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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 February issue will be the **Merry Mates**. Contact the UW-Extension Office at 715-395-1363 before **November 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~

Well I turned around twice and it's end of the year. The year has gone so fast, but full of HCE's accomplishments. I am proud to be a member of HCE and hope that we can carry on and serve the community.

Most of you know that Sean, Jenna, and Addison are living with us while they build their house. The weather was not good for construction, so they will be here all winter, which Grandma Sherry thinks is good. We will have a "real" Christmas tree this year, which Sean guarantees me, it will not bring in plant bugs. I am typing at a computer table that is full of butterflies, cupcakes, tigers and elephants, because it is in Addi's room, and she has taken it over.

We are not having a January board meeting, so you might not get your Calendars until February, but we will look in to the possibility of getting them out earlier. We are meeting at the Guadalajara Mexican Restaurant at the Mariner Mall in February and everyone is invited to join us. It was number one on the choices for food. Please come. [The first Thursday of the month, you do not have to stay for the board meeting unless you choose to].

Next year we will be doing some of the same, Quilt-a-thon, Craft Day, and of course Craft Sale, but there be some new events.

I hope to see all of you at the Christmas event on December 12th. Call Diane [715-398-6560] and let her know you are coming. We will be working on buying Gift Cards for Seniors. There will be prizes, fun and good food at Dreamland Supper Club, at 6:00. You'll get a free prize ticket just for coming and another if you bring something for a food basket for a needy family.

Have a very Merry Christmas and a Happy New Year!

Cheryl McCuskey, President



Wisconsin/Nicaragua Partners of the Americas Program, 2017 Report

Thank you to the Douglas County HCE members who have so generously contributed knitting and sewing supplies in addition to sewing machines to the Wisconsin/Nicaragua Partners of the Americas. Don and Jeanette Rantala take a van load of the supplies to the Wisconsin warehouse in Stevens Point each year. They plan to go again in 2018. You may contribute at any time for this worthwhile project. All supplies are much appreciated. Contact Jeanette to make arrangements for pick-up of items.

Contributions for this summer’s trip to Stevens Point filled the van. Contributions included: 3 treadle sewing machines, 5 portable sewing machines and many totes of knitting, craft and sewing supplies and boxes of small quilts and small dresses. Thank you!

Jeanette Rantala,
HCE member



ANNUAL MEETING NOV. 2, 2017

Thank you to all who attended the Annual Meeting. The program “Coffee With a Cop” was so informative and very interesting. We learned a lot about our city and surrounding areas. One major change has been made for our 2018 Annual Meeting. We are changing the Annual Meeting to October. We needed to do this so that our paperwork can get to State by the State deadlines.

Also, a big thank you to our newly elected officers:

President – Cheryl McCuskey

Vice President – Jo Mersnick

Secretary – Linda Williams

Treasurer – Marge Keho

The Treasurer’s position is up for election next year.

As you can see, your Executive Board has agreed to serve HCE for another 2 years. Thank you to the Committee members for agreeing to serve another 2 years in their committees.

Your dedication to DCHCE is very appreciated.

Submitted by,
Jo Mersnick, VP

Pennies for Friendship

Have you ever wondered where your Pennies for Friendship go? Some it goes to W/NP (WI/Nicaragua Partners) for Nicaragua Learning Center. A \$100 donation can build a cinderblock stove for a neighborhood in Nicaragua, or sewing machines. HCE has donated \$2500.00 to NVON (National Volunteer Outreach Network) for Water Around the World and water filters.

Six students in Haiti are provided scholarships through Ventures in People, and two students are sponsored in Kenya. Through a grant from ACWW (Associated Country Women of the World), women and their families in 25 deprived rural villages in India will be trained in nutrition education, breastfeeding promotion, food safety, home gardening and sustainable cooking methods. Seed kits and seedling of species suitable for home gardening will be distributed to the beneficiaries, who will be encouraged to grow green vegetables and fruits for their families. Vitamins and de-worming tablets will be distributed. A Mongolian Greenhouse Project has been fully funded through CWC (Country Women of the World).

A silent auction at the recent State Conference raised \$2877.00, which also went towards these important causes. So give as generously as you can when your Pennies for Friendship container comes around at your meetings.

