



# DISPATCH



NOVEMBER 2019

Douglas County HCE

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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.



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### 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~

**HOMEMADE FOR THE HOLIDAYS!** If you want to show you really care with a gift, it's hard to beat making one yourself. Few store-bought items can offer the personalized touch of a present you've taken the time and effort to make. From cookie mix to bath salts to table decorations, the potential for Do It Yourself (DIY) gifts is limitless. Come to "GIFTS FROM YOUR KITCHEN" Thursday, November 7 at 1pm in the Superior Public Library Classroom (to your left after you enter the library)—get some ideas, share some ideas and make a gift! We hope to share gifts that express your sentiments, are a joy to use, and are easy enough for even the most inexperienced crafter to pull off. You can have fun and make a delicious, thoughtful, appreciated gift that promotes a sustainable holiday season by creating something that is used up—plus incorporates a re-used jar from jam, pasta sauce, baby food or coffee. (Just wash jar thoroughly and soak to remove the label.) Call the Douglas County Extension Office (715-395-1363) to register for this free program by Monday, November 4, so there will be enough supplies for everyone! See you there!

Got hunters among your family and friends? Please remind them that deer can be taken to Hursh Meat Processing, 10083 E Oak Rd, Poplar, so it can be processed for area food shelves. Call 715-364-6855 for hours of operation.

Thanks to the members that have turned in their raffle tickets and money. Mine are taken care of too. Good to get that done before the holidays are upon us!

Submitted by, Sue Hendrickson

*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.*

## **ANNUAL MEETING PROGRAM AT THE LAKE SUPERIOR NATIONAL ESTUARINE RESEARCH RESERVE**

The DCHCE Annual Meeting was held on October 3<sup>rd</sup> at the LAKE SUPERIOR NATIONAL ESTUARINE RESEARCH RESERVE on Barker's Island. While there we learned many interesting facts about the mission of the Reserve. Many thanks go to Deanna Erickson for her presentation. The National Estuarine Reserve System is a network of 29 reserves across the United States designated for long term research and education supporting innovative coastal science and management. The Lake Superior Reserve is one of only two estuarine reserves located in the Great Lakes and spans approximately 16,700 acres encompassing portions of the St. Louis River estuary and adjacent public lands in Douglas County.

The Estuarine Research Reserve engages local communities on many fronts through Research, Education, Outreach, and Stewardship. Last fall the Reserve became home to a new global program – MOTUS wildlife tracking system, collecting information about bird migrations. The River2Lake education program provides year-long support to teachers in the Lake Superior Watershed. They also provided lessons in Emergency Management following the refinery fire in Superior and are currently using the research of an undergraduate student at UWS to protect wild rice restoration in the St. Louis River. These are just a few of the many scientific research, education, stewardship, and outreach goals. Visitors are encouraged to tour the engaging exhibits at the Lake Superior Estuarian.

## **SCHOLARSHIP NEWS**

The 2019 Malinda Boswell Scholarship was awarded to a Superior High School graduate attending WITC. The recipient, William Stream, is studying nursing. We congratulate and wish him success in his continued studies and future.

Short Term Scholarships. The Short-Term Scholarship for Douglas County HCE members are discontinued per discussion followed by a motion which passed at our October 2019 Annual Meeting. There have not been applications for these scholarships for several years and it was best to utilize those monies in other areas of education and/or community projects throughout each year.

Linda Williams, Scholarship Chair

## **CRAFT SALE REVIEW**

It was a dark, rainy start for the set-up early morning on Craft Sale day, Saturday, October 5, 2019, but the rain did not keep these dedicated crafters from bringing in their fine works for the sale. This year we had fewer crafters than any year in the past. The facility can house up to 70 table spaces, however, the number of table spaces reserved have dwindled the past two years. This year we had 48 spaces reserved, but none the less, the variety and quality of crafts presented for sale by the crafters were excellent. Each year we have some new crafters join our slate and this year, no exception. It is always exciting to see the crafts they display and sell. It always amazes me, and I am sure you too, on the creativity, variety and quality of these folks and their wares. Despite other sales and festivals in the area the same day, customers came and shopped, and having more than one event in a given day seems to bring out people going from one to another venue. A win-win on all sides. We saw many smiling folks go out the door with their purchases. A good sign of a successful day!

