



HCE Newsbrief

Summer- 2017

A Communication for Bayfield County HCE Members



Cooperative Extension • University of Wisconsin-Extension • PO Box 218 • Washburn, WI 54891
Phone (715) 373-6104 http: www.uwex.edu/ces/cty/bayfield 711 (Wisconsin Relay)

Dear HCE Members:

Spring has come and gone and came back, etc.... This year seems to be repeating last year. I was very leery of planting my garden in May. It was nice out, but last year it got washed downstate. This year I waited and planted in June and the hot winds blew and blew, beating everything to a dried state. The spring flowers were super easy because of the cool and rain. And the hot winds came and took all them away. So spring never came, but we do have every season every week. In our Northern area Our Achievement Day was a nice gathering of ladies. Our speaker, Master Gardener Sandy Rau taught us about "Wide Row Planting." We learned new techniques for planting veggies. Patsy Weaver judged our cultural arts competition. Eleven entries will be going to the 2017 WAHCE State Conference in September .

Our HCE group attended the NW District meeting in Stone Lake. They had beautiful plants for door prizes, and a Master Gardener had a quiz on "Garden Fact Or Fiction". I got a few right, and I took the Master Gardening class. Always learning new information.

"On the Move and in the Groove" points and volunteer hours were submitted to WAHCE. The Bayfield County Fair and the Conference are the next activities. Hope to see all of you in the Dells!

Glory Bizub, White River HCE



HCE Member Mary Stenberg joined Master Gardener Sandy Rau as Sandy demonstrated wide-row planting methods at the Iron River Community Garden for Achievement Day in May.

Tips for Fair Booths:

Fair booths average 8 feet wide and 6 feet deep. Here are ideas for preparing booth exhibits:

- **Keep at eye level**, the best reading height. Typical eye reading patterns are from left to right.
- **Include a strong theme**. Suggest action, use verbs (like "climb," "lead," and "teach")
- **Draw attention** to the center of interest with key items, strong colors, unusual shapes
- **Use minimal words**
- **Identify yourself**. Include your club or organization along with names of members and local leaders. This attracts attention in county booths. As a community, we relate to people we know.

*These suggestions are adapted from a file belonging to Mulcanna Fahrner.
Some wisdom from the past that is still valuable today.*

Summer Calendar



June



July



Sun	Mon	Tues	Wed	Thurs	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23 30	24 31	25	26	27	28	29

7Cable HCE Meeting
 14White River HCE Meeting
 19Board Meeting, Karen Scheibe's home
 26Fair Entries Due

4 Happy Independence Day!
 5 Cable HCE Meeting
 8 Delta Summer Fest—8am—2 pm
 12 White River HCE Meeting
 No Executive Board meeting this month



August



September



Sun	Mon	Tues	Wed	Thurs	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

2 Cable HCE Meeting
 9 White River HCE Meeting
 10—13 ... Bayfield County Fair
 12 Registration deadline, state conference
 28 Executive Board Meeting, 10 am, Rustic Roost, Iron River

1Newsbrief Articles Due - Cable
 4Happy Labor Day!
 11—13WAHCE State Conference, WI Dells
 25Executive Board Meeting, 10am, Rustic Roost, Iron River
 TBANicaragua Shipment-Contact Minerva

The Bookworms™ Project

Our Bookworms™ volunteers were very busy this spring, working on our fair booth and reading to the children. The Cable Group ended the year with a picnic and reading with the Drummond 4K at Drummond Park.



▲ HCE ladies hard at work making Bookworms™ for our fair booth.



Karen Scheibe made some new friends. ▶



▲ The finished products. What a fun time! These Bookworms™ are all ready for the fair.



▲ Ms. Bonney and the Bookworms™ reading group walking down to the Drummond Park for reading and end-of-year picnic.

“More GOLDEN Moments”

These are the moments, not all so golden...

- ◆ I would tie the infamous string around my finger to remember things; but where is the string?
- ◆ Have pills, will travel. Using little square portable boxes keeps meds organized and on the road.
- ◆ We do things one day at a time, not too much multi tasking, now if I could remember what day it is.....
- ◆ Knees, knees, replace the knees. We have 206 bones and today I think 208 of them ache.
- ◆ Try to get together with friends and laugh and have fun . Think positive, once in a while.

**Thoughts about getting older:
by HCE Members**

Observations by Glory Bizub

The most plentiful flowers blooming now are the Lupines (or lupin). Blues, pinks white, and violet colors decorate the roadsides this time of the year.

