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Memo from the board~

Welcome to a new year with our HCE friends. We have several interesting programs and activities planned. I know that I'm looking forward to enjoying interesting meetings both at the county level and our club meetings. I really want to encourage all members to take advantage of the variety of interesting programs we have arranged for this year. I'm especially interested in the program planned for February 18th at Superior Public Library 1:00 p.m. CYBER SECURITY HOME COMPUTERS. Recently I received a notice from Face Book that I needed to change my password immediately as someone was attempting to access my site. That was alarming. In this program we will be learning how our families can use the Internet with safety and security. This also applies to smart phones, and gaming systems. Plan to come and be informed on how to protect our home networks.

Jo Mersnick



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
 715-395-1363/1364 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.*

DISPATCH ASSEMBLY

Dispatch assembly for the March issue will be the **Town & Country**. Contact the UW-Extension Office at 715-395-1364 after January 25th to arrange the date and time for assembly.

Contact: Cheryl Shockley
 UW-Extension Office
 at 715-395-1364 or
 cheryl.shockely@ces.uwex.edu

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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

January 7, 2016 - 12:30 p.m. –Superior Public Library

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

The meeting was opened at 12:45 p.m. by President Cheryl McCuskey with the HCE Creed.

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

Correspondence: None. Information for the Secretaries was passed out to the clubs.

Treasurer's Report: Bobbi Kloss has resigned due to health problems. The Finance Committee will meet to put together the Year End Report. The Finance Committee consists of Sue Hendrickson, Mary Ann Gronquist, Jo Mersnick and Cheryl McCuskey.

Sunshine: Joyce Cook reported on the Sunshine Fund

Dispatch: Due January 15, 2016

COMMITTEE REPORTS:

VP Programming and Community Outreach: Jo Mersnick - Linda Williams passed out the 2016 Calendar and the WAHCE Organizational Sheets for 2016. The Organizational Sheet has been sent to the NW District President.

Cultural Arts: Mary Ann Gronquist

International: Christa Wms-Clements will continue to write the articles on India for the Dispatch. The Executive Board will take over as Chair.

Membership/Marketing: Sue Hendrickson- Mary Ann Gronquist and Sue Hendrickson collaborated on an article "the year in review" to be sent to the Update for January publication. This included an article and photo of our 55 year DCAHCE member honoree, Jessie Westman. This article will also appear in the Dispatch.

Scholarship: Linda Williams – Information for the Melinda Boswell Scholarship has been sent to UWS.

WI Bookworms™ - Sue Hendrickson - Things are moving along.

Family Living Educator: Araceli Whitwam-Sell – Araceli reported that she was very fortunate to get a yes to an invitation to Dr. Robert Nix, Associate Professor in Human Development and Family Studies at UW-Madison, to come to Superior next week. Dr. Nix teaches at UW-Madison and part of his time is dedicated to working with UW extension educators. He is a specialist in diverse and under-served children, families, and communities. His research is on practical solutions on how to enhance existing programs that are doing work in preventative interventions for young children, primarily early Headstart. While in Superior, he will meet with the Director of Family Forum, Headstart, and also with the director of CASDA, looking to develop some programming to help parents on how to teach their children to identify their feelings and process them in a healthy manner.

NEW BUSINESS:

The Spring Northwest District meeting will be hosted by Douglas County on April 21, 2016 at Peace Lutheran Church in Poplar, WI. The meeting will focus on a business meeting, lunch, and a speaker. Plans are being finalized, invitations are being sent, and information will be posted in the Dispatch.

Memo from the Board – January – Jo Mersnick

Douglas County has sent DCAHCE a request for volunteers to participate in a steering committee to guide the county in its farmland preservation plan. Participation would involve one meeting per month for ten months. Information will be posted in the Dispatch.

Meeting closed with the HCE prayer at 2:00 p.m.

Minutes submitted for approval by Linda Williams

Dear HCE Members:

Periodically, UW-Extension takes steps to ensure that our partners know and understand our policy of nondiscrimination.

This letter is to remind or notify you that the University of Wisconsin-Extension does not discriminate in the treatment of individuals in the admission or access to its programs and activities, in the provision of services, or in employment.

Further, UW-Extension will not participate with organizations or in activities which discriminate on the basis of any of the legally prohibited categories of discrimination. Categories of prohibited discrimination include race, color, gender/sex, creed, disability, religion, national origin, ancestry, age, sexual orientation, pregnancy, marital or parental status, arrest or conviction record, or membership in the national guard, state defense force or any other reserve component of the military service. Consistent with the Americans With Disabilities Act, persons who need materials in an alternative format or other accommodation must write or call the UW-Extension contact person for the specific program or call the main telephone number of the Douglas County Extension at 715-395-1363, 1313 Belknap Street, Room 107, Superior, WI 54880, at least ten working days prior to the event.

Individuals who need TTY access may contact the Douglas County Extension Office by calling (715)396-1363 or by using the Wisconsin Telecommunications Relay System, 1-800-947-3529.

