

Fall - 2016

# HCE Newsbrief

**A Communication for Bayfield County HCE Members**

**UW**  
**Extension**

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## Dear HCE Members— Happy Fall Y’All



*We just returned from a trip to Illinois for the funeral of my husband’s brother-in-law. When I wasn’t driving (and sometimes when I was), I paid particular attention to the greenery along the roads. All the rains we weren’t too happy with when they occurred, really helped to keep everything so green. The corn fields in Illinois are a luscious dark green and the corn is extremely tall. Normally at this time of the year many things are turning brown. The only thing I noticed that are really brown are the ferns. So from a beauty stand point, the rains were definitely a blessing. The wild flowers were in abundance and the colors were beautiful. The goldenrod is even pretty, but my nose disagrees. This reminds me of a song we learned in the lower grades: “The goldenrod is yellow, the corn is turning brown...” .*

*Also at this time of year, we have an abundance of white. - - - birds that fly up from the sides of the road and scare you half to death! I am told they are flickers. I, however, have a different name for them, thus the three dashes at the beginning of the name.*

### SEPTEMBER.

THE golden-rod is yellow;  
The corn is turning brown;  
The trees in apple orchards  
With fruit are bending down.

The gentian’s bluest fringes  
Are curling in the sun;  
In dusty pods the milkweed  
Its hidden silk has spun.

The sedges flaunt their harvest,  
In every meadow nook;  
And asters by the brook-side  
Make asters in the brook.

From dewy lanes at morning  
The grapes’ sweet odors rise;  
At noon the roads all flutter  
With yellow butterflies.

By all these lovely tokens  
September days are here,  
With summer’s best of weather,  
And autumn’s best of cheer.

But none of all this beauty  
Which floods the earth and air,  
Is unto me the secret  
Which makes September fair.

’Tis a thing which I remember;  
To name it thrills me yet:  
One day of one September  
I never can forget.

*The only problem I could see, were the colors. In my book, gold and purple are definitely fall colors and we all know what that means—when fall is over, the predominate color is white. So the moral of the story is—get out and enjoy the beautiful colors and weather while they are around, before the next season arrives.*

*Elaine Adams,  
Cable*

*September—by Helen Hunt Jackson, 1830-1885*

**This edition of Newsbrief is brought to you by the Cable Club.  
Thank you Cable!**

# Autumn Calendar

## SEPTEMBER

- 12-14 . WAHCE Annual State Convention — Plaza Conference Center, Eau Claire
- 26 ..... HCE Executive Board Meeting — 10:00 am — Rustic Roost, Iron River
- 27 ..... Bookworms, White River

## OCTOBER

- 12 ..... Bookworms™, Cable
- 13 ..... Lesson Day—10:00am - 2:00pm, Cable Community Center
- 18 ..... Bookworms™, White River
- 24 ..... HCE Executive Board Meeting—10:00 am — Rustic Roost, Iron River
- 27 ..... HCE Northwest District Fall Meeting — United Methodist Church, Menomonie
- 31 ..... Happy Halloween!

## NOVEMBER

- 6 ..... Daylight Saving Time Ends— **SET YOUR CLOCKS BACK!**
- 6-12 ... Wisconsin Home & Community Education Week (baby basket time!)
- 11 ..... Veteran's Day (Bayfield County Courthouse closed to honor this day)
- 15 ..... Bookworms™, White River
- 16 ..... Bookworms™, Cable
- 24 ..... Happy Thanksgiving — Remember to practice food safety when preparing your meal!!
- 28 ..... HCE Executive Board Meeting—10:00 am—Rustic Roost, Iron River

## DECEMBER

- 1 ..... *Newsbrief* articles due — WHITE RIVER CLUB
- 7 ..... Bookworms™, Cable
- 12 ..... HCE Executive Board Meeting— 11:00 am — Rustic Roost Iron River  
(Contributions to New Day Shelter instead of exchanging gifts)
- 25 ..... Merry Christmas!



### **Lesson Day: Super Foods** **October 13 - Cable Community Center** **10am –11:30am**

- 9:30 - 10:00 a.m. .... Coffee, Treats and Registration
- 10:00 -11:30 am.....Lesson: Super Foods , HCE Pool



We are deeply saddened at the passing of three beloved members of Bayfield County HCE.



Marietta Schwend, Cable  
Nina Fox, White River  
Pat Musil, White River

They will be greatly missed!

# Conference time!

The annual Wisconsin Association for Home and Community Education, Inc. State Conference was held in Eau Claire, September 12-14. The theme was "76 Trombones Leading HCE," as it is our 76<sup>th</sup> Year of HCE in Wisconsin.

