

## A Communication for Bayfield County HCE Members



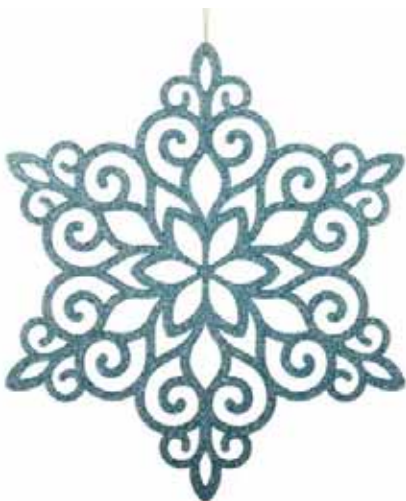
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Happy Holidays to all the HCE members!

Another very active year is winding down. Whew.... I just remember dodging snowstorms in March, it doesn't seem that long ago, especially when we pack every day full; time flies by.

One of my highlights this year was going to the HCE Conference in Eau Claire. There were many choices of sessions to choose. At each one, I met wonderful ladies from all parts of the state. HCE members are the warmest, caring people, and that includes our own county members. I reconnected with one lady I met three years ago at Conference. We have been FB friends and it was super to see her again.

Joan Staffon is our new WAHCE president, and in one of the reports she gave on volunteer hours from the Impact she said the total was 70,000 community outreach hours for a value of \$1,050,000,000 at \$15.00 per hour. This was only from 34 counties. It is important to keep records of our hours and turn them yearly. **We do make a difference!**



The new program books were distributed and we all loved the larger format, our events listed from our clubs, and the larger calendar. A very efficient booklet; thanks to Theresa and Liz, our county people.

I don't need to comment on the weather, were all holding our breath, wondering... Enjoy the so called Winter so far. I wish everyone a Blessed ,Joyous Christmas with family and friends. Its my warm, fuzzy squeeze to all.

Merry Christmas,

*Glory A Bizub*, Bayfield County HCE President



This edition of *Newsbrief* is brought to you by the members of our White River Club. Look for their articles throughout the newsletter. A special thank you to the White River ladies for sharing their time and talents!

## Calendar of Events and Activities

### December

- 5..... Bookworms™ Cable
- 7..... Cable HCE Meeting
- 12..... HCE Christmas Get-Together, Rustic Roost Iron River
- 25..... Christmas!
- 31..... New Years Eve



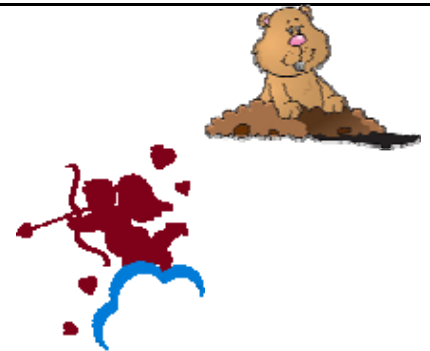
### January

- 1..... Happy New Year!
- 4..... Cable HCE Meeting
- 9..... Bookworms™ Cable
- 10..... Bookworms™ White River
- 11..... White River HCE Meeting
- 16..... Martin Luther King Day - Celebrate Diversity!
- 23..... HCE Executive Board Meeting - 10:00 am - Rustic Roost, Iron River



### February

- 1..... Club Dues to Co HCE Treasurer
- 1..... Cable HCE Meeting
- 2..... Ground Hog Day - Look for your shadow!
- 8..... White River HCE Meeting
- 13..... Bookworms™ Cable
- 14..... Valentine's Day - Remember someone you love!
- 20..... HCE Executive Board Meeting - 10:00 am - Rustic Roost, Iron River
- 21..... Bookworms™ White River



# You're Invited!

## Bayfield County HCE Christmas Get-Together

**\*\*All Welcome\*\***

- When:** December 12, 11:00 am
- Where:** Rustic Roost, Iron River
- RSVP to:** Theresa LaChappelle at 715-373-6104 ext 0  
by Friday December 9



**In lieu of gift exchange, bring a donation. Options:**

- Contribution for New Day Shelter**
- New or gently used kitchen items for Nicaragua** (kitchen tools, mixing bowls, baking pans, etc.)
- New or gently used sewing supplies for Nicaragua** (notions, fabric, thread, etc.—no clothing please)

**Bookworms™**  
**At Smiling Faces**  
by Mary Rapacz and Eileen Freiburger

We just completed reading *Too Tall Houses* at Smiling Faces in Iron River. It was the third book of this year's Bookworm selections. As you can see the children were very engaged in the story! The story was about an owl and rabbit who were friends and had to work out some disagreements.