There are over 200 species of Lupines. Many contain toxins dangerous to humans and animals. However, some varieties are edible with correct preparation methods. Seeds have been used for food for 3000 years around the Mediterranean and for 6000 years in the Andean Highlands. (Don't try this at home with our wild Lupines though!)

The seeds of the Lupine are commonly called Lupine beans. Like other legumes, Lupines increase soil nitrogen.

Lupines like water and will grow over four feet tall in a season. The seeds are formed in the spiral seed pods, which spring open when ripe, scattering seeds

and replanting themselves. They are a perennial and seem to move in, filling up the roadsides ditches and flower gardens. This year they are very plentiful with the rainy season we had.



▲ As you can see the Lupines do take over. Somewhere In the blues lupine patch are beautiful blue iris and red cranes bill. Photo by Glory Bizub

Enjoy these beauties, for they are not long lasting !

UWEX Nondiscrimination Policy

Periodically, UW-Extension, Cooperative Extension takes steps to assure that our partners know and understand our policy of nondiscrimination. This letter is to remind or notify you that the University of Wisconsin-Extension does not discriminate in the treatment of individuals, in admission or access to its programs and activities, in the provision of services, or in employment.

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Consistent with the Americans With Disabilities Act, persons who need materials in alternative format or other accommodations are encouraged to write or call the UW-Extension contact person for the specific program or call the Bayfield County Extension Office, 715-373-6104, as early as possible prior to the event so appropriate arrangements can be made. Requests are kept confidential.

Individuals who need special access due to hearing impairment may contact the Bayfield County Extension Office by calling the relay service for the hearing impaired by dialing 711.

Loon Appreciation

By Allie Raven, White River Homemakers



LoonWatch, a program of the Sigurd Olson Environmental Institute, protects common loons and their aquatic habitats through education, monitoring, and research.

At a recent LoonWatch program at the Northern Great Lakes Visitors Center, I learned much more about loons. For example, I did not know that their distinct coloration is seasonal!

We would likely not recognize these residents of our northern lakes if we saw the same birds in their winter habitat, because at the end of the summer breeding season, their feathers begin to molt.

The black feathers on the back of the loon are replaced with brown ones. They retain their flight feathers and continue to molt on migration to the wintering grounds off the Atlantic coast and the Gulf of Mexico.

Throat and chin feathers become white, their backs become grayish brown and their distinctive red eyes turn brown.

Before loons return to northern lakes from their wintering grounds, they will molt back into their breeding plumage. They are completely flightless during this time.

These fascinating birds need healthy aquatic ecosystems with good water quality, abundant prey, irregular shaped shorelines or islands with native vegetation, and nursery habitat with little to no human disturbance.

Here, courtesy of the [LoonWatch website](#)¹, are some suggestions for protecting loons:

- Watch loons from at least 200 feet away. Get a powerful lens for your camera, use binoculars or a spotting scope, and never explore a loon nest site. Close encounters can be deadly for swimming and nesting loons.
- Avoid exploring or camping on islands before July 15 of each year. Loons prefer islands for nesting. Disturbance can cause a loon to abandon its nest.
- Be a responsible boater. Never chase loons or run motorboats or personal watercraft over areas where loons have been seen. Loons and loon chicks have died from being hit by boats and propellers. Boat wakes and waves may also wash eggs off of nests.



- Practice and teach wildlife stewardship... always!
- Protect native vegetation on all shores. Loons nest on natural shorelines and use natural materials to build their nests. [Native vegetation](#)² also protects water quality by slowing and absorbing runoff materials from entering the lake.

Loon Appreciation-*continued*

By Allie Raven, White River Homemakers

- Use only phosphorus-free fertilizers on shorelands, and only if needed. Fertilizer that runs off into lakes increases aquatic plant growth, making it difficult for loons to swim and find food.
- Protect loons from your pets. [Keep dogs and cats away](#)³ from loons and nests. Pets disturb nesting loons and can destroy loon eggs. And please clean up your pet's waste—pet waste can also contribute unwanted nutrients and bacteria to the water.
- Pollutants from fertilizers, pesticides, streets, and rooftops are contaminating your lakes and rivers. If heavy rains collect in pools and puddles in your yard, the easiest way to help water infiltrate into the ground rather than run off into storm sewers is by creating a [rain garden](#)⁴ and using [rain barrels](#)⁵ to collect rain water from your roof gutters.
- Make sure your [septic system is functioning properly](#).⁷ When septic systems don't work properly, they pose serious risks to human, animal, and environmental health by releasing contaminants, including harmful bacteria and chemical pollutants, into the groundwater and into surface water—lakes, rivers, marshes, and streams.
- Be an ethical angler. Never fish or cast near loon nests or swimming loons, properly dispose of extra bait and trash, and pick up monofilament line (cut it into 6" lengths before putting it in the trash)..



