

JUNE/JULY/AUGUST

June/July/August No meetings
 July 4 Courthouse closed for holiday
 June 10 Deadline to register for craft class on June 13
 June 13 9:30 Craft class & Cultural Arts Contest Parkland Town Hall
 July 16-21 Head of the Lakes Fair
 Fair Booth:
 Friday July 19 - T & C, 12 p.m. - 4 p.m.

June 2019						
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30						



July						
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7	8	9	10	11	12	13
14	15	16	17	18	19	20
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28	29	30	31			

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.

«AddressBlock»

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



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DISPATCH



June/July/August 2019

Douglas County HCE Superior, WI



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 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@wisc.edu

Memo from the Board~ Well I put away my snow shovel for the second time and am keeping my fingers crossed that I won't need it again until fall. Got caught in the last storm away from home with no boots or snow brush, luckily I had gloves to clean off the snow so I could see to drive. As was reported in the last Dispatch, Craft Day had to be cancelled due to low participation. So the Board put heads together and rescheduled the Cultural Arts Show for Thurs., June 13th, along with one craft to be taught the same day, as well as our quilt raffle. The event will be held at the Parkland Town Hall. Please have your cultural arts items there by 9:30 and the craft sale will begin at 10:00. See the particulars on the craft offered in this Dispatch. **Please pre-register for crafts by June 10th by calling Cheryl Shockley at the Extension Office at 715-395-1363.** So if you didn't get your item done, now you have a little more time to finish it. Your category list was in your March Dispatch. The fun category is "Hattie's HCE Hat". For those not familiar with "Hattie", she is quite the character. She wears outlandish clothes and a hat made from a craft store straw hat that is decorated with an unusual assortment of items. So to help her out the bonus category will be to make her some new ideas for future hats. Just keep within the size restrictions. Please make sure your raffle tickets and money are turned in by that day. Refreshments will be served. Hope to have a good turnout for this event.

Mary Ann Gronquist
 Cultural Arts Co-chair

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
Superior Public Library
May 2, 2019**

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

The meeting was opened at 12:30 p.m. by President Cheryl McCuskey with the HCE Creed .

Secretary's Report: Jo Mersnick: April minutes approved and placed on file.

Correspondence: none

Treasurer's Report: Linda Williams: The Treasurer's Report was approved and placed on file for review. Sue reported on receiving a grant from Walmart to be used for funding the Quilt-a-thon project. Sue also suggested that DCHCE donate to the Lois Smith Scholarship Fund. This will be discussed at the Annual Meeting.

Sunshine: Cheryl McCuskey reported on the Sunshine Fund.

Dispatch: Due May 15, 2019

COMMITTEE REPORTS:

VP Programming and Community Outreach: Marion Bradley – Program Survey results should be returned to Marion by June 1st, 2019.

Cultural Arts: Mary Ann Gronquist: Discussion of rescheduling the Cultural Arts competition, raffle drawing, and Essential Oils program at the Parkland Town Hall at a future date.

Details will be posted in the next Dispatch.

International: Christa Williams–Clements articles on Cuba are very interesting.

Membership/Marketing: Sue Hendrickson: Hilltoppers have a new member.

Scholarship: Linda Williams - The Memorial Leadership Scholarship – 2019 information is in

the May Dispatch.

WI Bookworms™ - Sue Hendrickson – Sue was involved with the WISline Bookworm conversation in April.

Human Development & Relationships Educator – Tracy Henegar: Article is in the May Dispatch. Parenting with Love & Logic.

UNFINISHED BUSINESS:

Craft Day: Cancelled due to lack of participation.

NEW BUSINESS:

- Cultural Arts, Quilt Raffle, and Essential Oils Class – to be announced in the June, July, August Dispatch.
- Fair Booth: Friday July 19 - T & C, 12 p.m. – 4 p.m. Saturday July 20 - Hilltoppers - 12 p.m. to 4 p.m.
- Spring District Meeting: May 16, 2019 Cable Community Center 13660 C. Hwy M. Cable, WI 54821
- Board Meeting: Sept. 5, 2019

Meeting closed with the HCE prayer at 1:50 p.m.

Minutes submitted for approval by Jo Mersnick



How to Display the United States Flag~ Flag Day is June 14th!

1. The flag should be hoisted briskly and lowered ceremoniously.
2. The flag is never allowed to touch the ground or the floor.
3. When hung over a sidewalk on a rope extending from a building to a pole the union stars are always away from the building.
4. When vertically hung over the center of the street, the flag has the union stars to the north in an east/west street, and to the east in a north/south street.
5. The flag of the United States of America should be at the center and at the highest point of the group when a number of flags of states or localities or pennants of societies are grouped and displayed from staffs.
6. The flag should never be festooned, drawn back nor up, in folds but always allowed to fall free.
7. The flag should be displayed at the half-staff until noon on Memorial day then raised to the top of the staff.
8. Never fly the flag upside down except as a signal of distress in instances of extreme danger to life or property.
9. The flag is never flown in inclement weather except when using an all-weather flag.
10. The flag can be flown every day from sunrise to sunset and at night if illuminated properly.



