



# DISPATCH



**JUNE, JULY & AUGUST 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  
**Thank you!** 2

**Northland Independent Living Health Expo** 3  
**Annual Craft Sale** 3  
**Short-term Scholarship** 3  
**New Treasurer** 3  
**Dues Changes** 3  
**Nicaragua Donations** 3  
**Head of the Lakes Fair** 3

**From the Desk of Sue Hendrickson** 4  
**Welcome Tracy H.** 4

**International: Iceland** 5

**International Migratory Bird Day Celebration** 6

**Soil & Gardening** 7

**Calendar** 8

**Insert: Learning Center**



## **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.*

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## **Memo from the Board~**

Another successful Cultural Arts Contest was held on April 28th during Craft Day at Mission Covenant Church. There were 20 entries, with 12 entries chosen to go to the State Conference by Judge Lena McGee.

The articles going to State are a photo album and a set of 6 greeting cards by Donna Tollefson; a set of wooden handled sewing accessories and a quilted table runner by Marg Kehoe; an Uncle Sam doll and a pieced, tied quilt by Pat Wermter; a crocheted doll by Marion Bradley; an acrylic painting, an alcohol ink painting on glass, and a photo by Donna Bergsten; a painting (water color) by Mary Becklund; and a poem "That Darn Cat", by Sue Hendrickson. Congratulations to all and thanks to all who entered. They were all good quality items. Pat Wermter's Uncle Sam doll won the People's Choice ribbon.

Thanks to Bonnie Gronquist for helping in Donna Tollefson's place. I hope everyone enjoyed the day. There were some great choices of crafts. Thanks to the instructors for sharing their expertise with us. Enjoy the spring weather (if it ever decides to stay) and start thinking of what you will enter next year.

Mary Ann  
 Gronquist,  
 Cultural Arts  
 Co-chair



## HCE EXECUTIVE BOARD MEETING May 3, 2018 – Fuller's Restaurant

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

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

Secretary's Report: Jo Mersnick- The Secretary's Report was approved and placed on file.

Correspondence: none

Treasurer's Report: Linda Williams - Placed on file for review.

Sunshine: Cheryl McCuskey reported on the Sunshine Fund. Mary Ann Gronquist was the winner of the Sunshine Raffle. Cheryl Shockley received a gift for Administrative Assistant Day.

Dispatch: Due May 15 for June, July, and August

### COMMITTEE REPORTS:

VP Programming and Community Outreach: Jo Mersnick Members are reminded to complete the Program Survey and return it to Jo Mersnick by June 1st. 5219 S Stone Rd. South Range, WI 54874. The By-Laws and Guidelines were reviewed and a few changes were made. Linda Williams will post the changes in the Dispatch.

Cultural Arts: Mary Ann Gronquist reported that there were 20 entries in the Cultural Arts Competition and 12 will be going on to the State competition.

International: The Executive Board is working on the International Iceland Event to be held November 8th 1:00 p.m. at the Superior Public Library .

Membership/Marketing: Sue Hendrickson - Continue to invite potential members.

Scholarship: Linda Williams No report

WI Bookworms™: - Sue Hendrickson - We are looking for new readers for the fall.

Family Living Educator: This office will soon be filled and the title of the position will be changed.

### UNFINISHED BUSINESS:

Craft Day: Craft Day was a big success. The lunch was delicious. Thank you to Town and Country, and Donna Bergsten.

### NEW BUSINESS:

Upcoming Event – the Hilltoppers will be selling raffle tickets at the Expo being held at the Mariner Retail and Business Center in July.

Head of the Lake Fair – Raffle tickets will be sold on Fri. 12 – 4 by Town and Country and on Sat. 12 - 4 by the Hilltoppers in the 4 H building.

Next meeting: Thursday, September 6, 12:30 Craft Sale Meeting, 1:30 Board Meeting, at the Superior Public Library. If for some reason the Library is not yet available, members will be advised.

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

Minutes submitted for approval by Jo Mersnick

Thank you all for the beautiful orchid this year it is still blooming along with my collection of 6 other ones I have; they are so pretty. I love orchids!!!

Thank you again!!!!

