



DISPATCH



May 2014

Douglas County HCE Superior, WI 54880

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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.*

Happy Mother's Day!

DISPATCH ASSEMBLY

Dispatch assembly for the June/July/August 2014 issue will be the Merry Mates. Contact the UW-Extension Office at 715-395-1363 before **May 20th** to arrange the date and time for assembly.

Contact:
Cheryl Shockley at
the UW-Extension Office at
715-395-1363
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
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:

A beautiful spring day greeted us for Craft Day and the Cultural Arts Contest after one of our frequent spring snowstorms. We had 17 entries in the Cultural Arts Contest, with 11 blue ribbons won and 6 red ribbons (second place) awarded. Chosen to go to State Conference were: a flying geese quilt by Marge Keho; a poem (Haiku) by Sue Hendrickson; a quilt and a wall hanging by Pat Wermter. Also a photo of a beehive and blossoms and a set of greeting cards by Donna Tollefson; an alcohol-ink painting by Jo Mersnick; a china painted plate by Marian Maki; and a photo of the Ice Caves by Linda Bruce. Marge's quilt won the People's Choice award also. Thanks to Jeanette Rantala for agreeing to be our judge. Thanks to all who entered, and we hope to see even more entries next year.

Craft Day seemed to be a big success. Good comments were heard, and the ladies seemed to enjoy the salad bar lunch. Thanks for a great turnout and a fun day.

Submitted by,
Mary Ann Gronquist
Donna Tollefson
Cultural Arts Co-chairs.



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

University of Wisconsin, United States Department of Agriculture and Wisconsin counties cooperating University of Wisconsin-Extension provides equal opportunities in employment and programming, including Title IX requirements. Requests for reasonable accommodations for disabilities or limitations should be made prior to the date of the program or activity for which it is needed. Please make such requests as early as possible by contacting your UW-Extension Douglas County Office at 715-395-1363 so that proper arrangements can be made.

HCE EXECUTIVE BOARD MEETING MINUTES

April 3, 2014 – Superior Public Library

Roll Call: Hilltoppers 2, Merry Mates 4, Town & Country 3, Advisor 1

The meeting was opened at 1:45 p.m. by President Cheryl McCuskey with the Creed.

Secretary's Report: Jo Mersnick/Mary Ann Gronquist - The Secretary's Report was approved as corrected and placed on file.

Correspondence: Second Harvest Northern Lakes Food Bank (Dispatch).

Treasurer's Report: Sue Hendrickson/Cheryl McCuskey - The Treasurer's Report was approved and placed on file for review.

Sue has added total income, total Expenses, and checkbook balance to the monthly report.

Sue purchased power strips to use at the Quiltathon.

Sunshine: Joyce Cook reported on the Sunshine Fund.

Dispatch: Due: April 15, 2014

COMMITTEE REPORTS:

VP Programming and Community Outreach: Linda Williams – The program committee met at 12:30 and worked on programming for 2015.

International: Marian Simon and Marian Maki reported on progress with plans for the International event. The focus will be on Finland with a Finnish Coffee Hour. The program will feature musicians and slides. The plans sound very interesting. This will also be open to the public and will be a membership event.

Membership/Marketing: Sue Hendrickson

Mary Ann Gronquist wrote a very nice article on Douglas County accomplishments for the Update.

Sue read a welcome note sent by the State Membership Committee with the suggestion that a similar welcome would be read at each of our events. Sue is working on a welcome note to be read at each of our Douglas County events to familiarize participants of the purpose of HCE and invite them to join our group.

Scholarship: Pat Bergman – Everything is in the works.

WI Bookworms™: Sue Hendrickson – The director of RSVP is retiring. She has been doing so much for the bookworm program. Hopefully this program will continue to be managed so well.

Family Living Educator: Linda Bruce-Linda clarified information about Mandatory Reporting Training. All clubs reporting forms are in.

UNFINISHED BUSINESS:

Quilt-a-thon: Sue reported that 75 quilts were finished, and 20 preemies. Lots of quilts were taken home to tie. There were 19 volunteers and there were volunteers that were not HCE members. Sue gave 3 interviews to the media. Marge made a quilt that was given away as a door prize. Each member will be asked to sell \$10.00 worth of tickets for the 2015 raffle.

Craft Day: To be held April 5th, 9:00 a.m. to 4:00 p.m.

