



DISPATCH



MAY 2018

Douglas County HCE Superior, WI

INSIDE THIS ISSUE:

Memo from the Board 1

Non-discrimination,
Civil Rights & Mission 1

Dispatch Assembly
NEW instructions 1

Meeting Minutes 2

From the Desk of
Sue Hendrickson 3

Scholarships 3

Calendar 4

Insert:
Health Style Survey
DCHCE Program Planning
Survey for 2019



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NEW

DISPATCH ASSEMBLY

Monthly dispatch assembly for the all issues
will be the **Cheryl** at the **Extension Office**
until further notice. I am able to fold, tape,
mail, etc. for the time being.:)

Please send articles to:
Cheryl Shockley
UW-Extension Office
1313 Belknap Street, Room 107
715-395-1363 or email me at:
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

*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.*

Memo from the Board~

Be an Epicurean Crasher

How long has it been since
you've been to Connor's Point?
Let's not keep this a secret.
This is your chance to tour the
eco-friendly Epicurean outlet
and check-out the repurposed
quality kitchen utensils, cutting
boards, etc.

Join us to tour the Epicurean
showroom on May 3rd at 11am
at 7B Main Street, Superior, Wi.
Then on to Fuller's Family
Restaurant for lunch before the
12:30pm board meeting.

Marion Bradley



HCE EXECUTIVE BOARD MEETING MINUTES

April 8, 2018, 1:30 p.m. at Fuller's Restaurant

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

The meeting opened at 1:52 p.m. by President Cheryl McCuskey. The HCE Creed was read.

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

Correspondence: None

Treasurer's Report - Cheryl reported a payment for Quilt-a-thon. Linda Williams agreed to fill the Treasurer's position completing Marge Keho's term through 2018. Jo Mersnick volunteered to take over the Secretary's position through the same time period.

Sunshine: Cheryl McCuskey. No report for March.

Dispatch: Due April 15, 2018 for April issue. Marion Bradley will write the Board memo. Mary Ann Gronquist will write the memo for the June/July/August Dispatch.

COMMITTEE REPORTS:

VP Programming and Community Outreach: Jo Mersnick – Program Planning for 2019 met prior to today's Board meeting. A survey of suggestions for next year programming will be in the May Dispatch. By Laws will be reviewed at the May meeting.

Cultural Arts: Mary Ann Gronquist – Cultural Arts display and judging will be at Craft Day, April 28th. Judge is Kathy Lahti.

International: Christa Williams-Clements — Members expressed appreciation for articles written. A brief discussion on the decorations for the November event.

Scholarship: Linda Williams – No news.

Membership/Marketing: Sue H – Plans to send a letter to the editor of Telegram thanking community, businesses, sponsors for their support.

WI Bookworms™: Sue H. — Reported that the

™ (trademark) symbol is no longer needed on the WI Bookworms wording. Participating in the WISLINE in May.

Family Living Educator: Sue H. –Two applicants received for the position.

UNFINISHED BUSINESS:

Quilt-a-thon: The March Quilt-a-thon went well. One hundred quilts were bagged and 90 incubator quilts completed. Some of these were completed by members in their homes and brought to the Quilt-a-thon. The opaque quilt storage bins have been replaced by clear bins for ease in viewing. The old bins donated to Nicaragua project. Thank you notes sent to all donors, businesses, etc. Mary Ann reported that there is a collection of upholstery sample fabric available for HCE's use. Sue will contact Nicaragua Partners if they may have a need for the fabrics.

Craft Day: April 28, Mission Covenant Church, Poplar. Class registration/info in April Dispatch with deadline April 13. Quilts will be available to be tied during the day. Quilt raffle drawing will be held. Town and Country finalizing lunch and registration plans.

NEW BUSINESS:

May Tour – Epicurean, local manufacturer of kitchen cutting boards and utensils was suggested. Marion Bradley will contact and set up date/time.