Cheryl Shockley  
Dispatch editor



## Northland Independent Living Health Expo

Please join us at the Northland Independent Living Health Expo Thursday, July 26, from 11am-4pm at Mariner Mall (and Business Center). There will be food and entertainment and our HCE table selling raffle tickets, working on quilts and giving out children's books. We donate a quilt to their auction so they give us a spot. No charge. Good PR!

Sue Hendrickson

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## ANNUAL CRAFT SALE

**SATURDAY, OCTOBER 13, 2018**

Head of the Lakes Fairgrounds, 4700 Tower Ave., Superior, WI. 9:00 a.m. - 3:00 p.m.

\$25.00 per 6 foot by 10 foot space, includes an 8 foot table and folding chair.

Racks or shelves are allowed within the space.

Purchase additional spaces accordingly.

Handcrafted items only, no vendors, commercial, kits, bake goods, garden produce, etc.

This annual sale is our only fundraiser which supports our Melinda Boswell Scholarship for a student at UW-Superior or WITC and four short-term scholarships available each year.

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

## SHORT-TERM SCHOLARSHIPS AVAILABLE

Douglas County offers four short-term Scholarships annually to any DCHCE member. A first-time State Conference attendee would qualify for one of these scholarships or if you are taking a continuing education class, please consider applying. Contact Linda Williams, Scholarship Chair for application.

## NEW TREASURER

Hi everyone! As of April 2018 I am the new treasurer for Douglas County taking over the position from outgoing treasurer, Marge Keho. Thank you, Marge, for all your time and great work as our treasurer.

Linda Williams, 1801 E. 5<sup>th</sup> St., Superior, WI 54880  
Phone: 715-398-5394

## NOTICE TO CLUB MEMBERS AND TREASURERS

**Dues date change:** Annual dues and Pennies for Friendship are due September 30, 2018. This earlier date will help our county meet the state WAHCE's due date of November 1<sup>st</sup>. Please collect dues at your September meeting and send them with a current membership list to the treasurer.

## Nicaragua Donations

Donations are welcome for shipment to Nicaragua soon. The enclosed flyer has ideas of the types of items needed.

Thanks to Jeanette and Don Rantala for delivering them to Stevens Point for shipment. Jeanette and Don have volunteered at a Learning Center in Nicaragua in the past. Bring any items you wish to donate to the Extension Office or call Jeanette Rantala directly for more information at **608-713-5160**.

Mary Ann Gronquist Cultural Arts

## Head of the Lakes Fair:

Come help us fill the display cases at the county fair! Many people forget that adults can enter items in Open Class. Do you collect something? Have some cool antiques around the house? Like to garden, build, paint, or take photographs? **ALL OF THESE ITEMS CAN BE FAIR ENTRIES?** Every item you enter will receive a premium of \$1, \$2 or \$3 depending on how well it scores with the judges. The Head of the lakes Fair is **July 10-16** and you can sign up in June. For more details go to [www.headofthelakesfair.com](http://www.headofthelakesfair.com)



## FROM THE DESK OF SUE HENDRICKSON, MEMBERSHIP/MARKETING



## QUILTATHON UPDATE

Jane Anklam's husband Jim won the quilt. Jane is the Extension Ag Agent for Douglas County and an independent member. She is very supportive and helpful with HCE programming. Congrats, Jim!

The Hilltoppers measured and packaged 96 children's quilts and 69 incubator-sized at a recent meeting! They will be distributed over the summer.

There are several quilts still out being finished and there will be some worked on at the table at the Head of the Lakes Fair in Superior in the 4H Building. **The Fair is scheduled for July 10-15.** Town and Country will staff the table from noon till 4 pm Friday, and Hilltoppers will be there noon-4pm Saturday. Please stop in and say hello. Raffle tickets will be available for the new wildlife quilt designed and constructed by Marg Keho, Hilltoppers. **Thanks, Marg!** Call Sue (715-398-7213) if you would be willing to sit at the table for either of the time slots. Entry is usually free before noon for workers.

## EPICUREAN TOUR

The tour at Epicurean down on Conner's Point in May was so interesting. Our guide, Sharon Scheidel, was gracious and happy to have us. We saw their offices and breakroom with Loll furniture (see below), as well as the warehouse, production floor (see photo), distribution area and shipping department. We enjoyed shopping in the outlet afterwards too! (Open to the public: call for 218-336-8556 hours.) We are lucky to have such an energy conscious business in our community.

