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	1:30	White Elephant Sale	Library	Jo
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«Annie Taylor  
6683 County Road F  
Lake Nebagamon, WI 54849

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



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# DISPATCH



FEBRUARY 2020

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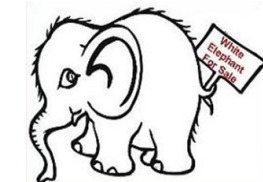
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Please mail or email them to:

Cheryl Shockley,  
UW-Extension Editor  
1313 Belknap St., Room 107  
Superior, WI 54880  
715-395-1363 or  
cheryl.shockley@wisc.edu

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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.

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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.



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### CUBA OUR INTERNATIONAL STUDY 2019-20

#### Well known people born in Cuba

##### Desi Arnaz

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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.

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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

**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

**FOOD WISE** Healthy choices, healthy lives.  Extension UNIVERSITY OF WISCONSIN-MADISON

An EEO/AAE 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/SNAP-ED benefits help families buy the food they need for good health. Visit us online, we go to learn how to apply for food assistance or call 715-395-1328.

\*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.

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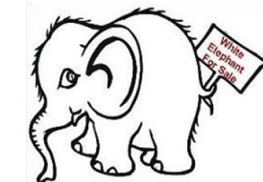
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Cheryl - Dispatch Editor  
Photos by, Cheryl Shockley



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**Lifting Wisconsin to better health**



**STRONGBODIES**


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**For information contact:**  
Julie Montgomery  
FoodWise Coordinator  
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TO DOUGLAS COUNTY SCHOLARSHIP COMMITTEE Dated 10/20/19

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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

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Submitted by Linda Williams, Scholarship Chair

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«Bonnie Gronquist  
4238 S. Kellogg Road  
South Range, WI 54874

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



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**DISPATCH**



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715-395-1363 or  
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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.

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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.

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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>

## 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.



## 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

**FOOD WISE** Extension  
UNIVERSITY OF WISCONSIN-MADISON

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/AAE 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 qualifications help families buy the food they need for good health. Visit us online, we go to learn how to apply for food assistance or call 715-395-1328

\*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*

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Submitted by: Christa Williams Clements

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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  
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715-395-1427

**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

**FOOD WISE** Healthy choices, healthy lives.  Extension UNIVERSITY OF WISCONSIN-MADISON

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## SCHOLARSHIP - THANK YOU'S AND MORE

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*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....")

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Submitted by Linda Williams, Scholarship Chair

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«Cheryl & Doug McCuskey  
11021 S. Business Hwy 53  
Solon Springs, WI 54873

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



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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.



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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



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

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

### 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.

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**For information contact:**  
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**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

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[cheryl.shockley@wisc.edu](mailto:cheryl.shockley@wisc.edu)

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Submitted by: Christa Williams Clements

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## CUBA OUR INTERNATIONAL STUDY 2019-20

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#### Desi Arnaz

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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

**FOOD WISE** Extension  
UNIVERSITY OF WISCONSIN-MADISON

An EEO/AAE 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 qualifications help families buy the food they need for good health. Visit us online, we go to learn how to apply for food assistance or call 715-395-1328.

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**SCHOLARSHIP - THANK YOU'S AND MORE****THANK YOU**

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*With heartfelt thanks, WITC Foundation Staff*

\* \* \*

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Sincerely, William Stream

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Submitted by Linda Williams, Scholarship Chair

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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.



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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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.

«Dianne & William Greely  
6934 E. Cloverdale Drive  
South Range, WI 54874

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



**INSIDE THIS ISSUE:**

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Non-discrimination, Civil Rights & Mission 1

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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*

All articles from magazines, books, etc. quoted in the Douglas County HCE Dispatch have received written copyright permission. This permission is on file.

**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](mailto:cheryl.shockley@wisc.edu)

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**For information contact:**  
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**Now through February**

**Walk-ins welcome!**  
~ Equipment provided

**FOOD WISE** **Extension**  
UNIVERSITY OF WISCONSIN-MADISON

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

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«Donna Bergsten  
P. O. Box 315  
Poplar, WI 54864

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



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**DISPATCH**



**FEBRUARY 2020**

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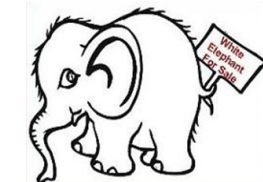
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Please mail or email them to:

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.

