



## A Communication for Bayfield County HCE Members



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Greetings!

According to the calendar, it is fall. Did I miss something? I remember spring, and a few warm days after that. But I don't remember a whole season. Well, I will take a good long Indian summer now then. When driving down the roads this year, everything was so dark green and lush. I was hoping that meant it would take longer for the colors to turn. However, the ferns have turned yellow along the roads, and entire branches are changing. I am usually not wanting fall to get here in a hurry, however, my grandson is being married September 15<sup>th</sup> in St Cloud. Hopefully, we will be able to attend the wedding (Update: We did!!!)

Elaine Adams, Treasurer  
Cable Area HCE



### The Golden Years- Elaine Adams

For years, we have joked about the "Golden Years." Then when they finally arrived, we discovered that they weren't anything to actually joke about. As each birthday rolled around, we thought about what that ten-year period meant.

At twenty there were too many new things happening to think much about a birthday. New jobs, having graduated shortly before, and just being "grown up." To top everything off, many of us got married in that time slot. And of course, friends were getting married and we were in their weddings. Next, babies!!

By the thirties, our lives had settled down. And then we were in the forties. That was a fun birthday. Some of my "friends" had a parade for me. Since my birthday is in January, it was below zero and no one was outside to see it. Also, the food, that was put in the trunks of the cars, was frozen by the time we got to the house.

And then the fifties. The fifties began with health problems and problems with our jobs. We decided if we were ever going to move to start our own business it would be now. So, we moved to Wisconsin, leaving two paying jobs behind for one new business. I went from insurance work to "go-fer" and bookkeeper.

Then we were finally blessed with our first grandchild. Despite being 400 miles away, I made the trip to Illinois frequently. We also made sure we were there for birthdays and holidays. When the second grandchild came five years later, it meant more solo trips. Sometimes I could talk someone into riding along, which made it more pleasant. There were health issues for both of us, which made it difficult for our daughter being 400 miles away. We were lucky to have good friends who were there when we needed someone.

During our sixties, I had several part-time jobs that were fun, along with a job at church and HCE. The seventies brought some really bad problems for my husband, which included a broken neck. This was the beginning of the end for his business and working in general.

Then there is the eighties. (Now, that's old in my book!) Our daughter has "suggested" that we move closer to her. No one in our household wants to do this. We don't need all the traffic and people. But the family part would be nice. So, who knows where that "suggestion" will lead.

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

# Autumn Calendar

## SEPTEMBER

- 10—13 WAHCE Annual State Convention — Glacier Canyon Lodge, WI Dells
- 25 ..... HCE Executive Board Meeting — 10:00 am — Rustic Roost, Iron River

## OCTOBER

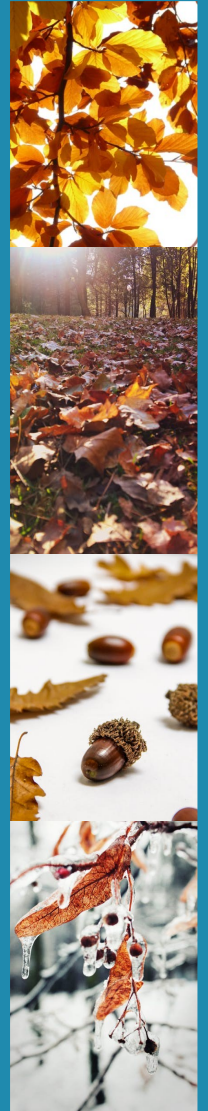
- 4..... Cable Club Apple Orchard Trip
- 11.....White River Club Meets
- 12 ..... Lesson Day/County Meeting—10:00am- 2:00pm, Delta Town Hall, Topic: *Downsizing*
- 19 ..... HCE Northwest District Fall Meeting — Cushing Community Center, Cushing WI
- 31 ..... Happy Halloween!

## NOVEMBER

- 1.....Cable Club Meets
- 8.....White River Club Meets
- 5 ..... Daylight Saving Time Ends— **SET YOUR CLOCKS BACK!**
- 5—11 . Wisconsin Home & Community Education Week (baby basket time!)
- 10 ..... Veteran’s Day Observed (Bayfield County Courthouse closed to honor this day)
- 18.....White River Club Hunters Supper
- 23 ..... Happy Thanksgiving — Remember to practice food safety when preparing your meal!!
- 27 ..... HCE Executive Board Meeting—10:00 am—Rustic Roost, Iron River

## DECEMBER

- 1.....*Newsbrief* articles due — WHITE RIVER CLUB
- 6.....Cable and White River Clubs Meet
- 11 ..... HCE Executive Board Meeting— 11:00 am — Rustic Roost Iron River  
(Contributions to New Day Shelter instead of exchanging gifts)
- 25 ..... Merry Christmas!



