



DISPATCH



December 2019/January 2020

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~

Is there anything better than a hot bowl of soup on a cold day or night? The winter months call for comfort foods and delicious, nutritious soups. This morning when I got up it was 9 degrees outside. Brrr! The coldest day so far this year. My thoughts turned to warm comfort foods. With this in mind the first DCHCE meeting in 2020 will be held on Thursday, January 9th at the Superior Public Library and we have planned to warm up with a soup buffet, "Super Nutritious Soups". This soup and potluck buffet will be held at 12:30, with the board meeting following at 1:30. Each club will bring a soup, garnishes, and recipe to be shared with all attendees. What a warm delicious way to start a new year of programs, and service to our community. Please plan to start out our HCE 2020 by joining us at our January 9th meeting. See you there!

Jo Mersnick - Secretary



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

November 7, 2019

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

The meeting was opened at 2:40 p.m. by President Cheryl McCuskey with the HCE Creed .

Secretary's Report: Jo Mersnick: - No minutes. (Annual Meeting Minutes are published in September)

Correspondence:

Cheryl reported on a thank you from the St. Luke's Foundation for a donation of books.

Linda Williams reported on correspondence with the Library setting dates for 2020.

A letter from the Chancellor of UWS thanking DCHCE for the Melinda Boswell Scholarship.

Treasurer's Report: Linda Williams: - The Treasurer's Report was approved and placed on file for review.

Linda also reported on the results of the HCE Craft Sale. Down on admissions and crafters. The Bake Sale did very well. Linda reported on the cost of renting other venues for our craft sale.

Sunshine: Cheryl McCuskey reported on the Sunshine Fund.

Dispatch: Due November 15

COMMITTEE REPORTS:

VP Programming and Community Outreach: The Program Planning meeting was held Nov. 7th at 12:30. The final plans were agreed on and the Calendar for 2020 will be prepared and passed out at the Jan. 9th DCHCE Board Meeting.

Cultural Arts: Mary Ann Gronquist There are new regulations coming up. They will be posted in the Dispatch.

International:

Cuba is the focus of our International Study for 2019-2020. Christa Williams-Clements and Linda Williams are writing the articles on Cuba. Plans are being started for the International Event to be held at the Superior Public Library on Thursday Nov. 12th, 2020 at 2:00.

Membership/Marketing: Sue Hendrickson - Our membership is dropping.

Scholarship: Linda Williams- Information is in the November 2019 Dispatch.

UNFINISHED BUSINESS:

Cheryl McCuskey is the new treasurer of Northwest District.

The Fall Northwest District Meeting will be held in Douglas County Oct. 22, 2020. Plans are in process at this time.

NEW BUSINESS:

December 3, 2019 will be the Town & Country Christmas Event at Dreamland Supper Club at 6:00. All members and guests are invited.

Super Soups/Potluck Buffet Thurs. January 9th , 12:30 Superior Public Library (see details in the Memo from the Board)

Meeting closed with the HCE prayer at 3:55 p.m.

Minutes submitted for approval by Jo Mersnick

CUBA

In 1959 Fidel Castro led a Marxist guerilla revolution to oust President Batista and nine years later in 1968 Fidel Castro put an end to the Christmas as a national holiday. Fidel Castro's reasoning was Christmas interfered with the sugarcane harvest.



A Marxist revolution was to create a country ruled by communism and in a communistic country they restricted religious practice. People who were religious were not allowed to join the Cuba Communist party because religion did not align with the Marxist philosophy which is atheist. Many Cuban citizens continued to celebrate the Christmas holiday but in the privacy of their own home and more subdued than in the past.

In 1991 after the fall of the Soviet Union, Cuba changed from atheist to secular and allowed the Catholics to join the communist party. In 1995 Castro banned public displays of nativity scenes and Christmas trees except for areas visited by tourists such as hotels. In 1997 Castro reinstated Christmas as a national holiday in honor of Pope John Paul II who was scheduled to visit Cuba during that year.



Prior to 1969 Christmas was celebrated for two weeks. Christmas Eve began the traditional festivities with foods, decorating, and music lasting all day. Christmas Day was focused on the religious ceremony of attending church, and a procession bringing a model of the Christ Child to the manger. The festivities lasted until January 6, when children were given three gifts symbolizing the gifts of the three magi.

