



# DISPATCH



February 2019

Douglas County HCE Superior, WI

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**Inserts:**

**From the Desk of Sue Hendrickson**

- Busy 2018
- Green Tips for 2019

**Essential Oil Workshop**

*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.*



**NEW  
DISPATCH ASSEMBLY**

Monthly dispatch assembly for the all issues will be the **Cheryl** at the **Extension Office** until further notice. I am able to fold, tape, mail, etc. for the time being.:

Please send articles to:  
Cheryl Shockley  
UW-Extension Office  
1313 Belknap Street, Room 107  
715-395-1363 or email me at:  
[cheryl.shockley@ces.uwex.edu](mailto: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 Editor  
1313 Belknap St., Room 107  
Superior, WI 54880  
715-395-1363 or  
[cheryl.shockley@ces.uwex.edu](mailto:cheryl.shockley@ces.uwex.edu)

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Welcome to 2019, all you busy Douglas County HCE members. Our first meeting of the year was January 3rd and the weather cooperated, cold but good driving conditions. Our first program of the year was held on the 3rd, too. Marion Bradley and Jo Mersnick hosted a workshop on tying scarves.

Jo worked on some handouts and Marion demonstrated various tying techniques. We had a very nice turnout and appreciate all those members who braved the cold weather and attended our first program of the year. Now we are looking forward to our next workshop to be held at 1:30 on February 7th. It will be an "Essential Oils - Make and Take" workshop hosted by Jennifer Robb. Jennifer gave Hilltoppers a sneak peak at our January meeting, and it really peaked my interest. I went home and purchased a book so I could learn more. No matter how old we get, we can always learn something new. This reminds me of one of my favorite composers of choir music, Natalie Sleeth. She wrote, "You never stop learning, where ever you go, you never stop learning, oh, no, no, no! You'll find you never stop learning as long as you're yearning to grow! You learn about love and people who care, You learn about friends through the things you share, You learn about living for life has a way of teaching us lessons with each new day. So open your mind and each day you will find that there's always a lot more to know!" That's what I love about Douglas County HCE, good programs, good friends, and good learning experiences and last but not least, good food. Please plan to make DCHCE a monthly learning and growing experience for you this year.

Jo Mersnick, Secretary



## HCE EXECUTIVE BOARD MEETING MINUTES

January 3, 2019

Roll Call: Hilltoppers 3, Merry Mates 1, Town & Country 2, Advisor 0

The meeting was opened at 12:50 p.m. by President Cheryl McCuskey with the HCE Creed .

Secretary's Report: Jo Mersnick: Approved and placed on file.

### Correspondence:

Thank you from the Superior Public Library Friends for the donation.

UWS Christmas card

Thank you from the Board of Trustees of the Library for the donation.

Treasurer's Report: Linda Williams: - The Treasurer's Report was approved and placed on file for review. Linda passed out the 2018 Year End Report and the current membership list. Linda also passed out the final and corrected report on the Craft Sale. The Telegram has raised the price for ads.

**Sue Hendrickson moved and Linda Williams seconded a motion to reimburse Mary Ann Gronquist \$25.00 for the entertainment at the Christmas party at Dreamland. Passed**

Sunshine: Cheryl McCuskey reported on the Sunshine Fund.

Dispatch: Due January 15.

### COMMITTEE REPORTS:

VP Programming and Community Outreach: Marion Bradley passed out the 2019 Calendars and Brochures to the clubs and independent members.

Cultural Arts: Mary Ann Gronquist: Information will be in the February Dispatch.

International: Christa Williams – Clements will write the articles on Cuba.

Membership/Marketing: Sue Hendrickson – Sue and Mary Ann submitted an article on the yearly activities of DCHCE to the Update and will also submit it to the Dispatch.

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

WI Bookworms™ - Sue Hendrickson – Sue is reading for Bookworms this year. A Bookworms problem with Scholastic Books has been solved and remedied.

