



Here, There & Everywhere

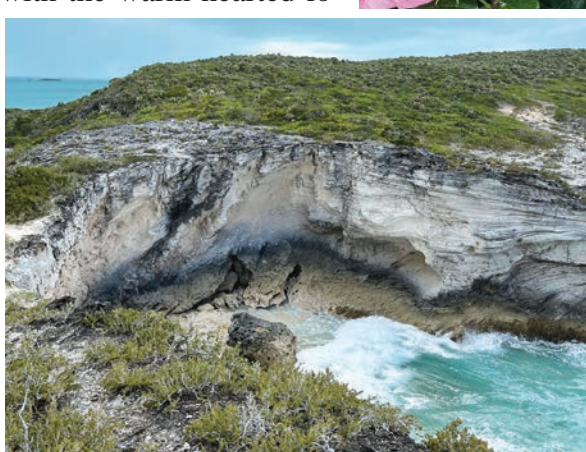
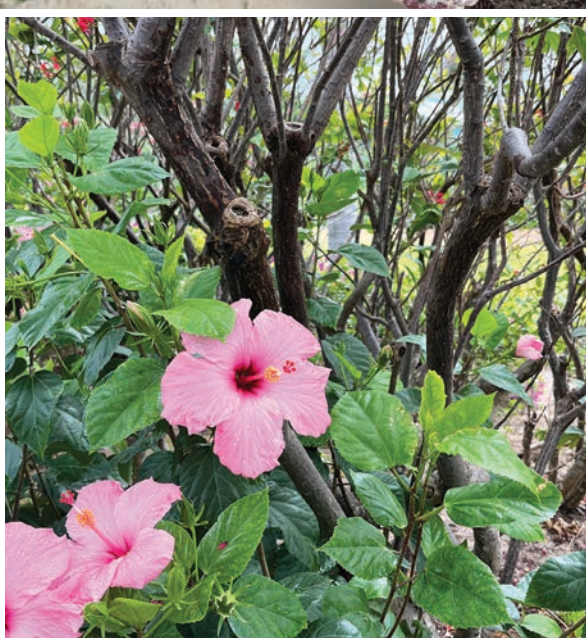
Article by JET Travel

Hello! This is Miles B. Jetting writing to you from JET Travel & Tours about my incredible adventure in Exuma, Bahamas. This destination is a paradise, part of an archipelago that is home to nearly 700 islands, each with its own charm. Imagine; walking on beaches with sand as fine as flour, the sea breeze dancing with your hair - it's an experience that truly captivates the senses.

During my stay, I indulged in the unique offerings of Exuma, from islands inhabited solely by friendly iguanas to others inhabited by adorable pigs and their piglets. When it comes to experiences, whether big or small, they have a profound way of expanding your perspective, and this trip was no exception.

I spent four serene days in Exuma, my time filled with swimming in the crystal-clear waters, exploring the islands, savoring the fragrance of exotic flowers, enjoying local cuisine, and connecting with the warm-hearted lo-

cal. The beauty of turquoise seas, vibrant flora, sweet beachside cats, and the welcoming Bahamian sun created an unforgettable environ-



ment in my travels.

From the first moment to the last, my journey was nothing short of peaceful. The conversations, cuisine, and photographs captured were unparalleled. Each experience, in its own right, was amazing, but it was the combination of all these moments that made my trip truly enriching.

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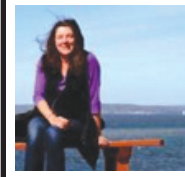
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The Water Column

By
Diane Daulton



It's that time of year when schools are out and folks start planning their summer vacations. Towards that end, may we suggest a new place to explore? Have you been to the Boundary Waters Canoe Area (BWCA) or Quetico, Isle Royale, Sylvania, or the Por-

of the above? If so, the Gile Flowage could definitely be top of your summer bucket list. Interestingly, the Gile Flowage, so reminiscent of Minnesota's BWCA landscape, was not always even a water body. According to the "Brief History of the Gile Flow-



Photo by Cathy Techtmann. Iron County's Gile Flowage offers rugged country, great fishing, quiet contemplation, and adventure.

cupine Mountains and found them to be amazingly, magically beautiful, but too far, too many rules, too many people, too few fish, or all

age" compiled by the Friends of the Gile, "The land upon what would become the Gile Flowage was first a superhighway for Native Amer-

icans traveling between their major villages of LaPointe on Madeline Island and Lac du Flambeau. In the 1700's European fur traders would follow in their footsteps along what would be called 'The Flambeau Trail' considered the most difficult portage in the Old Northwest Territories.

