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# DISPATCH



**FEBRUARY 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.

*Happy Valentine's Day*

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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~  
No, we are not selling a white elephant.

The King of Siam in ancient days gave white elephants (considered a treasure) to rivals in order to keep them broke because of the cost of their upkeep.

Our white elephants are treasures that we no longer need or use, and are willing to contribute the proceeds to our DCHCE scholarships and community activities.

WHEN: White Elephant Silent Auction will be held Feb.6, 2020.

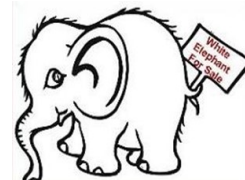
WHERE: Superior Public Library Classroom

TIME: Setup will begin at 12:00. Bidding

Sheets will be provided with an Item Number and label to place on item. Donors will provide an item description. Donors may also request a minimum bid for their item. Bidding will start at 12:30 and continue until 1:45. At that time, the bid sheets will be collected. The highest bid on each sheet is the winning bid – and that person gets to go home with their treasure.

**We would like all members to attend and bring an item, or items to auction off. Also, bring a friend!**

Jo Mersnick



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## HCE EXECUTIVE BOARD MEETING MINUTES

January 9, 2020 - 1:30 p.m.

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

The meeting was opened at 1:40 p.m. by President Cheryl McCuskey with the HCE Creed .

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

Correspondence: A thank you letter was received from the WITC Foundation thanking DCHCE for supporting their students. The letter is being posted in the Dispatch.

Treasurer's Report: Linda Williams: The Treasurer's Report was approved and placed on file for review. Linda is working on the year-end report.

Sunshine: Cheryl McCuskey reported on the Sunshine Fund.

Dispatch: Due January 15, 2020

### COMMITTEE REPORTS:

VP Programming and Community Outreach: The 2020 Calendar is out and ready to distribute to members.

Cultural Arts: The WAHCE February Update will be publishing the new Cultural Arts guidelines.

International: The articles in the Dispatch are very good and informative. The International planning meeting for the International event will be held at the May 7<sup>th</sup> planning meeting.

#### Membership/Marketing:

Sue Hendrickson and Mary Ann Gronquist collaborated on the article for the February issue of the WAHCE UPDATE. This UPDATE will feature Central and Northwest Districts in Brite Lites. This article will also be published in this Dispatch.

Sue informed the DCHCE about an Adult Winter Reading Program being sponsored by the Superior Public Library. Go to the Library Reading Desk for information and a Reading Log.

Sue also discussed the upcoming Census Survey and the importance of participating in the survey.

Another topic that Sue addressed was a document reporting about the new Guidelines on the Educational Roles of Extension with Wisconsin Association for Home and Community Education which were approved November 7, 2019. This information will be shared in this Dispatch.

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

### UNFINISHED BUSINESS:

2020 Craft Sale: The location and date of the Craft Sale for 2020 is still unknown. The per capita cost added by the Fairgrounds is prohibitive. There was a lengthy conversation about this problem and ideas were offered regarding other fundraising possibilities. This is an immediate and serious problem. The Board is working on several possibilities. Input from DCHCE members is encouraged.

Plans for the Fall Northwest District meeting on Oct. 22, 2020 are progressing. The library is booked, caterers are being considered, and activities are being planned.

### NEW BUSINESS:

February White Elephant Fundraiser: Feb. 6, 2020, Library Classroom – Set up 12:00. Bidding: Starts at 12:30 and continues until 1:45. **Please plan to bring an item or items to auction for our first fundraiser of the year and bring a friend!**

Details in the "Memo from the Board".

Meeting closed with the HCE prayer at 3:45 p.m.

Minutes submitted for approval by Jo Mersnick

## HCE Christmas Gathering-December

Prizes won, great food and good times! Thank you for inviting me. Also thank you for the fruit basket in December. I also want to thank Jo for the beautiful sun alcohol ink painting brooch.

Cheryl - Dispatch Editor  
Photos by, Cheryl Shockley



## Free Strong Bodies Class

Lifting Wisconsin to  
better health



STRONGBODIES

MONDAY & THURSDAY

5:00 - 6:00 PM

Government Center, Room 270  
1316 N. 14th Street, Superior, WI

For information contact:  
Julie Montgomery  
FoodWise Coordinator  
715-395-1427

### Benefits of Strength Training:

- ♦ **Reduced risk for chronic diseases:**
  - ♦ Diabetes
  - ♦ High Blood Pressure
  - ♦ Heart Disease
  - ♦ Osteoporosis
  - ♦ Arthritis
  - ♦ Some cancers
- ♦ **Increased:**
  - ♦ Strength
  - ♦ Muscle mass
  - ♦ Bone density
  - ♦ Ability to do Activities of Daily Living

Now  
through  
February

Walk-ins welcome!

~ Equipment provided



This program is based on the Strong Bones 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-Extension

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 [www.wisconsin.gov](http://www.wisconsin.gov) to learn how to apply for food assistance or call 715-395-1384.

