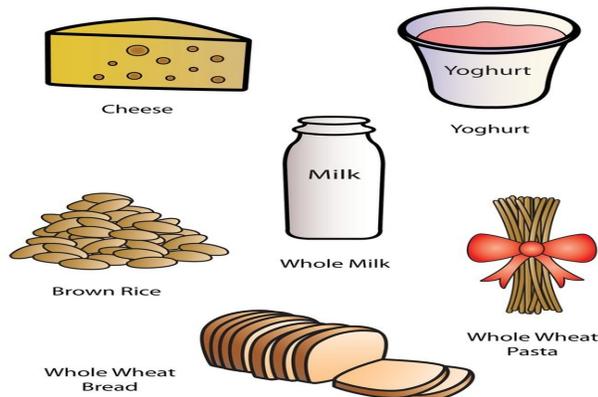
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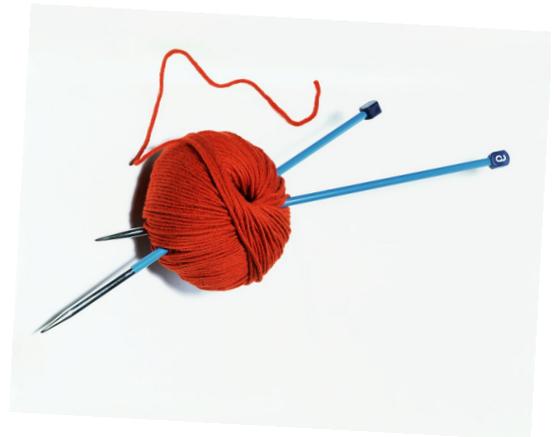
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Submitted by,
Linda Williams

RESIDENTIAL SAMPLES: HOW TO SUBMIT A SOIL SAMPLE:

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We Mail:

1. Return sample and completed soils sheet to Courthouse Room 107 and we will ship for you. **\$20.00** (per sample) cash or check to "Douglas County Treasurer." **Credit cards not accepted.**

You Mail:

1. You can put the white bag or plastic lunch bag with soil into a regular envelope/box with a label attached to mail. Checkbook boxes work great! Enclose completed form. **\$15.00** (per sample). Enclose check payable to "Soil & Forage Analysis Laboratory." If you prefer, you can charge it to your credit card by filling out the payment information on the Lawn and Garden Submission Form.

Mail to: Soil & Forage Analysis Lab
2611 Yellowstone Dr
Marshfield, WI 54449

Once you receive the results, feel free to contact Jane Anklam, Agriculture/Horticulture Educator at 715-395-1515 or jane.anklam@ces.uwex.edu if you want help interpreting the results or for further information.

Submitted by, Cheryl –Editor

Get Ready for Lake Superior Day: July 19, 2015: Sue Hendrickson

In 2004, the Lake Superior Binational Forum restarted an annual day on the third Sunday of July to celebrate peoples' deep connections to the world's largest lake. The day originated in Thunder Bay and Duluth in 1993 and soon the Forum began promoting a basin wide (cause everything in the basin runs into the lake!) event to encourage any individual, group, business, church, industry, organization, and community to hold an event or activity that celebrates the value of the lake to our lives.

Since then, hundreds of events in many locations have been held including festivals, art shows, church services, educational activities, lectures, games, and other actions. Local events will be coming out of the Lake Superior National Estuarine Research Reserve Center (NERR) on Barker's Island. Watch the local papers for more information; or check out the following website for new materials and resources for Lake Superior Day at www.superiorforum.org and share them with your favorite organization.

You too can help save Lake Superior by keeping certain items out of the sewer system. **PLEASE DO NOT FLUSH**

THESE ITEMS:

Baby, facial, or cleaning wipes (even if labeled *flushable*)

Diapers

Rags and towels

Toys

Cigarette butts

Feminine hygiene products

Underwear and sox

Rubber items such as latex gloves

Kitty litter

Sponges

Dental Floss

Cotton balls or swabs

Facial tissue

Food, fats, oil, or grease

Food wrappers

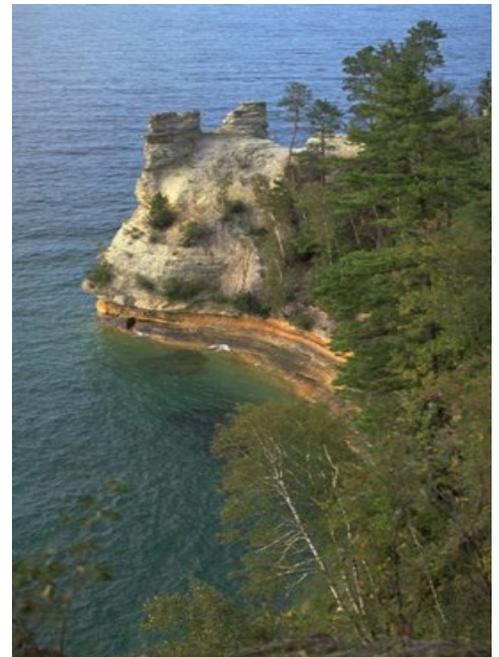
Clothing labels

Aquarium gravel

Medicines (bring to drop box at the Police Station)

Paints and stains

Other household hazardous waste (find places for these on the Recycling page of the Douglas County website: douglascountywi.org)



PUBLIC RELATIONS: In November we will be celebrating the 75th anniversary of Home and Community Education Clubs in Wisconsin! Members of 55 years or more are being sought for special recognition at the 2015 state conference. You? Someone you know? Give me a call and let's be part of this special observation! Thanks—Sue Hendrickson



Thanks to all who helped or participated in the incredible "Edible Ornaments" workshop. It was a great day of learning and fellowship. Thanks especially to Gary Kane of Wentworth Gardens for his interesting program...and the 10% off purchases that day!

Hilltoppers HCE

Douglas County UWEX
 1313 Belknap Street
 Courthouse Room 107
 Superior, WI 54880

TAPE

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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.

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 September 7
 September 14-16
 September 24

June 1 TBA
 July
 July 3
 August
 August No meetings

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 Town & Country
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DISPATCH



June/July/August 2015

Douglas County HCE Superior, WI

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Memo from the Board

It's June already! Not really, I'm writing this on a cold rainy day in mid-May. But it could be worse. Remember last year? Be thankful for this great area we live in.

Now, sit back and relax. Let the sun shine on your face and shoulders (covered by a sunscreen of course). Enjoy the lazy days coming.

I'll enjoy a break from the grandkids' school schedules in exchange for baseball, soccer, and summer school injected with lots of free time and fun. The grandkids are turning 3, 9 and 13 years old over the summer. A teenager, YIKES!

Our son and the two oldest grandkids still live with us and we babysit the youngest, two or three days a week. It gets to be quite a wild, noisy and crazily busy home, but I love it.

