



A Communication for Bayfield County HCE Members



Extension
UNIVERSITY OF WISCONSIN-MADISON
BAYFIELD COUNTY

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September--A Time For New Beginnings

By Nova Kane

Our children and grandchildren are heading off to school. Autumn begins and trees change colors.

Baseball season is coming to an end and football is just beginning.

Local HCE clubs are starting up again with the sharing of ideas, craft projects, trips, etc.

Glory, Karen, and I are making plans for the 2019 WAHCE State Conference. We will leave September 15, 2019 and drive to Manitowoc. We will arrive in time to register our Cultural Arts entries.

Monday, September 16, 2019 starts our conference with tours and our Keynote Speaker, Karen Dickrell, who will be speaking on, "A Dash of Joy", Monday night. Tuesday and Wednesday will be filled with

fascinating workshops. "Chair Yoga", "Civil War", "How to Think, Not What to Think", "Let's Eat Grandma", and "Stress and Resilience" are a few. I am looking forward to them.

After the conference, I will be planning for my trip to the southwest. A time to relax and enjoy our grandson and family. There will also be time to spend on Cultural Arts.

Hope you all enjoy the Fall season and work on some cultural arts projects, too.



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Fall Calendar

September

- 2 Labor Day
- 4 Cable HCE Meeting
- 11 White River HCE Meeting
- 16–18 State HCE Meeting, Manitowoc
- 25 White River Bookworms™ - Smiling Faces

October *

**Both clubs should start collecting items for the November baby basket*

- 7–11.....Extension Week - Special programming all week!
- 2.....Cable HCE Meeting, Bayfield Orchard Trip
- 7 Executive Board Meeting, 10 am, Family Restaurant, Ashland
- 9 White River HCE Meeting
- 10 NW District Meeting—Siren, WI—Bethany Lutheran Church
- 23 White River Bookworms™ - Smiling Faces
- 26 Ino Valley Halloween Party, Benoit Community Center
Everyone Welcome!
- 31 Halloween

November

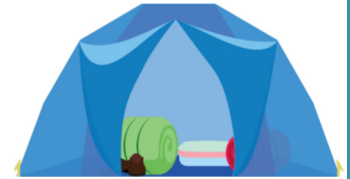
- 3.....Daylight Savings Time Ends—*"Fall Back 1-hour"*
- 6.....Cable HCE Meeting
- 13 White River HCE , bring food shelf donations to meeting
- 20 White River Bookworms™ - Smiling Faces
- 21 White River HCE, "Hunters' Supper", 4:30-7 pm
- 24 Executive Board Meeting, 10 am, Rustic Roost, Iron River
- 28 Happy Thanksgiving!
- 28–29..... Courthouse Closed

Women's Weekend/Family Get Together:

by Karen Scheibe

The women's family weekend started August 1st. My three daughters started arriving along with their children on Friday. The tents started to appear on the lawn.

Granddaughters arrived also from Corpus Christi, TX. Maricopa, AZ. and Minnesota. My sister had been here the prior week also.



The weekend before this, my daughter Teresa and I built a fire pit. It had to cure before we could use it. We cook all our meals outdoors during this time. We always have too much food!!!

We played lawn games like corn hole, badminton and the ladder game. Fun for all! The weekend didn't end until Tuesday morning when the last of the gals left. We did have a storm come through but it only blew down one of the canopies and chased everyone in the house for a while.

I have recovered finally.



Bookworms™

Smiling Faces ~ Wednesdays, 10am

September 25 : Frogs—National Geographic

October 23: What Will We Build Today—Katherine Durgin-Bruce

November 20: We're Going on a Bear Hunt—Michael Rosen/Helen Oxenbury

January 22: The First Day of Winter—Denise Fleming

February 12: The Kissing Hand—Audrey Penn

March 11: I Like Myself—Karen Beaumont

April 15: The Flower Garden—Eve Bunting

Transitions

As UW-Extension continues its transition into the University of Wisconsin-Madison, you will start to notice a few changes.

- UW-Cooperative Extension is now named the University of Wisconsin-Madison Division of Extension
- A new logo and colors
- New website address: <https://bayfield.extension.wisc.edu/>
- New email addresses. They will all be formatted as firstname.lastname@wisc.edu
(Liz Lexau is now: elizabeth.lexau@wisc.edu)
- New Title. Liz's Title is now: Liz Lexau
Human Development & Relationships Educator
UW-Madison Division of Extension

The thing that will not change is our commitment to the people in our community.