Since it's creation, the Gile Flowage has been well known locally as a special place. It was formed in 1941 when the West Fork of the Montreal River was dammed in order to facilitate downstream power generation. At that time the Lake Superior District Power Company (since merged into Northern States Power, now Xcel Energy) constructed a 30 foot high dam (1,100 feet long) to pool water for the management of their two dams at Saxon Falls and Superior Falls. More recently, Xcel's application for re-licensing was interrupted by the Federal Energy Regulatory Commission's (FERC) ruling that the Gile Flowage's dam must now be federally licensed. The FERC licensing process is complex and includes required studies and stakeholder consultations - expected to result in official licensing of the dam some time in 2025. In part, a result of this determination by FERC, key stakeholders including the Friends of the Gile (FOG), and Iron County Forestry and Parks Department began to collaborate with the Wisconsin Coastal Management Program to shape a new vision for the flowage. Cathy Techtmann, President of FOG, noted, "We have worked for many years with partners to develop support for a project to protect this special body of water and the fish and wildlife that depend upon it for habitat. With the full support of Iron County's towns, County Board, and neighboring tribal communities, our goal was to purchase Xcel lands and keep the Gile Flowage wild and accessible to all including tribal members looking to exercise their treaty rights."



Photo by Diane Daulton. Friends of the Gile President Cathy Techtmann's efforts to protect the Gile Flowage have paid off. She shares the good news, "A 4.1 million dollar grant will help allow this wild place just to be wild."

nate to be one of only 30 grant proposals nationwide to be awarded funds to protect the Gile Flowage in perpetuity. The grant totaling 4.1 million dollars will be awarded to Iron County for purchase of more than 100 parcels of land (~1,000 acres) to be entered into the county's forest management plan under a special use designation. Iron County Forestry Administrator Eric Peterson characterized it as a win-win for all involved, as funding came 100% from the Bipartisan Infrastructure Law and the Inflation Reduction Act as part of \$75 million distributed through the National Oceanic and Atmospheric Administration's (NOAA) Office of Coastal Management. The NOAA grant will be signed over officially this coming August. Peterson said, "It's early in the game, but our vision is to take this one step at a time, building on this unique opportunity to protect a part of northern Wisconsin that is relatively undeveloped...and that's not necessarily common in northern Wisconsin anymore." As the grant proceeds and appraisals and title work are completed, collective parcels will become part of Iron County's 15-year forestry plan, managed to keep the land open to the public and to protect the Gile's sensitive areas, such as key fish and wildlife spawning and nesting sites, islands and shoreland buffers, and high-quality forested

Continued on page 25

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Water cont. from page 25

wetlands. Conservation Specialist for Iron County's Land and Water Conservation Department, shared his enthusiasm stating, "I am delighted to see that over 12 miles of shoreline will be protected along with the forest buffer and riparian zones." As the future unfolds, some things are certain: it will be open to the public, and it will retain much of the wild character that few lakes in our state possess – in perpetuity.

Today, the flowage ranks 30th among Wisconsin's largest inland lakes. It encompasses approximately 3,400 acres of water, still

glacial story. "Evidence abounds of the carving and streamlining of the glaciers. The shorelines are littered with smoothed rocks eroded by glaciers that receded about 13,000 years ago. Parallel markings called striations can be seen as further evidence that glaciers once bullied their way over the landscape, scratching and gouging, leaving clues as to their direction of travel." These same, now rounded ancient rocks are fun places to explore, enjoy a shore lunch, or just clamor around on.