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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.

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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

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## 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.



## 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

**FOOD WISE** Extension  
UNIVERSITY OF WISCONSIN-MADISON

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/AAE 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 qualifications help families buy the food they need for good health. Visit us online, we go to learn how to apply for food assistance or call 715-395-1328

\*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.

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# DISPATCH



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Submitted by: Christa Williams Clements

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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
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  - Strength
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Now through February

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Submitted by Linda Williams, Scholarship Chair

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	1:30	White Elephant Sale	Library	Jo
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«Doris Lindberg  
 6325 Banks Avenue  
 Superior, WI 54880

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



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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.



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 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:  
  
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 715-395-1363 or  
[cheryl.shockley@wisc.edu](mailto: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

### 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>

## 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.

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«Gail Engbertson  
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 Lake Nebagamon, WI 54849

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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.

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References:

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## CUBA OUR INTERNATIONAL STUDY 2019-20

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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

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**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
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  - Ability to do Activities of Daily Living

Now through February

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~ Equipment provided

**FOOD WISE** Extension  
UNIVERSITY OF WISCONSIN-MADISON

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### 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....")

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Submitted by Linda Williams, Scholarship Chair

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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.

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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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.

«Ginger LaPorte  
5184 S. Stone Rd.  
South Range, WI 54874

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



**INSIDE THIS ISSUE:**

Memo from the Board 1

Non-discrimination, Civil Rights & Mission 1

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Christmas Gathering Strong Bodies Class 3

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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*

All articles from magazines, books, etc. quoted in the Douglas County HCE Dispatch have received written copyright permission. This permission is on file.

**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



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

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.

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«Jane Anklam  
13 Heron Place  
Superior, WI 54880

Douglas County UWEX  
1313 Belknap Street  
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# DISPATCH



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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

**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

**FOOD WISE** Healthy choices, healthy lives.  Extension UNIVERSITY OF WISCONSIN-MADISON

An EEO/AAE 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 qualifications help families buy the food they need for good health. Visit us online, we go to learn how to apply for food assistance or call 715-395-1328.

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**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....")

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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.

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



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Lake Nebagamon, WI 54849

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UNIVERSITY OF WISCONSIN-MADISON

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Submitted by Linda Williams, Scholarship Chair

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Jennifer Robb  
7608 Westlund Loop  
Solon Springs, WI 54873

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



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# DISPATCH



**FEBRUARY 2020**

**Douglas County HCE**

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- Learning in a social setting,
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- Caring to make a difference in our homes, communities, and the world.



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Cheryl Shockley,  
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715-395-1363 or  
cheryl.shockley@wisc.edu

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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.



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### 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.



### 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

**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

**FOOD WISE**  Extension  
UNIVERSITY OF WISCONSIN-MADISON

An EEO/AAE 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 qualifications help families buy the food they need for good health. Visit us online, we go to learn how to apply for food assistance or call 715-395-1328.  
\*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
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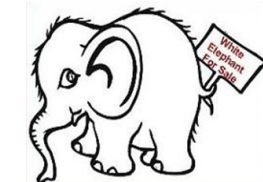
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Cheryl - Dispatch Editor  
Photos by, Cheryl Shockley



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
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- **Increased:**
  - Strength
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UNIVERSITY OF WISCONSIN-MADISON

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*With heartfelt thanks, WITC Foundation Staff*

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Submitted by Linda Williams, Scholarship Chair

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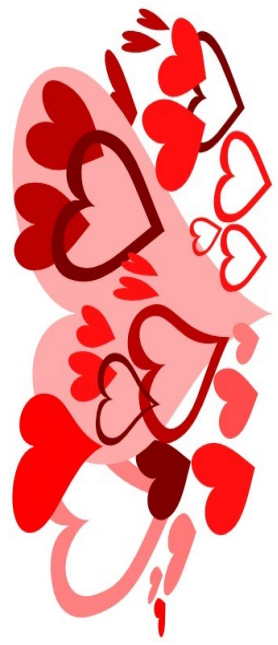
«Joyce Cook  
4483 South Wiehe Drive  
Poplar, WI 54864