Rural Care and Share Food Shelf

Submitted by Roberta Ruef

One of the Food Shelves that the White River HCE supports is the Rural Care and Share Food Shelf in Iron River, WI. Below are some facts about the distribution:

Who can use Rural Care and Share Food Shelf?

- Anyone who meets the financial guidelines
- TEFAP is the emergency food assistance program
- And is a resident of Maple or South Shore School District.

Where does Rural Care and Share Food Shelf get the food?

- We buy from Northern Lakes Second Harvest or Local Stores.
- We receive free food from TEFAP (the Emergency Food Assistance Program) through Northwest Community Action Agency and
 - from community donations.

How does Rural Care and Share Food Shelf pay for food?

- Cash donations from churches, businesses, community organizations,
 - fund raisers,
 - federal grants and
 - individuals.



Rural Care and Share Food Shelf

Food Distribution at

**Our Savior's
Lutheran Church**

68160 South George St.
Iron River WI

**3RD SATURDAY OF EACH
MONTH**

9:00 a.m. – 11:00 a.m.

**For more information
contact:**

**Our Savior's Lutheran
Church at 715/372-8728 .**



Glory Bizub ,and Nova Kane, from Bayfield County, and Cheryl McClusky from Douglas county attended the HCE State Conference, along with 285 HCE members . ▶

📷 Diana Randolph, shown above judging some of our Bayfield HCE cultural arts projects.



It's All About Family Fun

Story from Faith Hedges,

You're only as old as you let yourself be.

Retired, WOW , never thought I'd get there. I have 3 sisters, all younger than me. And we were all able to move close to home and get together for fun times. I always looked forward to being a part of their families.

We do a sisters' trip each year; so this year we took another week to just get together. We decided to go tubing down the Namakagon River. Sounded good, right?

Ok, they take us and the tubes to the river . Getting in the tube wasn't too hard; someone helps holding the tube , turn it around and plop I'm in. Oh boy, I'm Floating away, a sister grabs my rope, WOW, now we are together and we're off.

Beautiful day , floating along the ...OUCH... ! My butt is stuck on a rock and I can't get off. One sister to the rescue...I have to watch for those rocks. We all made it fine . What a great day . Getting out, I was getting wet, but it was still easier than getting in. I guess 70 isn't TOO old.

And being with my sisters makes it all worthwhile. Since parents and in-laws have all passed, we get together whenever we can , and have many adventures.



ACEs Presentation

The topic for Lesson Day in May was ACEs (Adverse Childhood Experiences).

Liz explained how research has linked childhood adversity (such as child abuse, child neglect and family dysfunction such as mental illness and addiction in the home) has been linked to increased risk for a number of negative health outcomes in adulthood.

These outcomes include heart disease, cancer, diabetes, alcoholism, drug use, depression and suicide. The work HCE does to support children and families, such as Bookworms reading with young children and fundraising for area food shelves and crisis centers are examples of ways to contribute to prevention.

ACEs can be Prevented

Source: Centers for Disease Control



Strengthen economic supports to families

- Strengthening household financial security
- Family-friendly work policies



Change social norms to support parents and positive parenting

- Public engagement and enhancement campaigns
- Legislative approaches to reduce corporal punishment



Provide quality care and education early in life

- Preschool enrichment with family engagement
- Improved quality of child care through licensing and accreditation



Enhance parenting skills to promote healthy child development

- Early childhood home visitation
- Parenting skill and family relationship approaches



Intervene to lessen harms and prevent future risk

- Enhanced primary care
- Behavioral parent training programs
- Treatment to lessen harms of abuse and neglect exposure
- Treatment to prevent problem behavior and later involvement in violence

Bayfield County HCE Booth at the Bayfield County Fair



▲ Bayfield County HCE booth at the 2019 Bayfield County Fair. Displayed are the entries that are going to the HCE conference for state competition .



◀ A close up of Nova Kane's "Hat Tree" from the County HCE Fair booth (above). The hats were made with single-serve K-pods . This entry is entered into the HCE Bonus Category for the State HCE Competition. All of the above entries will be entered at the HCE State Conference competition in September.



