



HCE Newsbrief

Fall - 2018

A Communication for Bayfield County HCE Members



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The seasons changed extremely fast this year. When Mother Nature threw all kinds of weather at us—from Lake Superior being ice covered into May, then a short reprieve of sunshine when I planted my garden. My summer therapy IS my garden. Well that went down the river with 12 inches of rain in June. The North Fish Creek bridge washed out just below my driveway. The County HCE board tried to meet, but for a month, we had no easy access to roads.

Next event that we looked forward to was the Bayfield County Fair. The HCE groups entered their best cultural arts projects and displayed them at the fair. These projects are taken to the state conference to be judged along with 425 entries from around the state.

Three HCE members from Bayfield and Douglas county went to the conference in Pewaukee. It was a busy, fun time, seeing all our friends from around the state. We attended workshops on different themes,

and learned new techniques to try at our club meetings.

Nowits time to get ready for the next season, fall. The leaves are turning various colors, especially the sugar maples. It's always a beautiful scene driving on US 2.

I'm trying to get my gardens picked up and cleaned up. But it keeps raining. Oh well; I'm sure I can find something to do inside, like bake an apple pie, and make applesauce, and relish the aromas and flavors of fall.

Glory Bizub, Bayfield County HCE President



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Fall Calendar



October

- 7—13 **Extension Week! Connecting the U to You!** 30+ programs (see p. 6)
3 **Cable Club Meeting and Bayfield Field Trip** (Postponed due to storms)
10 **White River Meeting**
15 & 17 **Bookworms™ Drummond**
24 **Bookworms™ at Smiling Faces, Iron River**
26 **Halloween Party at Benoit Community Center ~ Sponsored by 4-H Clubs :**
Ino Valley, Pine Creek & Whittelsey Creek

November

- 4—10 **WAHCE Week. Baby Basket Awarded to First Bayfield County Baby in Nov**
8 **Lesson Day, 10 am, Delta Town Hall Keeping Your Credit On Track**
7 **Cable Meeting**
12 & 14 **Bookworms™ Drummond**
14 **White River Meeting**
17 **Annual Hunter's Supper**
22 **Happy Thanksgiving**
27 **Bookworms™ at Smiling Faces, Iron River**

Saying Goodbye

A very special member of Cable HCE, Marge Vrtis died July 31, 2018. She was well known in HCE as she held State, District, County, and local offices. She enjoyed her many years in HCE. Some of my memories of the past 15 years in HCE with Marge are as follows.

1. She planned trips for our group and none of us knew where we were going. She would give directions as we went. It was always a fun and interesting destination.
2. She knew I was presenting a program on the history of aprons to the Namakagon Club. She had some very old aprons and loaned them to me as they fit my program. She was always willing to help.
3. Marge was very kind but liked to tease whoever was driving about finding the right turn to go the back road to Karen Scheibe's house.
4. I did learn about her biking activity as a youth. She loved to bike and did a lot of long bike rides in the Midwest. I am enclosing a picture of Marge as a "Biker". She was the first woman at some biking events such as bicycle wooden track races.

We will surely miss her in HCE and as a very special friend.



Marge Vrtis-1946-47 Illinois State track champion

▲Photo from Cable/Namakagon Historical Museum press release, of August 18, 2018 titled, "Vintage Bicycles On Display".

2018 BAYFIELD COUNTY FAIR BOOTH WINS BLUE RIBBON

By Mary Stenberg

Health Tips From Your Pets

If you've had the good fortune of owning a dog or cat, you may already know just how much we humans can learn from them. This year the White River Homemaker's fair booth featured 10 health tips you can learn from your pet.



The White River HCE Booth: Health Tips From Your Pets won blue at the 2018 Bayfield County Fair.

Be Forgiving: Destroyed your cat's favorite toy? Took your dog's bone away? No worries. Your pet will forgive you because they are incapable of holding grudges. When you hold grudges, you sap your body of valuable energy and add to your stress levels. Learn to be as forgiving as your pet and you'll be happier and less stressed.

Focus More: Animals have a single-track mind. Whatever they're doing, they focus all their attention on the task at hand. Studies suggest that multi-tasking detracts from productivity. You will be a better listener and problem solver by giving a task your full attention. Be more creative and productive by being in the moment.

Give Unconditional Love: Animals are masters of unconditional love. They express their love frequently and are always there to give you a snuggle or a purr. Adopt a similar attitude with the people you love, and your life could become that much richer. An open heart and unconditional love are among our greatest healers.