In 2007 the Christmas ban was lifted and Christmas was once again celebrated with family, food, Christmas trees and nativity scenes. Residents attend midnight masses and there is a large mass held in Havana's Square. In the town of Remedios they hold an annual Christmas parade known as a parrandas. Church bells throughout Cuba ring at the stroke of midnight on Christmas Eve.

Cuban Christmas also known as Noche Buena is focused on family and food and giving of gifts. Homes are decorated with lights, trees, stars, etc. Families gather and have a traditional Christmas feast consisting of black beans, rice, roasted pig, fried plantains (bananas), yuca (similar to potato), ending the evening with Cuban chocolate cake with rum frosting or rice pudding for dessert.



The average temperature on Christmas in Cuba is 80F, so instead of hitting the ski slopes, sliding hill or cuddling up with a warm cup of hot chocolate you can enjoy the warmth of a local beach.

Submitted by, Christa Williams-Clements

References:

https://en.wikipedia.org/wiki/Marxism%E2%80%9393Leninism#Church%E2%80%9393State_relations
https://en.wikipedia.org/wiki/Religion_in_Cuba
<https://locallysourcedcuba.com/christmas-in-cuba/>
<http://cubajournal.co/a-recent-history-of-christmas-in-cuba/>
<http://www.havana-guide.com/cuban-traditions.html>
<https://www.theholidayspot.com/christmas/worldxmas/cuba.htm>



DONATIONS

Please thank **Jesse Williams** for the awesome donations of boxes and boxes of quilting material and supplies she dropped off at the office today. Thank you!!!!



October 21, 2019

Cheryl McCuskey, President
Douglas County Assoc. for Home and Community Education
11021 S. Business Hwy. 53
Solon Springs, WI 54873

Dear Cheryl:

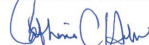
Thank you for the wonderful donation of books to St. Luke's Pediatric Associates. Your generosity will comfort children after a difficult procedure or distract them during uncertain times. Most importantly, it is a gentle reminder that they are not alone, they have an entire community standing beside them.

The Patient. Above All Else. Our mission remains clear and we are most grateful for your partnership in this purpose. Thank you for your demonstration of compassion for patient care, health education and clinical research through St. Luke's Foundation.

Your generosity helps to make a real difference in the quality of life throughout our region. We are humbled by your strong support and every single day bear witness to the hope and high returns generated through your investment.

Together we move toward a healthier future and for that, we are most grateful. On behalf of St. Luke's and the patients we serve, thank you!

In Gratitude and Good Health,


Catherine Carter Huber
Executive Director

St. Luke's Foundation provides financial support to St. Luke's and the region it serves to advance patient care, health education and clinical research.

1000 East First Street, Suite N102 • Duluth, MN 55805 • 218.249.5249 • www.slhduluth.com/foundation

Generosity
changes everything



HOLIDAY GATHERING -

CHANGE IN DATE TO: 12/03/2019:

Dreamland Supper Club

December 3, 2019

6:00 p.m.

Dinner & Entertainment

- Fundraiser for needy Seniors
- Food basket donations for needy family
- Door prizes

- RSVP to Dianne Greely (715) 398-6560
- YOU WILL GET A TICKET FOR THE DRAWINGS

ALL ARE WELCOME AND BRING A GUEST WHICH ENTITLES YOU TO AN **EXTRA TICKET** FOR THE DRAWINGS **MARK YOUR CALENDARS!!!!**

FROM THE DESK OF SUE HENDRICKSON: MEMBERSHIP

Just a note of thanks to all the members (too many to mention them all) who made the “Gifts from the Kitchen” program so successful. We had a great turnout (16), with some nonmembers also, and the ideas that attendees shared were great! Joyce Cook brought a door prize and one of our guests won it! Thanks especially to the Hilltoppers that prepared, showed and explained assembly instructions, and to Marion Bradley who helped with the “make and take.” I am inspired to create some holiday gifts that are going to be used up and don’t need dusting—hope you are too!

Don’t throw away those empty printer cartridges! They are easily recyclable. Pick up postage-paid mailing envelopes just outside the Extension Office in the Courthouse. It’s easy and the less in the landfill the better!

TIPS TO MAKE YOUR HOLIDAYS BRIGHTER

Keep it simple: Don’t stretch yourself too thin. It’s OK to decline invitations. If you’re hosting a holiday party, make it a small gathering or have everyone bring something. Make lists; staying organized reduces stress and anxiety. Try to find humor in the everyday.