HCE slows down a bit for the summer too. Don't forget to send in your points for "On the Move, Program Surveys and Volunteer Hours by June 1 by phone, email or regular mail to me. Thanks.

Have a great summer,

Linda Williams,
 VP Programming and
 Community Outreach



HCE EXECUTIVE BOARD MEETING MINUTES**May 7, 2015 –Superior Public Library**

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

The meeting was opened at 12:45 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 reported on the Sunshine Fund

Dispatch: Due May 15th for June, July, August. Sue made a request that two months be shown on the back of the Dispatch. The current month and the upcoming month. This will aid in clubs planning for their meetings.

COMMITTEE REPORTS:VP Programming and Community Outreach:

Linda Williams reminded us of the volunteer hours that are due June 1st. Also, Program Surveys are due June 1st.

Cultural Arts: Mary Ann Gronquist – See Memo from the Board in the May Dispatch for details.

International: Christa Williams-Clements articles are very informative and interesting. We are still looking for a chair for the International Event.

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WI Bookworms™ - Sue Hendrickson- Books will be delivered the 1st week of August. The WISline will provide reader training. More information to come.

Family Living Educator: Araceli Whitwam-Sell. Araceli was present at our meeting and we had a chance to learn more about her and her goals, during a little coffee break. She was hired as a 75% employee. She is looking forward to meeting people and establishing relationships, finding the needs of our community, learning more about our group and collaborating with HCE. We were all impressed with her dedication to her new job. We look forward to working with Ariceli.

UNFINISHED BUSINESS:

Craft Day: Craft Day was a very successful event. Details in the May Dispatch. Plans are to have another next year.

Edible Ornaments: Wentworth Gardens, May 28th 1:00 Plan to be there.

Spring District Meeting: Well attended and informative. Cheryl, Sue, Mary Ann, and Joyce attended

NEW BUSINESS:

Fair Booth: The Tri-State Fair will be held in late August, August 24 – 30. Town and Country will be staffing the HCE Booth on Friday, Aug. 28th and the Hilltoppers will staff the booth on Saturday, Aug. 30th .

State Conference: Sept. 14 – 16 Stevens Point, WI. Pool sessions will be "Raising a Thinking Child" and "Food Label Lingo".

Meeting closed with the HCE prayer at 2:25 p.m.

Minutes submitted for approval by Jo Mersnick



June is Dairy Month-Bone Up on Calcium!

"How much calcium do I need?"

In 2010 the National Academy of Sciences issued new Recommended Dietary Allowances (RDAs) for calcium. The new RDAs recommend that:

- Older children (ages 9 to 18) consume 1,300 mg of calcium per day.
- Most adults (ages 19 to 50) consume 1,000 mg of calcium per day.
- Older adults (women ages 51 and older and men 71 and older) consume 1,200 mg of calcium per day.

Most people are not getting enough calcium in their diets. Three out of four adult women fail to meet the current recommended daily intake for calcium.

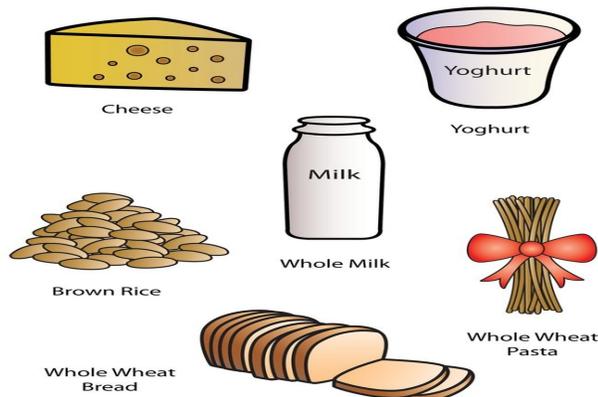
"What do those recommended intakes mean?" Try to get 2 to 3 servings of dairy daily or other calcium-rich foods a day. Dairy products contribute more than half of the calcium in the U.S. diet, but you can also find some calcium in many other foods such as broccoli, collards, and some brands of tofu (check the label).

Food	Amount of calcium per serving
1 cup non-fat yogurt	450 mg
1 cup milk (skim, 1%,2%,whole, buttermilk, chocolate)	300 mg
1/2 cup calcium-fortified orange juice	250 mg
1 ounce Swiss cheese	225 mg
1/2 cup tofu	50-800 mg (Some brands have more than others. Check labels.)
1/2 cup cooked collard greens	180 mg

"How about just taking a calcium supplement instead?" Getting your vitamins and minerals from foods ideal. Many calcium supplements are not fortified with vitamin D. Talk to your doctor, pharmacist or a dietitian to see if a calcium supplement or a calcium supplement with vitamin D is right for you.

"Should I take more than the recommended amount to be 'extra' healthy?" No. There is no benefit for healthy individuals to be consuming more than the recommended amounts of calcium. Excessive use of calcium supplements may raise your risk of developing kidney stones. The National Academy of Sciences has recommended a Tolerable Upper Intake Level of 2,500 mg calcium per day for adults ages 19-50. This is the maximum amount of calcium that is considered safe to consume on a daily basis.

Adapted from Getting Enough Calcium: Bone up on Calcium.
 Author: Susan Nitzke, Ph.D., R.D., professor,
 Nutritional Sciences.
 University of Wisconsin-Madison and UW-Extension



Submitted by, Araceli Whitwam-Sell
Family Living Educator
 University of Wisconsin Extension-Douglas County

HCE Donates to Wisconsin/Nicaragua Partners of the Americas Learning Centers

History: In 1979, two dynamic women had a vision. Rural Nicaraguan women were desperate for training to develop the skills that they would need to provide meaningful income while remaining in their communities to care for their families. In 1981, Ellen Maurer of Verona and Doña Angélica Pavón of Los Cedros, Nicaragua secured resources from Wisconsin and volunteer trainers from Nicaragua to form a sewing center in rural Los Cedros, a small community outside of Managua.

Since then, the Sewing Centers have broadened their focus and transitioned into Learning Centers. The training offered now encompasses a wide range of vocational skills such as baking, carpentry, cosmetology, small business management, etc. Participants begin by acquiring the skills necessary to provide them with a sense of dignity, independence, and purpose. They are then afforded the opportunity to utilize a micro-lending program to initiate a small business of their own. By building upon the unique skills of the individual members of the community, the community is shaped and fortified, thereby generating further aptitudes and resources.

Thousands of Nicaraguans have thus been mentored through the establishment of the Learning Centers. With each center being coordinated by local women, they are able to cater to the individual needs of each learning center's community.

Do You Have Donations for Nicaragua?

Knitting, crocheting and sewing equipment and supplies are being collected by Jeanette Rantala, HCE member, to bring to the Nicaragua Warehouse in Stevens Point at the end of June.