Ted Benson, the husband of Jane Benson a Cable HCE member, has passed away.

Ted’s service was on Sept. 23<sup>rd</sup> at the UCC Church in Cable

**Our sincere sympathies to Jane and her family from all of us!**

## Memorial for Laila Magnuson

Our friend and longtime HCE member Laila passed away on July 9. She was 87.

Laila belonged to the Happy Hours HCE Club in the Brule area. She was a volunteer for many organizations, including the Brule Presbyterian Church, the Garden Club, and the Old Brule Heritage Society. She was working with others on a historical manual and hopefully it will be printed. That was her fond wish.



*At the 2016 Achievement Day, Laila Magnuson(l) and her close friend Peggy Trojan, who read her beautiful poetry that day.*

She was such a very special lady. She always attended HCE events and I got to know her better each time we had a get together. She told me she was a schoolteacher for many years and how she cared for each and every one of the children.

We will miss our sweet Laila, and although she is in a better place, we wish she was still with us, here. God bless you Laila; and keep an eye on the rest of our HCE members.

~ Glory Bizub



## Ancestry

A few months ago we started wondering who and where all our ancestors were. My youngest daughter and my grandson had their DNA tested.

So it began, the hunt starting with my mother's and father's families. We knew quite a bit from word of mouth, but were there any left whom we could connect with? Luckily, we found them and they found us on

Ancestry.com. My daughter received e-mails from one on her father's side in Germany and one from my paternal side in Sweden. He is looking for more for her and is teaching her Swedish. How neat!!

I also found ancestors on my maternal father's side. A lot of names have been passed down through the years. My daughter found one on her father's side, a Nathaniel Foote, who helped settle Connecticut around 1620. Cool!

We are still looking and learning so much. Too much to put down here. We are excited to find out more people to connect with and where they are. My children will have so much information to work from.

**Tack så mycket** (Thank you very much!)  
**Karen Björk Scheibe** ~ Cable Area HCE

# ADVICE FROM A SPA NUTRITIONIST

By Mary Stenberg

In June of 2016, my girlfriend and I flew to Pennsylvania for a five night spa vacation at Deerfield Spa ([www.deerfieldspa.com](http://www.deerfieldspa.com)) in East Stroudsburg. During our stay, the spa's nutritionist made presentations to our group and also provided a cooking demonstration. This is when I first learned about the "Dirty Dozen" and the "Clean 15".

Each year the Environmental Working Group ([www.ewg.org](http://www.ewg.org)) analyzes USDA testing on conventionally grown produce to determine pesticide levels. The Dirty Dozen are the fresh produce that tests show have the highest level of pesticide residues. The produce on the Clean 15 list had pesticide levels that tested much lower.

The Deerfield Spa nutritionist, stated her preference for choosing organic produce stating, "If you can do just one thing for yourself and your health, buy organic produce for those items on the Dirty Dozen list."



I know organic produce is available locally in at the Chequamegon Food Coop as well as at other local grocery stores. Organic produce sometimes costs more than non-organic, and it is not always an economical option for everyone. People can use the lists from the EWG to make informed choices. I have been making an effort to buy organic whenever possible. I believe I am worth it.

Another recommendation made by the spa nutritionist was to wash your fresh produce. She used a Fruit & Vegetable Wash that comes in a spray bottle. I found mine at the Chequamegon Food Coop and have been using it for over a year now. The Nutritionist also demonstrated using a soft bristle brush to scrub the outside peel/skin of most of the fruit and vegetables she was using during the cooking demonstration.

We all want to eat healthy and most of us enjoy eating fresh fruits and vegetables, but no one wants to eat pesticides! I hope you will now be more aware of produce testing results and how you can make an informed choice.

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A copy of the Environmental Working Group's Shoppers Guide is found on p. 5 at right.

## Lesson Day: Downsizing

Thursday, Oct 12 - Delta Town Hall  
10am - 11:30am

Nova Kane, Cable Club, will share information she learned from a WAHCE Conference workshop. The presentation addressed the realization that as we age we may need less space and fewer things in our lives and it offered a process use. Nova will summarize some of these strategies.