Monday was entry day for the Cultural Arts Competition and for our donation of a gift basket and glass bottle (melted, of course) for the Silent Auction. There were 183 items donated with the proceeds at \$2,906.00. This is divided between: Scholarships for Haiti, Water Around the World, and Wisconsin Nicaragua Partners. Amazing results!

Monday afternoon was area tours. There were four tours to choose from. I went to Irving Park and toured Leinenkugel's brewery, the nation's 7th oldest brewery. This family business was started back in 1867 by Jacob Leinenkugel, the son of a German brewmaster. Our guide showed us the brewing process and the four-story brewing complex. The tour ended back at the Leinie Lodge, a gift shop and museum. Of course, we could sample the beers on tap and buy some to go.



Monday evening's keynote speaker was J.P. Olson. The title was "Women Empowerment." According to her biography she credits the spiritual environment of her youth and adulthood as the propelling force in her life. She has toured internationally and performed with many top singers on stage. She was an incredible motivational speaker.

Tuesday morning, I went to the business meeting of county officers. There were many items covered, including an important one about copyrights. (continued on p. 4)

## State Cultural Arts Placings

### Glory Bizub

Blue—Fired glass strips tray

Blue—"Fireworks" photo

Blue—Embossed hand formed bowl

### Eileen Freiberger

Red— Knitted tiny pants and hat

### Sally Gustafson

Blue—"Christmas" Swedish weaving design

### Faith Hedges

Red—Recycled glass yard art, "Owl"

### Nova Kane

Blue—Story "My Years as a Teacher"

Red—Cross stitched Apostle Island Lighthouse

People's Choice for Fun—"76 Trombones"

### Christine Knabe

Blue—Double crocheted doily

### Mary Stenberg

Blue—Recycled mittens

Red—"Thimbleberries" quilt



Bayfield County HCE brought home a number of ribbons from the state Cultural Arts Competition at the WAHCE Conference in Eau Claire. Congratulations on the state awards and to all whose work represented Bayfield County! Pictured (left to right): Glory Bizub, Sally Gustafson, Mary Stenberg, Christine Knabe, and Eileen Freiberger.



# Conference (continued)

When we put a recipe or pattern in *Newsbrief*, the person who created it must be given credit.

Another session was International - Help for Our Neighbors. This session reported on HCE's projects around the world; and what a difference our donations and hard work make. The Learning Centers we help sponsor in Nicaragua have empowered women to become successful in raising their standard of living. There are now 100 centers there. HCE also donated 1,000 water filters to Kenya, giving clean, healthy water for 10,000 people.

The last two sessions I attended were fun and educational. "Zentangles Doodles and Coloring Books" was presented by Sandra Whiteman, a Healing Art Specialist. Doodling and line drawing is a therapy used for stroke victims, Alzheimer's patients and others. It was useful to hear how simple drawings can aid in different types of therapy.

My final session was "The Marvelous Monarch," presented by Kathy McGrath, a retired kindergarten teacher who, with her husband, hunts for monarch eggs on milkweed plants and raises them for release. After their great fall migration of 1,500 miles, they rest for five months, then return to the North to reproduce in spring for a lifespan of eight-nine months. The monarchs joining the migration each fall are three or four generations removed from those that made the journey the previous year. Yet they somehow find the same groves of trees visited by their ancestors. How they do remains an unsolved mystery.



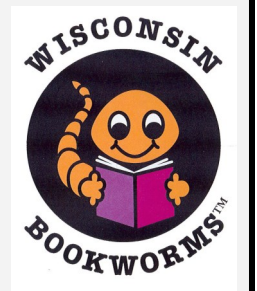
Some of the Zentangles we created.

I could fill more pages with how great this conference was and how informative, and stimulating it was, giving me the boost to keep HCE going strong. Many, many thanks to all the West district counties for a wonderful conference.

Glory Bizub, Bayfield County HCE President

## Bookworms™ Update

Books have arrived — Twenty seven sets of books were ordered for Drummond and 10 for White River. The Cable Club will be looking for another reader as Elaine Adams will not be reading this year.



Submitted by Karen Scheibe,  
Bayfield County Bookworms™ coordinator.

## Who Knew...?!

By Jane Benson

*We are never too old to learn, so the saying goes....*

On July 31st having gone to church in the morning and to the Ice Cream Social at the Cable Namakagon Historical Museum, I came home, sat down to read and felt cold. My husband, who is always cold, came in and said he was going to go put shorts on. I thought "something is wrong with this picture!" Soon came the chills and shakes and then hot sweats with a fever of 102.

The 'been here, done this' syndrome sent me to the medicine cabinet for what I refer to as 'doxycyclone'. A call and trip to the clinic and a blood lab blood test confirmed I had Ehrlichiosis.