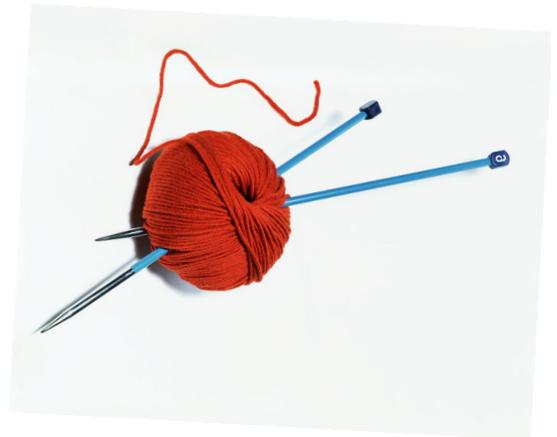
Please contact her at 715-375-2661 or by email: dirantala@centurytel.net before June 15th with questions or to make a donation. Pick up of donations can be arranged.

Suggested items:

- Fabric
- Sewing machine needles
- Sewing supplies and sewing machines
- Scissors
- Irons and ironing boards
- Knitting needles
- Yarn
- Buttons
- Lace
- Beads for jewelry making

Wisconsin/Nicaragua Partners of the Americas is a 501(c)3 non-profit organization.

Cash and in-kind donations are fully tax-deductible to the extent allowed by law.



Submitted by, Jeannette Rantala

CULTURAL ARTS

Thanks again to all who entered the Cultural Arts Contest. The list of winners to go to state are listed on page 1 of the May Dispatch. The winner of the People's Choice award was Jo Mersnick with her alcohol ink painting entitled, "Leaves and Lichen". Our judge was Kathy Lahti and she was kind enough to donate her time to judge for us. Many thanks to her for her generosity. Start working on next year's entries, ladies.

Mary Ann Gronquist
Cultural Arts Co-chair

County Hazardous Waste & Medication Collection Schedule 2015

Wednesday, June 24th, Brule Transfer Station, Solon Springs Solid Waste/Recycling, 11903 S Holly Lucius Rd.

Times 10:00-11:30 a.m. and 2:00-3:30 p.m. For more questions call 715-395-1293

Sue Hendrickson

HCE ANNUAL CRAFT SALE**SATURDAY, OCTOBER 10, 2015**

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

When: Saturday, October 10, 2015

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 which included an 8 foot table and folding chair.

Racks, shelving, etc. are allowed. Purchase additional spaces accordingly. *Handcrafted items only.* No kits, rummage, commercial/vendor sales, bake goods, garden produce, etc.

Sponsor: Douglas County HCE

Registration: By mail only. To receive more information and request a registration form call:

Linda Williams at 715-398-5394

Our Craft Sale is our only fundraiser which supports our Melinda Boswell Scholarship and four short-term scholarships available each year.

Submitted by, Linda Williams



FLAG DAY

Flag Day is on June 14th. The enclosed brochure in your Dispatch was graciously proved by Thomas Stein, VFW Post 1091. I contacted VFW Commander Gayle Carlson last week to see if he knew where we could obtain the flag etiquette brochure and he got on the phone and ordered enough for our Dispatch mailing, and his post is covering the costs involved. Many thanks to Commander Carlson and his post for their generosity. Please fly your flag proudly (and correctly) and remember to thank a vet for his or her service when you see one.

Submitted by,
Mary Ann Gronquist

MELINDA BOSWELL SCHOLARSHIP RECIPIENT CHOSEN

We recently received notice from WITC regarding the recipient of the Melinda Boswell Scholarship for the 2015 academic year is Jeff Linder, a WITC-Superior Heating, Ventilation and Air Conditioning/Refrigeration student. Congratulations Jeff!

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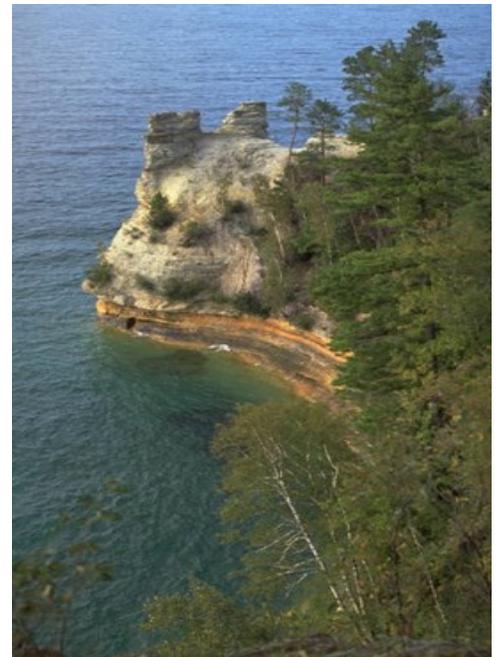
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- Older adults (women ages 51 and older and men 71 and older) consume 1,200 mg of calcium per day.

Most people are not getting enough calcium in their diets. Three out of four adult women fail to meet the current recommended daily intake for calcium.

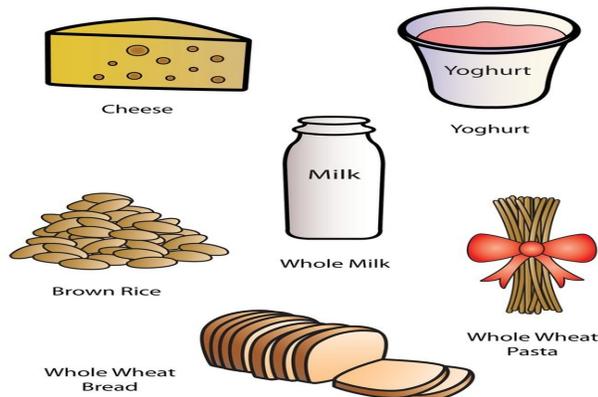
"What do those recommended intakes mean?" Try to get 2 to 3 servings of dairy daily or other calcium-rich foods a day. Dairy products contribute more than half of the calcium in the U.S. diet, but you can also find some calcium in many other foods such as broccoli, collards, and some brands of tofu (check the label).

Food	Amount of calcium per serving
1 cup non-fat yogurt	450 mg
1 cup milk (skim, 1%,2%,whole, buttermilk, chocolate)	300 mg
1/2 cup calcium-fortified orange juice	250 mg
1 ounce Swiss cheese	225 mg
1/2 cup tofu	50-800 mg (Some brands have more than others. Check labels.)
1/2 cup cooked collard greens	180 mg

"How about just taking a calcium supplement instead?" Getting your vitamins and minerals from foods ideal. Many calcium supplements are not fortified with vitamin D. Talk to your doctor, pharmacist or a dietitian to see if a calcium supplement or a calcium supplement with vitamin D is right for you.