Listen To Your Body: When animals are thirsty, they drink. When they need to eliminate, they go or ask to be let out. When they are tired, they

sleep. Animals pay attention to their body's needs. How often do you do this? Listening to your body will help prevent stress-related problems and keep your immune system healthy.

Make Sleep A Priority: Sleep is something you don't need to coax your pet to do. The proper amount of sleep will make you more alert and boost productivity. It can also help with weight management. Adults need 7 to 9 hours of sleep per night. Stick to a regular schedule, invest in a comfortable mattress, avoid eating before bed, and sleep in a dark room.



Stick To A Schedule: Nothing pleases a pet more than a consistent routine. They are creatures of habit. Routines are beneficial for people, too; especially when it comes to sleeping and eating patterns. As best you can, create a schedule for yourself and stick with it. You will be healthier and less stressed.

(Continued on page 4-Health Tips From Your Pets)

Margaret Tutland Scholarship Winners

The Margaret Tutland Scholarship was started in 2014, the year Margaret passed away. Margaret's daughters wanted part of her memory to be carried on in the form of help for young local graduates.

The funds for the Margaret Tutland Scholarship are purely provided from the family. The two award winners are chosen by the family, or from three members of the White River Homemakers.

When students apply, an application form & letters of recommendation are required, along with a letter from the school they have been accepted to. The students do not need to be connected to HCE or 4-H to receive the scholarship. The winners are awarded \$400 a piece.

This year's Margaret Tutland Scholarship winners are Madelyn Krivinchuk and Kaitlyn Wiezorek.

Health Tips From Your Pets



(Continued from page 3)

Take A Daily Walk: Ever met a dog who turns down the opportunity to take a walk? Walking gives dogs the exercise they need and a dose of healthy stimulation. Walking is one of the best things you can do for your mind and body. Walking can help you lose weight, boost brain health and decrease your risk for heart disease, cancer, diabetes, osteoporosis and depression.

Shade Yourself: When it's hot and sunny, pets naturally seek shade. No doubt they are trying to cool themselves, but an even bigger benefit for people is decreasing the risk of skin cancer. One in five Americans will develop skin cancer. Experts advise seeking shade as much as possible, avoid

exposure to ultraviolet light and wear sunscreen.

Stretch Often: Pets are natural yogis. They're always stretching and releasing tension in their bodies. The human body was designed to move. By stretching, you can eliminate aches, pains, and stiffness. Stretch at least two days a week, holding each stretch for 15-30 seconds.

Play More: Dogs and cats love to play for one simple reason: It makes them happy. Capture that enthusiasm for play and you too could benefit. Play relieves stress, boosts brain power and increases happiness. At least once a day, give yourself the freedom to be playful. Do something that makes you smile.

Resource: Best Friends Magazine, May/June 2013

2018 Bayfield County HCE Cultural Arts Winners

These items will go to State HCE competition in September

Jane Benson	Photo	"Angels at Sunset"
Glory Bizub	Photo	"I Pledge Allegiance- Tweet Tweet"
Glory Bizub	China painted	"Rose Bouquet"
Glory Bizub	Clay slab bowl	"Wavy"
Anna Fridsma	Ceramic Santas	"Ol' World Santas"
Nova Kane	Story	"The Best of Two Worlds"
Nova Kane	Bonus category	"Spring Into Action"
Mary Stenberg	Cloth napkins	"Save a Tree"
Mary Stenberg	Scrap quilt	"Friendship Star "
Mary Stenberg	Table runner	"Summertime"
Faith Hedges	Recycled glass	"Glass Lighthouse"
Allie Raven	Jewelry earrings	"Flight of Birds"

HCE at the 2018 BAYFIELD COUNTY FAIR

By Glory Bizub



This year the fair had the HOTTEST weather we had in years. The county HCE booth turned out good. My husband helped me put up the background and signs. Mary Stenberg's quilt made the colors stand out. We received a blue ribbon.

These pieces traveled to the state competition in September. There are usually around 300 entries in 20 different categories. It is amazing to see all the talent and care that everyone displays; especially in keeping the heritage crafts visible. We survived the hot, hot weather, and we supported our Bayfield County 100%.