I was told test results would come later for Lyme results. Can you have BOTH I queried? You can. Who knew? The answer came later that week. I did!

The only difference in treatment is two weeks of doxycycline for "Ricky" and three weeks for Lyme. It definitely helped lessen the symptoms by taking the pills immediately. I once again have a supply on hand for next time, which I highly recommend.

I hate ticks and deer, but that is a whole other sad story.

Jane Benson, Cable HCE



# The Second Chapter Garage Sale: A Growing Success

by Shirley Byrd, Cable HCE

*The Second Chapter Garage Sale, run by the Cable United Church of Christ Women's Fellowship has become a very successful and popular weekly community event. Cable HCE member and active Garage Sale volunteer Shirley Byrd describes the history of this thriving fundraising effort.*

## The Second Chapter Garage Sale by Shirley Byrd, Cable HCE

We started once a year having a garage sale in June at the church's Country Store. We worked out of an old garage big enough for a model T car.

In 2011 the men from church built a new garage. A few years passed and the garage sale has been such a success we needed more room. In May of this year the men of the church built an addition for us to expand.



People from the Cable area have been so generous with their donations. We can't thank them enough! The people of Cable, visitors and vacationer's alike, come every Saturday from 9:00am to 2:00pm and support our sale. It has become a meeting spot to shop and visit with neighbors and make new friends. People really seem to enjoy it.

Proceeds go to help the church with costs. The Women's Fellowship determines organizations to make donations to during the year. This year we donated to the Cable Food Shelf, Back Bay Mission, Union Gospel, Operation Rudolph, Cable Fire Department, Namakagon Fire Department, Drummond Fire Department, and Grandview Fire Department. We also sponsor a blind child, in Africa with Wider Global Ministries. We hope to continue to have the sale for many years to come with the generous support of the community.



Cable HCE member, Shirley Bird (right) and Kathy Uffenbeck, work the sale.



**Northwest Fall District Meeting  
Thursday, Oct 27, 2016  
United Methodist Church Menomonie, WI**

Registration begins @ 9:30 am; coffee, juice and muffins will be provided.

Business meeting : 10:00 am

**Place:** Methodist church, 2703 Bongey Drive, Menomonie, WI 54751

Guest speaker will be Barb Anderson. She will be giving a presentation on Caddie Woodlawn. Caddie grew up in Downsville, WI, in southern Dunn County.

Mail registration form and a \$10.00 check made payable to Dunn County HCE to :

Sue Hitz  
E4756 1050th Avenue  
Wheeler, WI 54772

Fee includes lunch. Deadline for registration is: Monday, October 17, 2016

I will be attending the NW District Meeting on October, 27, 2016 in Dunn County.

Registration fee enclosed is \$10.00 .

Name \_\_\_\_\_ Address \_\_\_\_\_  
City \_\_\_\_\_ County \_\_\_\_\_ amount enclosed \_\_\_\_\_

**Driving Directions: From Hudson:** I-94 east, Exit 41 for W125 toward Menomonie, Right on W125South/N Broadway St.\* Stay on 25 South, going through Menomonie. Turn Right on 28th Avenue/490th Ave. Landmark is also the green sign for National Guard Armory. Turn right on Bongey Drive at 4 way stop, church parking lot on left. United Methodist Church, 2703 Bongey Drive.

**From Chippewa Falls:** Hwy 29 west to Menomonie, keep left to continue on Main Street East, go 3 blocks, and turn left at stop lights onto Broadway Street South. Continue directions from \* (above)

**From North:** Will enter Menomonie on North side, continue through Menomonie on 25 South, follow directions from \* (above)

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# HCE at the County Fair

Bayfield County HCE was well-represented at the County Fair in August.

The county HCE booth (left) featured the many award winning entries that went on to the state cultural arts competition.

Thanks to Faith Hedges and Anna Fridsma for putting the county booth together.



The White River club created an educational booth on tick-borne illnesses (right), following up on last spring's lesson day on the same topic.

The dressed-up figure on left provides information on how to dress for the best tick protection. A home and yard model at the bottom of the photo created by Lona Schmidt shows ways to reduce ticks in your yard with landscaping.

Both displays earned well-deserved blue ribbons.



## It's Baby Basket Time!

The first week of November (November 6-12) is **Wisconsin HCE Week**.

In celebration, we will again donate a baby basket to the family of the first Bayfield County baby born in November.

Please bring baby items to the Fall County Meeting on October 13th.



# HCE Newsbrief

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Bayfield County Office  
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Check us out on the web! <http://bayfield.uwex.edu/>

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An HCE Communication for Bayfield County Members

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