2019 Bayfield County Fair Booth Wins Blue Ribbon

By Mary Stenberg

Once again, the White River Homemaker's Fair Booth won a blue ribbon at the fair.

This year the booth was organized around next year's 2020 calendar. Posters for each month of the year featured recommendations for a YEAR OF GOOD HEALTH. Thank you to all who helped out to make this year's booth a success! The monthly calendars will be displayed at the Delta Town Hall to remind all of us to take good care of ourselves.



2020 – BEST WISHES FOR A YEAR OF GOOD HEALTH

From The White River Homemakers

January – Work-In a Work-Out

February – Love is Action – Not Just a
Feeling

March – Sleep Well

April – Eat Healthy

May – Enjoy the Outdoors

June – Home Safety

July – Skin Care & Sun Protection

August – Laughter is the Best Medicine

September – Why Check-Ups are
Important

October – Help Lower Your Risk of Cancer

November – How Much Should I Exercise?

December – Just Breathe

WHY DO I HIKE?

Mary Stenberg
White River Homemakers



Hiking is a great form of exercise. It can be

Wisconsin, Michigan, and Arizona. In the Grand Canyon, I've hiked from rim to rim – a total of 28 miles. I've hiked from the South Rim down to Phantom Ranch and back up 7 different times. Each and every hike I've been on has been extraordinary.

easy or it can be very strenuous. Hiking tests your strength, stamina, and endurance. It is both aerobic and weight bearing and I know hiking has improved my balance and my flexibility. When I am out hiking, I feel healthy.

Hiking allows me to experience nature and all of its wonder. Being outdoors on a hike is never boring. I use all of my senses to devour the natural world around me. I could hike the same trail each day and experience something different each time. When I hike I pay attention to the plants and animals that I see. I look and I listen and am always fascinated.

I have never been an athletic person. Yes, I have tried to play volley ball, softball and tennis. I've been out golfing a few times, but I never felt that I was good at any of these sports. With hiking it is different. I am a good hiker. I've hiked a lot and the more I hike the better I become. Hiking has become easy for me and therefore, it is very enjoyable.

Hiking is something anyone can do. Children can hike and so can older people. Hiking is an activity you can do for a lifetime. Hiking is rather inexpensive. I own a good pair of hiking boots and I have a trekking pole and a couple of backpacks, but hiking does not require expensive equipment like some sports do.

I have hiked in Canada, Mexico, Norway and Sweden as well as in 10 different states in the United States. Most of my hiking has been in

I rarely hike alone. Most times I hike with my husband, but I also go out hiking with my girlfriends or with groups of like-minded people who enjoy a good hike. I belong to two different hiking clubs and often participate in the hikes they offer. I am a member of the Dolan Springs Trails Group in Arizona and the North Country National Scenic Trail in Wisconsin. Hiking has become a social activity for me. I also go out hiking with my 2 dogs and, like me, they love it!

Bayfield County is blessed with many miles of spectacular hiking trails, including 54.5 miles of the infamous North Country National Scenic Trail. A printable brochure, in PDF format, is available at <https://www.bayfieldcounty.org/329/Hiking> -

So, get out here and “Go Take A Hike”.



NW District Spring Meeting Cable Community Center, Cable, WI Thursday, May 16, 2019

Meeting was called to order by NW District Director, Roberta Shafer, at 10:00 AM, with a welcome and a thank you to Bayfield County for hosting this meeting. The HCE Creed and Pledge of Allegiance, were given in unison. We were welcomed by Glory Bizub, Bayfield County.

Roll Call was taken with representatives from the following counties: Barron (2), Bayfield (7), Burnett (4), Chippewa (2), Douglas (3), Dunn (2), Polk (3), St. Croix (7), Sawyer (4), Guest 1 (Liz) 36 persons.

Secretary's Report from the Fall Meeting was given by Phoebe Shourds, report was accepted, motion to accept by Linda Sutherland and seconded by Carol Medchill. Motion Passed

Treasurer's Report – was read by Chris Lorenzen and motion to accept. Motion passed and placed on file. Pennies collected will be submitted as undesignated.

Liz Lexau talked about the recent changes in the local Extension and how it will affect us – still a work in progress.