2018 WAHCE Conference

By Glory Bizub

Glory Bizub and Nova Kane traveled to Pewaukee, with Cheryl McClusky, our driver from Solon Springs. I want to thank Cheryl for driving and getting us there and back safely. She did a great job.

We got to the Ingleside Hotel late afternoon, entered the cultural arts, got to our rooms, and took a break.

Monday is tour day, and the HCE members from all over the state arrive throughout the day. I chose to do a Paint and Sip trip. Twelve ladies carpooled to an art studio in New Berlin. We all painted a pumpkin on wood. And some of us enjoyed a glass of wine while we painted. I enjoyed this project, of course, because it involved painting a scene.

I took the session "Fun with Fermentation", an informative class on the bacteria that produces foods like sauerkraut and pickles. When we look at our kitchens, there are many foods that are fermented to change or improve flavors. Guidelines are in canning recipe books, and recipes must be followed exactly in order to produce a safe product. I also got a recipe for making mozzarella, which I am going to try soon.

Another session was on "Taking Care of You", mind, body and spirit. While trying to do it all, we should pay attention to our bodies. From breathing to laughing and all other emotions, pay attention and be aware of what's happening around you, including pain and tension. Try breathing into them

and as you exhale, try to let go of the pain and tension. This does take practice of course. Breathing in good, long deep breaths with slow exhaling, makes me feel revived. Try it!

Another session was "She came from Kansas". It was a wonderful presentation from Jean Morton and Eileen Gottbeheat; about the pioneer women and how their strong will to survive and brought them great accomplishments. It was an amazing session. Also there was a quilt with a block dedicated to each of the women they talked about. Truly amazing.

I will talk about more of the conference speakers and sessions at our club meetings and lesson days. It is an awesome conference to attend.

Thanks to the SE District for an exceptional get together.!



October 7-13, 2018

Extension Week

Connecting the U to YOU!

Presented by: UW-Extension Educators in Ashland & Bayfield Counties

For details on each program see our websites: ashland.uwex.edu or bayfield.uwex.edu.

<u>Sunday, October 7th</u>	
1-6pm *	Ashland County 4-H Outdoor Adventure Club Youth Rock Climbing at Bob's Rock*
<u>Monday, October 8th</u>	
10-11am NGLVC	How Extension Can Help Local Communities Thrive with Patrick Robinson, UWEX Associate Dean of the Department of Agriculture and Natural Resources

<u>Wednesday, October 10th</u>	
10:30-11am South Shore	Bayfield County 4-H Ambassadors present at South Shore School
12:45-1:15pm	Bayfield County 4-H Ambassadors present at Iron River Elementary
1-2:30pm* NGLVC	Communicating Across Generations, Mary Pardee*
1-3pm Bayfield	Aquaculture Facility Tour, Northern Aquaculture Demonstration Facility
2-2:30pm Drummond	Bayfield County 4-H Ambassadors present at Drummond School

11-12:30pm NGLVC	Working Effectively with Tribal Nations: Understanding Sovereignty, History and Context of Tribal Government with Judge James H. Schlender Jr. of LCO
1-2:30pm NGLVC	Recent Market Turmoil and the Future of Dairy Farming in Ashland/Bayfield Counties, with Mark Stephenson, Director of Dairy Policy Analysis at UW-Madison
All Day Mellen	FoodWise Nutrition Education in Mellen 1st, 3rd and 5th grade classrooms
6-7pm	Ashland County 4-H Parent / Leader

<u>Thursday, October 11th</u>	
6-7:30pm WITC	Demystifying Post Secondary Education: How to find the right academic & financial fit
9-12pm*\$ Ashland	Successful Co-Parenting, for Divorcing or Separated Parents, Courthouse*\$
All Day	Check Your Free Credit Report Online
All Day	Great Apple Crunch Bayfield K-2

6-7:30pm NGLVC	Renewable Energy: Updates and Next Steps
6-8pm* Cable	Gardening in the North, Cable Community Farm*
<u>Tuesday, October 9th</u>	
9:30-11am* Bad River	Grandparents Café, Education and Support for Grandparents Raising Grandchildren, Bad River Health and Wellness Center*
1-2pm* Online	Parents Connect: Kids’ Feelings-Tantrums, Sadness & More (for parents of kids 3-10) - Online or in person*
All Day	FoodWise Nutrition Education in Butternut and Glidden Elementary Schools