"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."

## SCHOLARSHIP - THANK YOU'S AND MORE

### THANK YOU

*You made an impact on our students! Through your support and representation of WITC in our communities, you are making a difference and we are forever grateful.*

*With heartfelt thanks, WITC Foundation Staff*

\* \* \*

(The following thank you note was received by me, Linda Williams, on January 10, 2020 with an attached note written by someone in the WITC Foundation office saying: "Sorry so late- it was found in envelope with new scholarship notices....")

TO DOUGLAS COUNTY SCHOLARSHIP COMMITTEE    Dated 10/20/19

"I am writing to thank you for your helping completing my dreams of becoming an RN by generously choosing me to be the recipient of the Melinda Boswell Scholarship. I have completed my bachelor's degree in Biology, Society and Environment at the University of Minnesota and am now in my second year of the ADN Program at WITC.

Your scholarship award has helped take pressure off me financially and will allow me to concentrate on my studies better. The support you have given me makes me want to live in this community and give back for years to come. I hope you all know that your generosity will help me someday return the favor by helping out the citizens of Superior as an RN."

Sincerely, William Stream

\* \* \*

UW-SUPERIOR 2020 student will be awarded our Melinda Boswell Scholarship of \$500.00. Here are some bits of information from the UWS Foundation from their 2018-19 report:

- UWS students are diverse, often the first in their family to attend college
- 46% are first generation students
- 28% non-traditional students, an average age of 35
- 44% are transfer students
- 9% international students.
- many pay for college themselves
- 27% of Seniors work more than 30 hours/week off-campus, 80% have student loan debt
- almost 18% go on to Master's or PhD's
- nearly all remainder students seek and secure employment in their field.
- 497 scholarships were awarded to 349 students in 2018-19
- average total award per student was \$2,429.
- scholarships range \$100-\$11,400 with total scholarships awarded of \$848,000

Submitted by Linda Williams, Scholarship Chair



Thanks to Mary Ann Gronquist who gives me a draft to work from to prepare this article for the state newsletter, the Update. See how busy we are?! SAH

## **DOUGLAS COUNTY HIGHLIGHTS OF 2019 -**

**Sue Hendrickson and Mary Ann Gronquist**

**JANUARY:** The board meeting was followed by a fun lesson on Scarf Tying.

**FEBRUARY:** Program canceled because of bad weather. Happens up North even though we are most hardy!

**MARCH:** 94 children's quilts made at annual Quiltathon held at the Mariner Business Center. Several volunteers from the community joined club members. Quilts are donated to local service organizations that help kids in crisis. Planning begins for Craft Sale.

**APRIL:** Had to rethink our Craft Day plans when registrations were low. We will plan one craft for Craft Day and judging for the Cultural Arts contest will be done while participants are learning the new craft. Things are always changing!

**MAY:** Three members attended District Meeting in Cable. The Good Gardens Greenhouse tour enabled members to plant their own containers with help from staff; lunch followed.

**JUNE:** Cultural Arts Contest held in conjunction with a craft lesson on essential oils which were used to make a lotion bar and lip balm. Drawing for the raffle quilt we use to raise funds for batting for our Quiltathon—made by Marge Keho, won by Sue Hendrickson. Program planning surveys are returned to help future program selections.

**JULY:** Public Relations display at the Douglas County Head of the Lakes Fair in Superior in the 4-H building. We work on children's quilts there and sell raffle tickets. We also bring our display to a Health Fair at Mariner Business Center sponsored by North Country Independent Living, a support organization of the disabled in our county.

**SEPTEMBER:** Plans completed for October Craft Sale. President McCuskey attended State Conference and brought eight entries to Cultural Arts Contest there.

**OCTOBER:** Annual meeting held at Lake Superior National Estuarine Research Reserve (NERR) on Barker's Island in the Superior Harbor; a tour followed the meeting. (The NERR partners with UW-Superior and Extension to promote internship, educate teachers and students and the public, and do research on the waters of the estuary here.) Craft Sale held at Head of the Lakes Fairgrounds; 40 local crafters, no commercial items, rent tables and shoppers are also offered lunch, bake sale, raffle tickets and the opportunity to donate personal care items to a local mission. Profits fund two local college scholarships.

**NOVEMBER:** Well-received program on "Gifts from the Kitchen" with HCE and community member attendees; included ideas and a make and take. Program planning completed for 2020.

**DECEMBER:** Annual holiday gathering at a local supper club which opens just for us! Tickets are sold for chances on many donated prizes; funds used to buy gift cards for low-income seniors. Food donations make up a basket for a struggling local family.

Club members submit articles to our Dispatch which is published 10 times a year. Our country of study is Cuba; articles are submitted for two years, then food/program event is held highlighting our country of study. With sadness we said goodbye to four longtime members: Lois Smith and Marian Maki charter members of Merry mates HCE; and individual members Judy Reese and Hope Swenson; Hope was a Bookworms reader for many years. We will miss these faithful, hardworking members. Catholic Charities, our strong partner for Bookworms, did not renew their contract with Retired Senior Volunteer Program, on whom we depended for funds for the popular program. A terrible loss.