"Should I take more than the recommended amount to be 'extra' healthy?" No. There is no benefit for healthy individuals to be consuming more than the recommended amounts of calcium. Excessive use of calcium supplements may raise your risk of developing kidney stones. The National Academy of Sciences has recommended a Tolerable Upper Intake Level of 2,500 mg calcium per day for adults ages 19-50. This is the maximum amount of calcium that is considered safe to consume on a daily basis.

Adapted from Getting Enough Calcium: Bone up on Calcium.
Author: Susan Nitzke, Ph.D., R.D., professor,
Nutritional Sciences.
University of Wisconsin-Madison and UW-Extension



Submitted by, Araceli Whitwam-Sell
Family Living Educator
University of Wisconsin Extension-Douglas County

HCE Donates to Wisconsin/Nicaragua Partners of the Americas Learning Centers

History: In 1979, two dynamic women had a vision. Rural Nicaraguan women were desperate for training to develop the skills that they would need to provide meaningful income while remaining in their communities to care for their families. In 1981, Ellen Maurer of Verona and Doña Angélica Pavón of Los Cedros, Nicaragua secured resources from Wisconsin and volunteer trainers from Nicaragua to form a sewing center in rural Los Cedros, a small community outside of Managua.

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Thousands of Nicaraguans have thus been mentored through the establishment of the Learning Centers. With each center being coordinated by local women, they are able to cater to the individual needs of each learning center's community.

Do You Have Donations for Nicaragua?

Knitting, crocheting and sewing equipment and supplies are being collected by Jeanette Rantala, HCE member, to bring to the Nicaragua Warehouse in Stevens Point at the end of June.

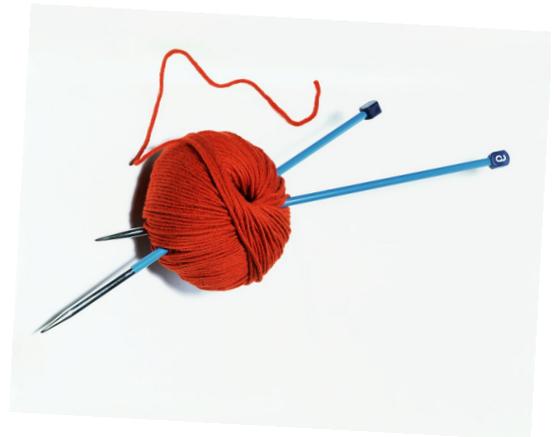
Please contact her at 715-375-2661 or by email: dirantala@centurytel.net before June 15th with questions or to make a donation. Pick up of donations can be arranged.

Suggested items:

- Fabric
- Sewing machine needles
- Sewing supplies and sewing machines
- Scissors
- Irons and ironing boards
- Knitting needles
- Yarn
- Buttons
- Lace
- Beads for jewelry making

Wisconsin/Nicaragua Partners of the Americas is a 501(c)3 non-profit organization.

Cash and in-kind donations are fully tax-deductible to the extent allowed by law.



Submitted by, Jeannette Rantala

CULTURAL ARTS

Thanks again to all who entered the Cultural Arts Contest. The list of winners to go to state are listed on page 1 of the May Dispatch. The winner of the People's Choice award was Jo Mersnick with her alcohol ink painting entitled, "Leaves and Lichen". Our judge was Kathy Lahti and she was kind enough to donate her time to judge for us. Many thanks to her for her generosity. Start working on next year's entries, ladies.

Mary Ann Gronquist
Cultural Arts Co-chair

County Hazardous Waste & Medication Collection Schedule 2015

Wednesday, June 24th, Brule Transfer Station, Solon Springs Solid Waste/Recycling, 11903 S Holly Lucius Rd.

Times 10:00-11:30 a.m. and 2:00-3:30 p.m. For more questions call 715-395-1293

Sue Hendrickson

HCE ANNUAL CRAFT SALE**SATURDAY, OCTOBER 10, 2015**

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

When: Saturday, October 10, 2015

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 which included an 8 foot table and folding chair.

Racks, shelving, etc. are allowed. Purchase additional spaces accordingly. *Handcrafted items only.* No kits, rummage, commercial/vendor sales, bake goods, garden produce, etc.

Sponsor: Douglas County HCE

Registration: By mail only. To receive more information and request a registration form call:

Linda Williams at 715-398-5394

Our Craft Sale is our only fundraiser which supports our Melinda Boswell Scholarship and four short-term scholarships available each year.

Submitted by, Linda Williams



FLAG DAY

Flag Day is on June 14th. The enclosed brochure in your Dispatch was graciously proved by Thomas Stein, VFW Post 1091. I contacted VFW Commander Gayle Carlson last week to see if he knew where we could obtain the flag etiquette brochure and he got on the phone and ordered enough for our Dispatch mailing, and his post is covering the costs involved. Many thanks to Commander Carlson and his post for their generosity. Please fly your flag proudly (and correctly) and remember to thank a vet for his or her service when you see one.

Submitted by,
Mary Ann Gronquist

MELINDA BOSWELL SCHOLARSHIP RECIPIENT CHOSEN

We recently received notice from WITC regarding the recipient of the Melinda Boswell Scholarship for the 2015 academic year is Jeff Linder, a WITC-Superior Heating, Ventilation and Air Conditioning/Refrigeration student. Congratulations Jeff!

Submitted by,
Linda Williams

RESIDENTIAL SAMPLES: HOW TO SUBMIT A SOIL SAMPLE:

- Make sure your sample bag has 1.5-2 cups of soil in it. Label the bag with your name, type of garden, and what is growing in it. Fill out the [Lawn and Garden Submission Form](http://douglas.uwex.edu/files/2010/05/Lawn-and-Garden-Submission-Form.pdf) <http://douglas.uwex.edu/files/2010/05/Lawn-and-Garden-Submission-Form.pdf>

We Mail:

1. Return sample and completed soils sheet to Courthouse Room 107 and we will ship for you. **\$20.00** (per sample) cash or check to "Douglas County Treasurer." **Credit cards not accepted.**

You Mail:

1. You can put the white bag or plastic lunch bag with soil into a regular envelope/box with a label attached to mail. Checkbook boxes work great! Enclose completed form. **\$15.00** (per sample). Enclose check payable to "Soil & Forage Analysis Laboratory." If you prefer, you can charge it to your credit card by filling out the payment information on the Lawn and Garden Submission Form.

Mail to: Soil & Forage Analysis Lab
2611 Yellowstone Dr
Marshfield, WI 54449

Once you receive the results, feel free to contact Jane Anklam, Agriculture/Horticulture Educator at 715-395-1515 or jane.anklam@ces.uwex.edu if you want help interpreting the results or for further information.