NEW BUSINESS:

Spring Northwest District Meeting – April 24, 9:00 a.m. - 2:00 p.m. @ Cumberland

**Meeting closed with the HCE
prayer at 2:50 p.m.
Minutes submitted for approval by
Jo Mersnick**

Challenge Center Tour

Tomatoes, Tomatoes, Tomatoes-yum, locally grown-great, all year long-fantastic, but growing tomatoes is not the only thing the Challenge Center does. Come with me, May 22nd at 12:30 pm and tour the Challenge Center and Bay Produce. I do not know if we will receive a free tomato, but we will learn what a wonderful place it is to work, just ask my son Ryan, he has been working there for about fourteen years, and loves it. Call the Extension office at 715-395-1363 or my house at 715-378-4450 and register to come.

See you May 22nd at 12:30.

Submitted by,
Cheryl McCuskey

Craft Day 2014

We had an absolutely beautiful day . . . almost too nice to be inside. The morning started out with 34 people signed up (17 are Douglas County HCE members, 6 Bayfield County HCE members and 16 non-HCE members). It was my understanding that 2 ladies stopped at the church to see what was going on and stayed for the day.

All of our classes had were yard art, fairy gardens, curly scarf, Easter ducklings, broom-stick lace, tatting, embroidered note cards and alcohol ink painting. A mixture of emotions came from the rooms during the classes: laughter, quiet concentration, oohs and ahhs and even a few "I got it".

By the end of the day, 39 people had registered for our craft day.

The book sale had 3 tables of books and netted the Douglas County HCE Wisconsin Bookworms™ Program about 1 ¼ sets of books for the children that we read to (\$43.50).

The People's Choice Award went to Marge Keho and her Flying Geese style quilt!

The raffle for the quilt was won by Ilie Markon!

The door prize lap quilt was won by Donna Tollefson!

Suggestions:

Jo Mersnick to do an advanced alcohol ink painting class

Have craft day in the fall, so that items can be made for Christmas presents.

Have craft day later in the spring, further from Easter and snow.

Submitted by, Donna Bergsten
Town & Country



PROGRAM PLANNING FOR 2015

The Program Planning Committee met in a brainstorming meeting on April 3rd. The categories and suggestions we came up with are listed on the Survey elsewhere in this Dispatch.

ALL members please review, consider and add more suggestions if you wish and return your surveys to me by June 1st.

Clubs: may send in one survey listing all votes per choice.

Independent members: please return your own survey to me as listed on the survey sheet.

Submitted by, Linda Williams,
VP Program and
Community Outreach

ON THE MOVE AND IN THE GROOVE

How is your exercise program going? Have you been recording all of your walks, jogs, shovels full of snow thrown, housekeeping jobs, yoga, etc. ? Sustained activity for every 20 minutes counts as 1 point on the tally sheets. We complete this year's program on May 24th. Send your total points to me by June 1st so I can compile and send them to the State. Our county's prize for the member recording the most points will be a pair of Karen Neuburger socks and lotion. Something to sooth those exercising tootsies!

Submitted by Linda Williams,
VP Programming and Community Outreach

INTERNATIONAL – FINLAND

Plans for the Finland International Program scheduled for November are coming along very well. The Merry Mates club recently held a "taste test" of traditional foods commonly

served at an afternoon coffee hour in Finland. We are planning the program presentations which will be enjoyable and fun and will be announced after they are solidified. Recipes for the coffee hour treats as well as club duties will be handed out at upcoming Board meetings.

Submitted by Linda Williams for:
Marian Maki and Marian Simon,
International Co-Chairs

SECOND HARVEST NORTHERN LAKES FOOD BANK

Don Leighton, Chair of Hunger Takes No Holiday, sent this letter to DCAHCE telling us that our support today is vital. Thousands of hard working families, senior citizens and children are struggling with hunger right here in Superior/Douglas County. All contributions received through April 30, 2014 will be eligible for additional, proportionate matching funds as part of the Feinstein Foundation's "\$1 Million Giveaway to Fight Hunger."

Submitted by,
Jo Mersnick

PARKLAND RUMMAGES SALE SCHEDULED MAY 17TH

Anyone interested in hosting a garage/ rummage sale at their home in the Parkland Township area May 17th? If so, please contact Cheryl Shockley 715-919-3032 for further information. I will make a map with the addresses and locations and will also do some advertising for the Parkland Area.