Flag Day is June 14th. Fly your flag proudly!!

Submitted by Mary Ann Gronquist

Northwest District Meeting

Cheryl McCuskey, Lois Burger and Mary Ann Gronquist attend the Spring Northwest District meeting in Cable on May 16th. There are 563 members in Northwest District (9 counties). Many counties are experiencing loss of membership as we are. What's the answer? We all need to try to recruit new members or we will die. Northwest District will host the 2020 State Conference to be held in Hudson, WI from September 21-23, 2020. The theme will be "HCE 2020 Vision, Celebrating 80 years".

We had a couple of very good speakers, one on the Cable Community Fair, which includes garden spaces, an orchard, vineyard, chicken coop and beekeeping areas. Food is grown there for the Cable Area Food Shelf and Free Food Mondays. The other speaker spoke on Community Supported Agriculture (CSA) which is a system in which a farm operation is supported by shareholders within the community. The food is grown organically at the Hermit Creek Farm in Highbridge, WI and there are many options of plans for the shareholders. There are pickup locations in Duluth and Superior as well. I have a few flyers if anyone isn't interested in trying this out. Just call me at 715-398-5493 if you want a flyer. Cheryl volunteered to serve as Northwest Districts Treasurer, a position she has held in the past. Thanks, Cheryl! It was a good meeting, plus we three all won door prizes!

Submitted by,
Mary Ann Gronquist
Cultural Arts Co-chair

On Friday, May 3rd we enjoyed our DCHCE tour and container planting event at the Good Garden gardening center on 21st St.

It was nice to be able to have such a large choice of plants for our containers.

Some of us brought our own containers and some purchased a container there. I did both. In fact, I bought enough for 4 containers. After our gardening adventure, we all met up at KD's Family Restaurant on Tower for lunch. Good food, and good friends!

What a great time we had together. Plan to join us on our next adventure. Jo Mersnick



Program Survey Form

Remember to fill out the Program Survey for 2020 and send to:

Marion Bradley, 15D Hayes Ct. Superior, WI 54880 by June 1st.



Craft Class Offering on Thursday, June 13th-Lotion Bars and Lip Balm

Jennifer Robb of the Hilltoppers HCE will teach a 3 ingredient solid lotion and lip balm. She will instruct you on making solid lotion bars and lip balm using raw ingredients of bee's wax, coconut oil and your choice of butters, - mango, shea or cocoa. You will be supplied with a mold and a container to keep your mold in. She has a variety of essential oils, but if you have a favorite, bring it along. We will be melting our ingredients in a double boiler with a medium glass bowl. Supplies need: a small/medium glass bowl and a pot holder to handle hot glass. Cost for the class is \$5.00. **If you would like to take this class please pre-register by calling Cheryl at the Extension Office at 715-395-1363 by June 10.** You can pay the \$5.00 fee to

Jennifer the day of the craft.

Registration will be at

9:30 .m. with the class starting at 10:00.

Judging of the Cultural Arts will take place during the class and the raffle for the quilt will follow. Please come and enjoy the morning. There will be coffee, juice and goodies provided.

Mary Ann Gronquist, Cultural Arts Co-chair



From the Desk of Sue Hendrickson—

Please stop by the PR booth which will be at the Head of the Lakes Fair 4H Building (Friday and Saturday, July 19 and 20, noon-4pm) and the North Country Living Expo (Mariner Mall, 11am-3:30pm, July 25). We will be selling raffle tickets for the NEW quilt by Marge Keho and giving books to kids. Your support would be greatly appreciated!

When I shop at Amazon, I go to [AmazonSmile.com](https://www.amazon.com/amazonsmile) and they make a donation to my favorite charity, The Nature Conservancy. They received \$346,081.82 from 10/01-12/31/18 from folks like me. A little caring goes a long way! Check it out to see what you can do!

LAKE SUPERIOR DAY

Held this year on **July 15** – it's always the third Sunday in July – Lake Superior Day was started in the early 1990s by a group of Thunder Bay residents who sought to celebrate the body of water that dominates and defines our region. Other organizations and communities followed with festivities of their own, some of which span the entire weekend, and created Lake Superior Day/s – which might be appropriate for such a large Lake.

What will you do for Lake Superior Day? Check out what's happening locally or here's a list with some suggestions for what you or your group might do to support and celebrate Lake Superior.

- Clean a beach or shoreline
- Show a film
- Have families paint a Lake Superior mural
- Lake Superior photo or art show/contest
- Music concert for the Lake
- Film showing
- Invite an educational speaker to your group/church/school
- Clean up a boat landing
- Share information with your group on invasive species
- Sign up people as Lake Superior stewards
- Post a message on Facebook about the importance of protecting the lake
- Donate funds to a local organization like Water Legacy, SkyBlue Waters, etc.
- Pick up garbage and bring to WLSSD
- Clean a storm sewer
- Teach a small group about responsible boating
- Create a water garden
- Reduce your use of water
- Carry a metal water bottle

- Collect rain water and use in your garden
- Create a water proclamation for your community
- Participate or donate to a women's water walk
- Raise money and awareness for a fish restoration project, wild rice area
- A guided hike
- Kayak demos
- Charter fishing open house
- Remote controlled boat races
- Rock painting for kids
- An evening of water poetry
- Lighthouse open house
- Talk on climate change effects on Lake Superior
- Lake Superior bike tour
- State Parks visit/tour along the lake
- Wastewater treatment plant tour
- Paddleboard demo/lesson
- Sailing regatta
- Rowing club demo
- Blessing of the Lake
- Coast Guard tour
- Household hints on saving water
- Community picnic on the beach
- Learn about shipwrecks



Head of the Lakes Fair 2019

July 16 – 21, 2019. Daily admission: Ages(18-64)

\$8 65 and over \$5 6-17 \$5.