Standing Committee and Directors Report - (all reports on file)

Cultural Arts – Linda Sutherland -- Reported on Cultural Arts. Stated we needed a new State Cultural Arts person. Reminder to read the Cultural Arts form each year – to catch any changes.

International – Wanda reported on Jean Kelley's behalf - Reported that we will still be shipping to Nicaragua even during this civil war. We are the only non-profit in USA allowed into Nicaragua.

Membership – Linda Sutherland – Wanted an estimated count of new members year-to-date. Estimated 22 new members. Currently 563 district members.

Marketing – Wanda Breitbach set up table and will be stepping down after this year. Need a new person. Phoebe/Roberta to take over.

Wisconsin Bookworms- Elaine Villeneuve – No Report.

Early Readers -Phoebe Shourds – No report given.

Community Service Awards – Carol Medchill reported. 2019 programs will be “How to Think – What to Think”, “Stress and Resilience” – Each County needs to have 1 person attending to pick up packets. Reminder Service awards books due August 1.

New Business

Washburn County Officially Disbanded

Sawyer County new President (Karen Young) and Secretary (Darlene Nyberg)

Treasurer – Chris Lorenzen, moving – Cheryl McCuskey Volunteered for position

Special presentation to Sawyer President and Secretary Betty Helwig and Evelyn Barton for all their work.

Finalized 2020 Conference Theme –

HCE 2020 Vision, Celebrating 80 years

St. Croix county working on Scrubbies and Tote bags – Char Croes has material to give other counties that would like to help out with the bags, Linda can get material for the Scrubbies.

Each county to provide something useful for the bags.

Reviewed and received some ideas for workshops, speakers and entertainment.

2020 Committees filled – Burnett (Centerpieces and state decorations), Bayfield – table favors (Monday meal) Dunn and Chippewa for Tuesday and Wednesday meals).

County Reports submitted to President/Secretary

Guest Speaker: Katie Hancock and Mary Stenberg Community Supported Agriculture and Cable Community Farm. Display crafted card by Karen Scheibe.

Adjourned – 11:42 Prayer Read
Submitted by: Phoebe Shourds – District Secretary

Hostess Schedule

2019 Fall District Meeting – Burnett County – October 10, Bethany Lutheran, Siren

2020 Spring District Meeting – Chippewa

2020 Fall District meeting – Douglas

2021 Spring District Meeting – Dunn

2021 Fall District Meeting - Polk

Adjourned – 11:42 Prayer Read
Submitted by: Phoebe Shourds – District Secretary



Home & Community Education Northwest District Meeting October 10, 2019 Bethany Lutheran Church

24096 1st Ave, Siren WI 54872

**9:30 – 10:00 Registration
10:00 – 12:30 Meeting
12:30 Lunch
Crafts to follow**

\$12.00 per person

Craft choices:

- Candy Turkey Favor \$1
 - Leaf Mobile \$1
 - Painted Seasonal Ceramic \$1
- Quantities limited, please rank selections below (1, 2 or 3)



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Send Registrations to the
Burnett County UW Extension office by October 1st

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2019 Northwest District Meeting Registration

HCE - Building Community Together for Tomorrow

\$12.00 per person

Name _____ County _____

Address _____

City _____ State _____ Zip _____ +4 _____

Please make check payable to: BCAHCE, Inc.

MAIL TO:
UW Extension Office
7410 County Rd K, #107
Siren WI 54872
Or drop it off at the Government Center

Craft Choices: please rank your preference

- _____ Candy Turkey Favor
 - _____ Leaf Mobile
 - _____ Painted Seasonal Ceramic
- Pay for your craft that day.

Bayfield county HCE Cultural Arts State Placings..2019

Nova Kane	"Hattie's Hat Tree"	Special Category	
Karen Scheibe	"Dirty Cup Painting"	Acrylic painting	Red
Christien Knabe	"Doily in Blue"	Crocheted doily	Blue
Jane Benson	"Easter Bunny"	Counted Cross stitch	Blue
Nova Kane	"Red Skies at Dawn"	Photo	Blue
Faith Hedges	"Garden Delight"	Recycled Glass	Blue
Anna Fridsma	"Happy Santa"	Ceramic Figure	Blue
Mary Stenberg	"Sewed Mittens"	Mittens from old sweaters	Blue
Mary Stenberg	"Chicken Pin Cushion"	Sewed pin holder	Blue
Glory Bizub	"St Florian Mission Church"	China Painting	Red
Allie raven	"Seed Earrings"	Natural stone cabochon	Blue
Mary Stenberg	"Quilt & Pillow Case"	Pieced Quilt	Blue
Glory Bizub	"Waves of Snow"	Photo	Blue



These are the Cultural Art pieces that were taken to the 2019 HCE State Conference in Manitowoc, WI. There were 413 entries from 45 counties.