Submitted by, Cheryl –Editor

Get Ready for Lake Superior Day: July 19, 2015: Sue Hendrickson

In 2004, the Lake Superior Binational Forum restarted an annual day on the third Sunday of July to celebrate peoples' deep connections to the world's largest lake. The day originated in Thunder Bay and Duluth in 1993 and soon the Forum began promoting a basin wide (cause everything in the basin runs into the lake!) event to encourage any individual, group, business, church, industry, organization, and community to hold an event or activity that celebrates the value of the lake to our lives.

Since then, hundreds of events in many locations have been held including festivals, art shows, church services, educational activities, lectures, games, and other actions. Local events will be coming out of the Lake Superior National Estuarine Research Reserve Center (NERR) on Barker's Island. Watch the local papers for more information; or check out the following website for new materials and resources for Lake Superior Day at www.superiorforum.org and share them with your favorite organization.

You too can help save Lake Superior by keeping certain items out of the sewer system. **PLEASE DO NOT FLUSH**

THESE ITEMS:

Baby, facial, or cleaning wipes (even if labeled *flushable*)

Diapers

Rags and towels

Toys

Cigarette butts

Feminine hygiene products

Underwear and sox

Rubber items such as latex gloves

Kitty litter

Sponges

Dental Floss

Cotton balls or swabs

Facial tissue

Food, fats, oil, or grease

Food wrappers

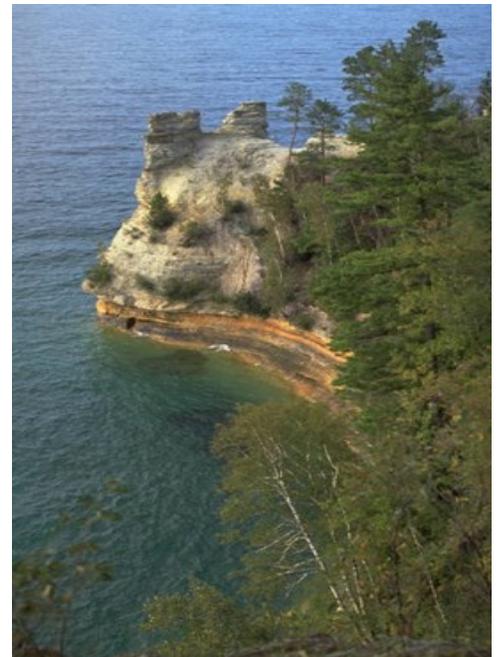
Clothing labels

Aquarium gravel

Medicines (bring to drop box at the Police Station)

Paints and stains

Other household hazardous waste (find places for these on the Recycling page of the Douglas County website: douglascountymi.org)



PUBLIC RELATIONS: In November we will be celebrating the 75th anniversary of Home and Community Education Clubs in Wisconsin! Members of 55 years or more are being sought for special recognition at the 2015 state conference. You? Someone you know? Give me a call and let's be part of this special observation! Thanks—Sue Hendrickson



Thanks to all who helped or participated in the incredible "Edible Ornaments" workshop. It was a great day of learning and fellowship. Thanks especially to Gary Kane of Wentworth Gardens for his interesting program...and the 10% off purchases that day!

Hilltoppers HCE

Douglas County UWEX
 1313 Belknap Street
 Courthouse Room 107
 Superior, WI 54880

TAPE

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September
 September 3 12:30pm Craft Sale Meeting
 September 7 1:30pm Board Meeting
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 September 24 Sue Hendrickson Building Sustainable Communities TBA

July
 July 1 HCE Booth
 July 3 No meetings
 July 3 Independence Day
 August No meetings

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DISPATCH



June/July/August 2015

Douglas County HCE Superior, WI

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Non-discrimination, Civil Rights and Mission 1

HCE Board Meeting Minutes 2

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Public Relations 7

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Inserts:
Flag brochure
Preserving the Power of Plants

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 2015** issues will be the Hilltoppers. Contact the UW-Extension Office at 715-395-1363 before **August 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

All articles from magazines, books, etc. quoted in the Douglas County HCE Dispatch have received written copyright permission. This permission is on file.

Memo from the Board

It's June already! Not really, I'm writing this on a cold rainy day in mid-May. But it could be worse. Remember last year? Be thankful for this great area we live in.

Now, sit back and relax. Let the sun shine on your face and shoulders (covered by a sunscreen of course). Enjoy the lazy days coming.

I'll enjoy a break from the grandkids' school schedules in exchange for baseball, soccer, and summer school injected with lots of free time and fun. The grandkids are turning 3, 9 and 13 years old over the summer. A teenager, YIKES!

Our son and the two oldest grandkids still live with us and we babysit the youngest, two or three days a week. It gets to be quite a wild, noisy and crazily busy home, but I love it.

HCE slows down a bit for the summer too. Don't forget to send in your points for "On the Move, Program Surveys and Volunteer Hours by June 1 by phone, email or regular mail to me. Thanks.

Have a great summer,

Linda Williams,
 VP Programming and
 Community Outreach



HCE EXECUTIVE BOARD MEETING MINUTES**May 7, 2015 –Superior Public Library**

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

The meeting was opened at 12:45 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 reported on the Sunshine Fund

Dispatch: Due May 15th for June, July, August. Sue made a request that two months be shown on the back of the Dispatch. The current month and the upcoming month. This will aid in clubs planning for their meetings.

COMMITTEE REPORTS:VP Programming and Community Outreach:

Linda Williams reminded us of the volunteer hours that are due June 1st. Also, Program Surveys are due June 1st.

Cultural Arts: Mary Ann Gronquist – See Memo from the Board in the May Dispatch for details.

International: Christa Williams-Clements articles are very informative and interesting. We are still looking for a chair for the International Event.

Membership/Marketing: Sue Hendrickson is making an effort to get more publicity for HCE in the Superior Telegram.

Scholarship: Still looking for a chair.

WI Bookworms™ - Sue Hendrickson- Books will be delivered the 1st week of August. The WISline will provide reader training. More information to come.

Family Living Educator: Araceli Whitwam-Sell. Araceli was present at our meeting and we had a chance to learn more about her and her goals, during a little coffee break. She was hired as a 75% employee. She is looking forward to meeting people and establishing relationships, finding the needs of our community, learning more about our group and collaborating with HCE. We were all impressed with her dedication to her new job. We look forward to working with Ariceli.

UNFINISHED BUSINESS:

Craft Day: Craft Day was a very successful event. Details in the May Dispatch. Plans are to have another next year.

Edible Ornaments: Wentworth Gardens, May 28th 1:00 Plan to be there.

Spring District Meeting: Well attended and informative. Cheryl, Sue, Mary Ann, and Joyce attended

NEW BUSINESS:

Fair Booth: The Tri-State Fair will be held in late August, August 24 – 30. Town and Country will be staffing the HCE Booth on Friday, Aug. 28th and the Hilltoppers will staff the booth on Saturday, Aug. 30th .

