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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 **October** issue will be Town & Country Club. Contact the UW-Extension Office at 715-395-1363 before **September 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
1313 Belknap St., Room 107,
Superior, WI 54880
715-395-1363 or
cheryl.shockley@ces.uwex.edu

Edited by,
Cheryl Shockley-Program Assistant

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Message from the Board:

Our summer is quickly coming to an end and it is time to start preparations for our upcoming year. August 22 and 23 will be our opportunity to make the public aware of our organization with our fair booth. We have another beautiful Marge Keho quilt to raffle off. Raffle tickets are going to be 3 for \$1.00 again. Members will be asked to be responsible for selling \$10.00 worth this year to help build up our treasury. This queen-sized quilt is so beautiful and the pattern is Around the World. I know that I would love to have this quilt and it should be easy to sell raffle tickets for it. Thank you, Marge, for this lovely quilt.

September 4th will be the first board meeting this season at Jeanette Rantala's home, 10043 E Bennett Rd., Lake Nebagamon, WI. There will be a potluck at noon. The Craft Sale Committee will meet at 12:30 p.m. and the Board Meeting will begin at 1:30 p.m. The Hilltoppers are the host club for the Craft Sale this year. Preparations are being finalized and there will be Craft Sale information in the October dispatch. We are looking forward to a very productive, entertaining, and educational year with our HCE members and friends.

Submitted by Jo Mersnick



Scholarship Recipient Thank You



July 9, 2014

Patricia Bergman
Douglas County HCE Scholarship Chairperson
1831 E. 4th Street
Superior, WI 54880

Dear Patricia,

Enclosed you will find a letter of appreciation and a photo from Cassandra O'Neil, the recipient of the \$500 Melinda Boswell Scholarship for the 2014-15 academic year.

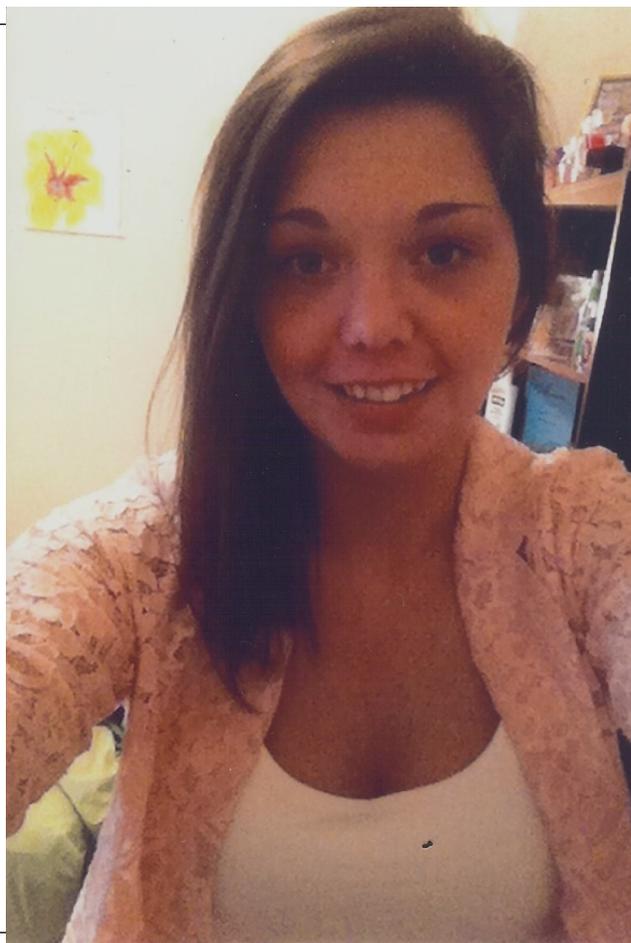
Through scholarship assistance, we are able to make the full power of a UW-Superior education available to deserving students like Cassy, and open the doors to a lifetime of success by providing essential tools for their professional and personal development. We are extremely appreciative to you and the Douglas County Association for Home and Community Education for your continued support.

Please let me know if you have any questions or if there is anything else you need.

Sincerely,

A handwritten signature in black ink, appearing to read "Heather Thompson".