After finishing the story we made paper chains, to enhance the concept of friends working together. For most of the children this was a bit of a challenge, but they soon caught on! As you can see by some of the chain lengths, they couldn't stop!



Just as a little side note, one of the new members of the class is from New Zealand! As the old saying goes "it's a small world"!

**WINTER**

That long White season  
first snowflakes  
Falling so softly  
Covering up our yards...  
Decks, cars, roads.

The evergreens become  
Decorated with a frosting  
of white;  
Something  
We could never do

Then things change  
The Northeastern winds  
Howl across an open  
Lake Superior  
Lake effect snow;  
A LOT

White outs on the Bay front  
Temperature Drops  
Near or below

ZERO  
Where is that first soft ,  
pretty snowflake

????  
Blustery winds  
Horizontal snow  
Bur-r-r-r-r-r-r

Welcome the  
REAL  
WINTER

-Glory Bizub



# The Small Church with the Big Heart

By Sue Davis

For as long as I can remember, the Delta UCC Church has had a children's Christmas program about a week before Christmas. When my children were little, they all had a verse to recite and then sang a song. The adults shared a favorite poem or story and we sang our last song with the gas lamps lit, electric lights out . . . *Silent Night*. We went into the night silently to feel the spirit overtaking our hearts, a wonderful silence . . .



Maybe 20 years ago, the program changed a bit to allow all the children attending to reenact the birth of Jesus. There were wise men, angels, shepherds and of course, Mary and Joseph with Jesus (played by the newest baby in town) held by his mother or asleep in a crude manger. Mary was a sought-after spot with the children. Then, more recently,

when a camel costume and mask was introduced, the two and even three-hump camel became the best role! As the songs were sung, first came the shepherds, then the angels, followed by small animals,



and the Holy Family joining in at the small space in the front of the church. The wise men came following a star at the end and this is where the camel makes his appearance. Sometimes there were fifteen to twenty people crowded at the altar, with the animals mooing and baaing and lowing. It is a joyous event!

One year there was a live donkey who waited outside in the snowy night for the trip home after the taxes were paid in Bethlehem. Most programs featured an Edwin Johnson poem, a recitation by our friend Bev, and *Silent Night* sung in German at the end of

the service. The church was built by German immigrants who came to Delta about 80 years ago. While everyone enjoyed the service, Bev told us that this night was her Christmas and since she had no family, we were her family. That really put an amazing realization to the evening and as we thought about that, it became clear that for one older gal on one special night, our service made all the difference. What an opportunity to witness what good things happen in small towns on cold snowy nights.

We can and do make a difference in others lives, whether we realize it at the moment or not.

*This story is dedicated to Bev, who passed away last year.*

*Merry Christmas to Bev and to all of us!*





# The Gift of Hummingbirds

By Allie Raven, White River Homemakers

Back in 1969 my mother, Bess Polivka, had no idea that the Perky Pet Hummingbird Feeding Kit she got for Christmas that year would lead to a lifetime of enjoyment and fascination with nature's smallest birds.

The gift had come in the mail, from her brother Dave and his wife Edith, in Minnesota. Mom packed it away with the other items that would go "up North" the following summer. And so it was, right before Memorial Day, that she started a mad flurry to find the kit and get it set up before Uncle Dave and Aunt Edith's arrival at Delta for the weekend, out of a polite responsibility to the givers and certainly not with any thought that actual hummingbirds would be showing up.

Kit located, she read all the instructions, then mixed the bright red solution, poured it into the squat glass bottle, pushed in the rubber stopper with its angled glass feeder tube. In the meantime, my dad had devised a clever way to suspend the feeder in front of the living room window using a discarded fishing rod. The gift was now in place, looking kind of peculiar, like something from a high school chemistry set dangling on fishing line. It just sat there, catching the rays of the morning sun.