In 1997 two partners created TrueRide, a manufacturer of municipal skate parks. The company owners began using the excess material, which was very expensive, to make other items – cutting boards and Adirondack chairs. They were so successful that the partners split into two companies, and Epicurean and Loll were born. Both businesses soon became the owners' primary focus, leading them to sell TrueRide in 2007 and concentrate on growth in the houseware and furniture industry.

Based in Duluth, the manufacturers soon ran out of space. Epicurean moved to Superior and Loll (short for lollygagging) remains in Duluth. Loll Designs is a designer and manufacturer of durable, all-weather, outdoor furniture and accessories. All products are made from a high-density polyethylene (HDPE) material that is 100% recycled and recyclable, with approximately 8 milk jugs



reclaimed per pound. Known for modern and clean designs, Loll offers over 150 unique products in ten different colors.

Epicurean's signature wood composite cutting boards and kitchen tools continue to meet the highest standards of chefs and cooks worldwide with over a decade of proven quality and durability. Products are sold across all 50 states (at Bed, Bath and Beyond and William Sonoma for example) and international distribution reaches over 45 countries. In 2015, Epicurean partnered with Victorinox Swiss Army (knives) and in 2017 moved its headquarters from Duluth to this facility in Superior.

Giving back to the people who support them and promoting healthy communities are fundamental values of the two businesses. Initiatives include an annual Tree

Planting and Creek Cleaning event, promoting Bike/Run/Walk to Work programs and supporting local organizations through product donations and Loll's 1% for the Planet Program. Find more information at [www.epicureanusa.com](http://www.epicureanusa.com) or [www.lolldesigns.com](http://www.lolldesigns.com).

**Give A Warm Welcome** to the new Human Development & Relationships Educator, Tracy Henegar. Tracy starts her first day with UW-Extension on Monday, June 4th. Stop in and stay hello if you're passing though.

## ICELAND – FESTIVALS

Iceland holds numerous festivals annually and biennially which range from small local festivals, such as we have here in our own communities, to large multi-day festivals.

### Reykjavik Arts Festival [www.iceland.is](http://www.iceland.is)

This biennial festival runs June 1-17, 2018 celebrating arts of all types from dance, theatre, drama, sculpture, photography, painting, opera, rap, mariachi, choral, orchestral, soloists, children and family programs, printmaking, bookmaking, and the list goes on. The festival is spread throughout the city of Reykjavik's many theatres, concert halls, outdoor venues and window displays. Many are free of charge. Artists world-wide are invited to perform, display, and demonstrate their arts.

In researching the online site for this information, the program schedule was available to view page-by-page describing the festival history, planning, photos and descriptions of some of the artists as well as a day-by-day schedule. It was fun in turning the pages to read of the different types of arts. One guest artist this year is Duluth's own Gaelynn Lin who will perform her violin music. Gaelynn travels the United States and internationally. Another name recognized is Bill Murray, comedian and film star.



The Harpa Concert Hall and Conference Center in Reykjavik. Glass façade's play of light represents the idea of a glacier. Designer Olafur Eliasson

### Iceland Film Festival

This festival features independent film makers from over 40 countries. Also biennial, the films are a wide-range of subjects in drama, non-fiction, children and family films.

### Landsmot [www.landsmot.is](http://www.landsmot.is)

National Icelandic Horse Competition is the largest outdoor sporting event in Iceland. It began in 1950 and is now a biennial festival. This week-long competition includes a family Country Festival with campsites, markets, playgrounds, entertainment and foods.

The Icelandic Horse is a small breed originated in Scandinavia and imported to Iceland in the 9th century. It died out in Europe and has thrived in Iceland's isolation for over 1100 years. A small, spirited horse of 52-56 inches in height and 730-840 pounds is sure-footed, long-lived and hearty with few diseases in Iceland. The Icelandic, as they are called, are popular internationally. Because of this Icelandic law prevents importing horses from other countries and exported animals cannot return.



The competition draws thousands over the week. The horses and riders compete in five gaits: tolt, trot, walk, gallop and Pace. Riders compete for the highlight of the Festival –the Landsmot Tolt Champion title.