Heather Thompson
University Advancement
hthomps9@uwsuper.edu
715-394-8452



7/7/14

Ms. Patricia Bergman
Douglas County HCE
c/o UW-Superior Foundation
Old Main 237
PO Box 2000, Belknap & Catlin
Superior, WI 54880

Dear Ms. Bergman,

I want to thank you for the generous Melinda Boswell Scholarship. This will definitely help me out this coming year. I will be using this scholarship to help pay for my books that I will be needing this year. I was very happy and appreciative to learn that I was the recipient of this scholarship.

My name is Cassandra (Cassy) O'Neill and I am from Superior, Wisconsin. I will be a senior this year and I am actually graduating a semester early so this will be my last semester. With this being my last semester, I am taking a lot of courses to graduate. I have 18 credits and 7 courses. Your generous donation is much treasured. I am going to school to be a social worker to work with troubled youth. I already have a job lined up from my internship and I will be working with Lutheran Social Services in Duluth with fostered youth. I am really excited for my future.

By awarding me the Melina Boswell Scholarship, you have lightened my financial burden which allows me to focus more on the most important aspect of school, learning. Your generosity has inspired me to help others and give back to the community. I hope one day I will be able to help my youth achieve their goals just as you have helped me. Thank you.

Sincerely,

Cassy O'Neill
1618 Cumming Ave
Superior, WI 54880

Submitted by, Pat Bergman

Linda Bruce's Retirement Announcement!

For those of you who haven't already heard, I am retiring effective October 3, 2014 after nearly 20 years with UW-Extension. Sometime in mid-October I will be undergoing surgery for a total knee replacement. My time with Extension has been very rewarding and I am grateful for the experiences and opportunities I have had here in Douglas County. One of many highlights for me has certainly been working with all of you connected with HCE. I admire your commitment and dedication to making a difference in your homes, communities, and the world. You do amazing work in our wonderful county!

Over the years my work has focused primarily on Strengthening Families and Communities, Family Financial Security, Affordable Housing, Poverty Awareness, Criminal Justice, and Strategic Planning. I've also served as your HCE advisor, a Master Food Preserver, Douglas County's Public Information Officer, and the Superior Days Coordinator. I have worked with parents, school age youth at all levels, young adults, seniors, families, jail inmates, service providers, businesses, volunteers, school districts, and others. In addition to HCE, the work I've enjoyed the most over the years has been promoting increased awareness of local poverty issues and restructuring Superior Days efforts.

Recently I assisted the Douglas County Board identify its Budget Priorities for 2015 and served as an advisor in developing a Performance Evaluation tool for county employees. At the state level, I served as a mentor to other Extension colleagues, assisted with Civil Rights reviews in other counties, served on Extension's Faculty Grievance Hearings Committee, was appointed by Gov. Doyle to the Wisconsin Health and Education Facilities Authority (WHEFA), and served on numerous state committees and teams.

Originally hired as an educator with the Nutrition Education Program, I moved into that program's Coordinator role shortly thereafter. In 2002 I was promoted to Assistant Professor as the Family Living Educator for Douglas County followed by a promotion to Associate Professor with Tenure in 2007. At the end of 2012 my position changed to Family and Community Development Educator and Department Manager.

Many of you have met Sue DeNio, who has been doing impressive work in our office. She is still an interim part-time hire here, and her current arrangement is only scheduled through December of this year. We are trying to make arrangements to extend that. She will work with you as your advisor after I retire through at least the end of this year.

I am still planning on attending the WAHCE State Conference in September and hope to see many of you there. In the meantime please do not hesitate to contact me if you have any questions or concerns. Thank you for ALL of the professional and personal support you have given me over the years!

Linda

Submitted by,
Linda Bruce
Family and Community Development Educator, UW-Extension, Douglas County

HCE Volunteer Hours for State

As President, Cheryl, explained in the June/July/Aug newsletter our State HCE requested a record of the hours members donate to HCE. In January we decided not to participate in the survey to learn later that this information is vital to the budgeting and programs for county FLE's.

So, one evening in early June I sat down and guesstimated our volunteer hours based on the 3 report forms the State HCE asked us to complete for the period January 1, 2014 – June 1, 2014.