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



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# DISPATCH

Extension  
UNIVERSITY OF WISCONSIN-MADISON  
DOUGLAS COUNTY

**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.



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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



## 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

### 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>

## CUBA OUR INTERNATIONAL STUDY 2019-20

### Well known people born in Cuba

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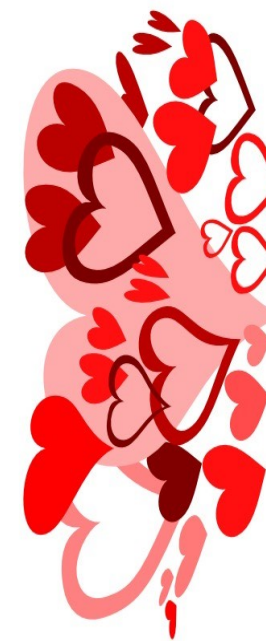
Judy Christensen  
4161 S County Road A  
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Cheryl - Dispatch Editor  
Photos by, Cheryl Shockley



*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

**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

**FOOD WISE** Healthy choices, healthy lives.  Extension UNIVERSITY OF WISCONSIN-MADISON

An EEO/AAE 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/SNAP-eligible households receive a 30% discount on groceries. Visit [www.wisconsin.gov](http://www.wisconsin.gov) to learn how to apply for food assistance or call 715-395-1328.

\*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.

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*With heartfelt thanks, WITC Foundation Staff*

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Submitted by Linda Williams, Scholarship Chair

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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.



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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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.

«June Reuille  
3031 South County Rd A  
Superior, WI 54880

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



**INSIDE THIS ISSUE:**

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Non-discrimination, Civil Rights & Mission 1

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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

All articles from magazines, books, etc. quoted in the Douglas County HCE Dispatch have received written copyright permission. This permission is on file.

**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



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

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 .

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**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

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~ Equipment provided

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UNIVERSITY OF WISCONSIN-MADISON

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«Linda Williams  
1801 E. 5th St.  
Superior, WI 54880

Douglas County UWEX  
1313 Belknap Street  
Courthouse Room 107  
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**DISPATCH**



**FEBRUARY 2020**

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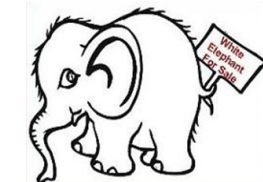
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UW-Extension Editor  
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715-395-1363 or  
cheryl.shockley@wisc.edu

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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.

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## 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.

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## 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

**FOOD WISE**  
Healthy choices, healthy lives.



Extension  
UNIVERSITY OF WISCONSIN-MADISON

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/AAE 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 qualifications help families buy the food they need for good health. Visit us online, we go to learn how to apply for food assistance or call 715-395-1328.

\*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.

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Photos by, Cheryl Shockley



*Free*

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**Lifting Wisconsin to better health**



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**For information contact:**  
Julie Montgomery  
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**FOOD WISE** Extension UNIVERSITY OF WISCONSIN-MADISON  
Healthy choices, healthy lives.

An EEO/AAE 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 qualifications help families buy the food they need for good health. Visit us online, we go to learn how to apply for food assistance or call 715-395-1328.  
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**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*

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Submitted by Linda Williams, Scholarship Chair

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«Large Keho  
6428 S. Leggate Rd.  
Superior, WI 54880

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



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# DISPATCH



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715-395-1363 or  
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Minutes submitted for approval by Jo Mersnick

### 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>

### 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.



### 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

**Now through February**

**Walk-ins welcome!**  
~ Equipment provided

**FOOD WISE** **Extension**  
UNIVERSITY OF WISCONSIN-MADISON

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

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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.

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Submitted by: Christa Williams Clements

References:

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## 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.

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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

**FOOD WISE**  
Healthy choices, healthy lives.

**Extension**  
UNIVERSITY OF WISCONSIN-MADISON

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/AAE 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 qualifications help families buy the food they need for good health. Visit us online, we go to learn how to apply for food assistance or call 715-395-1328

\*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

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*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....")

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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

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**Sue Hendrickson and Mary Ann Gronquist**

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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.