The University of Wisconsin-Extension staff in Douglas County thank you for collaborating with our many educational endeavors. We appreciate your support and working relationship as we provide educational programs designed to empower the diverse citizens of Douglas County.



Submitted by
Araceli Whitwam-Sell
Family Living Educator

Using the HCE Logo

Remember to use the required trademark symbol TM after HCE logo. All offices should be receiving the corrected logo soon, which is to be used all the time on any and everything using the HCE symbol. Please contact me if you have any questions. Thank you!



Annual Club Paperwork Due

This is a reminder to all HCE clubs that your annual paperwork is due once again. Copies of your Affirmative Action Information, Membership Role, and Local Organization form are due to Family Living Educator, in the Extension office. These are due directly after your first club meeting of 2016. (In other words, they are due now!) The forms can be found online at the WAHCE website (<http://www.wahceinc.org/>) under "Other Forms". On that website the Local Organization form is listed as Project Reports. In addition, please send Linda a copy of your club Meeting Minutes as they occur throughout the year. That form can be found at the same site. Thank you!

New Treasurer

So happy to announce our new treasurer! Thank you Marge for taking on this new responsibility. Her address is Marge Keho, 6429 S. Leggate Rd., 715-399-2758.

Submitted by,
Cheryl McCuskey

Unscramble the letters to find the words in our

Valentine's Day Anagram

Hidden Word
(solve the circled letters):



a c d r _____

e f l o r s w _____

d e r _____

f g i t _____

a c c e h l o o t _____

a c d n y _____

i k n p _____

a e h r t _____

e l v o _____

-ACCEPTABLE PHOTO IDS FOR VOTING IN WISCONSIN-

Information Provided by the State of Wisconsin Government Accountability Board

DO I NEED A SPECIAL VOTER ID CARD?

There is not a separate "Voter ID" card. There are many forms of photo ID, which you may already have, that can be used to vote. Anyone with a valid Wisconsin driver license or Wisconsin state ID card, or any of the documents listed below, already has the photo ID they need for voting purposes.

WHAT CAN I USE AS PHOTO ID TO VOTE?

The following photo IDs are acceptable for voting purposes, and can be unexpired or expired after the date of the most recent general election (currently, the November 4, 2014 election):

- A State of Wisconsin Driver License, even if driving privileges are revoked or suspended
- A State of Wisconsin Identification Card (ID)
- Military ID card issued by the U.S. Uniformed Services
- A U.S. passport book or card

The following photo IDs are also acceptable for voting purposes:

- A certificate of naturalization (that was issued no earlier than two years prior to the election)
- An identification card issued by a federally recognized Indian tribe in Wisconsin
- A driver license or state ID card receipt issued by Wisconsin DOT (valid for 45 days)
- A photo identification card issued by a Wisconsin accredited university, college, or technical college that contains the following:
 - Date the card was issued
 - Signature of student
 - Expiration date no later than two years after date of issuance
 - The university or college ID must be accompanied by a separate document that proves enrollment, such as a tuition fee receipt, enrollment verification letter, or class schedule

WHAT WILL THE POLL WORKER BE LOOKING AT ON MY PHOTO ID?

- **Elector's Photograph**
The photograph must reasonably resemble the elector
- **Elector's Name**
The elector's name must conform to the name on their voter registration; conform does not mean that the name must be identical to the name on the voter registration
- **Expiration Date**
If the ID has an expiration date, it must meet the expiration requirements listed above

An acceptable photo ID for voting does NOT have to include a current address.

“ON THE MOVE AND IN THE GROOVE” 2016

It’s time again to record your exercise minutes for the 2016 On the Move and In the Groove exercise challenge. Beginning February 28 through May 28th, use the chart enclosed in this issue of the Dispatch. Every 20 minutes of exercise equals 1 point.

Walking, running, skiing, ice skating, cleaning, dancing, gardening, raking, yoga, swimming, scrubbing, and the list goes on. Moving in some ways that are not the “usual” daily activities (computer work, eating, sleeping, watching a screen, etc.) If you are not able to stand and exercise, try “chair” exercises.

Linda Williams, “On the Move” reporter

ON THE MOVE AND IN THE GROOVE

It’s that time of the year again when our thoughts turn to our health. Want to feel better, and have more energy? The health benefits of regular exercise and physical activity are hard to ignore. But, have you thought about the fact that we burn fuel during our daily routines? We don’t need to go to the gym to exercise, we do it every day doing our household chores, vacuuming, dusting, doing laundry, plus gardening, shopping, walking, and moving out and about in our community. It’s the energy we use daily that counts as exercise.

We will begin our ON THE MOVE AND IN THE GROOVE challenge on March 1st ending May 29th. The recording chart will be included in the March Dispatch. Record 1 point per 20 minutes of exercise.

Jo Mersnick VP

Condolences

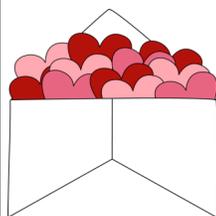
Our deepest sympathy to Marge Keho, a member of the Hilltoppers HCE, in the loss of her husband John, and also the loss of her brother, Norman Roberts, within a short period of time. Also our condolences to Pat Bergman, a member of the Merry Mates HCE club, and her family in the loss of Pat’s husband, Don. Condolences to the family and friends of Jeannette Plunkett who died recently. She was a member of the Villagers HCE club for many years. Our thoughts and prayers are with all of you. It’s doubly sad when these things happen at holiday time.