Closed with HCE prayer at 2:51 p.m.
Submitted for approval by Linda Williams, Secretary

NOTICE:

**I will be out of the office
May 4-11th helping with
my Mother. She just
turned 90 in January! The
office is still open and
others may be able to help
with questions.**

Cheryl Shockley-Editor



FROM THE DESK OF SUE HENDRICKSON MEMBERSHIP

PRESIDENTS: Do you have a Membership packet in your possession for your next new member? If not, contact Sue (715-398-7213). **DID YOU EVER THINK** of giving a membership in HCE for a gift for a birthday, anniversary, Mother's Day, etc.? Gift certificates are available from the Treasurer.

QUILTATHON WRAPUP

Finished quilts keep rolling in...and special thanks to Monica Tikkanen, Superior, who donated two large children's quilts! We appreciate all those who think of others. Hilltoppers will be bagging quilts for donation end of May. We'll have a final count in the next Dispatch!

The board agreed to donate a quilt to North Country Independent Living again for a fund-raiser for them. They have many support programs for the disabled in our community. Thank you, Executive Board...and Marge Keho who crafted the quilt. Because of our donation, we will be able to sell tickets at their Expo in July at the Mall and give out our membership information.

CELEBRATE LAKE SUPERIOR DAY JULY 15

Lake Superior Day is always the third Sunday in July; it was started in the early 1990s by a group of Thunder Bay residents who sought to celebrate the body of water that dominates and defines our region. Other organizations and communities followed with festivities of their own, some of which span the entire weekend, and created Lake Superior Day(s) – which might be appropriate for such a large Lake. Watch local media for events to celebrate this wonderful asset in our back yard!

Did you know Lake Superior is the largest of the Great Lakes of North America? The lake is shared by the Canadian province of Ontario to the north, the U.S. state of Minnesota to the west, and Wisconsin and the Upper Peninsula of Michigan to the south.

Area: 31,700 mi²

Catchment area: 49,300 mi² (the area from which rainfall flows into a river, lake, or reservoir)

Max. depth: 1,333 ft (406 m)

Fish: Burbot, [Coregonus hoyi](#), [Trout](#), [Northern pike](#), [Walleye and more](#)



DID YOU KNOW?

Julia Ward Howe was an American poet and author, best known for writing The Battle Hymn of the Republic. She was also an advocate for abolitionism and was a social activist, particularly for women's suffrage. In 1870 she wrote a proclamation that became the



foundation of Mother's Day: Arise then, all women who have hearts! Whether your baptism be of water or of tears! Say firmly: "We will not have questions answered by irrelevant agencies. Our husbands will not come to us, reeking with carnage, for caresses and applause. Our sons

shall not be taken from us to unlearn all that we have been able to teach them of charity, mercy and patience. We, the women of one country, will be too tender of those of another country to allow our sons to be trained to injure theirs." From the bosom of a devastated Earth a voice goes up with our own. It says: "Disarm! Disarm! The sword of murder is not the balance of justice." Blood does not wipe out dishonor, nor violence indicate possession.

As men have often forsaken the plough and the anvil at the summons of war, let women now leave all that may be left of home for a great and earnest day of counsel. Let them meet first as women, to bewail and commemorate the dead. Let them solemnly take counsel with each other as to the means whereby the great human family can live in peace...each bearing after his own time the sacred impress, not of Caesar, but of God. In the name of womanhood and humanity, I earnestly ask that a general congress of women, without limit of nationality, may be appointed and held at someplace deemed most convenient and at the earliest period consistent with its objects: to promote the alliance of the different nationalities, the amicable settlement of international question, and the great and general interests of peace.

HEALTH NOTE: BREAST CANCER

As we all know, mammograms along with breast exams are the first line of defense to detect breast cancer. However, there are new guidelines that recommend that we work with health care professionals to identify if we are at a higher risk for breast cancer and need to consider other tests such as ultrasound or MRI. The first step is a simple to fill out risk tool at

<https://www.cancer.gov/bcrisktool>. I did it, and it is easy to apply. It calculates risk, and if that number is over 15% we are asked to contact our doctor for further options.