Sue Hendrickson has offered to provide a bin to be kept at the Extension Office for donations for Nicaragua. Some things suggested at the recent District meeting were fabric in larger pieces, 3 or 4 yards or more so the women can sew uniforms for students and clothing for themselves; sewing notions, hair supplies such as curling irons, curlers, brushes and combs, etc., pillow cases, cookie sheets, kitchen utensils; knitting needles, yarn. Also quiltlets, two layers, unlined, approximately 65” by 80” needed or twin size.

Submitted by,
Mary Ann Gronquist

FROM THE DESK OF SUE HENDRICKSON



The “Coffee with a Cop” program at the annual meeting in November was interesting, enlightening and informative. Officer Bonnie Beste and Assistant Police Chief Matt Markon discussed how they got into police work, what their jobs entail and what equipment they use on the job. Bonnie shared a demo of the 25# of equipment she wears each day (not the

pistol), and said that she found the “Coffee with a Cop” came from California, conversed with organizers there and Wisconsin became the second state in the nation to have it. After presenting on the “Coffee with a Cop” program at a national gathering of police personnel, it is now a nationwide program. The most important thing I took from the program was, never be afraid to call 911 if you suspect something illegal is going on. Officers would rather respond to an incident that results in nothing that to allow a crime to take place. So what is suspicious behavior? Read on: If you see suspicious persons--going door to door in a residential area; waiting in front of a house or business; forcing entrance to or tampering with a residence or vehicle; going into the back or side yard of a house; exhibiting unusual behavior or physical symptoms; carrying property; or in large numbers, going to and from a certain residence.

If you see suspicious vehicles—moving slowly, without lights or aimlessly and repeatedly; parked and occupied at unusual times and places; parked in front of closed business or unattended residences; abandoned vehicles; vehicles containing weapons; unusual property in a vehicle like TVs, stereos, auto parts, etc.; business transactions being conducted from vehicles; persons being forced into vehicles; or objects thrown from vehicles, especially at high speeds.

Also, suspicious accumulations of property, in homes, garages or storage areas, especially in good condition, not being used; property being removed from such storage areas; open or broken doors or windows in unoccupied buildings; or unusual noises—gunshots, screaming, sounds of a fight, breaking glass etc.

CALL THE POLICE (911)! IT COULD SAVE A LIFE, PREVENT AN INJURY OR STOP A CRIME!

Don't miss the Merry Little Book Sale at the library Nov. 29, Nov. 30 and Dec. 1. The Friends of the Library pick outstanding new and used items to sell and the proceeds go to support library programs. This is especially important as the library begins renovations (the first since the library opened in the new site), expenses for which have to come out of the library budget.

BE SAFE ALL YEAR LONG! The Red Cross has free smoke alarms and they will install for free! Call 218-722-0071 for more information

A THANK YOU FROM RSVP (Retired and Senior Volunteer Program) Many thanks to...DCHCE for the generous check you sent for Wisconsin Bookworms™. This program is so great and I am so proud to be a small part of it. The readers are awesome and so dedicated. Sincerely, Marge Smith, Program Coordinator.

A GIFT IDEA FOR CHRISTMAS



If you have little ones in your family, consider a book or two from the 2017-2018 Wisconsin Bookworms™ selections—they are chosen for quality and diversity!

Turtle Splash! Countdown at the Pond by Cathryn Falwell -- a counting book and nature tale that begins with "Ten timid turtles, lounging in a line." These Eastern Painted Turtles (identified at story's end), decrease in number with each turn of the page. Various creatures send them scuttling off their log for cover. Clues are tucked into the pages, identifying the next offender, encouraging young readers to make predictions. Collages of papers, birch bark and leaf prints make every spread come alive.

What Will the Weather Be Like Today? by Paul Rogers -- begins and ends with a journey through all four seasons with particular attention to the climate and its different occurrences. Animals and humans discuss, in rhyming verse, the possibilities of the day's weather. This book focuses on a variety of different ecosystems, including deserts, forests, grasslands, wetlands, oceans, and arctic tundras and the weather that makes each system unique. The illustrations that are done in a paper collage style.

Bear and Duck by Katy Hudson -- a story of friendship and acceptance, distinguished by humorous and affectionate illustrations. Bear longs to be a duck but discovers he's better at being a bear. Young readers will soon realize that the problem isn't that Bear is the wrong kind of animal — he just needs a friend. The watercolor and ink artwork and the narrative voice will engage young readers from the start.