First was "*HCE Club Contribution*" asking the club names, number of meetings, length of meetings, and type of outreach and/dollar value of the outreach. I did not report a dollar value as that would be impossible. Second, the "*HCE Executive Board Contributions*" report. This one had to be broken down per board member: number of board meetings attended, number of committee meetings held, and hours each member spent on the numerous positions each of us hold and work on monthly. This one was a bit more involved to remember every "hat" each of our board members wear. It helped me to have had held most of these board positions in the past to know approximate hours volunteered. Third was the "*HCE Member Contribution Report*". This one asked the number of members participating in Executive and District Meetings, Bookworms, education sessions, number of club meetings attended (per club) value of donations on behalf of HCE, outreach activities and fundraising. Whew!

I sent the calculations to WAHCE VP for Community Life, Donna Kohnke. This information will be used in reports at the September Conference .

Since that time, I learned that we should continue to record our HCE volunteer hours beginning now through 2015 at which time we will do these reports again. Please record your HCE volunteer hours. Use your wall calendar, smart phone, a note pad or a piece of scratch paper. Be sure to list each "project/meeting/tour/ planning/etc. that you do.

Thank you, Linda Williams VP

PROGRAM PLANNING SURVEY 2014

The results of our survey will be reported at the October Program Planning Meeting. Surveys were received by all three clubs and five independent members. From the survey results, we will compile our 2015 Calendar of Events. It will be fun and interesting!

Linda Williams, VP

On the Move and In the Groove

The results are in! Nine participants compiled 1555 points for this year. Details will be announced at the September Board Meeting!

Linda Williams, VP

FROM THE DESK OF THE TREASURER—Sue Hendrickson**QUILTATHON**

Raffle tickets will be distributed soon for the beautiful “Round the World” queen-sized quilt. Thanks all for selling your \$10 set so we can continue to buy supplies for this great community service project. Over 100 quilts are in the process of being distributed. One was donated to the Extension Committees Conference to raise money for members to go to a leadership program in Washington DC—raised \$20; another will go to the state HCE conference to raise money for Country Women of the World.

MEMBERSHIP

Thanks to those who sat at the Fair and sold tickets and worked on quilts—great public relations—and fun!

STATE CONFERENCE

We have a bed left if anyone is interested in it for a state conference get-away. Just let me know. (715-398-7213).

Hope your summer has been as nice as mine. My flowers and I loved the cooler weather for working outside.



Here is the beautiful, queen-sized "round the world" patterned quilt for the 2014-15 HCE raffle, thanks to Marge Keho, Hilltoppers HCE!

**Submitted by,
Sue Hendrickson**

Preparing Your Garden –After Fall

For the books, this has been a cool wet growing season. It started late after a long cold winter. This changed the complexion of our pests and the success of some of our harvest. We needed HEAT to set the fruit blossoms. So do not feel too bad about fewer squash, peppers, and egg-plant and green tomatoes. Enjoy the cornucopia of greens, carrots, fresh herbs and broccoli. To increase the odds of success for next season, follow the advice below, all giving you the edge on a healthy garden for 2015:

- Make a “map “of your garden layout of 2014. In the next year, you will want to rotate the plot to avoid planting families of crops in the same place. (i.e. - tomatoes, potatoes and egg-plant are all in the same family, so rotate those locations next year to avoid pest problems).
Take advantage of growing high nitrogen feeders next year where the legumes were planted this year. (Grow spinach where the bush beans had been planted.) Keep a record of the vegetable varieties you tried this year. How did they stand up against pests? Did the yield match your expectations?
- Remove all dead and dying plant material, including seed heads, vines, roots, and rotted fruits. This will help break the disease cycle and over-wintering habitat of the insects and weeds.
- This organic matter may be composted in a HOT compost pile. If it is unlikely that your pile is hot enough, place the material in a black plastic bag and let it liquefy in the sun. Or, pile dead material in a separate pile a good distance from your garden and compost pile. These measures can help break the disease cycle.
- The tomato cages, trellises, stakes and other plant supports should be removed and cleaned with a 10% bleach solution before being stored. This is true also of pots used for container gardens.
- Organic mulches can be tilled into your garden soil in the fall. This may be straw, leaves, sawdust, grass clippings, all adding valuable organic matter.
- Now is an excellent time to pull a soil sample from your garden! This is recommended every 3-4 years. Please look at the UW-Madison Soil Test Lab website (uwlab.soils.wisc.edu) under home/urban lawn and garden test. You will receive your results this fall and be ready to add any nutrients in the spring.
- Finally, make this the year to clean and store your garden tools properly. Remove caked on dirt from shovels, hoes, and cultivators with a stiff brush or forceful spray of water. Use a steel wool brush to rub to a shiny and clean surface. Then spray with a petroleum based lubricant and rust inhibitor such as a WD-40. Wooden handles should also be cleaned and wiped with a boiled linseed oil product before storage.