Loons need good water quality, healthy lake habitats and ecosystems to survive and thrive. Local government agencies do not have the capacity or resources to monitor the water quality on all Wisconsin lakes; therefore, volunteer monitoring is a vital component to determining the water quality of our state's lakes and rivers. [Learn about Wisconsin's volunteer water quality monitoring](#).⁶



Get the Lead Out! is a campaign in several U.S. states and Canada aimed at educating anglers about the impact of lead fishing tackle on loons and other wildlife. Each year loons and other water birds die from lead poisoning due to ingestion of lead fishing tackle especially sinkers and jigs.

Lead is a toxic metal that can poison people and animals such as loons, bald eagles, great blue herons, and snapping turtles.

Loons and other water birds are poisoned by swallowing lead fishing tackle that is lost while fishing.

- Switching to non-lead tackle is an inexpensive and easy way to make a difference.

Loon Appreciation-*continued*

By Allie Raven, White River Homemakers



- Dispose of your lead tackle properly—do not throw it in a lake or trash can. Take it to your local household hazardous waste collection site or a scrap metal collector/recycler. The [Wisconsin Department of Natural Resources website](#)⁸ lists of places that accept lead year round maintained on
- Spread the word—tell others about the hazards of lead to wildlife and people. Encourage the switch to non-lead sinkers and jigs.
- Ask your favorite bait and tackle shop to carry lead alternative fishing tackle.

LoonWatch loans portable Get the Lead Out! displays to lake associations, organizations, and agencies for meetings, fishing tournaments, family fishing days, nature center programs, and other events.

Contact **LoonWatch** to request a Get the Lead Out! display, to become a LoonWatch volunteer, or to arrange for a customized educational presentation for groups like lake associations, schools, libraries, non-profits, and other organizations by calling them at 715-682-1220 or via email: at loonwatch@northland.edu

Websites mentioned in the Loon Appreciation article:

1. [LoonWatch website](#)

<https://www.northland.edu/sustain/soei/loonwatch/protect-loons/>

2. [Native Vegetation](#)

<http://clean-water.uwex.edu/pubs/pdf/shorlpl.pdf>

3. [Keep Pets Away](#)

<http://clean-water.uwex.edu/pubs/pdf/pet.pdf>

4. [Rain Gardens: How To Manual](#)

<http://clean-water.uwex.edu/pubs/pdf/rgmanual.pdf>

5 [Rain barrels](#)

<http://hort.uwex.edu/articles/rain-barrels/>

6 [Volunteer water quality monitoring](#)

<http://dnr.wi.gov/lakes/clmn/>

7. [Properly Functioning Septic Systems](#)

[https://nlquery.epa.gov/epasearch/epasearch?query-text=septic&fld=&areaname=&typeofsearch=epa&areacontacts=http%3A%2F%2Fwww.epa.gov%2Fepahome%2Fcom-ments.htm&areasearchurl=&result_template=epafiles_default.xml&filter=sample4filt.hts](https://nlquery.epa.gov/epasearch/epasearch?query=text=septic&fld=&areaname=&typeofsearch=epa&areacontacts=http%3A%2F%2Fwww.epa.gov%2Fepahome%2Fcom-ments.htm&areasearchurl=&result_template=epafiles_default.xml&filter=sample4filt.hts)

8. [Get the Lead Out!](#)

<http://dnr.wi.gov/topic/fishing/fishhealth/gettheleadout.html>



Cultural Arts Award Winners:

Achievement Day featured a beautiful variety of items submitted for the Cultural Arts competition. Judge Patsy Weaver selected the following items to go on to the state competition in September. **Allie Raven**—Beaded earrings; **Glory Bizub**—China painting "Violets"; **Nova Kane**—Special category; "Three Cheers for Team HCE "Megaphone



with Flags"; **Nova Kane**—Story "My Hard Working and Loving Dad"; **Jane Benson**—Counted Cross Stitch "Christmas Tree"; **Faith Hedges**—Glass Craft; **Karen Scheibe**—Alcohol Painting "White Flower"; **Mary Stenberg**—Pastel Painting "Lady Slippers"; **Glory Bizub**—Watercolor "Shades of Pink"; **Glory Bizub**—Ceramics "Christmas Angel"

Cable Area HCE Luncheon

The Cable ladies held their end-of-year luncheon recently and the guest of honor was Marge Vrtis. What a wonderful lady who served Bayfield County HCE for many years before moving to Hayward. We all love her! The luncheon was held at the Flat Creek Inn in Hayward and Marge was able to join us!