The Biggest Snowman Ever by Steven Kroll-- Two little mice learn a big lesson about working together when they join forces to create The Biggest Snowman Ever in this wonderful winter story. This book centers around the idea of teamwork. It includes repetitive text and whimsical illustrations.

Mi Gato, Mi Perro / My Cat, My Dog by Katrina Streza-- Sworn enemies become staunch friends in this bilingual book. Reading this book is a great way to introduce a second language to young children, be they English- or Spanish-speakers.

Polar Bears by Kate Riggs -- an introduction to polar bears, covering their growth process, behaviors, their Arctic home, and defining features. It is filled with dynamic photographs and this book includes a glossary too. As introduction to informational text, Polar Bears will plant the seeds of knowledge!

The Shape of Things by Dayle Ann Dodds -- an introduction to the concept that shapes make up the world around us. Simple rhymes and bold illustrations help young readers learn to see and, eventually, to draw the world around them. The circle on the text page becomes a Ferris wheel; two triangles, a boat; a group of rectangles, a train. The book ends with a wonderful double-page landscape full of surprises — and shapes — for children to find. Potato-cut prints of shapes add a childlike touch to the cut-paper collage illustrations. After reading this picture book, curious kids will begin to see shapes everywhere in the world around them.

You Are Special, Daniel Tiger! by Angela C. Santomero -- helps children appreciate their uniqueness — and the uniqueness of others. Daniel's school is putting on a show, and everyone is performing their special talents: Daniel sings, Katerina dances, Prince Wednesday does magic tricks, and Miss Elaina puts on a puppet show. But what makes O the Owl special? Daniel helps O realize that he is special in his own way. **You Are Special, Daniel Tiger!** is inspired by the classic series Mister Rodgers' Neighborhood.

OR: Buy someone a gift membership in HCE! I have special forms; if you are interested, call me (715-398-7213). **Happy Holidays!**

Also, a thank you to DCHCE was printed in the **North Country Independent Living** newsletter for our prize donation of a quilt, and our presence at their Empowerment Expo in July.

THANK YOU:



The following thank you letter was received November 7th in response to our DCHCE annual Community Focus donation, CASDA (Center Against Sexual & Domestic Abuse, Inc.) was chosen as our 2017 Community Focus at our Annual Meeting:

“Dear Friends of CASDA:

On behalf of CASDA, I’d like to send my sincerest thanks to you for your recent donation on November 2nd, 2017. Without the help of our community, domestic violence, sexual assault and child abuse will continue to be a societal issue impacting our friends and neighbors. With your contribution of \$25.00, we are able to continue to provide emergency shelter as well as other supportive services to victims of abuse.

On behalf of the women, children and men seeking our services, we are sincerely thankful for the financial help you’ve provided.”

Sincerely, Kelly M Burger, Executive Director

SCHOLARSHIP NEWS:

Our annual Malinda Boswell Scholarship is awarded to a student in good standing and who has earned at least half of the credits required for completion of their degree.

This scholarship is awarded in the odd numbered years to WITC-Superior and UW-Superior in even numbered years. I recently received scholarship information from UWS with an update of their scholarship foundation statistics and thanks for our part in helping students achieve their goals. Here are some interesting statistics.

-Scholarship donors are 57% from alumni, 22% friends (like DCHCE), 7% faculty/staff/retirees, 4% parents and 2% students.

-Over \$802,000 was awarded in scholarships for the year July 1, 2016 – June 30, 2017.

-46% of UWS first-year class are first-generation college students.

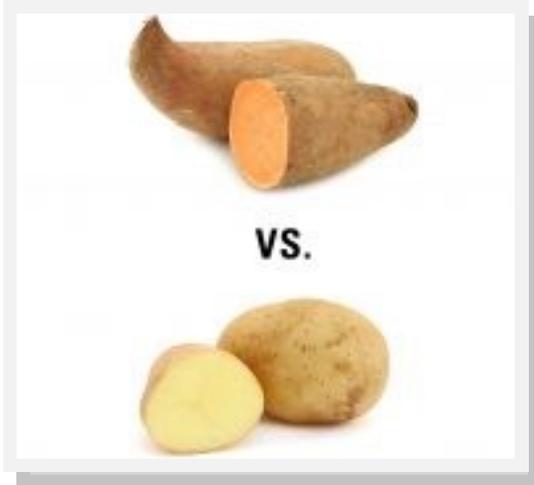
-International student enrollment makes up 10% of overall population and represent 48 countries.

