

March 5	12:30	Craft Sale Meeting	Library	Board/Hilltoppers
	1:30	Board Meeting	Library	President
March 8		Time to change your clocks—Spring Forward!		
March 26	10:00-3:00	Quilt-a-thon	Mariner Business	Hilltoppers
April 2	12:30	Program Planning 2021	Library	VP
	1:30	Board Meeting	Library	President

MARCH 2020						
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				

HEAD OF THE LAKE FAIR

*** NEW DATES!! SAVE THE DATE!**

The fair this year will be held on July 21-26.

SPRING FORWARD March 8!

Don't forget to change your clocks ahead



APRIL 2020						
S	M	T	W	T	F	S
			1	2	3	4
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12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

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.

Annie Taylor
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Inserts:
HCE Quilt-A-Thon Flyer
Cultural Arts Show & Contest Categories

PLEASE POST :
Quilt-A-Thon flyer anywhere you think will attract attention!



DISPATCH

Extension
UNIVERSITY OF WISCONSIN-MADISON
DOUGLAS COUNTY

MARCH 2020 **Douglas County HCE**

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~

Welcome Spring, at least I hope so. Today is Presidents Day, and Sean has the day off, which really upset Ryan because he had to work. Ryan had last Thursday and Friday off because of cold temperature and wind, but that doesn't count. Ryan's Ryan. We are really considering getting rid of our land lines. For every call we get, we get at least ten nuisance calls. Right know it either 0% interest on our credit cards or our warranty is up on our car and do we want to extend it. So please use my cell phone number 715-816-4262 instead of 715-378-4450. It will also save us about \$60 a month. We just received our taxes back and in the envelope was a Murphy's Law calendar. For January Murphy's Law said "Washing machine only break down during the wash cycle when they are full of water" It happened to us during February, only a month off. Doug went to Superior and bought a new washer, he and Sean hooked it up and I washed the jeans. In February it was about misunderstood order in a restaurant, which won't be so pricey. March 5 is the Craft Sale meeting at 12:30. It is very important because we have to decide where to have it. March 26 is our Quilt-a-thon from 10:00 –3:00 at the



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**February 6, 2020 - 12:30 p.m.**

Roll Call: Hilltoppers 6, Merry Mates 2, Town & Country 2
The meeting was opened at 12:40 p.m. by President Cheryl McCuskey with the HCE Creed .

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

Correspondence: A thank you letter was received from Cheryl for the gift of a Card-Making Book. A thank you intended for the Hilltoppers was mistakenly read at the Board Meeting. It was a thank you from the 4-Corners School for the clothing donated to the school for children in need of cold weather clothing items. However, it gave Marion B an opportunity to tell about the Hilltopper Cold Weather School Clothing project.

Treasurer's Report: Linda Williams: The Treasurer's 2019 Year End Report was approved and placed on file for review along with the January report. Membership dues and Pennies for Friendship have been sent to the State. The audit of the Treasurer's books will take place the last week of February.

Sunshine: Cheryl McCuskey reported on the Sunshine Fund. Cheryl reminded members to call her about people who need to have a card.

Dispatch: Due February 15, 2020 Memos:- March-Linda, April-Sue, May-Jennifer, June-MaryAnn

COMMITTEE REPORTS:

VP Programming and Community Outreach: The calendars have been passed out to the clubs and members.

Cultural Arts: The new Cultural Arts rules will be coming out in the Update. Mary Ann is working on scrapbooking the history of DCHCE. She needs help in identifying events and pictures. There was also a discussion about 4 quilts donated by the Salvation Army.

International: Another good article in the Dispatch about Cuba.

Membership/Marketing: Sue Hendrickson- Lead a discussion about the upcoming Quilt-a-thon and placing a poster in the Dispatch to advertise. Sue reminded all members to put March 26th on their calendar and plan on working at the Quilt-a-thon.

Scholarship: Linda Williams- The Melinda Boswell Scholarship will go to UWS this year.

UNFINISHED BUSINESS:

Plans for the Fall Northwest District meeting on Oct. 22, 2020 are progressing. The County hosting the meeting sets the cost of the meeting including the meal. Ideas for the lunch were discussed and finding a caterer. The invitation goes out in August. Marion B. had a good idea for a craft – origami with a dollar bill, if there is time for a craft.

Quilt-a-thon: Be sure to put March 26th on your calendar for the Quilt-a-thon.

Craft Sale: Linda reported on the price and availability of

several locations. After a lengthy discussion Linda was asked to book the Craft Sale on the 10th of October at the HOL Fairgrounds. This discussion will be continued at the Craft Sale Meeting in March. Talk things over with your clubs and bring your ideas to the Craft Sale Meeting.

