



www.hopefromthebottomup.com

February 2022 Newsletter

The Arts:

As the darkness of winter continues through February,
Let us all remember to bring a little sunshine to each other.



<https://www.jiveaces.com/bring-me-sunshine>

Story of Hope:

“My mom came home in 2001 and that’s when my healing started.”



Carmella Glenn | Madison, WI

My mother and biological father separated at a very young age. There was a lot of domestic violence in my home while growing up, which I believe led my mother to self-medicate with drugs.

When the crack cocaine era hit both of them were highly addicted. It took them years to separate; I was fifteen. We moved down to Florida and to Northern Wisconsin. My mom was always trying to geographically relocate, but the trauma comes with you.

My mom eventually went to prison for drugs in the 1990s. I was twenty-two when she was sent to prison. She left me her house and her younger children, but at this point I was a pretty stone cold alcoholic. I was in my own domestic violence relationship with my child’s father. I kind of spiraled. I eventually got arrested for drunk driving in my 20s.

My mom came home in 2001, and that’s when my healing started. She was working with Asha Family Service, a domestic violence program that led workshops in women’s prisons. She took me to Milwaukee to meet Antonia, the founder of Asha, and I fell in love with this work. Since then, I have worked for Antonia in any possible way, going inside the women’s prisons and doing Sister Circles. Any time there was a gap in my life of needing employment and

re-centering myself, I always reached back out to her. I've been sober now for 18 years. And since my mother came home, for the last 15 years, she has been a chaplain within the prison system.

I'm the coordinator of a program called Just Bakery, a twelve-week educational and vocational training program. I have a culinary degree and a criminal justice degree. Who would have thought these two would go together? It's just been my sweet spot. To read more click on this link: <https://www.lovewi.com/carmella/>

Hope-Filled Organization: To follow up on the story above, here is some information about Just Bakery



<https://justdane.org/just-bakery/>

Just Bakery is a 12 week educational and vocational training program. The program works with individuals who are experiencing significant barriers to employment (homelessness, justice involved, lack of education, and/or a lack of work history or skills).

Just Bakery utilizes the National Restaurant Association's "ManageFirst" curriculum, teaching hospitality and restaurant management, supervision, cost control, nutrition, and ServSafe to our students, as well as intro to baking hands-on in our commercial kitchen. This curriculum allows students to earn up to 12 college credits and gain automatic acceptance into the Madison College Culinary Program. Students also receive sales and marketing experience by working side by side with program staff in a variety of sales venues, learning customer service skills and front of the house skills.

All proceeds from Just Bakery sales are reinvested into the program and have allowed us to hire our graduates to work in the program both on the instructional and production side of the program.

Hope-Filled Organizations: Another follow up to the Story of Hope at the beginning of this Newsletter



[The Collective \(ashafamilyservices.org\)](http://ashafamilyservices.org)



[Home - End Domestic Abuse Wisconsin \(endabusewi.org\)](http://endabusewi.org)



The Asha Project, Inc. believes in the existence and provision of culturally specific methods to better address the elimination of gender-based violence and the sexual exploitation of women and children in African American communities. Our belief is that in order to adequately address family and intimate partner violence and promote healthy living, we must address the truths of historical and daily life trauma experiences of the community. Further, we believe that we must simultaneously confront intersecting socioeconomic and other factors that contribute to or aggravate violence and abuse between intimates, in homes and in the community.

End Domestic Abuse Wisconsin envisions communities fully engaged to provide safety and to give a voice to all affected by domestic abuse, while creating the social change necessary to address its root causes. We honor the wisdom and strength of domestic abuse survivors across the lifespan. Our mission is achievable through survivor-centered work that includes strategic partnerships and collaboration. As advocates for social justice, we embrace the voices of diverse communities.

Story of Hope:

A Heartfelt Donation to Special Olympics of Western Racine County

“When I received this year’s staff email for #Gift2Giving I knew exactly where I wanted to donate my funds. A woman who lives down the street from me, Donna McKusker is the Agency Director for the [Special Olympics](#) of Western Racine County. Donna has been a driving force for the Western Racine County agency for many years. She donates so much time and her very own money to make sure her team members are cared for and able to participate in as many sporting programs possible. Her passion to serve the special needs community is genuine and sincere. I thought that #Gift2Giving may be a great opportunity to give back to her agency and team. I sent out an email to Community State Bank (CSB) staff about where I was donating my funds and an additional 10 CSB employees also hopped on board. Our donation to the Special Olympics of Western Racine County will cover a variety of travel expenses for helping get athletes to practices and competitions. Thank you, Donna, for all that you do!” To watch a 2 and a half minute video about this donation and to meet Donna McKusker, click on this link:

https://vimeo.com/665356671?embedded=true&source=video_title&owner=57287933

Hope Filled Organization:



<https://www.specialolympicswisconsin.org/who-we-are/about-us/>

Our Mission: Special Olympics Wisconsin (SOWI) provides year-round sports training and athletic competition in a variety of Olympic-type sports for children and adults with intellectual disabilities, giving them continuing opportunities to develop physical fitness, demonstrate courage and experience joy while participating in a sharing of gifts, skills and friendship with their families, Special Olympics athletes and the community.