9:30 - 10:00 a.m..... Coffee, Treats and Registration

10:00 - 11:30 am..... Lesson: Downsizing





EWG's 2017

# Shopper's Guide to Pesticides in Produce

 CUT ALONG LINE



## INSTRUCTIONS:

1. CUT ALONG OUTSIDE LINE.
2. FOLD ALONG MIDDLE LINE.

## Help Wanted:

**NW District Treasurer needed.**

Contact Glory Bizub or Carol Medchill, HCE Northwest Director

# Conference time!

## "Here Comes Excitement"

By Nova Kane

2017 WAHCE Conference in the Dells was called, "Here Comes Excitement." Here are some conference statistics. We had 371 registered for the conference. Of these there were:

- 26 one-day attendees
- 49 first timers
- 3 from out of state
- 8 men
- 10 FLEs
- 5 non-members

We collected \$416.64 for Pennies for Friendship. The silent auction made \$2877. The Quilt Raffle took in \$1135. All in all it was very successful!



Nova Kane, Glory Bizub & Muriel Anderson all attended the WAHCE state Conference.

## State Cultural Arts Placings

### Glory Bizub

- 2nd—Water color, "Shades of Pink"
- 1st—"Christmas Angel decor" ceramic
- 1st—China painted trivet, "Violets"

### Jane Benson

- 3rd—"Christmas Tree"-Counted cross stitch

### Faith Hedges

- 1st—"Aquarium" - Glass yard art

### Nova Kane

- 1st—Story "My Hard Working Loving Dad"
- Fun Category—"Three cheers"

### Allie Raven

- 2nd—"Traditional" hand beaded earrings

### Karen Scheibe

- 1st—Alcohol painting

### Mary Stenberg

- 1st—"Puppy Love" quilt—machine quilted



▲ The Bayfield County HCE board display at the 2017 HCE Conference, featuring our Bookworms™ reading program.



◀▲ Bayfield county entries for cultural arts at the WAHCE state conference. **Back row:** "Three cheers," FUN category, Nova Kane. "Shades of Pink", Watercolor, "Glory Bizub. Alcohol painting, Karen Scheibe. "Christmas Tree," counted cross stitch, Jane Benson, "Aquarium," glass yard art, Faith Hedges. **Second row:** "Christmas angel decor," ceramic, Glory Bizub. "My Hard Working Loving Dad," story, Nova Kane. Hand beaded earrings, "Traditional," Allie Raven. "Violets," china painted trivet, Glory Bizub. "Puppy Love", machine quilted quilt, Mary Stenberg.

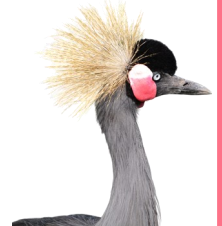
# "Here Comes Excitement!"

## Annual State Conference, September 11-13, Glacier Canyon Lodge, Wisconsin Dells

-By Glory Bizub

The HCE conferences always have special tours of interest for the area, and I went to see the International Crane Foundation and the Aldo Leopold Homestead.

The crane reserve is the only place On Earth where all 15 of the world's cranes can be seen. They are being protected and other reserves have breeding programs. The cranes are in danger of becoming extinct because of habitat loss, predators, and the black market, where the eggs are taken and sold for profit. Crane size ranges from four to six feet tall. The feathers are extremely beautiful and very long, another reason why they are hunted. I was very impressed with the Foundation's efforts to teach people around the world and how to manage their crane population and habitat. Pictures of the cranes are on the Foundation's web sites. They are amazing birds! Check out the site: <https://www.savingcranes.org/>



Our group also went to the Aldo Leopold place called the "Shack". This was a family learning place. They worked on restoring the landscape back to its earlier forests and prairies. This was the beginning of conservation in the lower part of Wisconsin. It only takes one dedicated person and family to see what could become of the area if it's not taken care of and managed. The tours were an excellent opportunity to learn about Wisconsin, and the resources it offers.



I also attended some workshops. Fermentation Fest, with headquarters in Reedsburg, was an entertaining celebration of fermentation. If you think about it, many of our foods are fermented or canned to make the foods last through the seasons, using the natural processes of decay learned from cultural traditions. This small community decided to have a festival and a "DeTour" of the tiny towns around Reedsburg. On the tour, each town had displays of art in the fields, food stands, tasting and hands-on events. I can't describe it all, but I wanted to join this area to be involved in the hard work and community spirit they had to make their towns come alive and survive. Check it out at [Fermentationfest.com](http://Fermentationfest.com).