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	1:30	White Elephant Sale	Library	Jo
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«Marion & Richard Bradley  
15 D Hayes Court  
Superior, WI 54880

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



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- Memo from the Board 1
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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*

All articles from magazines, books, etc. quoted in the Douglas County HCE Dispatch have received written copyright permission. This permission is on file.

**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](mailto: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



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

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

### 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.

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6950 E. Cloverdale Drive  
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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

All articles from magazines, books, etc. quoted in the Douglas County HCE Dispatch have received written copyright permission. This permission is on file.

**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.



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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 .

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Minutes submitted for approval by Jo Mersnick

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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.

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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.

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Submitted by: Christa Williams Clements

References:

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### CUBA OUR INTERNATIONAL STUDY 2019-20

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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.

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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

**Now through February**

**Walk-ins welcome!**  
~ Equipment provided

**FOOD WISE** **Extension**  
UNIVERSITY OF WISCONSIN-MADISON

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/AAE 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 qualifications help families buy the food they need for good health. Visit us online, we go to learn how to apply for food assistance or call 715-395-1328

\*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.

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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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.

«Mary Houk  
2811 E. 7th St.  
Superior, WI 54880

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



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**DISPATCH**



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Photos by, Cheryl Shockley



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**Lifting Wisconsin to better health**

STRONGBODIES

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5:00 - 6:00 PM

**Government Center, Room 270**  
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**For information contact:**  
Julie Montgomery  
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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

**FOOD WISE**  
Healthy choices, healthy lives.

Extension  
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«Mary Zamboni  
386 S. County Rd. A  
Superior, WI 54880

Douglas County UWEX  
1313 Belknap Street  
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Superior, WI 54880



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# DISPATCH



FEBRUARY 2020

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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.

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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.



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### 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.



### 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

**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

**FOOD WISE**  **Extension**  
UNIVERSITY OF WISCONSIN-MADISON

An EEO/AAE 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/SNAP-ED benefits help families buy the food they need for good health. Visit us online, we go to learn how to apply for food assistance or call 715-395-1328.  
\*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**

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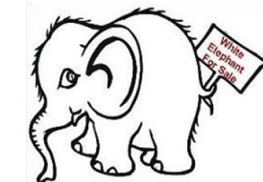
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Submitted by: Christa Williams Clements

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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
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  - Ability to do Activities of Daily Living

Now through February

Walk-ins welcome!  
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**FOOD WISE**  
Healthy choices, healthy lives.

**Extension**  
UNIVERSITY OF WISCONSIN-MADISON

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«Pat Bergman  
10853 N. Roy Rd.  
Hayward, WI 54843

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



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- Non-discrimination, Civil Rights & Mission 1
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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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Please mail or email them to:

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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.

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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

### 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

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### CUBA OUR INTERNATIONAL STUDY 2019-20

#### Well known people born in Cuba

##### Desi Arnaz

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«Pat Wermter  
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Lake Nebagamon, WI 54849

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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.

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References:

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## CUBA OUR INTERNATIONAL STUDY 2019-20

### Well known people born in Cuba

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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

**FOOD WISE**  
Healthy choices, healthy lives.

**Extension**  
UNIVERSITY OF WISCONSIN-MADISON

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\*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.

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*With heartfelt thanks, WITC Foundation Staff*

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Submitted by Linda Williams, Scholarship Chair

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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.



Feb. 6	12:30	Board Meeting	Library	President
	1:30	White Elephant Sale	Library	Jo
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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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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.

«Rosanne Petala  
 1405 N. 23rd St.  
 Superior, WI 54880

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



**INSIDE THIS ISSUE:**

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Non-discrimination, Civil Rights & Mission 1

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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.



**All articles from magazines, books, etc. quoted in the Douglas County HCE Dispatch have received written copyright permission. This permission is on file.**

**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



*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

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.

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«Sandra Walczko  
5928S. McKinley Road  
South Range, WI 54874

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



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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

**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

**FOOD WISE** Extension UNIVERSITY OF WISCONSIN-MADISON  
Healthy choices, healthy lives.

An EEO/AAE 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 qualifications help families buy the food they need for good health. Visit us online, we go to learn how to apply for food assistance or call 715-395-1328.  
\*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

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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.



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



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**Lifting Wisconsin to better health**



STRONGBODIES


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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

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UNIVERSITY OF WISCONSIN-MADISON

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- 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.