Kids 5 & under FREE.

Carnival rides:

Tuesday thru Friday

12:00 PM to 11:00 PM

Saturday

11:00 AM to 11:00 PM **Sunday**

1:00 AM to 5:00 PM

*****Wrist bands available for \$20 all day every day*****

LIFTING PEOPLE TO BETTER HEALTH

**Strong Bodies
exercise class**

**THINK YOU
CAN'T LIFT
WEIGHTS?**

**You're about to
prove yourself
wrong!**



STRONGBODIES

FREE

**Starts May 1st
W/F 12 NOON**

**May 2nd
T/TH 4:30**

**Government Center
1316 N. 14th St.
Room 270
For info call 715-395-1427**

Strong Bodies is a 8-12 week strength training program for women and men of all ages. Each class includes progressive weight training, flexibility, and balance exercises.



This program is based on the StrongWomen Program- a national evidence-based community exercise and nutrition program created by Dr. Miriam E. Nelson and colleagues @ Tufts University, supported by Cornell University and brought to you by the University of WI Madison.

"This flyer is distributed as a courtesy to families in the School District of Superior; however, distribution does not imply that the School District endorses or approves the activities or viewpoints promoted in these materials."

An EEO/AA employer, University of Wisconsin-Extension provides equal opportunities in employment and programming, including Title IX and ADA requirements. FoodWise is funded by the USDA Supplemental Nutrition Assistance Program - SNAP. SNAP/FoodShare helps families buy the food they need for good health. Visit access.wi.gov to learn how to apply for food assistance or call 715-395-1304.



**ANNUAL DCHCE CRAFT SALE
SATURDAY, OCTOBER 5, 2019**

9:00 a.m. - 3:00 p.m.

Head of the Lakes Fairgrounds, 4700 Tower Ave., Superior, WI.

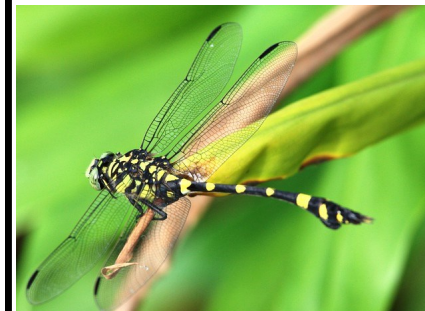
Proceeds support scholarships and education programs.

- *Registration forms and information are mailed to crafters.
- *ONLY handmade items made and sold by you.
- *No rummage, flea market, kits, commercial/vendor products or solicitation of such, bake goods, garden produce.
- *Table spaces are \$25.00 each 10 feet x 6 feet (includes 8 foot table and folding chair)
- *Racks, shelving, etc. for display are welcome, within table space.
- *Need more than one table space? Purchase as many spaces as your needs require.
- *Crafters are responsible for their own items, sales, set-up and take-down.
- *Set up same day begins at 6:30 a.m.
- *Take down ONLY after 3:00 p.m.

**Reservations by mail only with completed form and payment.

For information and forms contact:

Linda Williams
1-715-398-5394
peteshouse_md@yahoo.com



SPECIAL THANK YOU

We wish to thank you for the wonderful cards, expressions of sympathy and memories recalled on the recent death of our Mom and Grandmother, Lois Smith. Lois was a founding member of the "Merry Mates" Club which began in 1961. She served her club and county in so many capacities through the years and thoroughly enjoyed all the fun, laughter, activities, planning sessions, tours, crafts, food, programs, and long lasting friendships.

Linda Williams, Christa Williams-Clements and family

INTERNATIONAL NEWS -2019

The WAHCE State International Committee has decided to direct International funds (Pennies for Friendship) collected during 2019 to go to stoves and/or water filter, shipping and learning center supplies for Nicaragua; for an English teacher in Haiti and the Ventures in People scholarships. Counties can send Pennies For Friendship as undesignated, or as designated to a certain areas such as those listed above.

The International Committee also announced it is looking into a possible relationship with a program "Turning Periods Into Pathways" to create kits for women in foreign countries. In many countries around the world, girls and women resort to using mattress stuffing, banana leaves, rags, feathers and even cow dung to manage their menstruation. This "Days for Girls" project would increase access to menstrual care and education to create a world with dignity, health and opportunity for all and strive to develop global partnerships, cultivate social enterprises, mobilize volunteers and innovate ways to shatter stigmas and limitations for women and girls.

Watch for more about this program in the future.
(Taken from 2019 WAHCE Communicator)