Human Development & Relationships Educator – Tracy Henegar: no report

### UNFINISHED BUSINESS:

One of our CD's is up for renewal. If it is possible, roll it over, otherwise deposit into savings.

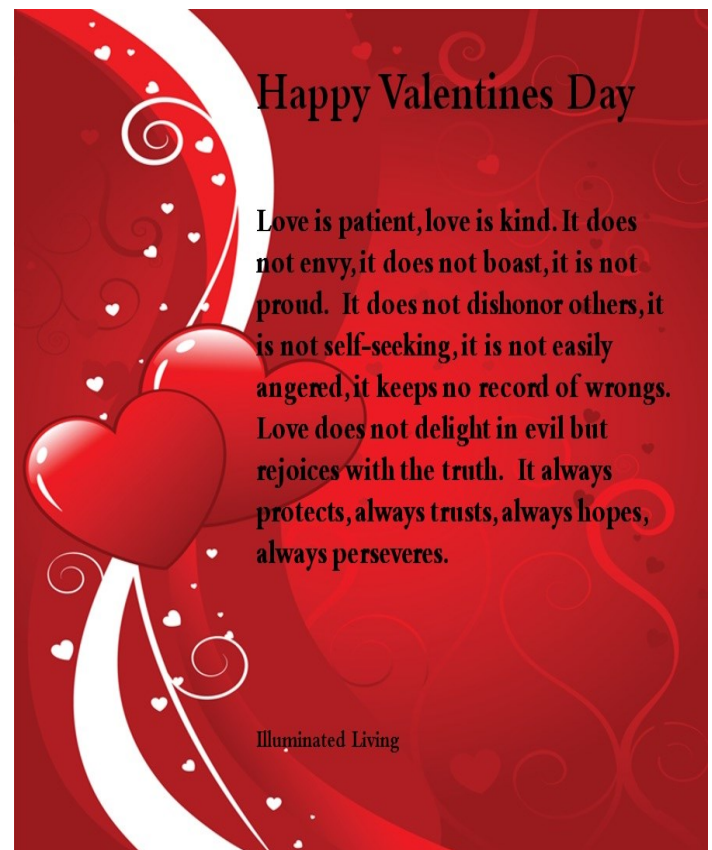
### NEW BUSINESS:

February 7<sup>th</sup> 12:30 Board Meeting

February 7<sup>th</sup> 1:30 Essential Oils Make and Take

Meeting closed with the HCE prayer at 1:30 p.m.

Minutes submitted for approval by Jo Mersnick



### SHORT-TERM SCHOLARSHIPS AVAILABLE

Douglas County offers four short-term Scholarships annually to any DCHCE member for any continuing education class. A first-time State Conference attendee would qualify for one of these scholarships. Contact Linda Williams, Scholarship Chair for application.

### THANK YOU

“On behalf of the Board of Trustees, I would like to thank you and your group for your donation of ... to the Superior Public Library. Thank you so much for your generous donation, and for your continuing support of the Superior Public Library.” Signed, Susan Heskin, Director. November 19, 2018. (for our annual community focus donation)

“The Superior Public Library Friends Group wish to thank you for your generous support of our Public Library this year.” Sincerely, The Friends Group, dated December 2018

“125 warm wishes for a beautiful Holiday Season and a happy and healthy New Year.”  
Chancellor Renee M. Wachter, University of Wisconsin-Superior (Christmas card)

IT'S A NEW YEAR and our 2019 Calendar of events has had a great start in January with the presentation “Tying Scarves” presented by Marion Bradley and Jo Mersnick. We had a fun presentation and hands-on learning of so many different ways to tie and wear scarves of various styles, sizes and fabrics. Thanks Marion and Jo!