"The Gile" as locals know it, may have few developed areas, but it is home to abundant fish and wildlife.



Photo by Diane Daulton. The Gile Flowage's outcrops and islands contain the oldest rocks in the world!

managed for power generation as well as water quality and fisheries management, and it contains few privately developed parcels retaining much of its wild character. Perhaps what makes the Gile's landscape most impressive is its status as the largest Lauridian Shield lake in Wisconsin. Much of its shore and many of its islands showcase ancient exposed bedrock composed of the oldest rocks in the world! Tom Fitz, Professor of Geoscience at Northland College in Ashland spoke of its ancient greenstones, some three billion years old, as the "core of the ancient continent" formed eons ago. These rocks were preserved from melting back into the Earth's core by an intrusion of granite (~2.7 billion years ago) and both the greenstones and the younger granites are exposed along the Gile's shores and islands. When thinking about the profound geologic features of the Gile, Fitz suggested that what is most impressive in his mind is their

Keen observers can see families of beaver, playful otter, or sight a bear or wolf along a distant shore. Summer visitors include multiple pairs of loons, trumpeter swans, hooded mergansers, mallards, and wood ducks. Birders might seek out merlins or watch one of the three eagle nests for fledgling eaglets. Fisherman will be pleased to learn of the flowage's self-sustaining fishery, known for its walleye, smallmouth bass, and trophy musky – not to mention a reputation for slab-sized panfish. A note of caution, though, as it was the first inland lake in Wisconsin to detect spiny waterfleas – an invasive zooplankton, likely transported from nearby Lake Superior. Care must be taken not to transport spiny waterfleas or other invasive plants and animals to (or from) other lakes. Simple boat and fishing gear decontamination protocols can prevent further spread.

While visiting with FOG President Cathy Techtmann, she reflected on our conversation, emphasizing



Photo by Cathy Techtmann. Add the Gile Flowage's 3,400 acres to your summer bucket list.

ing, "The Gile is much more than just a cool place to visit. While its legacy is beginning to take shape, among the benefits (water quality, habitat, and aesthetics) is a much bigger idea – preserving its wild character. We're saving this place for starry night skies, the loon's tremolo, echoes of a distant wolf howl, bare feet on an ancient rock, and wind on the water unencumbered by generators, leaf blowers, lawn mowers and the like." Remembering the words of wilderness advocate Sigurd Olson, "Joys come

from simple and natural things: mists over meadows, sunlight on leaves, the path of the moon over water." Honestly...when you visit, nature's magic will be-Gile you.

Diane is an independent author, naturalist/educator and lake and stream advocate. She can be reached at dianaenplaya@gmail.com.



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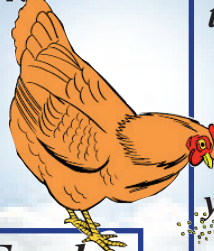


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Submitted photo. Students participate in Kids Fishing Day at the Northern Great Lakes Visitor Center in Ashland, Wisconsin. The 24th annual Kids Fishing Day will be held at the NGLVC on Saturday, June 1, 2024 from 9 a.m. to 1 p.m.

24th Annual Kids Fishing Day at the Northern Great Lakes Visitor Center

Set for June 1, 2024

Submitted article

Someone once said: "If you can't find me, check my fishing spot!" Fishing has been a beloved life sport for millions of anglers worldwide. With more than 2,000 lakes (609 more than 10 acres in size) and more than 1,200 cold water streams where trout fishing is popular, the Chequamegon-Nicolet National Forest is a haven for fishing. A wonderful place to learn basics and get started fishing is the David R. Obey Northern Great Lakes Visitor Center (NGLVC) in

Ashland, Wisconsin. The NGLVC is pleased to host the 24th annual free Kids Fishing Day on Saturday, June 1, 2024 from 9 a.m. to 1 p.m. There are fun and informative activities planned for all ages. Students will be teamed up with experienced anglers ready to share their skills. Biologists will also share their fishing tips and techniques. Bring a pole or borrow one. At hands-on learning stations, young anglers will receive step-by-step instructions on how to fish. Each

child will also receive a free tackle kit as well as prizes donated by event sponsors.

