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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 March 2015 issue will be the Merry Mates. Contact the UW-Extension Office at 715-395-1363 before **February 20th** 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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### Memo from the Board:

Welcome to 2015, all you busy Douglas County HCE members! Hope you had a great holiday...now we turn our attentions to staying warm and well! No wimps in Northern Wisconsin! (Rather than the President writing this column each month, various board officers and friends will be taking this burden off our president Cheryl McCuskey. So for February, it's my turn.) Got new electronics for Christmas and having trouble operating them? Wondering what's the difference between apples and androids, nooks and fires, i-pads and i-pods? Just got Facebook and now there's twitter and instant messaging and snap chat! To skype or not to skype? Am I safe on the internet? Bring all your questions and troublesome devices to "**Having Trouble with Technology?**" Thursday February 5, 12:30pm in the Superior Library Classroom and Jesse from Superior Radio Shack will answer them! There will be an informative PowerPoint on devices and security, time for questions and answers, door prizes and refreshments. Cool your cabin fever and come out for a time of information and fun!

Speaking of cabin fever relievers, another worthwhile event to brighten up your February—come and support the Superior Senior High Hockey Program with a pancake breakfast/brunch on Sunday, February 1, 8 am to 1 pm at the school cafeteria: \$5, \$3 and under for free. Wear your SAHA hockey jersey and get \$1 off! Take-outs available...and a bake sale. See you there!

Submitted by, Sue Hendrickson

**HCE EXECUTIVE BOARD MEETING MINUTES****January 8, 2015**

Superior Public Library

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

The meeting was opened at 12:55 p.m. by President Cheryl McCuskey with the Creed

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

Correspondence: Thank you from NWSCA (see Dispatch)

Treasurer's Report: Sue Hendrickson The treasurer's report was approved and placed on file for review.

It was decided to let the CD that is maturing on Jan. 12<sup>th</sup> roll over.

Sunshine: no report

Dispatch: Due January 15<sup>th</sup>. Memo from the board will continue.

**COMMITTEE REPORTS:**

VP-Program and Community Outreach: no report

International: no report

Cultural and Textile Arts: no report

Membership/Marketing: Sue Hendrickson reported that she redid the new member's letter. Each club should have a blue folder with information about DCAHCE. The 2015 membership list will be out soon. Mary Ann Gronquist and Sue Hendrickson collaborated on the article for the Update.

Scholarship: no report

Wisconsin Bookworms™: Continuing to do well.

Family Living Educator: no report

**UNFINISHED BUSINESS:**

HCE 2015 Calendars were passed out to the clubs.

Discussed the upcoming "Having Trouble With Technology? Program" presented by Radio Shack, February 5th. This program will be at 12:30. Refreshments and door prizes. Board meeting to follow. See Dispatch for details.

Preparations are being readied for the Quiltathon. Hilltoppers will be meeting on Monday, Jan. 12<sup>th</sup> to prepare materials.

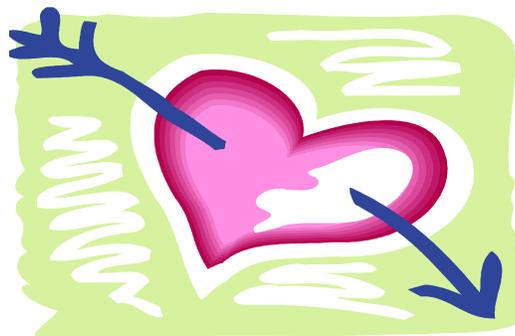
Time to start thinking about "On the Move and in the Groove" coming up starting in March.

**NEW BUSINESS:**

Discussion: Using the School Forest Facility. This is in connection with the Sept. program "Building Sustainable Communities" Sue will look into the details.

Meeting closed with the HCE Prayer at 1:55 p.m.

Minutes submitted for approval by Jo Mersnick



**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)395-1363 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.

UW-Extension Family and  
Community Development Douglas County



## SHORT TERM EDUCATIONAL SCHOLARSHIPS

Available to all DCHCE members. Applications must be filled out and returned by the quarterly deadlines (February 1, May 1, August 1 and November 1). After review a \$50.00 scholarship check will be issued. To receive an application contact: Linda Williams at 715-398-5394.



## SCHOLARSHIP COMMITTEE CHAIR NEEDED

Pat Bergman, our dedicated Scholarship Committee Chair has stepped down from this position upon her move to Hayward, WI this past August. We thank Pat for all her hard work on the Scholarship Committee and wish her the best in her new home with husband, Don. Pat continues to be a Merry Mates member.

Please volunteer for this position in working with the committee awarding both our short-term scholarships and our annual Melinda Boswell Scholarship.

Linda Williams, VP Program Planning/Community Outreach

## ON THE MOVE AND IN THE GROOVE

It's 2015 and a new year! Most of us make resolutions to change our health habits by eating better, or exercise more or, well you know about good intentions! Let's all get going this year and really work at "On the Move and In the Groove" exercise challenge. You do not need to be a marathon runner, or long distance biker, swim the English Channel or play hard and fast sports. It's easy as walking, sweeping the floor, carrying a basket of laundry, stretch those arms and legs or use a soup can as a little weight to do arms exercises—even if done in the comfort of your easy chair. Just Move and Groove, put on a jazzy tune and move for 20 minutes at a time, and try to do something daily.