Carefully preparing for next year’s garden can be as satisfying a task of harvest as canning dilly beans. It imparts hope and expectations for what is to come.

Submitted by,
Jane Anklam,

The Finnish Sauna

In Finland it is estimated there are two million saunas for a population of approximately 5.3 million. People in all walks of life have saunas and they can be found in city apartments and in country cottages. The Prime Minister has an official sauna.

Saunas are a place for physical and mental relaxation. “ Finns” think of saunas not as a luxury, but as a necessity. Before the rise of public health care and nursery facilities, almost all Finnish mothers gave birth in saunas.” (http://en.wikipedia.org/wiki/Finnish_sauna)

Saunas are an ancient form of a bath. Most saunas are heated by wood and the wood is burned in either a stove with a chimney or without a chimney. The sauna believed by most Finns to be the best and the original, is called a smoke sauna. The smoke sauna’s door is closed after the wood has burned down, leaving the sauna to be heated by the embers. The embers give off an aroma of wood smoke and a “soft heat.” The average temperature in a sauna is 60-100 degrees Celsius or 140F-212F.

The wood also heats up a basket of rocks, so when water is thrown on the rocks the humidity inside the sauna increases. In Finnish, “löyly ” means steam rising from the rocks when water is placed on them. The steam makes you sweat by increasing the feeling of heat. “Most sauna aficionados take great care to find the right amount of steam for all bathers in the room. To most, this löyly, or steam, is the essence of what makes a sauna different from any other heat bathing experience, because the bather works with the heater and water to create the perfect environment for his experience. The sauna is the only heat bath in the world where the user controls both the temperature and the humidity.” (<http://www.finnleo.com>)

Sauna etiquette is simple. First you take off your clothes and take a shower prior to entering the sauna. You stay in the sauna as long as you are comfortable and when you come out of the sauna, you roll in the snow, jump in the lake or just take a shower. It is considered bad sauna etiquette to not use a towel while sitting or lying on the sauna benches.

http://www.saunas.org/sauna_history.htm
<http://finland.fi/public/?contentid=160067>

http://en.wikipedia.org/wiki/Finnish_sauna

This summer our family visited “Tom’s Logging Camp” a bit north of Duluth. It is replica of a lumber camp, of which there were many throughout this area during the logging boom of the late 1800’s to almost the 1940’s. It was so interesting to learn of the men and their very laborious work supplying the ever growing cities in the United States with lumber for building homes and businesses.

An original sauna is on display there and it still works! Signs on the walls described the purpose of a sauna and of the immigrants from Finland who lived in and worked the camps. Those men requested that saunas be built for their regular bathing. Until the Finns arrived, the camps did not have specific bathing facilities. Logging was done during the cold winter months to haul logs from the forests to lumber mills across the frozen ground on sleds pulled by horses. Just imagine the odiferous bunk houses and men by the end of the season, in those pre-sauna days!

Christa Williams-Clements and Linda Williams, Merry Mates/International Committee Reporters

September						
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				



October						
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	

SEPTEMBER

September 1	Courthouse Closed-Holiday	
September 4 Noon	Potluck	Jeanette Rantala House 10043 E Bennett Rd Lk. Nebagemon, WI 54849
12:30pm	Craft Sale Committee -Hilltoppers	
1:30PM	Board Meeting - President	
September 8-10	WAHCE State Conference Monday-Wednesday	Lakewood's Resort, Cable
TBA	NW District Meeting	

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.

«CITY, STATE AND ZIP»

«ADDRESS»

«TITLE»

«NAME»

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1313 Bellap Street
Superior, WI 54880