And then, a miracle happened. Out of nowhere flitted a tiny winged creature. It hovered around the feeder, found the tube, took a drink. Then another tiny bird dive-bombed past. By the time Uncle Dave and Aunt Edith arrived, there was a full-scale hummingbird feeding frenzy taking place in front of the window!

We all were mesmerized by the antics of our new visitors. Feeding and watching them became one of my mother's favorite pastimes. She observed them closely and read about their habits and behavior. Quickly she concluded that one hummingbird feeder was not nearly sufficient for the growing number of tiny, hungry visitors. She conducted an ongoing correspondence with the Perky Pet Company's mail order department and would eagerly try out the newest feeder designs.

She learned the importance of keeping the feeders scrupulously clean, using a vinegar/water solution, because

soap and detergents can harm them. She stopped using commercially prepared "nectar," opting for simple syrup, 4 parts water to one part white sugar, heated to a rolling boil in a pot used exclusively for this purpose, to avoid contamination by fats or other residues.

The hummingbirds rewarded her care and attention by avidly emptying feeder after feeder, year after year. Throughout the summer, there was a daily syrup boil/cool using the repurposed white enamel coffee pot, and a continuing display of fascinating hummingbird behavior right outside the window.

At the outset, none of us knew very much about hummingbirds, but having them grace our yard throughout each summer, we learned more about these tiny wonders:

- They are very important pollinators that can visit up to 800 flowers a day
- Their diet consists mainly of insects, but nectar is important for energy. In terms of their food energy requirements, they eat the equivalent of 300 cheeseburgers per day
- There are 335 known hummingbird species, with Equador hosting the most species
- The smallest at 2 ¼" is the Bee Hummingbird of Cuba, the largest is the 8 ½" Giant Hummingbird from the Andes
- Their wings beat at an average of 78 beats per second
- They can hover as well as fly backwards and upside down
- They generally live 3-5 years, sometimes up to 12. The greatest danger is posed by cats, followed by windows and pesticides
- Environments they find attractive offer shelter trees or shrubs, gentle water sprinklers and fountains (no interest in standing water), red and purple flowers that have a long "throat" (yellow flowers attract bees and wasps).

My mother's interest in and devotion to "her" hummers took hold in my life, and after she died, I felt chosen to carry on the tradition that started with the Christmas present from

my uncle and aunt so long ago. None of us had known then how much joy would grow from that simple gift.



Continued on next page

## The Gift of Hummingbirds-Continued

Now, as a snowbird, I am especially fortunate to enjoy hummingbird visitors all year 'round. I wasn't sure what to expect when I hung up a feeder for the first time here, but my little pals did not disappoint—a hummingbird zoomed from the bushes straight for the feeder before I got back in the house!



## BABY BASKET

Bayfield County HCE recently presented a basket of baby gifts to the Piehl family in Cable to celebrate Home and Community Education Week, the first full week in November. Baby Piper Rey Piehl was born to Laura and Aaron Piehl on November 12<sup>th</sup>. She is their first child.

Bayfield County HCE members traditionally recognize HCE Week by gifting the first baby born to a Bayfield County family in November. The group collects the items, some of which are handmade, and presents the gifts annually to recognize HCE's commitment to children and families.

*(Pictured are: Karen Scheibe , new mom Laura , and baby girl , Piper Rey, and Elaine Adams )*



## A Family of Helpers

By Sue Davis, White River Homemakers

I chose to write an article about our helpers at the White River Homemakers dinner and breakfast fundraisers. There are five children in the family of Chris and Toshiko Brinker, who is a member of our club. I talked with each of the children about their experiences when they help us put on meals at the Delta Town Hall.

The oldest child is Max, now in 11th grade. He started when he was 10 years old, pouring coffee and doing cleanup during our meals. He was surprised that he sometimes earned tips and has good memories of meeting people who were his neighbors. He remembers a man who came to the dinners and set up his keyboard piano and played old songs while the people ate. He often burst into songs!

Next is Hana. She was 8 years old when she started volunteering. She helped clear tables and kept the dessert counter full of treats. She enjoyed being there and met a lot of Delta people. Her favorite memory is the Hunter's Supper, where she and her siblings earned some good tips! Hanna came home with good stories about the meals!

Talia is now in 6th grade and started to help when she was 6 years old. She usually waitressed and helped at the dessert table. Her memory is about how Delta seems so small but so many people came for meals. She looked forward to being there with her family. She liked to sell candy bars for the 4-H camp tuition there.