Get Well Wishes

We were glad to hear that Cheryl Shockley is now back in the office after having another shoulder surgery. Hope things are going well, Cheryl. Bobbi Kloss has been home from the hospital for some time now and is happy to be back home. She says she is doing better but still has a way to go. Jeanette Rantala is undergoing a series of chemo treatments at Mayo Clinic, but has been able to be at home on weekends. Cards and prayers would be welcome for all of these gals. We hope good health is on its way soon for all of you.



Submitted by,
Mary Ann Gronquist



The Editor is back!

Thank you all so much! Thank you for the card and prayers! I’m doing really good 2 months out from surgery and back on track at work. Just doing some physical therapy and all is going good! I wanted to thank Jeannie Ward for all her help when I was gone too! Thank you Jeannie!

Cheryl Shockley,
Editor

2015: A YEAR IN REVIEW—Mary Ann Gronquist and Sue Hendrickson

FEBRUARY—Radio Shack expert presented “Having Trouble with Technology?” 25 participants including several non-members. Lots of questions answered about a lot of different devices.

MARCH—Nearly a dozen members did “On the Move and in the Groove”. Members and others assembled children’s quilts at annual Quiltathon at local mall. 132 distributed to Twin Ports organizations serving kids in crisis. Materials donated; batting purchased with proceeds from annual quilt raffle.

APRIL—30 crafters (including members from Douglas and Bayfield counties, as well as several non-members) chose from 9 classes at annual Craft Day. Cultural Arts contest had 17 entries; nine took first at the state contest and 2 seconds.

MAY—Members and others attended presentation on edible ornamentals at Wentworth Greenhouse. Owner also answered many other gardening questions.

AUGUST—Public relations display set up at county fair. Children’s quilts were worked on, and raffle tickets sold to support Quiltathon.

SEPTEMBER—Representatives attended state conference; brought ideas back for program planning and Wisconsin Bookworms™. (We have 6 HCE readers and supply books to all Headstart in Douglas County.) “Building Sustainable Communities” presented at school forest by Douglas County Recycling and Extension Ag specialists included tour by the school forest manager.

OCTOBER—Table rentals at capacity for annual Craft Sale at county fairgrounds. Better than average turnout resulted in huge collection of food and hygiene items for local men’s mission. Door, lunch and bake sale receipts fund college and tech school scholarships.

NOVEMBER— “Liven-up Your Leftovers” presented at annual meeting; 62-year member Jessie Westman was honored.

DECEMBER—County-wide holiday dinner, fundraiser for gift cards for low-income seniors, included entertainment, prizes and food basket collection; held at local supper club.

INTERNATIONAL—Studying India; informational articles in newsletter monthly. Donations collected for Nicaragua delivered to Steven’s Point periodically independent member.

(This article was submitted to Update, the state HCE newsletter.)

Please share the brochure included in this month’s Dispatch with a prospective member or post in some public place. You will receive the same information in the HCE program booklet coming to you at your next meeting (if you have not already received it!) Thanks! Sue Hendrickson, Membership/Marketing

Douglas County is looking for volunteers!

Douglas County is looking for volunteers to serve on a steering committee to guide the county in revising its Farmland Preservation Plan. The revised Farmland Preservation Plan will guide the county in making decisions about future land-use, resource management, and investments that affect the agricultural base in the county. The steering committee would meet approximately once per month for ten months (January through October 2016) working together with a consultant, other stakeholder volunteers, county board supervisors, county staff, and agency staff. Douglas County wants to include a diversity of perspectives and is seeking a volunteer (s) from the homemaker’s group to include the perspective of women working from home on their farm.

If you are interested, please contact: Susan Hendrickson (715-398-7213), Christine Ostern (christine.ostern@douglascountywi.org or 715-395-1380); or Amy Eliot, plan consultant (aehliot@uwsuper.edu or 715-394-8313). Thanks for your help!

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

TAPE

TAPE

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.

			April 30 9:30-3 p.m.
	Peace Lutheran, Poplar	Craft Day	
		Douglas County. Hosting	
	Peace Lutheran, Poplar	NW District Spring Meeting	April 21
	Library	Board Meeting	1:30 p.m.
	Vice President	Program Planning: ideas	April 7
	Hilltopers	Quilt-a-thon	March 17
	President	Mariner Mall	10:00-3 p.m.
	Merry Mates	Library	1:30 p.m.
		Craft Sale Meeting	March 3
		fitness challenge	12:30 p.m.
		On the Move and In the Groove	March 1-May 24
	Sue	Cyber Security-Home Computers	February 18
	President	Library	1:00 p.m.
	Exec. Board	Library	February 4
		International Meeting-India	12:30 p.m.
		Board Meeting	1:30 p.m.

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

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

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