All the entries were amazing and beautiful, and the variety of different crafts in all the categories ; I couldn't take them all in.. Pictures do not tell it all either, it was a great time to renew friendships and meet new people, all who work hard for the HCE organization.

HCE Newsbrief

University of Wisconsin-Extension
Bayfield County Office
Courthouse, P.O. Box 218
Washburn, WI 54891

Check us out on the web! <https://bayfield.extension.wisc.edu/>

HCE Newsbrief

An HCE Communication for Bayfield County Members

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711 for Wisconsin Relay (TDD)

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Donna Ganson
4-H Program Coordinator

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Theresa LaChappelle
Office Manager

October 7-11, 2019

Extension Week

Connecting the **U** to YOU!

Presented by: Extension Colleagues in Ashland & Bayfield Counties

Monday, October 7th

All Week	National 4-H Week, October 6-12, 2019
9am-12pm WITC Ashland	Zoning Fundamentals: Workshop for Local Planning and Zoning Officials and Staff at WITC-Ashland Conference Center \$*
9-10:30am Bayfield	Virtual Villages for Seniors, a Movement to Support Aging-in-Place—Bayfield Library
11-12:30pm Washburn	Virtual Villages for Seniors, a Movement to Support Aging-in-Place—Cultural Center
2:30-4pm Cable	Virtual Villages for Seniors, a Movement to Support Aging-in-Place—Community Center
3:30-5pm Odanah	Traditional Lacrosse at the Bad River Community Center Field (open to all ages)
5-7pm Red Cliff	Basic Budgeting Class at the Red Cliff Elderly Nutrition Site*
6-7pm NGLVC	Making the Most of Your High Tunnel Green House Workshop with Jason Fischbach
6-7pm Ashland Co Courthouse	Ashland County 4-H Parent / Leader Organization Meeting and Recruitment plus Annual Record Book Check
6-7:30pm Bayfield Co Courthouse	Superior Adventures Open House, outdoor experiences for youth in grades 4-10, Bayfield County Courthouse Board Room

Tuesday, October 8th

12-1pm Online	Parents Connect Online Lunch & Learn: Helping Kids Manage Strong Emotions
1-2:30pm Bayfield	Aquaculture Facility Tour, Northern Aquaculture Demonstration Facility*
6:30-8:30pm NGLVC	Red Cross Volunteers to the Rescue! Program by Disaster Program Managers for Wisconsin's Red Cross

Wednesday, October 9th

All Day In Schools	Bayfield County 4-H Teen Ambassadors Visit Schools
4:30-6pm Washburn	7 Smart Strategies for 50+ Job Seekers, Washburn Public Library
5-7pm Bayfield Co Courthouse	Learn about 4-H! Overview of 4-H Program and Projects, Open House at the Bayfield Co Courthouse Board Room
5:30-8pm Ashland	Ashland County Teen Court, Ashland County Courthouse
6:30-8:30pm NGLVC	How is a Changing Climate Changing Us? Movie and Discussion

Thursday, October 10th

All Day	Check Your Free Credit Report Online
All Day Bayfield	Great Apple Crunch, FoodWise Nutrition Program at Bayfield School
6:30-8:30pm NGLVC	Master Gardeners presents Mushrooms Wild & Cultivated with Tavis Lynch

Friday, October 11th

Morning Superior	Ashland & Bayfield County Literacy Link presentation at the UW System Board of Regents Meeting at UW-Superior
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* Pre-Registration Requested \$ Program Cost

Schedule may be subject to change.

For details see our websites:

Extension Ashland County
715-682-7017
ashland.extension.wisc.edu

Extension Bayfield County
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bayfield.extension.wisc.edu

NGLVC Extension
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