**CUBA OUR INTERNATIONAL STUDY 2019-20*****Well known people born in Cuba*****Desi Arnaz**

Desi Arnaz was a Cuban born actor and musician, best known for his role in the show *I Love Lucy* and his marriage to Lucille Ball.

Desi was born March 2, 1917 in Cuba. His father was the youngest mayor of Santiago and served on the Cuban house of representatives. His maternal grandfather was an executive for the rum producer Bacardi. He and his family fled to Miami from Cuba in 1933 after a revolution.

Desi worked many odd jobs to help support his family and one was a guitarist for the Siboney Septet, a rumba band. It was while playing in this band that his talent was discovered by Xavier Cugat, a leading figure in helping to spread Latin music. He moved briefly to New York, but then returned to Miami to lead a band of his own and also to introduce the Conga line to Americans, which was a hit. Desi moved back to New York after the success of his band and the Conga line and was offered a role in the 1939 Broadway musical, *Too Many Girls*. Desi also starred in the film version of the musical and that is where he met his future wife, Lucille Ball.

Desi created, *I Love Lucy*, in 1949 and it ran for 6 years. Desi and Lucille were married for 6 years. Desi and Lucille had two children together, Lucie Arnaz and Desi Arnaz Jr. Desi married his second wife Edith in 196. They moved to California where Desi owned a horse-breeding farm, raced thoroughbreds, taught classes at San Diego State and contributed to nonprofits and charitable organizations. Desi's second wife Edith died in 1985 at the age of 67 from cancer. Desi died from lung cancer in 1986. Lucille Ball died in 1989 at the age of 77.



## Gloria Estefan

Gloria is a superstar who fronted the band Miami Sound Machine with famous songs “Rhythm is Gonna Get You” and “Conga” which topped the music charts in the 1980s and 1990s.

Gloria Estefan, born Gloria Fajardo on September 1, 1957 in Havana, Cuba. Gloria’s father, Jose Fajardo, was a Cuban soldier on security detail for Cuban President Fulgenico Batista. Her family fled Cuba when she was a toddler when Fidel Castro rose to power. After fleeing to the United States, Gloria’s dad was recruited by the CIA funded band of Cuban refugees who were part of the unsuccessful 1961 Bay of Pigs invasion. Jose rejoined his family after President Kennedy negotiated a release of captured soldiers. Jose then joined the US Army and served in Vietnam.

Gloria wrote poetry and took guitar lessons. When her father returned from Vietnam he was ill and Gloria said music was her escape. In 1975, she met keyboardist for the Miami Latin Boys, Emilio Estefan, who was also a salesman for the rum company Bacardi. The Miami Latin Boys did not have a lead singer, so through mutual friends and events, Emilio heard Gloria sing and asked her to be the lead singer for the band. She accepted but only sang on the weekends because she was still studying at the University of Florida Miami. The name of the band was changed to the Miami Sound Machine.

Gloria and Emilio’s professional relationship over time grew into a romantic relationship as well and they were married in 1978. They had one child, a son, and Emilio stopped being the keyboardist and started to promote the band and made sure one parent was home all the time with their child. Miami Sound Machine was popular with Spanish speaking countries around the world and their first American hit was in 1984, Eyes of Innocence. As the band grew in popularity in America they were featured on MTV and VH1 along with touring across the country.

In 1990, Gloria, Emilio and their son were involved in a bus crash while on tour. Gloria suffered a broken vertebra in her back. After extensive surgery she retired to her home in Miami to recover. Gloria did make a recovery. They had a second child in 1994. Gloria continued to make music and albums. In 2015 Gloria and Emilio created a Broadway show called “Get On Your Feet” and in 2017 she received a Kennedy Center honor.



Submitted by: Christa Williams Clements

### References:

[https://en.wikipedia.org/wiki/Desi\\_Arnaz](https://en.wikipedia.org/wiki/Desi_Arnaz)

<https://www.biography.com/actor/desi-arnaz>

<https://www.pbs.org/wnet/pioneers-of-television/pioneering-people/desi-arnaz/>

[www.independent.co.uk](http://www.independent.co.uk) – image

<https://www.biography.com/musician/gloria-estefan>

Feb. 6	12:30	Board Meeting	Library	President
	1:30	White Elephant Sale	Library	Jo
Feb. 14		Valentine's Day		
Feb. 17		Courthouse Closed		
March 5	12:30	Craft Sale Meeting	Library	Board/Hilltoppers
	1:30	Board Meeting	Library	President
March 26	10:00-3:00	Quilt-a-thon	Mariner Business Ctr	Hilltoppers



## FEBRUARY 2020

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## MARCH 2020

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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.

«Esko, MN» «55733»

«132 Puline Rd#»

««Anna Anderson»»

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