State Conference: Sept. 14 – 16 Stevens Point, WI. Pool sessions will be "Raising a Thinking Child" and "Food Label Lingo".

Meeting closed with the HCE prayer at 2:25 p.m.

Minutes submitted for approval by Jo Mersnick



June is Dairy Month-Bone Up on Calcium!

"How much calcium do I need?"

In 2010 the National Academy of Sciences issued new Recommended Dietary Allowances (RDAs) for calcium. The new RDAs recommend that:

- Older children (ages 9 to 18) consume 1,300 mg of calcium per day.
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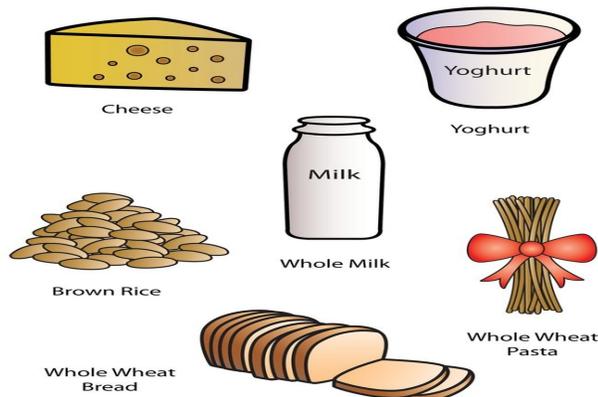
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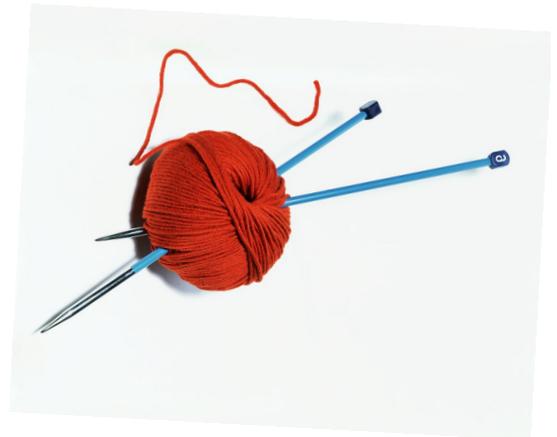
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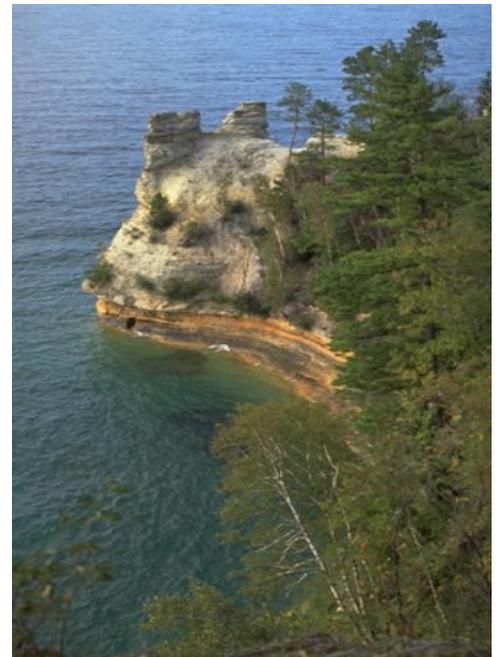
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September 3 12:30pm Craft Sale Meeting
 September 7 1:30pm Board Meeting
 September 14-16 WAHCE State Conference
 September 24 Sue Hendrickson Building Sustainable Communities TBA

June 1 TBA
 July 1-3 No meetings
 August No meetings

September 6 7 8 9 10 11 12
 Stevens Point
 September 13 14 15 16 17 18 19
 Stevens Point
 September 20 21 22 23 24 25 26
 Stevens Point

August 1-3 Fairgrounds
 August 4-6 HCE Booth
 August 7-10 HCE Booth
 August 11-13 HCE Booth
 August 14-16 Independence Day
 August 17-20 Independence Day
 August 21-23 Independence Day
 August 24-26 Independence Day
 August 27-29 Independence Day
 August 30-31 Independence Day

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DISPATCH



June/July/August 2015

Douglas County HCE Superior, WI

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Inserts:
Flag brochure
Preserving the Power of Plants

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 2015** issues will be the Hilltoppers. Contact the UW-Extension Office at 715-395-1363 before **August 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

It's June already! Not really, I'm writing this on a cold rainy day in mid-May. But it could be worse. Remember last year? Be thankful for this great area we live in.

Now, sit back and relax. Let the sun shine on your face and shoulders (covered by a sunscreen of course). Enjoy the lazy days coming.

I'll enjoy a break from the grandkids' school schedules in exchange for baseball, soccer, and summer school injected with lots of free time and fun. The grandkids are turning 3, 9 and 13 years old over the summer. A teenager, YIKES!

Our son and the two oldest grandkids still live with us and we babysit the youngest, two or three days a week. It gets to be quite a wild, noisy and crazily busy home, but I love it.

HCE slows down a bit for the summer too. Don't forget to send in your points for "On the Move, Program Surveys and Volunteer Hours by June 1 by phone, email or regular mail to me. Thanks.

Have a great summer,

Linda Williams,
 VP Programming and
 Community Outreach



HCE EXECUTIVE BOARD MEETING MINUTES**May 7, 2015 –Superior Public Library**

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

The meeting was opened at 12:45 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 reported on the Sunshine Fund

Dispatch: Due May 15th for June, July, August. Sue made a request that two months be shown on the back of the Dispatch. The current month and the upcoming month. This will aid in clubs planning for their meetings.

COMMITTEE REPORTS:VP Programming and Community Outreach:

Linda Williams reminded us of the volunteer hours that are due June 1st. Also, Program Surveys are due June 1st.

Cultural Arts: Mary Ann Gronquist – See Memo from the Board in the May Dispatch for details.

International: Christa Williams-Clements articles are very informative and interesting. We are still looking for a chair for the International Event.

Membership/Marketing: Sue Hendrickson is making an effort to get more publicity for HCE in the Superior Telegram.

Scholarship: Still looking for a chair.

WI Bookworms™ - Sue Hendrickson- Books will be delivered the 1st week of August. The WISline will provide reader training. More information to come.

Family Living Educator: Araceli Whitwam-Sell. Araceli was present at our meeting and we had a chance to learn more about her and her goals, during a little coffee break. She was hired as a 75% employee. She is looking forward to meeting people and establishing relationships, finding the needs of our community, learning more about our group and collaborating with HCE. We were all impressed with her dedication to her new job. We look forward to working with Ariceli.