### Winner of Landsmot Tolt Championship

Submitted by Linda Williams

# International Migratory Bird Day Celebration 2018



**Saturday, June 2nd**

Explore the habitats of the Superior Municipal Forest with local experts, followed by a presentation by key note speaker Kim Grveles



Rose Breasted Grosbeak

## Schedule of Events:

**7 a.m.** – Meet at **28th St Trail Head** and Hike through **Superior Municipal Forest** along **Millennium Trail**

-discussions with local birding expert

-Complete trail at **Woodstock Bay** and shuttle back to trail head

**11 a.m.** – **Lake Superior National Estuarine Research Reserve ( 14 Marina Dr, Superior)** Lunch break with “**Helping Migratory Birds in our Backyards**” presentation by Kim Grveles, coordinator of the Wisconsin Stopover Initiative

**12:30 -1 p.m.**– Questions and wrap up

\*Those not interested in, or unable to attend the hike may also RSVP for just the presentation



**Limited Spaces Available! Call Superior Parks & Recreation at 715-395-7270 to reserve your spot RSVP by May 25th**



**\*NOTE: If joining on the hike be prepared for moderate physical activity & exposure to weather elements**



# Soil and Gardening Health Information

## Husky Superior Refinery Fire

### Smoke and ash from fires travel far distances and contain a mixture of chemicals.

Smoke and ash from fires can travel some distance and be deposited on property including your houses, vehicles, outdoor furniture, and garden areas.

Smoke and ash, from any source, contain many different chemical compounds produced by combustion, and can be unhealthy to breathe. Although a petroleum or asphalt fire produces thick black smoke, the chemicals in that smoke are very similar to those found in wood smoke and vehicle exhaust. The precise mixture of chemicals depends upon the fuel source and how hot and fast the fuel burned.

Although it is unhealthy to breathe the compounds in smoke, the potential for harm is much less once these compounds are in soil. The compounds from smoke are commonly found on the ground, even in rural areas. These have been left over many decades from forest fires, vehicle exhaust, and industry.

### Community inspections have not found soot deposits.

The U.S. EPA and consultants for the refinery have been continuously performing community field inspections, at many locations, along with air monitoring. To date, they have not found visual soot deposits to indicate any soil concerns. If you notice small amounts of soot and ash on your property, it can be safely washed from surfaces using normal cleaning methods.

### Wash and care for garden vegetables.

Sooty compounds in soil will not normally be taken up into plants, but can adhere to the outside of root crops.<sup>2</sup> Follow good gardening practices to reduce your contact with these and other compounds from your yard:<sup>3</sup>

- Wash your hands after working in the yard
- Wash fruits and vegetables to remove soil and dust
- Peel root crops such as potatoes, carrots, and radishes to remove garden soil before eating

### Chemical Corner

The soot in smoke is mostly a large class of chemicals called polycyclic aromatic hydrocarbons (PAH); a number of these chemicals are known to cause cancer.<sup>1</sup>

We are all exposed to PAHs in everyday life. Most of our exposure comes from eating grilled foods, from breathing vehicle exhaust.

Burning fossil fuels also produce PAH compounds that settle to the ground over time. Breathing air, touching soil where PAHs were deposited, or tobacco use or smoky occupations are other sources of PAH exposure.

**YES, YOU CAN GARDEN!!**  
**JANE ANKLAM**

<sup>1</sup> ATSDR. ToxFAQs for Polycyclic Aromatic Hydrocarbons (PAHs). [www.atsdr.cdc.gov/toxfaqs/tf.asp?id=121&tid=25](http://www.atsdr.cdc.gov/toxfaqs/tf.asp?id=121&tid=25)

<sup>2</sup> ATSDR. 1995. Toxicological Profile for Polycyclic Aromatic Hydrocarbons. U.S. Department of Health and Human Services. Public Health Service Agency for Toxic Substances and Disease Registry.

<sup>3</sup> UW-Extension. Soil Contaminants in Community Gardens. <https://learningstore.uwex.edu/Assets/pdfs/A3905-03.pdf>



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

TAPE

TAPE

May 28th

June, July & August

July 26

July 10-16

Courthouse closed


No meetings

Northland Independent Living Health Expo

Mariner Mall and Business Center

Head of the lakes Fair

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



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

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