Contact your doctor if you would like to access but do not have a computer. Submitted by, Sue Hendrickson

SCHOLARSHIPS 2018

Short-Term Scholarships: Available to any Douglas County HCE member who wishes to further their education and is also available to a DCHCE member attending the State Conference for the first time.

Contact Linda Williams, Scholarship Chair, for further information and applications

Malinda Boswell Scholarship 2018 will be awarded to a deserving student at UW-Superior. This Scholarship of \$500.00 will be helping that person further their education. We are proud to be able to continue this endeavor.

State HCE Scholarships: Available to members of WAHCE. Information and applications are available on-line at www.wahce.org. Two scholarships available both have deadlines in June 2018. Check it out!

Submitted by, Linda Williams

TAPE

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

June 2018							
S	M	T	W	T	F	S	
					1	2	
3	4	5	6	7	8	9	
10	11	12	13	14	15	16	
17	18	19	20	21	22	23	
24	25	26	27	28	29	30	



May 2018						
S	M	T	W	T	F	S
			1	2	3	4
			7	8	9	10
+6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

Page 4

REMINDER: HCE Healthy Lifestyle Survey (formerly On the Move...)

Please reply to this five question survey starting February 18 to May 12, 2018.

Name (optional)_____

County _____, Wisconsin

1. Which activities do you usually participate in weekly? Check all that apply.

_____ walking _____ hiking _____ running _____ dancing
_____ bowling _____ biking _____ spinning _____ rowing
_____ swimming _____ skiing _____ tennis _____ exercise DVD
_____ Tai Chi _____ yoga _____ Strong Bones class
_____ Other (please list)_____

2. How many times a week are you usually active for ½ hour or more?

_____ 5 or more _____ 3 or 4 _____ 1 or 2 _____ zero

3. Do you exercise alone or with a group? Explain_____

4. How many ½ cup servings of fruits or vegetables do you usually eat daily?

_____ 8 or more _____ 5-7 _____ 1-4 _____ zero

5. How much of your diet is raised, grown or made within 100 miles of you?

____ Most ____ About half ____ Some ____ Very little ____ Unsure

Send to Linda Williams, Douglas County HCE. **By June 1st.**

I need to report to State by June 15th.

Thanks! Linda Williams



DCHCE PROGRAM PLANNING SURVEY FOR 2019 – PLEASE RETURN BY “JUNE 1ST”

EDUCATION/HISTORY: *Please choose three:*

- ☐ ESSENTIAL/ALTERNATIVE OILS – Discover how oils can transform the way you manage your health
- ☐ LOCAL AUTHOR’S VISIT
- ☐ HISTORY OF THE HANDKERCHIEF – The poet Catullus wrote about a stolen handkerchief in 77 B.C.
- ☐ KITCHEN GADGETS OF YESTERYEAR
- ☐ REFLEXOLOGY – Learn the theory behind applied pressure to areas on the foot, hands, and ears.
- ☐ WHAT’S NEW IN THE GREENHOUSE THIS SEASON?
- ☐ WHAT’S WITH THAT SPOT? (SKIN CARE)
- ☐ Other _____

ARTS AND CRAFTS - CRAFT DAY IDEAS *please choose one*

- ☐ BIRCH BARK CRAFTS
- ☐ BARN BOARD SIGN
- ☐ STYLISH WAYS TO TIE A SCARF
- ☐ SPRING WREATH
- ☐ QUILTED CARD (paper patchwork – no sew)
- ☐ Other _____

FOOD AND NUTRITION: *please choose one*

- ☐ SPUD SPECTACULAR
- ☐ GIFTS FROM YOUR KITCHEN
- ☐ Other _____

TOURS & FUN DAY: *please choose one*

- ☐ EARTH RIDER BREWERY
- ☐ DOUGLAS COUNTY HISTORICAL SOCIETY
- ☐ Other _____

INTERNATIONAL STUDY:

- ☐ NICARAGUA
- ☐ KOREA
- ☐ TRINIDAD
- ☐ CUBA
- ☐ Other _____

Please return survey to: Jo Mersnick, 5219 S. Stone Rd, South Range, WI 548874 by June 1st.