6-7pm* Online	Parents Connect: Kids’ Feelings-Tantrums, Sadness & More (for parents of kids 3-10) - Online or in person*
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6-7:30pm
NGLVC Kids & Screen Time: What Can Parents Do? (For parents of kids age 11 and up)

6-8pm
NGLVC Microplastics in our Great Lakes:
A Wisconsin Master Naturalist Program

*** Pre-Registration and/or \$ Payment Required.**
Schedule may be subject to change.

For details see our websites:



Ashland Co UWEX
715-682-7017
ashland.uwex.edu

Bayfield Co UWEX
715-373-6104
bayfield.uwex.edu

NGLVC UWEX
715-685-2652
www.nglvc.org

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1-2:30pm
Ashland

Grandparents Café, Education and Support for Grandparents Raising Grandchildren*

2:30-3:45pm
NGLVC

Exploring Creative Housing Options for Seniors: Village Movement, Co-Housing and Housing Co-ops! With special guest Travis Johnson, Senior Cooperative Foundation

4-5:30pm
NGLVC

Rethinking Aging: Embracing Change with Dr. Kristin Litzelman, UW-Extension State Specialist in Family and Financial Well-being in Middle and Later Life

6-7:30pm
NGLVC
Multi-purpose
Room

Is Your Well Well? Exploring Groundwater Quality in Wisconsin, with Kevin Masarik, Center for Watershed Science and Education, and Kelsey Prihoda, Lake Superior Research Institute at UW-Superior

6:30pm

Master Gardeners presents Mushrooms Wild & Cultivated with

Friday, October 12th

5-6:30pm
SOEI

Happy Hour Chat—What’s Next for Local Food?, SOEI Northland College

Saturday, October 13th

12-1pm
ETH

Hazelnuts in Northern WI: A Potential New Crop, Eileen Town Hall (ETH), Bayfield Co. Business Park

1-2:30pm
ETH

Growing Fast Trees: For Landowners That Can't Wait, Eileen Town Hall

3-4:30pm*
Benoit

Hay Buying Workshop, Benoit Community Center*

Extension Week—October 7-13, 2018

Connecting the U to YOU!

Aging in the Northland: Issues & Ideas

Thursday, October 11, 2018
Northern Great Lakes Visitor Center

Light
Refreshments
will be
served



Exploring Creative Housing Options:

The Village Movement, Co-Housing & Senior Housing Co-ops

2:30—3:45 pm

Join us as we explore creative solutions that communities across Wisconsin are employing to address the housing needs of an aging population. Special guest, Travis

Johnson of the Minneapolis-based Senior Cooperative Foundation will share specifics on the process of developing and accessing funding for a Senior Housing Co-operative.



Rethinking Aging

4:00—5:30 pm

Join Dr. Kristin Litzelman, UW-Extension Specialist for Family & Financial Well-Being in Middle & Later Life as she discusses common reactions to losing independence and how rethinking aging can help us plan for the future.

For more information on these or other great Extension Week programs, call the Bayfield County UW-Extension office at 715-373-6104 or go to our website at bayfield.uwex.edu.



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Glory B. and Nova K. at the 2018 WAHCE Conference



Bayfield County HCE members took home nine "Blues" and three "Reds" from the State WAHCE Conference.

2018 WAHCE Conference

By Nova Kane

Our state conference was held September 17-19 in Pewaukee. Glory Bizub and I attended. There were several really good workshops. Jesse Ritka, storm chaser of WTMJ, told us about her job and showed us her Storm Chaser Van. Wow! What a complicated vehicle.

Sarah Agena, a representative of the Wisconsin Beef Council and the Potato Growers, presented "The Power of Protein". She made a recipe for all of us to sample. She used left over pot roast and eggs for a breakfast meal. It was very tasty. I might add she called herself "a meat and potato gal."

Jessie Garcia presented "My Life with the Green and Gold, 20 Years of Sports Reporting." I have always admired her for being outstanding in a man's world as a sports reporter and broadcaster. She now is an author of several books. Being a Packer fan, I had to buy one of her books about the Packers. She always knew she wanted to be a writer, did interviews of her teddy bear at an early age and wrote stories often. She was raised by her mother, who happened to be a carpenter. She had to do research to learn about sports in order to become a sports writer, but never doubted that she could compete in sports writing.

Probably the best workshop that I went to was presented by Kara Thomas entitled,

"American Sign Language Today." I learned that sign language is different in each country.