-80% of undergraduate students receive some sort of financial aid, including grants, scholarship, loans, or on-campus jobs.



Linda Williams, Scholarship Chair

Which is better, sweet potatoes or white potatoes?



The honest answer is they are both delicious and nutritious. There is certainly room for all types of potatoes in a healthy diet. Potatoes of all kinds can be prepared simply and in a wide variety of ways. They both provide nutrients that are important for good health and they taste great when mixed together in recipes. Here is a snapshot of what white and sweet potatoes have to offer.

| | White Potatoes* | Sweet Potatoes* |
|---------------------------------|--|---|
| Calories | 130 | 180 |
| Fiber (if skin is eaten) | 3 grams | 7 grams |
| Protein | 3 grams | 4 grams |
| Carbohydrate | 30 grams | 41.4 grams |
| Fat | Less than 1 gram | Less than 1 gram |
| Sugar | 2 grams | 12 grams |
| Vitamins | 29% of your daily vitamin C needs | 65% of your daily vitamin C needs More than 100% of your daily vitamin A needs |
| Minerals | 21% of your daily Potassium needs 13% of your daily Manganese needs | 27% of your daily Potassium needs 50% of your daily Manganese needs |

*Information based on a one-cup serving including potato skin

Potatoes are delicious, nutritious and low cost. The healthiest potato recipes don't add a lot of fat and calories.

Here are a few from the website that we particularly enjoy.

[Healthy Hash Browns](#) – a healthy twist on an old favorite.

[Sweet Potato Fries](#) – this recipe works with sweet or white potatoes and tastes great when you mix the two together.

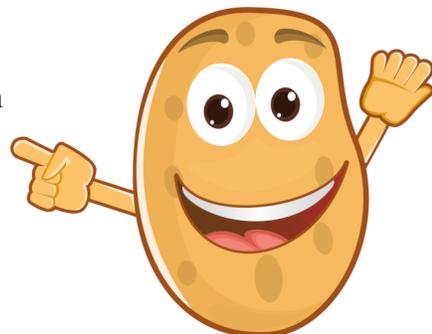
[Best Baked Potatoes](#) – this method works well for both sweet and white potatoes.

[Mashed Sweet Potatoes](#) – plan to include these on your holiday table.

Add some potatoes to your grocery list today!

Julie Montgomery,
FoodWise Coordinator

Submitted by, Sue Hendrickson



Iceland Christmas

Christmas in Iceland is very similar to Christmas in the United States because it is a time of family, food, exchange gifts and enjoying each other's company. Two major differences between Iceland Christmas and the United States, is Iceland celebrates on Christmas Eve. On Christmas Eve the family gets together and exchange presents. The following two days many people go to Christmas parties and spend time with family and friends. The stores in Iceland are closed from noon on Christmas Eve to December 27th. Before Christianity was introduced in Iceland, the country celebrated winter solstice, which is a time to celebrate the gradual lengthening of days. Christianity was adopted in the year 1000 in Iceland so the Iceland Christmas is celebrating the birth of Christ and the beginning of longer daylight hours.

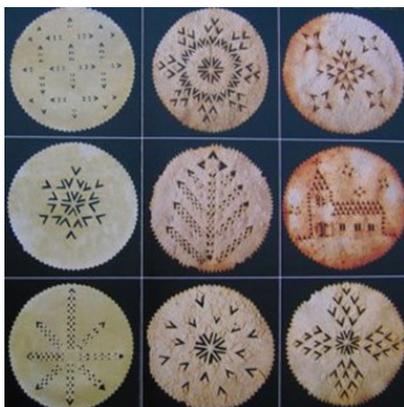
The Icelandic word for Christmas, Jol, is not a reference to Christ or the church but a Norse word for Yule. Icelanders celebrate Christmas on December 24 and celebrate 13 days of Christmas. The period starts December 24th and ends January 6th.

Since the stores are closed from noon December 24th to December 27th, hopefully everyone has planned accordingly for shopping, but if not the stores are open until late on December 23rd, which is the biggest shopping day of the year. People also celebrate the day before Christmas called Þorláksmessa by eating traditional skate which is a fish that is pickled and putrefied similar to the shark meat because of the skate enzymes can be harmful if consumed fresh. Skate is often served with boiled potatoes. The fish has a strong odor of ammonia from the pickling and putrefying so often people go out to eat this dish at restaurants so their houses do not smell.