Our Vision: Sport will open hearts and minds towards people with intellectual disabilities and create inclusive communities across Wisconsin. Globally, we strive to end discrimination against people with ID.

Our Strategic Goals

1. Improve opportunities for athletes to perform at their best
2. Build positive attitudes towards people with intellectual disabilities
3. Build capacity by improving resources
4. Improve the effectiveness and efficiency of Special Olympics Wisconsin



Daina Shilts earns first X Games Gold

Special Olympics Wisconsin snowboarder Daina Shilts of Neillsville won her first X Games gold medal during the X Games Aspen Unified Snowboarding competition on January 23.

Shilts secured first place after having the fastest combined score along with her partner, X Games athlete Mike Schultz of St. Cloud, Minnesota. Shilts has now competed in all six of the X Games Aspen Unified Snowboarding competitions since its inception in 2015, but she was thrilled to finally take home the gold.

Hope Filled Organization:



Center for Community & Business Engagement

<https://www.uwp.edu/connect/communityengagement/communityandbusinessengagement/aboutcbe.cfm>

UW-Parkside students, faculty, and partners are always busy making positive change in our communities.

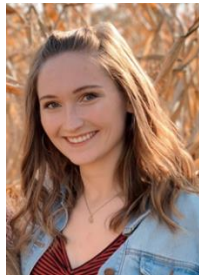
VISION: UW-Parkside is recognized by potential and current students, staff, employers and community partners as a campus that makes a positive impact through its civic engagement and talent development.

MISSION: To prepare civically-engaged professionals through meaningful active-learning experiences that are valued by community partners and employers.

COMMUNITY-BASED LEARNING: Community-based learning (CBL) is an opportunity for students to apply their knowledge and skills to real-world experiences while serving their communities. Professors and community partners work together to develop projects that allow students to enhance their classroom knowledge, develop leadership skills, network with community leaders, and meet identified community needs.

Each year, about 50 courses are matched to community organizations and about 1,000 students across majors participate. Projects cover many professional areas, such as research, marketing plans, strategic plans, graphic design, web design, database design, security audits, GIS mapping, communication plans, personnel training, conflict resolution, and more.

Private, public and nonprofit organizations which recently partnered with UW- Parkside in Community Based Learning: Adidas, Arts Wisconsin, Aurora Hospital, Brass Community School, City of Racine, Columbus Chemical, Cosmic Corne, Department of Defense Personnel Support Dept (Great Lakes Naval Station), Educators Credit Union, FOCUS on Community, Giving to the Nations, Healthcare Network, Higher Expectations, IEA, KAFASI, Kenosha Community Sailing Center, Kenosha County Health Department, Kenosha Symphony Orchestra, Lakeview Pharmacy, Library Terrace Assisted Living, Luxury Beauty Store, Malteurop North America, Market on Main, Oakwood Clinical Associates, Pleasant Prairie Logistics, Prevent Blindness WI, Prexo, Racine County Food Bank, Racine Heritage Museum, Recovery Business Association, Referee Enterprises Inc., Salvation Army, SC Johnson, Schueler, LaFond and Associate, Seno K/RLT conservancy, Shalom Center, Shanta Lana, Siena Center, Sustainable Business Network, Taeja Vu's, Tangles Salon, The Arc of Racine, Twin Lakes Randal Recreation, UMOS, United Way of Racine County, University of WI-Parkside Wellness Committee, Village of Hope, Visioning a Greater Racine, Volunteer Center of Racine, Walgreens, Wisconsin Latinx History Collective, Women's Resource Center



Andrea Graczyk, applied health sciences student, reflects on how her community-based learning experience at Kenosha County Public Health's COVID-19 community vaccination clinic made her eager to continue volunteering for years to come. To read more, click on this link: <https://www.uwp.edu/learn/departments/cbl/a-warm-introduction-to-health-science.cfm>

Share this Newsletter!

If you find this Newsletter to be a positive contribution to promote Hope and positive changes for now and in the future, please forward this Newsletter to people you think would enjoy it and who may want to share their hopeful stories and programs for future Newsletters. They can sign up for the monthly Newsletters by doing the following:



www.hopefromthebottomup.com

Or

Send me an email (robert@robertbeezat.com) with the name and email address of the person you think would be interested. I will then contact them.

Thank You