We begin the challenge on March 1<sup>st</sup> ending May 24<sup>th</sup>. The recording chart will be included in the March Dispatch. Record 1 point per 20 minutes of exercise. Linda Williams, VP

### Heart Disease (Cardiovascular Disease)

- Cardiovascular disease is caused by narrow, blocked, or stiffened blood vessels that prevent your heart, brain, or other parts of your body from receiving enough blood.
- Symptoms include:
  - Chest pain (angina)
  - Shortness of breath
  - Pain, numbness, weakness, or coldness in your legs or arms
- Build-up of fatty plaques in your arteries (known as atherosclerosis) damages the heart or blood vessels and is caused by:
  - Unhealthy diet
  - Lack of exercise
  - Being overweight/obese
  - Smoking



This type of heart disease is preventable and reversible! Healthy diet, regular exercise, weight loss, and not smoking aid in the prevention of cardiovascular disease. Don't become a statistic. Love yourself enough to take care of your heart!

- MindfulLifeExperience.com—Tracie Inman, AADP CHHC

Source: www.mayoclinic.com

## FROM THE DESK OF SUE HENDRICKSON

There are more raffle tickets available for the beautiful queen-sized quilt to be given away at Craft Day 2014; call 715-398-7213 for more tickets. Thanks to all who have turned in their money already! We WILL have materials for Quiltathon 2015 in March!

Speaking of quilts, I received a note from Thurza Bender, one of our neighbors who goes to our church. During Advent Thurza and Bob brought their little grandson and granddaughter to worship. After church we had coffee time during which the little boy toddled over to the 30-cup coffeepot and pulled the spigot! Hot coffee splashed his face and arm and covered his chest. We had two nurses there and they removed his shirt, put cold water on his burns, doused the shirt in cold water, laid it on his chest, then put on his parka and rushed him to emergency at St. Mary's Superior. When I called Thurza later to find out how he did, she said he screamed the entire trip, and continued screaming in the waiting room UNTIL THEY WRAPPED HIM IN ONE OF OUR QUILTS! (I tear up here every time I tell this story!) SO... if you ever doubt that all your hard work and effort for the Quiltathon doesn't make a difference, here's proof it does! (The little guy is fine, healing from his burns, no scarring!)



Those who are WI Bookworms™ readers sure are enjoying it! "The kids are so loving and excited when I come, and the teacher is very appreciative," says one reader. If you are missing kids in your life, this is for you. Just twice a month during the school year--call Sue (715-398-7213) to volunteer; readers are always needed!

Subscriptions to Update have been ordered for officers, club presidents and committee members. A gift of being able to keep up with the news and community service ideas from HCE members around the state is a great "thank you" to those who serve our club members in Douglas County.

**Presidents:** Please make sure you have a blue folder on hand for a new member. I have sent a new "welcome" letter. You should also put a new flyer and program book as they come out. Thanks! (Call me at 715-398-7213) if you need materials.

**Thank you from the NWCSA!**

On behalf of Northwest Wisconsin Community Services Agency, Inc. thank you so much for your kind donation toward the support of the Solid Rock Safe Haven program. Your contribution is greatly appreciated and will assist us in meeting the needs of the less fortunate.

Sincerely, Millie C. Rounsville, CEO

Submitted by Jo Mersnick

**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 the Extension office. These are due directly after your first club meeting of 2015. (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 a copy of your club Meeting Minutes as they occur throughout the year. That form can be found at the same site. Thank you!

UW-Extension Family and  
Community Development Douglas County



## YOUR NEVER TO OLD TO PLAY WITH YOUR FOOD...

Who doesn't want to have a little fun with their food? Especially if you have a picky eater at home, try adding a creative flair to the plate to boost a healthy meal's fun factor. Our team of nutritionists has been having fun using cookie cutters to come up with creative, healthy ideas, but there are lots of easy ways to make healthy choices more appealing. Earlier this week we shared a blog about making a snowman from all 5 of the MyPlate food groups. Below are some additional ideas. Have fun! Try using cookie cutters to make a two-toned sandwich, like the mitten sandwich above. This also helps teach kids about making at least half their grains whole grains. Serve foods in seasonal colors. For Valentine's Day, play up red fruits and vegetables, for St. Patrick's Day- all green, for the 4th of July- red, white, and blue. Create a "new" dish with your child and name it for him or her. Make a big deal of serving "Dawn's Spectacular Salad" or "Peter's 'Pan-tastic' Sweet Potatoes" for dinner. Use seasonal placemats and napkins to make the meal more festive. Create faces on the plate. For example, create a potato person by decorating half a baked potato with sliced cherry tomatoes, peas, and low-fat cheese to make a funny face. Use cookie cutters to create fun shapes out of low-fat cheese and whole-grain bread. Pair with fruits and veggies for a MyPlate snack plate. (See image below) And, importantly, be a healthy role model! Let kids see you enjoying healthy foods and they'll be excited to try them, too. Stay connected with MyPlate for healthy food inspiration



year round: ChooseMyPlate.gov Posted by Jessica Larson, MS, RD (Nutritionist, Center for Nutrition Policy and Promotion), on December 18, 2014 at 12:00 p.m..

Submitted by,  
Julie Montgomery, WNEP

### Take time to check your free credit report

Your credit report is a detailed record of your credit activities from the past seven to ten years. Credit reports are increasingly important to everyday life--getting a job, obtaining an affordable loan or insurance policy, or renting a home.

Everyone is entitled by law to three free credit reports each year--one from each of the three credit bureaus: Equifax, Experian, and Transunion. You can order your free reports through the mail, by phone or the official website: [annualcreditreport.com](http://annualcreditreport.com).

UW-Extension will help you remember to order your reports through our "2/2, 6/6, 10/10" educational campaign. We suggest that you view one report every four months to be sure your information is up-to-date and accurate. Sign-up online through the UW-Extension at <http://fyi.uwex.edu/creditreport>. to get three email reminders throughout the year.

Keep in mind that no one will monitor your credit report for you. Regular, careful reviews of your credit report will help you identify any incorrect or fraudulent information, which can help protect you from identity theft.

Sue DeNio, Interim Family and Community Support Educator