Ellie was 4 years old when she began. She liked to help at the beverage table and the dessert table and couldn't wait to go and help! Her favorite job was to pour coffee and to sit at the entrance table and talk to people.

Joey is now 8 years old and he started helping when he was 4-5 years old. He helped with drinks and desserts. Now he is a coffee pourer, making the rounds of the tables with two carafes! One of his best memories is having 102 people come for dinner and the big crowd really surprised him. He even got \$3 to \$4 in tips! He sold homemade bread for the 4-H Cloverbuds. He likes to be a helper, as do all his family members!

**How lucky can we get to have these happy helpers!?!**



# 5 GOOD REASONS TO TAKE A HIKE

By Mary Stenberg

In 2016, the National Park Service has been celebrating their centennial anniversary. Everyone can take part. To commemorate this special centennial year, the North Country Trail Association has been promoting a Hike 100 Challenge; 100 miles for 100 years of the National Parks. Anyone who hikes 100 miles on the North Country Trail during the calendar year of 2016, in aggregate or all at once, will be eligible for a special patch and certificate.

I am pleased to announce that White River Home-maker, Eileen Freiburger, has successfully completed the challenge!

Eileen accomplished her 100 mile goal in October 2016.



Eileen is an avid hiker and also a member of the Chequamegon Chapter of the North Country Trail Association. Eileen, along with her husband, Peter also “adopt” a section of the North Country Trail near their home just west of Delta. As trail adopters, Eileen and Peter make sure their segment of trail is clear of fallen

trees, brush, and tall grass. Eileen also knows the benefits of hiking and encourages all of us to get out and enjoy a hike.

## Here are 5 good reasons to take a hike:

**IT'S HEALTHY:** --Hiking provides lots of health benefits and very few risks. Using hiking as a way to stay physically active can help you lose weight, reduce heart disease, decrease high blood pressure, hiking helps in preventing osteoporosis, prevents and controls diabetes, improves arthritis, relieves back pain, reduces stress and anxiety, and slows the aging process.

**IT'S SIMPLE:** Hiking, like walking is fundamentally human. What's more natural than walking upright on two feet? The more you hike, you will develop more stamina, skills and comfort on the trail. It's easy to stick with hiking, because the frustration level is low for beginners and you control the intensity of your workout. Compared to activities like golf, tennis or racquet ball, hiking is simple.

**IT'S CHEAP:** Compared to just about any other sport, your upfront spending for hiking essentials is minimal. Yes, you do need good shoes or boots, a comfortable pack, and the proper clothing, but compared to many sports, you don't need to spend lots of money to take a hike. Start with a small, comfortable backpack or fanny pack. Carry an emergency rain poncho, some bug repellent, an emergency blanket, a small first aid kit, sunscreen, water or Gatorade, some tissues and maybe a snack – and don't forget your camera!

**IT'S REAL:** We spend too much time indoors, under fluorescent lights, at a computer or watching TV. Hiking encourages you to get outdoors and get back into nature. It gives you a chance to experience the world, to rediscover the rhythms of the day and the different seasons of the year. Spontaneity is the rule when you're hiking. Even hiking the same trail over and over again will deliver surprises and keep you from being bored. Maybe you'll hear and see a new kind of bird, a baby fawn, spring flowers or colored leaves in the fall. Teach your kids about nature, show them a deer scrape or a rub. Help them learn the difference between a hemlock and a spruce tree. Look at and identify animal tracks in the mud or snow. This kind of stuff beats reality TV any day.

**IT'S FOREVER:** Hiking is a great way to introduce kids to nature and the outdoor world. It's also something that kids will be able to enjoy their whole lives. and so can you. A lot of sports have limited life spans for participants either because of injuries or logistical challenges. Hiking is low impact. You control the intensity and duration of your workout. As you get older, you may not hike up a mountain as quickly as you once did or maybe you won't hike twenty miles in a day, but in many ways, you'll be a better hiker. Your understanding of the environment will improve and you will pick up on things more quickly. You will see more details and differences along the trail.