Enjoy the moment and savor the little things in life: Play holiday music or sing carols. Watch a holiday movie. Bake cookies. Drink some cocoa. Drive through town to see the holiday lights. Decorate as little or as much as makes you happy. Take a moment to watch the snow fall.

Give yourself a gift: Caregivers are often so busy that they neglect their own needs—even essential things like getting enough sleep and eating wisely. Try not to overextend yourself. Give yourself the gift of a walk, time with friends and family, and permission to ask for help.

Make it a peaceful and joyful holiday season!

BE SAFE THIS WINTER SEASON...AND HAPPY HOLIDAYS!



FROM THE DESK OF SUE HENDRICKSON: CENSUS

HELP WITH THE COUNT—Sue Hendrickson, Douglas County Census Committee



Beginning in March, census forms will start to appear in mailboxes around the Douglas County. In partnership with the U.S. Census Bureau, the county has formed a Complete Count Committee. The committee will work to increase awareness and motivate residents to respond to the 2020 Census. The committee will be soliciting help from various groups within Douglas County, including nonprofit, faith-based, community, and business. *That's why this article is appearing in our Parish News.*

The importance of a complete census count cannot be overstated. In addition to determining fair political representation at all levels, census population totals help determine which communities will receive federal funding distributed each year. Additional funding from the state is also tied to census results. This funding supports education, healthcare, transportation, housing assistance and rehabilitation loan programs, and other vital local programs.

Renters, students, immigrants, people older than 62, and children younger than five are least likely populations to be represented in response to the census. Douglas County's Complete Count Committee will work to increase response rates through targeted outreach campaigns to these members of the community.



During the month of March, 2020, each household should receive an invitation to respond to the 2020 Census. The census will be primarily conducted online, with the option to complete the survey by telephone or mail. Official census takers will conduct in-person surveys at households **that do not initially respond**.

All responses are confidential and protected by law. The Census Bureau is required to keep respondent information confidential and not share that information with immigration authorities, law enforcement agencies, or allow it to be used to determine eligibility for government benefits. The results from the census are reported in statistical format only. You will never be asked for cash, bank or credit card information, social security number, or any political information. The information is very general, for demographic numbers and is nonspecific.

So, what do you have to lose by not participating? A lot: According to a report published by The George Washington University Institute of Public Policy, 300 federal programs geographically allocate over \$800 billion dollars a year based on census-derived statistics. An undercount can directly impact the allocations for several large programs that help states improve their residents' well-being. Wisconsin is among 37 states that incurred a fiscal loss of \$1,338 per person missed in the 2010 census.

Please participate and be counted in the 2020 Census. And get the word out! If there are newsletters you can put this in, feel free to copy. Our communities will benefit!

For more information visit www.census.gov/2020census or www.douglascountyiwi.org

PS: If you have more than one residence (like snowbirds), you may receive more than one form. Fill out the form where you use the most services or spend more time, and discard the rest!




Photos from Gifts from the Kitchen

MID-DAY WORKOUT

Take a break and move your body! Getting active is one of the best things you can do for your health.


There are big health benefits to getting even a little bit of exercise. Some movement is better than none.

MARCH IN PLACE




2 minutes

TOE TOUCH




10 reps, then repeat.

CHAIR SQUAT




Squat down like you are sitting on the chair, but without actually touching it. 10 reps, then repeat.

CURLS




Curl steadily for 1 minute, rest, repeat.

ARM CIRCLES



Forwards and backwards
Holding paperweights
(30 seconds each way)



Extension
UNIVERSITY OF WISCONSIN-MADISON

S. Department of Health and Human Services. Physical Activity Guidelines for Americans, 2nd edition, 2018. Diagrammatic concept adapted from Sodexo USA. Vector art adapted from Vectrinity.

There are big health benefits to getting even a little bit of exercise. Some movement is better than none.

Take a break and move your body! Getting active is one of the best things you can do for your health.

Submitted by, Editor

December

December 3	6:00	Holiday Gathering	Dreamland Supper Club
December 24-25		Courthouse Closed	
Thursday, January 9th	12:30	DCHCE	Library
	1:30	Board Meeting	

Soup buffet, "Super Nutritious Soups". This soup and potluck buffet will be held at 12:30, with the board meeting following at 1:30. Each club will bring a soup, garnishes, and recipe to be shared with all attendees.

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				



JANUARY 2020						
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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.

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