Submitted by,
Cheryl Shockley-Editor



DOUGLAS COUNTY HCE PROGRAM PLANNING FOR 2015

EDUCATION TOPICS

Please choose two:

- Doing More with Less
- Affordable Care Act
- Sustainable Communities
- Successful Relationships
- Trouble with Technology
- Veterans Services
- Other _____
- Other _____

ARTS AND CRAFTS/CRAFT DAY IDEAS

- How to Knit Without a Loom or Needles
- Corn Husk Dolls
- Gardening Tour Greenhouse
- Edible Ornaments
- Other _____
- _____

HCE FUN DAY

Please choose one:

- County-Wide Christmas Dinner at Dreamland Supper Club
- Gordon Bird Sanctuary
- Tour Solon Springs Historical Museum
- Other _____

FOOD/NUTRITION

Please choose one:

- Gluten Free
- Greek Yogurt Health Benefits
- Liven Up Your Leftovers
- Other _____
- Other _____

INTERNATIONAL STUDY

- Egypt
- India
- Japan
- Morocco
- South Africa
- Tanzania
- Other

**PLEASE RETURN SURVEY BY
JUNE 1, 2014 TO:**

Linda Williams
1801 E. 5th St.
Superior, WI 54880



FROM THE DESK OF THE TREASURER— Sue Hendrickson

What a nice Craft Day this year! Thanks to Donna Bergsten for facilitating the used book sale for WI Bookworms™ in Douglas County in 2014-15. Also thanks for the door prize quilt made by Marge Keho (Donna Tollefson won it!); did you know she made one for Quiltathon too? (Jeanette Rantala won it!)

If you attended the Spring District Meeting in April, Cheryl Shockley in the Extension Office has leadership forms for you to fill out by the May board meeting to get your mileage/registration reimbursed; amount will depend on how many attend.

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.

ON THE MOVE AND IN THE GROOVE

Hippocrates once said that "walking is a person's best medicine." If you are planning ways to get your daily exercise points for your ON THE MOVE AND IN THE GROOVE chart, walking is STILL a great idea—especially outdoors! Outdoor activity makes us feel better, both physically and mentally, than the same exercises performed indoors—and now studies confirm it. There are many reasons why being outdoors makes a difference.

Sunshine feels good on our skin, it also begins the process of creating and activating Vitamin D.

Studies suggest Vitamin D helps fight condi-

tions ranging for osteoporosis and cancer to depression and heart attacks.

Natural light tends to elevate people's moods, and it helps us be more productive, happier, healthier and calmer. New studies show that it may be essential for normal eye development in children and for maintaining healthy body rhythms—biorhythms—as we age. That's because natural light stimulates a chemical called dopamine in the eye, which regulates normal growth of the eye. Exposure to natural light also regulates various disorders including SAD (Seasonal Affective Disorder) and helps children with ADHD (Attention Deficit Hyperactivity Disorder). The study didn't include adults, but if you have trouble concentrating, outdoor activity may help.

You get more exercise when doing it outdoors. Stride changes, and you flex more because the ground is uneven—terrain changes. Exercise is also more strenuous when there is wind resistance. Running and cycling are also affected by outdoor conditions. So next time the outdoors beckons, heed the call—you will feel better and may burn more calories.

Thanks to Maria Letsos' REMAX newsletter for information!



FINLAND

NATIONAL FLAG



STATE FLAG



The **National Flag** of Finland was adopted in 1918 following the country's independence from Russia. The sea-blue Nordic cross represents the sea and the thousands of lakes across the country. The field of pure white represents the snow which covers the land in winter. This flag is the national flag used by all citizens, organizations and Finnish regions and municipalities.

State flags include the Finland Coat of Arms at the intersecting arms of the cross. The Coat of Arms has a yellow border and yellow lion with an armored human arm holding a sword, surrounded by white roses on a red background. The Coat of Arms symbolizes a shield of military force to protect the country. The lion is the national symbol also.

Finland achieved independence from Russia on December 6, 1917 and less than six months later the official flag was adopted into law on May 29, 1918.

The national flag is used by all citizens, organizations and Finnish regions and municipalities. The state flag is used by State departments and establishments, military, etc.

The flag is raised at 8 a.m. to sunset most of the year, never flown later than 9 p.m. other than a few exceptions. By law the flag must be flown on the following days from public buildings: February 28 – Day of Kalevala (day of Finnish culture); April 27 – Veteran's Day; May 1 – Vappu, The Day of Finnish Labour; 2nd Sunday in May – Mother's Day; June 4 – Finnish Defence Forces Day; the Saturday between June 20-26 Midsummer Day and Day of the Finnish Flag (the flag is hoisted on Midsummer's Eve at 6 p.m. and flown through the night until 9 a.m. the next day); December 6 – Independence Day; December 8 – Finnish Music Day in honor of composer Jean Sibelius. The flag is also flown on parliamentary and local elections days, referendum days, and inauguration of the President of Finland.

Submitted by,
Linda Williams

www.cia.gov/library

Wikipedia

Finnish Flag-ThisisFinland.fi/public

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MAY 2014

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|--------|---------|--|------------------|
| May 1 | 12:30pm | Board Meeting President | Library |
| May 11 | | Mother's Day | |
| May 22 | 12:30pm | Tour Bay Produce Tour Cheryl M./Staff | Challenge Center |
| May 26 | | Courthouse Closed | |

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