### CRAFT SALE 2019

The first planning meeting for this year's Craft Sale is Thursday, March 7, 2019 at 12:30 p.m. at the Public Library followed by the Board Meeting. Bring ideas, suggestions and energy. Craft Sale date is Saturday, October 5th at the Head of Lakes Fairgrounds

Linda Williams, Merry Mates

### HOLIDAY GATHERING AT DREAMLAND

Many thanks to all those who attended the holiday gathering at Dreamland on December 12th. About 35 members and guests attended. Thanks also to the businesses and members who donated prizes which were won by those present. Tickets were sold for the chances to win and a total of \$550.00 was raised! The money was used to purchase \$50.00 Walmart gift cards which were given to 11 low-income seniors. Attendees also donated to a food basket which was given to a young family in the area. Thanks to Dianne Greely for delivering the gift cards and food basket. She reports there were tears of gratitude from many of them. Those bringing donations for the food basket or bringing a guest received extra tickets for the drawings. Entertainment was provided by a female duet entitled, “Ambrosia”, who sang both Christmas songs and other familiar tunes. A good time was had by all and the weather cooperated. Submitted by Mary Ann Gronquist

### CONDOLENCES

Our sympathy goes out to Sue Hendrickson and family in the loss of her brother recently. Our thoughts are with you.



### THANK YOU

I would like to give a huge THANK YOU to everyone who has accepted positions on the the Board. The Board has been pretty much recycled the last few years as others are not stepping up to accept these positions. Welcome to Marion Bradley who accepted the position of V.P. (She also brings coffee and good goodies to the meetings) Also thank to Krista Williams for volunteering to do the Dispatch articles about Iceland and coming up articles on Cuba. Linda Williams deserves special recognition for her work with the scholarships we provide, not to mention all the work she does on our Craft Sale. Marion Bradley and Jo Mersnick did a wonderful job with their presentation on scarf tying. I hope we have a good turnout on next month's (February) presentation on Essential Oils (chosen by you on the survey). And thank you to all of you who do your part to keep this organization going.

Submitted by, Mary Ann Gronquist

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 Education (HCE), then click on the Dispatch Newsletter link. <http://douglas.uwex.edu/flp/> and click on Douglas County Home and Community Education (HCE), then click on the Dispatch Newsletter link.

March 2019						
S	M	T	W	T	F	S
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10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						



February 2019						
S	M	T	W	T	F	S
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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		

Hilltoppers  
 President  
 MM

President  
 Jennifer

Mariner Business Center  
 Library  
 Library

Pre-registration for Essential Oils Workshop  
 Feb. 1 12:30  
 Board Meeting  
 Feb. 7 1:30  
 Essential Oils (Make & Take)  
 Feb. 12  
 Courtthouse Closed  
 Valentine's Day

March 7 12:30  
 Craft Sale Meeting  
 Board Meeting  
 March 28 10 - 3:00  
 Quilt-a-thon

FEBRUARY

## THE HCE CLUBS OF DOUGLAS COUNTY WERE BUSY IN 2018—JUST LOOK!

(Report to Update by Sue Hendrickson and Mary Ann Gronquist)

**FEB.:** First board meeting of 2018 at the Guadalajara Restaurant, Superior, owned and run by a Mexican family. Program followed. Sampled ethnic foods and the owner shared the story of the restaurant; then we planned our International event for HCE week. A survey of members chose Iceland, so articles on the country will be run in the Dispatch, our monthly newsletter.

**MAR.:** Annual Quiltathon at Mariner Mall and Business Center, Superior. Mall lets us set up for the day at no cost; much of the fabric is donated by local fabric stores and local folks joined members to assemble about 100 children's quilts for local family service agencies. Batting cost is supplemented by proceeds from a quilt raffle—quilt is made and donated by a talented member. Donations for Nicaragua were collected, and delivered to Steven's Point by an independent member and former Family Living Educator.