I went to "Growing your Garlic", an informative class on all the benefits we can get from garlic. One of the many things I learned was that the Elephant garlic I plant; is not a true garlic; it is a scallion. It's still good and has a milder taste, but it does not have the shelf life that the German Hardy garlic has.

Also, they didn't recommend planting the garlic that is in the grocery stores. These come from who knows where and are bleached for preserving. Buy the garlic bulbs from the local farmers market. These are grown in the area and are easy to plant in the fall. Planting six garlic cloves in the fall, will yield six large garlic bulbs in late summer, a very good return on a small investment.



## More Conference News:

See page 9



## Green Tomatoes? What do you do?

Still have some green tomatoes? Here's a tasty Green Tomato Salsa Recipe from UW-Extension's Learning Store.

You can use either tomatillos or green tomatoes.

<http://learningstore.uwex.edu/Assets/pdfs/B3570.pdf>



### TOMATILLO GREEN SALSA

- 5 cups tomatillos or green tomatoes, chopped
- 1 1/2 cups long green chilies, peeled, seeded, and chopped, (3 chilies)
- 1/2 cup jalapeno peppers, seeded and finely chopped (2 peppers)
- 4 cups onions, chopped (2 medium)
- 1 cup bottled lemon juice
- 6 cloves garlic (minced)
- 1TBSP ground cumin (optional)
- 2TBSP dried cilantro (optional)
- 1 TBSP salt
- 1tsp red pepper



#### *For safe canned salsa*

- Carefully measure and all ingredients
- Do not make substitutions or adjustments unless the recipe calls for it. Do not substitute vinegar for lemon juice.
- Measure chopped vegetables not whole ones. (Amounts in parentheses in this recipe are guidelines but measuring is a must).



Yield: About 5 pints

Jalapeno peppers do not need to be peeled. Peel and prepare chili peppers, if desired. Chop tomatillos or green tomatoes.



Combine all ingredients in a large saucepan and heat; stirring occasionally. Ladle hot salsa into clean, hot pint jars, leaving 1/2 inch headspace. Remove air bubbles and adjust headspace if needed. Wipe jar rims and cap with lids treated according to manufacturer directions.

#### Variations

The mix of hot and mild peppers can be varied *as long as the total amount of peppers stays the same.*

Process in a boiling water canner. Use the elevation in your area for processing time. If in doubt, process for the longer time. Process time in a boiling water canner for hot pack pint jars at the following elevations:

0—1,000 feet- - -15 minutes

1,001—6,000 feet- - -20 minutes



#### **CAUTION!!** The volatile oils in hot peppers can cause burns.

- Wear disposable gloves when you cut or chop these peppers.
- Do NOT touch your face, particularly near your eyes.
- Wash hands thoroughly with soap and water after cutting or chopping peppers or after removing gloves.



# "More GOLDEN Moments"

Thoughts about getting older:  
by HCE Members

-By Nova Kane

Volunteering has taken over in my Golden Years. As with many of my friends, we spend a lot of time volunteering in our community.

When I was teaching, my volunteering was limited to Girl Scouts and church activities. Now, in my Golden Years, as a member of the Lions, I have helped park cars for bicycle races, wait tables for St. Pat's day, baked pies and served food at the July 4th Picnic.

As Youth Coordinator for the Cable/Namakagon Historical Museum I give tours to classrooms on field trips. I also docent throughout the Summer.

Last but not least, through HCE I have read to pre-schoolers, helped with salad luncheons, put on a tea and style show, helped with blood drives, and given blood.

This is typical of many of my friends in their Golden Years. How about you?



The White River Homemakers were fortunate enough to give out a scholarship of \$350 to a very deserving student, Molly Niven. Molly is the daughter of Richard Niven & Monica Brilla. She is a graduate of Northwestern High School.

Molly will be attending Drexel University in Philadelphia. She has been involved in FCCLA, DECA, Drama/musical, Art Club/VAC & Forensics, as well as community action programs made available through her school. Her love of fashion was made evident while in drama. She designed and made many of the costumes.