Children must be accompanied by a parent or guardian. Everyone should bring proper footwear and clothing as well as personal sun protection (hat, sunglasses, and sunscreen).

Participants will register at the start of the event and until noon; there will be no advanced registration this year. Each student will receive a "passport" that must be completed before fishing. After completing each learning station, each student will receive a stamp in their passport. Each stamp will bring them closer to fishing for perch, bluegill and trout in the NGLVC pond.

This event will take place rain or shine.

Be sure to arrive by noon to allow enough time to complete the learning stations and fishing at the pond. Kids Fishing Day at the NGLVC is held in conjunction with the Wisconsin Department of Natural Resources "Free Fishing Weekend," which allows youngsters and adults to fish without a license or trout stamp statewide. Information about Free Fishing Weekend is available online, here: <https://dnr.wisconsin.gov/topic/Fishing/anglereducation/freeFishingWeekend#:~:text=Free%20Fishing%20Weekends%20are%20always,18%2D19%2C%202025>. The David R. Obey Northern Great



Photo courtesy of Patty Miller. Enjoying catching a nice sized perch during the Kid's Fishing Day at NGLVC.

Lakes Visitor Center is located at 29270 County Hwy. G, Ashland, Wisconsin, 54806.

If you have questions, please call (715) 685-9983.

More information about the Chequamegon-Nicolet National Forest is available online: www.fs.usda.gov/CNNF; Facebook; and Twitter/X: @CNNF002.



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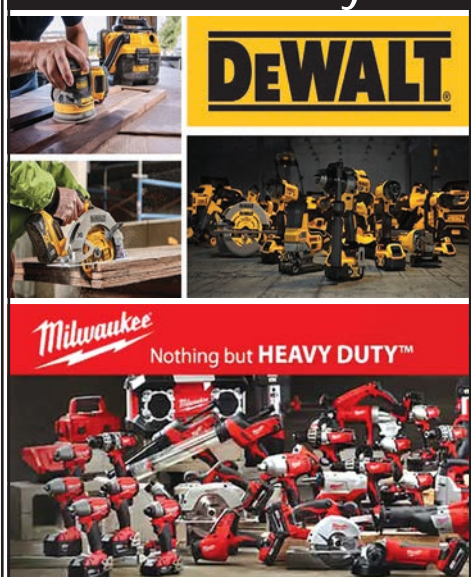
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Submitted photo. Jan Lee and Kris Edmunds of “Double Squeeze” perform at the 2023 Stand With the Banned street party. This year’s event, intended to draw attention to the pressure being put on libraries to censor books, and to celebrate intellectual freedom, will be held June 8 in Bayfield.

Stand With The Banned Street Party

Article by Claire Duquette

Three years ago Honest Dog Books store owner Julie Buckles received a donation from a social media follower telling her to buy a banned book and give it to a person or institution in need. She, in turn posted a message about the donation, and other customers followed the first donor’s lead, donating banned books for give aways.

Overwhelmed by the generosity, Honest Dog Books celebrated with a small store party featuring music and book giveaways. Last year, the party expanded to become the second annual “Stand With the Banned” street party, with music, hot dogs, and more book giveaways. The event proved so popular, Buckles found herself running to the store to buy more hot dogs and she knew she had started something that she wanted to continue. “I was hoping that book banning would slow down and I could just put together a block party,” she said. “But the pressure to ban books has only increased, so here we are again.”

The 2024 Stand With the Banned street party, co-sponsored by Honest Dog Books and Penny Print Studio,

will be held 4-7 p.m. June 8 at the bottom of Bayfield’s Manypenny Avenue, featuring three bands, food for purchase, book giveaways, and the opportunity to support free access to books and reading.

Buckles said while the street party is great fun, the issue behind it is serious.