Marge said that the only thing she contributed through the years was time.... In fact she has served in many, many ways: As Club President, Club Vice President, County President, County Secretary and District Director (two terms), among many other contributions.



▲ We all made it to the luncheon.....From Left: Donna Pinter, Elaine Adams, Faith Hedges, Marge Vrtis, Shirley Byrd, Nova Kane, Karen Schiebe, and Jane Benson. Elaine called it Christmas in June and gave each one a gift.

The Cable Blood Drive was held on May 1, 2017. Cable HCE members volunteered and helped the program meet its blood drive goals. ▼



Looking for more conference information? Go To: <http://wahceinc.org>



2017 WAHCE Conference Registration

September 11, 12 and 13, 2017

Glacier Canyon Lodge

45 Hillman Road, Wisconsin Dells, Wisconsin 53965

"Here Comes Excitement – HCE In The Dells"



Please print clearly or use address label:

Name _____

Address _____

City _____ State _____ Zip _____

Telephone (with area code) _____ E-mail: _____

Officer or Committee Chair (circle one) State District County

Indicate Office Held _____ First Time Attendee? Yes No

Indicate special dietary needs _____

I grant the WAHCE, the right to use, publish, and copyright my image for educational programs, publications, websites and promotion of WAHCE programs.

Please Sign: _____ Date: _____

Full Conference Registration Fees:

WAHCE Member or spouse	\$50.00	\$ _____
Non-member	55.00	\$ _____
UW-Extension (no cost)		\$ Free
Total Meal Package (6 meals)	\$105.00	\$ _____

One Day Fees:

Monday Evening Meal	\$23.00	\$ _____
Tuesday Registration	30.00	\$ _____
Tuesday Breakfast	15.00	\$ _____
Tuesday Lunch	19.00	\$ _____
Tuesday Banquet	24.00	\$ _____
Wednesday Registration	20.00	\$ _____
Wednesday Breakfast	15.00	\$ _____
Wednesday Lunch	19.00	\$ _____

Tour Fee

Late Fee (starting August 12)	\$50.00	\$ _____
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Total Enclosed: \$ _____

Make check payable to WAHCE, Inc.
and mail with registration form to Conference Registrar:
Darlene Schumacher
2531 Golf Course Road, Wisconsin Rapids, WI 54494
Phone 715-424-2851-- E-mail: darleneschumacher41@gmail.com

Registration Deadline: August 11, 2017
Late fee of \$50 applies beginning August 12, 2017
(Enclose a self-addressed stamped envelope if you want a receipt mailed to you.)

Turn over to complete registration form.

(Registration Continued)

Name _____

County _____ District: _____

September 11th, Monday Tours 12 – 5PM

- _____ #1 Upper Dells Boat Tour® \$ 28.00
- _____ #2 Al Ringling Theater and Circus World Museum 40.00
- _____ #3 Winery, Apples and Candy 28.00
- _____ #4 Cranes and Aldo Leopold Homestead (a lot of walking) 35.00
- _____ #5 Wild Cats and Mansions 40.00

_____ Need handicap accessible bus for tour

Workshops & Tours **Please number in order of preference 1, 2, 3, 4, 5**

September 12th, Tuesday

8:00 AM

_____ WAHCE Annual Business Meeting

Workshops Session #1: 8:30 – 9:45 AM

- _____ Farming Fine Chocolate
- _____ Getting Youth Outside
- _____ History of Sun Bonnet Sue
- _____ Polar Bear Adventures (Repeat at #5)
- _____ Pruning Shrubs & Small Trees

Workshop Session #2: 10:15 – 11:30 AM

- _____ ***Be Food Wise to Reduce Waste
(Educational Program)***
- _____ Container Gardening
- _____ Cyber Security and Privacy Protection
- _____ Fermentation Fest
- _____ Make A Wool Seasonal Table Mat
(craft)
- _____ Ventures in People, Haiti
(International Workshop)
- _____ Wisconsin Bookworms™ Workshop

Workshop Session #3: 1:15 – 2:15 PM

Learning Center Trek to Nicaragua
(General Session -- all attend)