We are proud and honored to be a part of the process that allows us to help area youth achieve their goal of continuing their education. — *Angela Jarecki, Vice President*

## More...Conference Time!



### Palm of the Hand Memoir Writing

By Nova Kane

This was a workshop I went to that was one of my favorites. Meg Allen was the presenter. She started with definitions. Autobiography is the whole pie. Memoir is one slice. The process starts with:

1. Reflecting on memories. Jot down several in a phrase form. This becomes your resource list for writing.
2. When ready to write, pick one from the list that pops out at you.
3. Before writing, just sit and think about: where, what time, smells, sounds, colors, emotions, etc.

4. Write about your memory. Don't worry about spelling or grammar. Get the story down in your words.
5. Revision and correction can come later.
6. If you did one memoir each week, you would have fifty-two at the end of the year.

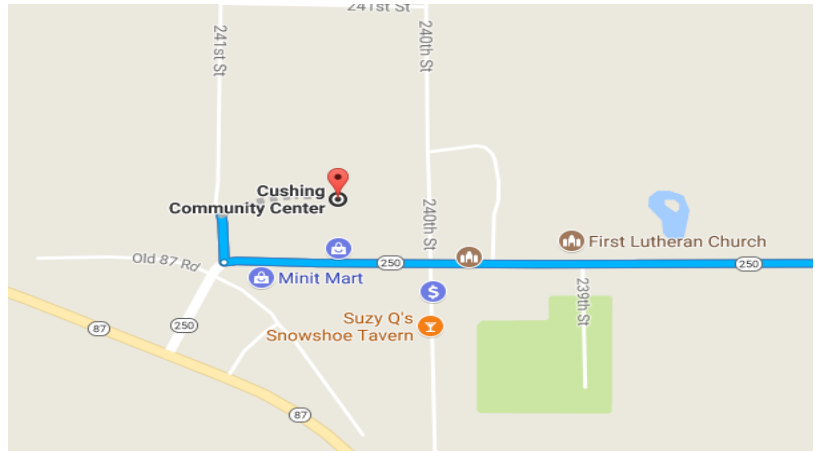


**Northwest Fall District Meeting**  
 (Sponsored by Polk County)  
**Thursday, Oct 19, 2017**  
**Cushing Community Center, Cushing, WI**



**Time:** 9:30 am—Registration and coffee  
**Place:** Cushing Community Center  
 2510 241st St ~ Cushing, WI

**From US HWY 63**  
 Follow US Hwy 63 S to WI-70 W/WI 70  
 Trunk W/W Maple St in Spooner.  
 Continue on WI-70/WI-70 Trunk W.  
 Take WI-35 S to 250 St/ Cty Rd N.  
 Turn Right onto 241st St in Cushing.



Mail registration form and a \$12.00 check made payable to Polk County HCE to :  
 Cheri Scovell  
 1877 130th St.  
 Balsam Lake WI 54810

**Fee includes lunch. Deadline for registration is: Sunday, October 1, 2017**

I will be attending the NW District Meeting on October, 19, 2017 in Cushing, WI.  
 Registration fee enclosed is \$12.00 .

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

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Don't forget to check the mailing label of your WAHCE Update magazine for a subscription expiration date. Use the form at left to renew.

# HCE at the County Fair

The Cable and White River Bookworm ladies had a booth (below) at the 2017 Bayfield County Fair. The very bright and colorful booth received a blue ribbon.

The booth illustrated some of the books we read to the Drummond Pre-Kindergarten and the Iron River Smiling Faces-Child Care Center and Pre-school Latch Key. The books were: "Clifford the Firehouse Dog" with his fire truck, "The Lost Mitten" found in the woods by many animals who try moving into it, "Snow Happy", with a Snowman and many mittens, "Barnyard Banter" with two large chickens, "Siesta" where a small boy makes a tent with his blanket and takes a siesta with his backpack, book, teddy bear and his flashlight.



*The White River HCE 2017 Bayfield County Fair Booth. ▲*



▲Faith Hedges was so inspired with the reading program and the projects the kids made that she worked up this beautiful display , which received a blue ribbon. Thanks Faith for your hard work, and it was very warm that day.



*The Bayfield County HCE 2017 Bayfield County Fair Booth. ▲  
The many award winning entries that went on to the state cultural arts competition were featured in the booth.*

## It's Baby Basket Time!

The first week of November (November 5-11) is **Wisconsin HCE Week**.

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

Please bring baby items to the **Fall County Meeting/ Lesson Day on Oct 12 .**



# HCE Newsbrief

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

# HCE Newsbrief

An HCE Communication for Bayfield County Members

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