**APR.:** Board meeting included a brainstorming session for ideas for a program-planning survey from which members choose topics of interest for next year's activities. Members attended Spring District Meeting. Saturday Craft Day was held at a local church to accommodate working members in HCE and the community, and Cultural Arts Contest was held there.



**MAY:** Tour of Epicurean factory. A new, very green business in Superior that produces utensils, cutting boards and lawn furniture from a hardy composite also used in skateboard parks. Lunch followed at a local restaurant, and bylaws were reviewed at the board meeting that followed.

**JULY:** Public Relations booth at Head of the Lakes Fair; information shared, raffle tickets sold and demonstrated a new way of tying fleece blankets. Northland Independent Living, a support agency for the disabled, invited us to set up a similar display at their day-long health Expo at the Mall.

**SEPT.:** Annual Craft Sale planned at board meeting. President attended state conference and brought twelve entries down for state Cultural Arts Contest.

**OCT.:** Craft Sale held; 60-70 local crafters, no commercial sales, pay modest fee to rent a table at the Head of the Lakes Fairgrounds; profits fund a \$500 scholarship to a student at University of Wisconsin—Superior or Wisconsin Indianhead Technical School, both in Superior.

**NOV.:** Final program-planning at board meeting with white elephant sale; members invited. International event during HCE week—Iceland program by HCE member who had visited there, and a selection of Icelandic foods.

**DEC.:** Annual holiday gathering at a local supper club that opens on a Tuesday night just for us. Members and guests enjoyed a good meal and entertainment. Tickets were sold for donated raffle prizes and over \$500 were raised to purchase gift cards for low-income seniors. Donations were collected for a food basket for a needy family.

**NOTE:** If one of your New Year's resolutions was to get more involved in your community, county board meetings are now live-streamed each third Thursday beginning at 6 pm. Go to the Douglas County website ([douglascountywi.org](http://douglascountywi.org)) and watch live on your computer or smart tv. Past meetings are also available.



**YOUR GREEN TIPS FOR FEBRUARY:**

Are your appliances wasting money? The average Wisconsin homeowner spends about \$500 per year on electricity for appliances and electronics. To reduce their use and save money:

- Locate refrigerators and freezers in a cool, dry space. If they are near a heat source, such as the range/oven, or in sunlight, they will work harder and cost more.
  - Set refrigerator at 36-40 degrees F and freezer at 0-5 degrees F to keep food fresh and equipment operating efficiently.
  - Defrost freezer regularly, if manual, Don't allow more than ¼ " of frost build-up.
  - Vacuum any exposed coils on refrigerator regularly, especially if you have pets.
- A second refrigerator can waste energy and cost from \$60-180 extra a year. When not in use, unplug second refrigerator or freezer and block the door open for safety.

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**Essential Oils – Make and Take Workshop**

**Thursday February 7<sup>th</sup>, 1:30 p.m.**

**Superior Public Library**



HCE members and guests are invited to attend a make and take essential oils workshop presented by Jennifer Robb. Jennifer has enjoyed making many of her recipes using the oils for quite a few years and would like to share a few ideas with you. Essential oils are more powerful than you might think. They're wonderful natural healers. You can use aromatherapy remedies to support your health simply by using essential oils for the right problem at the right time. The fee for this class is \$5.00 - to be brought to the class.

Option #1 is a Solid Lotion Bar made with 4 ingredients, Coconut Oil, Beeswax, Shea Butter, and Essential oils. To form your bar you may bring a mold of your own, or use one provided at the workshop. Multiple oils will be available.

Option #2 is a Bath/Foot Soak made with 4 ingredients, Epsom Salt, Sea Salt, Baking Soda, and Essential Oils. Multiple oils will be available. You may bring a jar with a lid of your own that will hold at least 2 cups, or use one provided.

To register, please call Marion Bradley at 715-398-7299. If no one answers please leave your name and the name of your guest so that Jennifer can determine the amount of materials to purchase. The registration deadline is February 1<sup>st</sup> . Please plan to come.