UNFINISHED BUSINESS:

Craft Day: Craft Day was a very successful event. Details in the May Dispatch. Plans are to have another next year.

Edible Ornaments: Wentworth Gardens, May 28th 1:00 Plan to be there.

Spring District Meeting: Well attended and informative. Cheryl, Sue, Mary Ann, and Joyce attended

NEW BUSINESS:

Fair Booth: The Tri-State Fair will be held in late August, August 24 – 30. Town and Country will be staffing the HCE Booth on Friday, Aug. 28th and the Hilltoppers will staff the booth on Saturday, Aug. 30th .

State Conference: Sept. 14 – 16 Stevens Point, WI. Pool sessions will be "Raising a Thinking Child" and "Food Label Lingo".

Meeting closed with the HCE prayer at 2:25 p.m.

Minutes submitted for approval by Jo Mersnick



June is Dairy Month-Bone Up on Calcium!

"How much calcium do I need?"

In 2010 the National Academy of Sciences issued new Recommended Dietary Allowances (RDAs) for calcium. The new RDAs recommend that:

- Older children (ages 9 to 18) consume 1,300 mg of calcium per day.
- Most adults (ages 19 to 50) consume 1,000 mg of calcium per day.
- Older adults (women ages 51 and older and men 71 and older) consume 1,200 mg of calcium per day.

Most people are not getting enough calcium in their diets. Three out of four adult women fail to meet the current recommended daily intake for calcium.

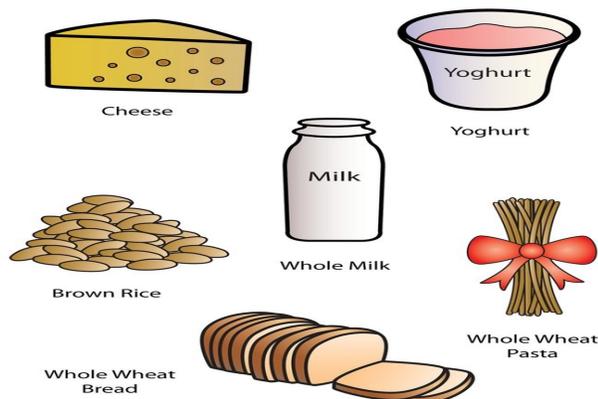
"What do those recommended intakes mean?" Try to get 2 to 3 servings of dairy daily or other calcium-rich foods a day. Dairy products contribute more than half of the calcium in the U.S. diet, but you can also find some calcium in many other foods such as broccoli, collards, and some brands of tofu (check the label).

Food	Amount of calcium per serving
1 cup non-fat yogurt	450 mg
1 cup milk (skim, 1%,2%,whole, buttermilk, chocolate)	300 mg
1/2 cup calcium-fortified orange juice	250 mg
1 ounce Swiss cheese	225 mg
1/2 cup tofu	50-800 mg (Some brands have more than others. Check labels.)
1/2 cup cooked collard greens	180 mg

"How about just taking a calcium supplement instead?" Getting your vitamins and minerals from foods ideal. Many calcium supplements are not fortified with vitamin D. Talk to your doctor, pharmacist or a dietitian to see if a calcium supplement or a calcium supplement with vitamin D is right for you.

"Should I take more than the recommended amount to be 'extra' healthy?" No. There is no benefit for healthy individuals to be consuming more than the recommended amounts of calcium. Excessive use of calcium supplements may raise your risk of developing kidney stones. The National Academy of Sciences has recommended a Tolerable Upper Intake Level of 2,500 mg calcium per day for adults ages 19-50. This is the maximum amount of calcium that is considered safe to consume on a daily basis.

Adapted from Getting Enough Calcium: Bone up on Calcium.
Author: Susan Nitzke, Ph.D., R.D., professor,
Nutritional Sciences.
University of Wisconsin-Madison and UW-Extension



Submitted by, Araceli Whitwam-Sell
Family Living Educator
University of Wisconsin Extension-Douglas County

HCE Donates to Wisconsin/Nicaragua Partners of the Americas Learning Centers

History: In 1979, two dynamic women had a vision. Rural Nicaraguan women were desperate for training to develop the skills that they would need to provide meaningful income while remaining in their communities to care for their families. In 1981, Ellen Maurer of Verona and Doña Angélica Pavón of Los Cedros, Nicaragua secured resources from Wisconsin and volunteer trainers from Nicaragua to form a sewing center in rural Los Cedros, a small community outside of Managua.

Since then, the Sewing Centers have broadened their focus and transitioned into Learning Centers. The training offered now encompasses a wide range of vocational skills such as baking, carpentry, cosmetology, small business management, etc. Participants begin by acquiring the skills necessary to provide them with a sense of dignity, independence, and purpose. They are then afforded the opportunity to utilize a micro-lending program to initiate a small business of their own. By building upon the unique skills of the individual members of the community, the community is shaped and fortified, thereby generating further aptitudes and resources.

Thousands of Nicaraguans have thus been mentored through the establishment of the Learning Centers. With each center being coordinated by local women, they are able to cater to the individual needs of each learning center's community.

Do You Have Donations for Nicaragua?

Knitting, crocheting and sewing equipment and supplies are being collected by Jeanette Rantala, HCE member, to bring to the Nicaragua Warehouse in Stevens Point at the end of June.

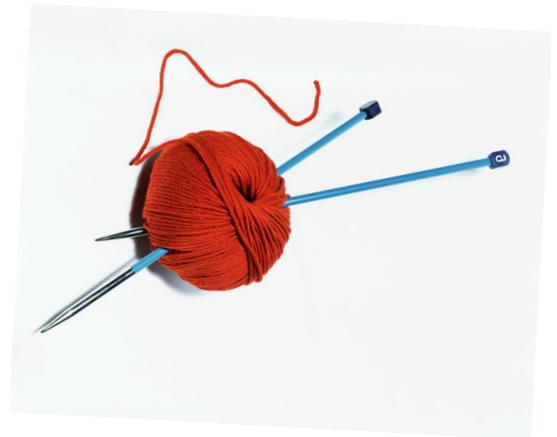
Please contact her at 715-375-2661 or by email: dirantala@centurytel.net before June 15th with questions or to make a donation. Pick up of donations can be arranged.

Suggested items:

- Fabric
- Sewing machine needles
- Sewing supplies and sewing machines
- Scissors
- Irons and ironing boards
- Knitting needles
- Yarn
- Buttons
- Lace
- Beads for jewelry making

Wisconsin/Nicaragua Partners of the Americas is a 501(c)3 non-profit organization.

Cash and in-kind donations are fully tax-deductible to the extent allowed by law.