Thank you to everyone for all your time, energy and talents to put this sale into motion. Baking the goodies, preparing and serving the lunch, setting out posters and signs, decorating the lunch tables and making it festive, preparing and submitting the media PR advertising, donating and delivering the door prizes and items for Solid Rock Mission, and staffing the admission, bake sale, quilt raffle, lunch, and early morning coffee stations. We are small in numbers but big in our ability to get 'er done!

Thank you so much,

Linda Williams, Merry Mates and Executive Board

## **MEMBERSHIPS 2020**

As of October 15 our county membership count is: Merry Mates 5, Hilltoppers 11, Town and Country 6 and Independent 10. Total: 32 voting members.

Linda Williams, Treasurer

## **REMEMBERANCE**

We are sad to announce the passing of several of our members during this current year. Lois Smith and Marian Maki, charter members of the Merry Mates since 1961 when that club was formed. Hope Swenson and Judy Reese, long time club and most recent independent members. We send their families and friends our sympathy. They are greatly missed.

Submitted by, Linda Williams



## THE FLAG OF CUBA

The Cuban flag consists of three blue stripes representing the three divisions of Cuba, two white stripes depicting the purity of revolution, the red triangle of the blood shed to free the country and the single five-pointed star independence.

- Havana is the capital and largest city in the country.
- Population as of 2017 is 11.48 million.
- From the air above the country resembles the shape of an alligator or crocodile.
- In 1959 the country, led by Fidel Castor, became isolated from its northern neighbor, the United States when it linked with the Soviet Union.
- It remains one of four self-declared communist states today.
- In 1990 with the collapse of the Soviet Union, Cuba experienced further isolation, financial problems and shortages of goods.
- The US continued their decades-long embargo to the Castro regime until 2014 when relations between the two countries improved.
- Castro stepped down in 2008 due to ill health.
- Main crops are sugar and tobacco. The tobacco is used in making Cuban cigars which are famous for being the best in the world.
- The mineral, nickel, is their most important natural resource resulting in 21% exports (4%of the nickel production in the world).
- Bands play everywhere with upbeat rhythms and classical guitar. This type of music is known as son. ---- Dances such as the mambo, samba, zapateo, yamba', and danzo'n which is the first dance where couples touch one another, are very popular.
- Peso is the currency.
- The traditional meal is served not in courses, but all at once. Consisting of pork, rice, fowl, meat, veggies in various stews and such. Served with strong coffee and lager.
- The game of Dominoes is very popular.
- Baseball is the most popular sport. Cuba has produced a number of Olympic boxing champions.
- The country has 9 cultural sites on the UNESCO World Heritage list, two of which are natural.

[www.britannica.com](http://www.britannica.com)

Nov. 3-9 entire week	WAHCE WEEK		
Thursday, Nov. 7, 12:30	Program Planning Final	Library	VP
12:45	Board Meeting	Library	Pres
1:30	Gifts from your Kitchen	Library	
Thursday, Nov. 28-29	Thanksgiving and Courthouse closed		
Tuesday, December 10 6:00	Christmas Gathering	Dreamland	

NOVEMBER 2019						
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



DECEMBER 2019						
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				

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.

«NAME»  
 «ADDRESS»  
 «CITY, STATE» «ZIP»

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



### DRESS WARM FOR COLD DAYS

Whether you're heading outdoors for chores, exercise or some good winter fun, here's what to wear to help you stay toasty warm and dry...

1. A hat that covers your ears means less heat lost from the head to keep your whole body warmer.
2. A scarf that can cover the face and mouth may help people breathe better in the cold, especially those with asthma.
3. Mittens tend to be warmer than gloves; if you need dexterity, wear insulated gloves.
4. Boots or shoes should be insulated and water resistant; pair with wool or synthetic socks for extra warmth and dryness
5. One of the keys to keeping warm and dry in cold weather is layering. Layer with an inner layer of wool, silk or synthetics which are warmer than cotton, which soaks up moisture and holds it next to the skin.
6. A middle layer of wool, down or fleece (natural fibers) traps heat close to the body better than synthetics.
7. Wear an outer layer that's water and wind resistant with sleeves and cuffs that are snug at the wrist and ankles to keep moisture out.