**So GET OUT THERE AND TAKE A HIKE!**

Resource: <http://hiking.about.com>

Lesson Day—October 13th: Eating a Rainbow of Colors

## Super Foods and a Healthy You!

On Lesson Day, October 13th, Glory Bizub and Mary Stenberg co-presented “Super Foods and a Healthy You” at Cable Community Center. The emphasis was on choosing a diversity of foods and being an educated consumer. Using colored pencils, participants drew a plate of food representing a healthy meal. They discussed what they had included and why. Then they made a colorful and nutritious menu makeover. Participants received a pamphlet on Super Foods and Eating a Rainbow of colors. Elaine Adams provided a nutritious zucchini loaf along with coffee and juice.



**Pictured at Lesson Day** are Mary Stenberg, Roberta Ruef, Donna Pinter, Elaine Adams, Karen Scheibe, Nova Kane. Objectives of the program were to **1. Understanding** the importance of self-care and healthy choices. **2. Discussing** healthy choices that decrease chronic disease risk, specifically nutrition, physical activity, and maintaining a healthy weight and **3. Identifying** ways to help prevent chronic disease. This program, presented at the WAHCE State Conference, is available at the UW-Extension Office for use by HCE members who would like to present it. Copies of the outline and handouts are available on request. (Photo by Glory Bizub)

### White River Hunters Dinner

Our annual Hunters Dinner is held on the opening day of hunting season. So much preparation goes into this community dinner.

Friday is busy with peeling potatoes, cutting up hams, setting up tables, and getting all the extras out. Many hours are put into accomplishing the three hour meal. Saturday is a flurry of activity also. Steam tables set up, waiting for the vegetables and potatoes and most everyone's favorite, rutabagas. We have a full meal along with desserts and beverages, all for only \$10.00. Amazing!

The flurry continues as the foods disappear and have to be replenished. The used dishes keep piling up as people come and go. Clean up continues as the meal is winding down. Many dishes, silverware, and ...where did all the large kettles and pans come from?

This year we served 97 people. All the profits go to the charities we donate to for the year. Thanks again to the White River ladies and their families for all the work. It was appreciated by everyone!  
—Glory Bizub







# UPDATE

## Bayfield County, Northwest District Report

*From a report submitted to the WAHCE Update Newsletter*

These summer months went by fast. We kept waiting for the rains to stop and trying to get into the gardens. Part of us were an island when heavy rains washed out roads all around Bayfield and Ashland counties. It was incredible to see what the force of nature can do to the landscape and roads.

Then August came with our fair and our HCE groups went to work. We put up display booths at the fair with themes and they are judged on their contents. White River received a blue on their environmental booth. It was about the wood ticks in our area. We used our Spring Lesson Day material and had cards to take and read about ticks and the diseases they carry. Both Cable and White River HCE ladies put up a display booth with the winning cultural arts pieces. It also placed a blue.

The state conference was in September, and Glory Bizub attended. I brought the cultural arts entries and silent auction items to Eau Claire. I enjoyed the conference and seeing friends from previous years. The sessions were fun and educational. And ones I can use in my other volunteer groups. After the cultural arts judging was done, our final count was; 7 blues, and 4 reds. A great showing from Bayfield county.

In the fall Bookworms™ started with the new school year. Cable HCE has 25 children with 6 readers and White River 10, with two readers. On October 13, we had our Fall Lesson Day in Cable, using one of the state topics "Super Foods". A good discussion followed about all the foods we all should be eating to stay healthy, physically and mentally. The next project is getting supplies for the baby basket that will go to the first baby born in November.

Finally, on a sad note, we lost three members this year, Marietta Schwend from the Cable group, Nina Fox, and Pat Musil from White River. Its so very hard to lose these pillars of our communities. Their smiles and hard work will be greatly missed.

— Bayfield County President Glory Bizub

## Annual HCE Week

National HCE week was November 6 - 12. To help celebrate, a display board was exhibited at the Chippewa Valley Bank in Cable. The board included activities from our three clubs in Bayfield County Cable Group in, Cable, White River from Delta, and Happy Hours from the Brule area.

Bookworms™ was featured with pictures of the readers from Cable and White River. The Cable group has been reading eighteen years, White River for three years. Also on the board was our lesson day on the Ticks of our area; with information cards available to take.

Hopefully many people viewed our board and become interested in our HCE volunteer organization, which is World Wide, promoting the health of our children, women and families. (For more on HCE Week, see **Baby Basket** on. insert)



# HCE Newsbrief

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

# HCE Newsbrief

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