NEW BUSINESS:

Craft Day: There was a discussion about a craft to be taught during the judging of the Cultural Arts. Some ideas were a table runner made with holiday fabrics, a ditty bag for sailors, and a "found items" craft project. Town & Country will decide on the activity.

The White Elephant silent auction fundraiser was extended to 2:30.

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

Minutes submitted for approval by Jo Mersnick

**Cultural Arts/Craft Day**

Our Cultural Arts contest will be held on Sat., April 25th at the Parkland Town Hall. From 9:30 to 10:00 a.m. there will be coffee and conversation and registration. Please have your items there no later than 9:30. Judging will begin at approximately 10:00. One craft will be taught at 10:00. The type of craft is yet to be determined. More info in the April Dispatch. The list of Cultural Arts categories is in this Dispatch, so check it over in case there are some changes or additions from last year. All work must be done by entrant and completed after last year's show. All items must be clean or laundered or will be disqualified. Kits and patterns may be used as long as entrant does all the work. There is a category called, "Seeing HCE Through New Eyes", No. 20. This is a bonus category and entries will be judged by those attending the conference in September. Hoping to see lots of entries.

Mary Ann Gronquist
Cultural Arts Co-chair

FROM THE DESK of SUE HENDRICKSON

Just a couple notes this month: There are more raffle tickets available for the beautiful queen-sized "Mother's Garden" quilt to be given away at Craft Day 2020--call 715-398-7213 for more tickets. Thanks to all who have turned in their money already! We WILL have materials for Quiltathon 2020 this month!

Please remember to contact the treasurer before you purchase anything and get the tax exempt number. Club members should **not** have to pay sales tax!

Elsewhere in this Dispatch you will find a poster with information on the Quiltathon. Please post it in a place with good foot traffic. We are going to need lots of hands as usual for this our premier community support event. Tops and bottoms have been joined by the Hilltoppers, but we will need folks to turn the quilts, press, stitch them closed, top stitch and/or tie. Plan to spend a few hours at the mall on Thursday, March 26, between 10am and 3pm at Mariner Mall and Business Center...and bring a friend!

Marge Keho, Hilltoppers, has already created a quilt to be raffled in 2021! We will bring it to the North Country Independent Living Expo in July where we will be given a table to sell raffle tickets for our quilt and share club membership info. The new quilt will also appear at the Head of the Lakes Fair. Watch for more details.

Guide to Healthy Drinks—adapted from FoodWise education materials, USDA

Winter is just as important a time as summer to keep yourself hydrated. We heat aggressively in our homes and outside winter air is drying also. But **what** you drink is also important. Many drinks have extra sugar and offer little or no nutrients. Read on to make healthy choices.

DRINK WATER EVERY DAY: Drink to thirst-- tap water or mineral water (no sugar). Add cut up citrus fruit, cucumber, mint, crushed raspberries or watermelon to make water more flavorful/

DRINK MILK EVERY DAY: Choose low-fat or fat-free options or calcium fortified soy beverage. Serving sizes of dairy per day (milk, yogurt, cheese, etc.) are 2 c. per day (children, 2-3 yrs), 3 c. per day (all others).

JUICE IS OK SOMETIMES: Juice is not needed for a healthy diet, but if chosen, should be 100% juice, one serving a day which is NONE for under 1 yr., 1/2 c. for 2-4 yrs., 1/2-3/4 c. for 5-6 yrs., 1 c. for older.

CHOCOLATE MILK IS OK SOMETIMES: It does have added sugar though.

COFFEE IS OK FOR ADULTS: Most coffee/tea contains caffeine, which can be harmful to growing children. Adults should limit themselves to 3-5 cups; beware of added sugar.

SAY NO OR LIMIT SUGAR-SWEETENED BEVERAGES: Soda, lemonade, fruit punch, sweetened tea, energy drinks should be limited. Beware of options that contain caffeine, especially for children.

Greetings from the Treasurer - Greetings to the third month of 2020. Winter seems to never end. Spring will come! Looking closely at my lilac bush in the back yard the new buds are there waiting for their time to sprout. It's a real miracle, what nature has in store for us every season. Though we complain about snow and cold in the winter then mosquitoes and cooler than we wish on summer days, we do not have major floods, earthquakes, raging wild fires, mudslides or scorching heat. Ahh, our northland.

Our February White Elephant sale was a great success! Thank you to all who brought items, bought items and to Jo, Marge and Jennifer for planning and setting up the sale. It was a lot of fun. Speaking of fun and fundraising, the Craft Sale will be at the Fairgrounds on October 10, 2020. We are also brainstorming new ways to raise funds to support our scholarship and education programs. If you have ideas, please bring them to the Board meeting (s).

The annual Quilt-a-thon is in March, Craft Day and Cultural Arts contest in April. Please check the calendar dates and make a point to come, participate and enjoy these activities. We look forward to seeing you.

Linda Williams, Treasurer and Scholarship Chair