Christmas decorations are similar to the ones in the United States. The most common decoration is the Christmas tree which are decorated with lights, garland and ornaments. Before pine trees were introduced in the 19th century many Christmas trees in Iceland were homemade. Original decorations on the trees were fruit – apples and oranges, garland made out of popcorn or cranberries and candles.



The advent light is another common decoration. In Iceland there are two different types of Advent lights, one is the Advent wreath which has four candles and the other is a triangle candelabra. The Advent wreath originated in Germany and was first seen in Iceland in the 1930s. Each candle represents each Sunday of Advent. The lights are often lit from the first Sunday of Advent until January 6th. Traditional Christmas Eve dinner consists of ham (hamborgarahryggur), smoked lamb (hangikjot) and ptarmigan (tjupa), which is a bird in the grouse family. The meat is often paired with potatoes, peas, beans, gravy, red cabbage, and jam. One crucial part of many Icelanders meal is risalamade, a cold rice pudding that originated in Denmark. Risalamade is made from rice boiled in milk and vanilla and after it is cooled cream and almonds are mixed in. It is often served as a dessert on Christmas Eve with cherries or applesauce. Leaf bread, a traditional food, is a leaf-thin bread, with patterns cut in them, deep fried and served often with smoked lamb, boiled potatoes, red cabbage and sweet béchamel sauce.



In United States, we have one Santa, but in Iceland they have 13 Santa's or also known as Yule Lads. They are descendants of trolls and are not related to Santa Claus. The original use of Yule Lads was to scare children, however they have become friendlier in the last century. Why 13 Yule Lads? The number was noted in a poem from the 18th century by Jon Arnason and each Yule Lad has a name. “Their current names are: Stekkjastaur (Sheepfold Stick), Giljagaur (Gilly Oaf), Stúfur (Shorty), Þvörusleikir (Spoon-licker), Pottasleikir (Pot-licker), Askasleikir (Bowl-licker), Hurðaskellir (Door-slammer), Skyrgámur (Skyr-glutton), Bjúgnakrækir (Sausage-pilfer), Gluggagægir (Peeper), Gáttapefur (Sniffer), Ketkrókur (Meat-hook) and Kertasníkir (Candle-begger).” (www.iceland.is) The Yule Lads live in the mountains with their parents, Gryla and Leppaluoí and they come to town one by one in the days before Christmas. The first one arrives December 12th and the last one comes December 23rd. They used to play tricks on people but now their main role is to give kids small gifts in their shoes. The kids leave their best shoe on their bedroom window sill and they get a small gift if they are good, if they have been naughty they may receive a rotten potato. The Yule lads are often dressed in red clothing, white beards and black boots.



Old Icelandic folklore states everyone gets one new piece of clothing for Christmas and anyone left out was to be eaten by a Christmas Cat. Every effort was made to make sure no one was eaten by the cat so people worked hard to make new pieces of clothing each Christmas. The folklore started around the 19th century aimed at lazy children.

The formal beginning of Christmas is when the Lutheran Cathedral in Reykjavik rings the church bells and this is broadcast nationally. People are supposed to embrace and wish each other a Merry Christmas. After the service it is time for dining. Christmas Eve and Christmas Day are a time to stay at home and spend time with family. The second day of Christmas – Boxing Day on December 26th is often when people venture out to town to visit friends, go out to have drink and eat at restaurants. New Year’s Eve is celebrated with food and fireworks. On December 24th or before New Years Eve, one tradition is to remember loved ones who have died when they go to the loved one’s grave and place lights or candles on them to show they are remembered and missed. The last day of Christmas is January 6th known as Prettandinn where life goes back to normal, kids are going back to school and often families have dinner to say farewell to Christmas.



Submitted by: Christa Williams-Clements

<http://www.iceland.is/the-big-picture/people-society/traditions>

<http://www.iceland.is/iceland-abroad/us/wdc/education-and-culture/curiosities/christmas-in-iceland>

<http://icelandreview.com/stuff/multimedia/2010/12/20/making-laufabraud-icelandic-christmas-bread>

<https://whydoyouatthat.wordpress.com/2011/12/01/day-1-laufabraud/>

<http://www.icelandnaturally.com/article/icelandic-christmas-traditions>