“Public libraries and school libraries are facing increased pressure from organized groups seeking to keep books away from the public,” she said. “As an independent bookstore owner and an involved citizen, I can’t ignore the threat to intellectual freedom book bans pose.”

Indeed, according to the American Library Association 4, 240 titles were challenged in 2023, a staggering 65 percent increase over 2022. The ALA documented 1,247 demands to censor library books and resources in 2023, and public libraries are increasingly targets along with school libraries. In fact, attempts to censor public library books increased by 92 percent in 2023.

The ALA reports Wisconsin is one of 17 states nationwide that saw

more than 100 titles challenged. The ALA recorded 27 attempts to restrict access to titles, with 448 titles challenged – one of the highest in the United States.

Love of books is part of the reason Jan Lee, one half of the accordion duo “Double Squeeze” with Kris Edmunds, is thrilled to be back playing at the street party.

“We’re very excited and proud to be asked back, and to use music as a way to fight for the freedom of the written word,” Lee said. “It’s a wonderful, grassroots community event and we’re pleased as punch to be part of it.”

Lee said she and Edmunds consider Double Squeeze the “official house band” for Honest Dog Books “We played for the block party last year and wrote a special audience participation anthem for it called ‘When Will This Madness End?’ based on an old Italian protest song called ‘Bella Ciao.’ The song highlights and celebrates books that have been or are currently being banned for one reason or another. It was a received with enthusiasm, so we’ll be performing that again along with our standard, good time repertoire of polkas and waltzes and everything in between!”

Double Squeeze will play 4:15-5:15 p.m., preceded by the Chequamegon People’s Orchestra from 3-4 p.m. and followed by Molly Otis and Friends from 5:30 to 7 p.m.

Buckles said another tradition is a custom screen print that can be purchased from Penny Print studio.



Photo by Calire Duquette. Kate Clark of Penny Print Studio holds one of the custom ‘Stand With the Banned’ t-shirts she will be printing during the block party. People can bring their own tees for a \$10 print, or buy printed tees at the studio. Penny Print Studio is a co-sponsor of the Stand With the Banned Street Party.

Attendees can bring their own shirt for printing for \$10 or can purchase a tee directly from Penny Print.

Silverwaves Jewelry will be offering a “make your own jewelry” event 3:30 to 5 p.m. featuring beads made from old book pages.

Additional sponsors include Lake Superior Big Top Chautauqua, which has donated use of their portable stage for the bands to use, and the other Manypenny block businesses, including Stone’s Throw, Blu Studio, Bell Street Gallery, Ghost Ship Gallery, and Narrative Properties.

Food will be available for purchase with proceeds supporting the local ski and swim teams.

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Photo by Judy Gonzalez.

Mitchell Building apartments in Iron River

Submitted article

Nate Johnson, center, shows off his firm's renovations to the historic Mitchell Building in Iron River to Joyce Ciembronowicz and Bill Trautt of the town's Housing Committee. Seven apartments on the upper level of the building will have features including restored hardwood floors and radiators, exposed brick accent walls, and high ceilings. Johnson, owner of NJ Custom Builders, has been working with the town to increase Iron River's rental housing inventory and commercial space. He said the apartments will be available for rent early this summer.

Remembering Asaph Whittlesey

The first Wisconsin State Legislator from the Ashland and the Lake Superior Region

Compiled by Ashland Native Jerry Rousseau

Asaph Whittlesey (May 18, 1826 – December 15, 1879) was the first Wisconsin State Legislator from the Lake Superior region. He was a native of Tallmadge, Ohio and settled in Ashland County in 1854.

Asaph Whittlesey is depicted in a mural on the north wall of the Old Ashland National Bank building built in 1892 which was located on the corner of Main Street and Ellis Avenue. I have included a photograph of Asaph Whittlesey that is part of the excellent Asaph Whittlesey Mural.

If you are in Ashland, I encourage you to view these invaluable artistic representations of Ashland's history.