(Thank you to the American Red Cross, Centers for Disease Control and Prevention, National Institutes of Health and the Occupational Safety and Health Administration for the inspiration for these tips.)

*Thought you might enjoy reading my poem that won a blue ribbon at the HCE state conference in September: Broken Dreams. Writing helps me deal with my emotions.*

After three years:      Taking post and beam classes...and dreaming,  
                                  Collecting logs...and imagining,  
                                  Finishing timbers...and interlocking,  
                                  Erecting the shell...and envisioning,  
                                  Finishing...and enjoying small gains;

MAY 2018:      We pronounced it good, our little get-away in the wood,  
                          Our re-cabin—  
                          Filled with hand-me-downs,  
                          Searched out seconds,  
                          Craig's List treasures;  
                          Polished and painted to a warm shine,  
                          Quiet and peaceful, without sounds but  
                          The breeze in the trees,  
                          The ripple of the river,  
                          The babble of the birds...

JUNE 2018:      Then the flooding came...  
                          Mother Nature at her most powerful, dispatching rain  
                          Till the river banks brimmed,  
                          Lakes overflowed  
                          And country roads became new channels;  
                          We could do nothing but watch...  
                          And when the deluge ceased,  
                          All we could do was wait...  
                          As the floodwaters slowly receded,  
                          Roads re-opened,  
                          And the carnage was revealed...  
                          So, we begin again,  
                          Searching,  
                          Salvaging,  
                          Restoring...

She can take away the prize, but She can't take away the sweet memories of the journey...

Submitted by, Sue Hendrickson

## Northwest District Meeting

The Fall Northwest District HCE meeting was held on October 10th in Siren. Cheryl McCuskey, Mary Ann Gronquist and Lois Burger attended from our county. We got to see some pretty leaves on the way down, although there are more oak trees than maples there. Attendance was in the thirties from nine counties that make up our district. Plans for the State Conference to be held in Hudson next September were discussed. The theme for the conference will be (I think), "HCE 2020 Vision, Celebrating 80 years". There were several people that reported receiving scam calls, so be very cautious when answering your phone. There were reports from the State Conference. The raffle, which is comprised of donated articles, took in \$915.00. Cultural Arts Medallion winners will be reported in the UPDATE. There are 48 counties that have HCE clubs in Wisconsin. Our county hosts Northwest District in the fall of 2020.

Submitted by, Mary Ann Gronquist

## Cultural Arts State Winners

Nine items from our county were brought down to the State Cultural Arts contest by Cheryl M. (Thanks, Cheryl!) Donna Tollefson received blue ribbons on her photo and her display of 6 handmade greeting cards; Marge Keho received blue ribbons on her acrylic pour painting and a quilted item; Pat Wermter received a blue ribbon on her Celestial Angels needlepoint tree and also on her quilted wall hanging, and a red ribbon on her Sunbonnet Sue detergent bottle holder; Donna Bergsten received a red ribbon on her flag wall hanging; and Sue Hendrickson received blue ribbon for her poem. Thanks, ladies for all your wonderful work. There will be several changes on next year's categories and rules. They will be published in a future UPDATE.

Submitted by, Mary Ann Gronquist, Cultural Arts Co-chair

## Craft Sale Door Prize Winners

All door prize winners at our Craft Sale were Superior residents. They were:

Annie Lepper, Epicurean cutting board and towel; Barb Lindquist, bears and apple pie basket; Lindsey Rabideau, ladies tool kit; Shelly Wick, cloth bag; Kayla Maliway, two books; and our own Meredith Manley, baking mix basket. Congratulations to all.

Submitted by, Mary Ann Gronquist

## Sold Rock Mission Donations

Thanks to all who so generously donated to the Solid Rock collection on craft sale day. I delivered several boxes which contained quite a few non-perishable food items, many personal care items, many pillowcases and washcloths/towels, a book, a Green Packers throw, some clothing and approximately \$19.00 in cash, as well as coleslaw and water left over from the luncheon. It was much appreciated. You all helped someone less fortunate than you are.

Submitted by, Mary Ann Gronquist

## Thank You Cards - I received these in the mail :) Cheryl