We received a handout of common phases used in signing and a one about etiquette for deaf and hard of hearing people. Both are included below. Another interesting fact about signing is that the football huddle came from an early deaf school's football team. The opponents would read the deaf teams signing of their next play, so they started to huddle to hide their signing of the next play.

All in all it was a wonderful conference. I hope more consider going next year.

Deaf and Hard of Hearing Etiquette



Please



Thank You

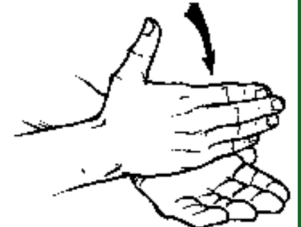


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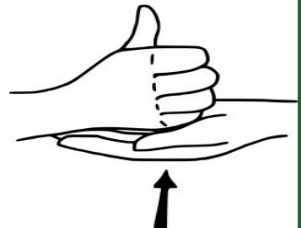


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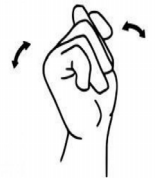
1. When you are with a deaf person it's important to talk and look directly at the deaf person and not the interpreter.
2. There will be a lag time while the interpreter signs the information and deaf person replies. Don't jump ahead thinking they will not respond.
3. When trying to get their attention, simply tap the person on the shoulder or give a quick hand wave to get their attention.
4. When you have a deaf presenter or performer, instead of clapping, wave both hands in the air.
5. Some deaf and hard of hearing people can lip read. Speak distinctly but realize some words can't be read on the lips. Speak in a natural way, not slowly, so the words are at their clearest.
6. If you are speaking to a deaf or hard of hearing person look at them directly, do not turn away to point, cover your face or eat while talking to them.
7. It is NOT rude to walk between two people while they are signing. If you can't get around, don't call attention to yourself by stopping, just move on through so the signing can continue.
8. Don't shout. This doesn't improve communication.
9. Smile! Deaf people like to be included too, just like anyone.



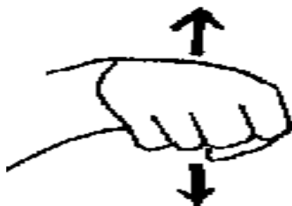
Stop



Help



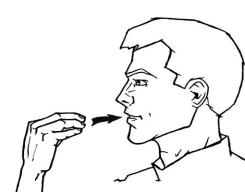
Bathroom



Yes



No



Eat



Coffee



Bookworms™



◀ Some smiling faces for Bookworms™ at Smiling Faces in Iron River.

HONDURAS PROJECT UPDATE

Roberta Ruef, White River Homemakers

The following letter was received from Mary Berube who heads up projects for needy families in Honduras.

The White River Homemakers have supported this ongoing project for many years. This past spring, the volunteer group gave training to midwives in this remote mountain village on “Helping Babies Breathe”.

April 27, 2018

Dear White River Homemakers,

Over the years you have been such a blessing to our mission in Honduras. We have been working to improve the health and education of mainly families with children in remote mountain villages. We were there this month and brought bags of food for families and we visited the school that we helped build.

The food bags that we give each mother contain rice, sugar, pasta, lard, salt and a piece of clothing such as one of the dresses that your members have made.

I was so excited when I noticed this little girl wearing a dress that I am sure was one that we brought there in prior years. I think you will recognize it in the photo.

We sincerely want to thank you for the all the dresses and shoes and uniforms and school supplies and money you have helped us with over the years. Your contributions have made a great difference.



Bookworms™

Bookworms™ 2018-2019
Smiling Faces Schedule
Time: 10:30 Wednesday

September 26
October 24
November 27
January 16
February 20
March 20
April 17
May 8

Bookworms™ 2018-2019 **Book List**

Grandma Calls Me Beautiful
Night Animals
Snow Leopards
Snowman's Story
Clifford the Big Red Dog
Families Are Different
A Box Can Be Many Things
Your Mama a Llama?

Bookworms™ 2018-2019
Drummond School Schedule
Time: Mondays & Wednesdays

October 15 & 17
November 12 & 14
December 10 & 12
January 14 & 16
February 11 & 13
March 11 & 13
April 8 & 12
May 13 & 15



Home and Community Education

Fall County Lesson Day

November 8, 2018

Delta Town Hall

15990 Co Hwy H, Mason, WI 54856

Speaker: Glory Bizub

"Keep Your Credit In Check"

Registration: 9:30am

Meeting: 10:00am

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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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