Workshop Session #4: 2:45 – 4:00 PM

- _____ Being a Healthy Host
- _____ First Ladies' Quilts
- _____ History of Sheep Milk and Cheese
- _____ Reading Takes Young Minds Anywhere
- _____ Spirits of Sauk County
- _____ Trauma – Informed Care
- _____ Treasurer's Workshop

September 13th, Wednesday

Workshop Session #5: 8:30 – 9:45 AM

- _____ ***Small Savings Build Big Dreams
(Educational Program)***
- _____ Beaded Bracelet (craft)
- _____ Food Preservation Inspiration
- _____ Garlic 101: How to Grow Great Garlic
- _____ Palm of Hand Memory Writing
- _____ Using a Moral Compass (Bullying)
- _____ Polar Bear Adventures (repeat)

Workshop Session #6: 10:15 – 11:30 AM

- _____ Creating Scarf Clips (2 projects) (craft)
- _____ Downsizing
- _____ Food Preservation Inspiration (repeat)
- _____ Growing and Caring for Orchids
- _____ Membership Workshop
- _____ Recycle and Upcycling
- _____ Stories of Cranes and Conservation

For Office Use Only:
Registration #: _____
Check #: _____

Bayfield HCE Update for NW District Spring Meeting ~ April 27, 2017

Here is a report Glory provided for the NW Spring Meeting

The Cable Area HCE took time out from their busy schedules for a trip to the Bayfield orchards in October. At their meetings, they made picture frames decorated with old jewelry, had a recipe exchange and a tasting session on flavored balsamic vinegar. They gathered baby items, along with White River HCE, and Happy Hours HCE; and presented the baby gifts to a beautiful baby girl and very surprised mom in December. It was the high point of our Christmas. Cable also made Valentine's with puzzles pieces, and learned a new way of making bows using a fork. They will serve for the Bloodmobile in Cable on May 1st. They had elections for club treasurer and vice-president.

Both Cable and White River HCE are reading in schools for the Bookworm™ project. We are planning on having a booth at the Bayfield County fair explaining the Bookworm™ program and the extent of it; state and national.

Both groups attended the Lesson days of "Super Foods" and "Cancer Clear and Simple." These were the state programs set up for HCE. They were very informative and worthwhile, and a good get together of the groups.

White River HCE had their annual Hunters Dinner in November, the funds go toward the many organizations they donate to; The Heart Association, New Day Shelter, PBS, Drummond and Iron River libraries, and many more. In March they had a Soup and Salad Dinner, with these funds going for scholarships for the area seniors. They also put on a Breakfast Buffet in April for the same cause. In February, They also make Valentine's baskets for friends and neighbors and people who need a cheering up and a visit. The 35 baskets are filled with fruits, candies, homemade breads and cookies made and frosted by the Ino Valley 4-H club.

The Bayfield county Achievement Day will be in May as well as the Cultural Arts competition, with the winners going to the state competition.

Glory Bizub, Bayfield County HCE President

Bayfield County HCE Executive Board Meeting ~ May 22, 10:09 am Rustic Roost ~ Iron River, Wisconsin

President Glory Bizub opened the meeting. The Creed was recited. Roll call taken with 6 in attendance and FLA Liz Lexau.

Secretaries report : minutes were read.

Elaine motioned to accept as read. Faith seconded. Motion passed.

Treasurers report : a check was made out for Achievement Day. Dues were sent to the state.

Motion made to accept treasurers report by Nova. Seconded by Minerva. Motion passed

Correspondence: FLE, Liz Lexau, stated that the University Extension program is being reorganized, no final decisions made yet.

Bookworms™. The new book count for 2017/2018 is White River HCE 15, and Cable Area HCE is 20. New number for Emma Peterson, state Bookworms™ Treasurer is available from the office.

Old business: at Achievement Day, Master Gardener, Sandy Rau gave a report on "Wide Row Planting". It was an excellent presentation, and we learned new ways to plant the vegetable garden.

Discussion: should we send our judge a monetary gift. Glory motioned yes, Nova seconded, motion passed. The program and lunch was very good, thanks to St Michael's Catholic church and ladies. Glory noted that we should hand in the totals for "On the Move" And the volunteer hours by the end of May.

New business: our next meeting will be held at Karen's home. We will be making the Bookworms™ for the fair booth.

Conference: convention will be held at the Glacier Canyon Lodge in Wisconsin Dells, [September 11th-13th](#). Information will be in the May issue of a Update. We will do a county display board for the conference.

Minerva motioned to adjourn, Elaine seconded, meeting adjourned.

Homemakers Prayer recited.

For an activity, we made owl cards provided by Karen.

Sincerely submitted: Secretary Karen. Scheibe

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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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