Submitted by, Jeannette Rantala

CULTURAL ARTS

Thanks again to all who entered the Cultural Arts Contest. The list of winners to go to state are listed on page 1 of the May Dispatch. The winner of the People's Choice award was Jo Mersnick with her alcohol ink painting entitled, "Leaves and Lichen". Our judge was Kathy Lahti and she was kind enough to donate her time to judge for us. Many thanks to her for her generosity. Start working on next year's entries, ladies.

Mary Ann Gronquist
Cultural Arts Co-chair

County Hazardous Waste & Medication Collection Schedule 2015

Wednesday, June 24th, Brule Transfer Station, Solon Springs Solid Waste/Recycling, 11903 S Holly Lucius Rd.

Times 10:00-11:30 a.m. and 2:00-3:30 p.m. For more questions call 715-395-1293

Sue Hendrickson

HCE ANNUAL CRAFT SALE**SATURDAY, OCTOBER 10, 2015**

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

When: Saturday, October 10, 2015

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 which included an 8 foot table and folding chair.

Racks, shelving, etc. are allowed. Purchase additional spaces accordingly. *Handcrafted items only.* No kits, rummage, commercial/vendor sales, bake goods, garden produce, etc.

Sponsor: Douglas County HCE

Registration: By mail only. To receive more information and request a registration form call:

Linda Williams at 715-398-5394

Our Craft Sale is our only fundraiser which supports our Melinda Boswell Scholarship and four short-term scholarships available each year.

Submitted by, Linda Williams



FLAG DAY

Flag Day is on June 14th. The enclosed brochure in your Dispatch was graciously proved by Thomas Stein, VFW Post 1091. I contacted VFW Commander Gayle Carlson last week to see if he knew where we could obtain the flag etiquette brochure and he got on the phone and ordered enough for our Dispatch mailing, and his post is covering the costs involved. Many thanks to Commander Carlson and his post for their generosity. Please fly your flag proudly (and correctly) and remember to thank a vet for his or her service when you see one.

Submitted by,
Mary Ann Gronquist

MELINDA BOSWELL SCHOLARSHIP RECIPIENT CHOSEN

We recently received notice from WITC regarding the recipient of the Melinda Boswell Scholarship for the 2015 academic year is Jeff Linder, a WITC-Superior Heating, Ventilation and Air Conditioning/Refrigeration student. Congratulations Jeff!

Submitted by,
Linda Williams

RESIDENTIAL SAMPLES: HOW TO SUBMIT A SOIL SAMPLE:

- Make sure your sample bag has 1.5-2 cups of soil in it. Label the bag with your name, type of garden, and what is growing in it. Fill out the [Lawn and Garden Submission Form](http://douglas.uwex.edu/files/2010/05/Lawn-and-Garden-Submission-Form.pdf) <http://douglas.uwex.edu/files/2010/05/Lawn-and-Garden-Submission-Form.pdf>

We Mail:

1. Return sample and completed soils sheet to Courthouse Room 107 and we will ship for you. **\$20.00** (per sample) cash or check to "Douglas County Treasurer." **Credit cards not accepted.**

You Mail:

1. You can put the white bag or plastic lunch bag with soil into a regular envelope/box with a label attached to mail. Checkbook boxes work great! Enclose completed form. **\$15.00** (per sample). Enclose check payable to "Soil & Forage Analysis Laboratory." If you prefer, you can charge it to your credit card by filling out the payment information on the Lawn and Garden Submission Form.

Mail to: Soil & Forage Analysis Lab
2611 Yellowstone Dr
Marshfield, WI 54449

Once you receive the results, feel free to contact Jane Anklam, Agriculture/Horticulture Educator at 715-395-1515 or jane.anklam@ces.uwex.edu if you want help interpreting the results or for further information.

Submitted by, Cheryl –Editor

Get Ready for Lake Superior Day: July 19, 2015: Sue Hendrickson

In 2004, the Lake Superior Binational Forum restarted an annual day on the third Sunday of July to celebrate peoples' deep connections to the world's largest lake. The day originated in Thunder Bay and Duluth in 1993 and soon the Forum began promoting a basin wide (cause everything in the basin runs into the lake!) event to encourage any individual, group, business, church, industry, organization, and community to hold an event or activity that celebrates the value of the lake to our lives.

Since then, hundreds of events in many locations have been held including festivals, art shows, church services, educational activities, lectures, games, and other actions. Local events will be coming out of the Lake Superior National Estuarine Research Reserve Center (NERR) on Barker's Island. Watch the local papers for more information; or check out the following website for new materials and resources for Lake Superior Day at www.superiorforum.org and share them with your favorite organization.

You too can help save Lake Superior by keeping certain items out of the sewer system. **PLEASE DO NOT FLUSH**

THESE ITEMS:

Baby, facial, or cleaning wipes (even if labeled *flushable*)

Diapers

Rags and towels

Toys

Cigarette butts

Feminine hygiene products

Underwear and sox

Rubber items such as latex gloves

Kitty litter

Sponges

Dental Floss

Cotton balls or swabs

Facial tissue

Food, fats, oil, or grease

Food wrappers

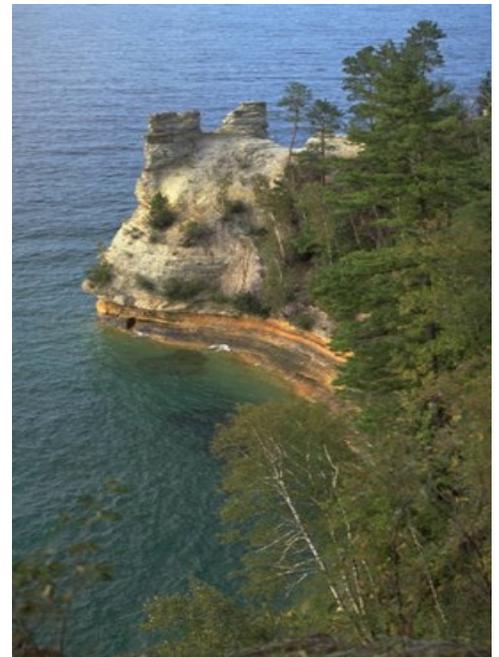
Clothing labels

Aquarium gravel

Medicines (bring to drop box at the Police Station)

Paints and stains

Other household hazardous waste (find places for these on the Recycling page of the Douglas County website: douglascountywi.org)



PUBLIC RELATIONS: In November we will be celebrating the 75th anniversary of Home and Community Education Clubs in Wisconsin! Members of 55 years or more are being sought for special recognition at the 2015 state conference. You? Someone you know? Give me a call and let's be part of this special observation! Thanks—Sue Hendrickson



Thanks to all who helped or participated in the incredible "Edible Ornaments" workshop. It was a great day of learning and fellowship. Thanks especially to Gary Kane of Wentworth Gardens for his interesting program...and the 10% off purchases that day!

Hilltoppers HCE

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

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