Here is a hotlink to the website for the Ashland Murals:

<http://www.visitashland.com/mural-list/>

The following information about Asaph Whittlesey was taken from the several websites including Wikipedia.

Early years of Ashland

In 1854, Asaph left La Pointe in a rowboat, along with his companion, George Kilborn. Arriving at the west end of Chequamegon Bay, they settled in the area that is now the west side of Ashland.

Asaph Whittlesey was the first white man to build a home and settle in what is now the City of Ashland. When he felled the first tree, he said, "This will be the site of a great city."

As other pioneers and lumbermen began to arrive, Asaph petitioned the government to name the community Ashland.

However, at the time this name was already taken, and it was not until the other community named Ashland became defunct that the name Ashland was granted to Whittlesey's settlement.



He was the first postmaster and Justice of the Peace in Ashland. He was also County Judge of Ashland County. In 1861, he was appointed Receiver of the Land Office at Bayfield, which he resigned in 1868 to accept the position of Indian Agent which he held for one year.

Wisconsin Legislature

Asaph was elected to the Wisconsin State Assembly in 1859.

In January 1860, he traveled by snowshoe all the way to Sparta to catch the nearest train to the state capitol in Madison. He camped out at night in the unsettled portion of his route. A famous image of him is a photograph taken during his journey, in which he is wearing his snowshoes, along with a pistol tucked into his belt. This 1860 photo was the basis of the Asaph Whittlesey Mural in Ashland.

As a member of the Wisconsin Legislature, he was successful in petitioning the division of La Pointe County, and the creation of Ashland County (in which the city of Ashland is the county seat).

Whittlesey Creek, near Ashland, was named after him. This watershed also encompasses what is known as the Whittlesey Creek National Wildlife Refuge.

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Annual Northwest Wisconsin Lakes Conference

To be held Friday, June 21st
Submitted article

The annual Northwest Wisconsin Lakes Conference offers information about current issues, lake science, and brings together people interested in protecting lake, river, and watershed health. The event offers a day long educational forum to learn more about Northwoods' lakes and rivers, the wildlife that depend upon them, and their long-term resiliency in a changing climate.

Whether you want to hear the latest research, prevent invasive species, or just learn how to protect nearby waters, this year's Northwest Wisconsin Lakes Conference offers a glimpse back at the distant past and a look forward to the future. Kicking off the conference, keynote speaker Tom Fitz, Professor of Geoscience at Northland College in Ashland, will share his expertise providing a backdrop for the day's sessions, looking at the geology of our region and re-winding to a time when lakes and streams formed. Fitz noted, "Northwest Wisconsin contains thousands of lakes because of the region's geologic history and climate. He will share how glaciation (some 11,700 years ago) and more recent erosive powers have sculpted the land and created the large variety of settings in which our lakes exist." Looking back helps us understand how these factors strongly influence the lake ecosystems of today. His keynote message also offers a look ahead, as geologic and human forces influence climate, ecology, and the drainage of the land. Fitz is an exciting speaker whose enthusiasm for geology, geomorphology, and all things that "rock" is contagious. His ability to put the Earth's landscape in perspective is remarkable. The day's sessions span several current and pressing issues. Participants can choose from three "streams" to tailor their day. Pop-

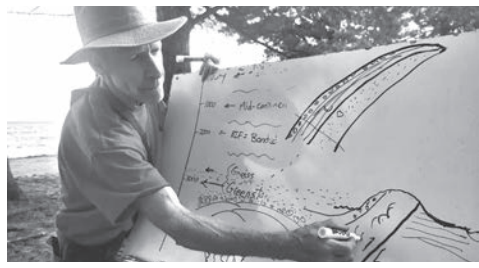


Photo by Emily Stone. Tom Fitz, Professor of Geoscience at Northland College, will offer a glimpse at the past and future of the region's lakes at this year's Northwest Lakes Conference.

ular topics like fisheries, aquatic plant management, monitoring success stories, grants, hidden lake creatures, and the latest on wake boat impacts are among the options. In addition to a variety of water related topics by professional speakers, participants can visit exhibits and network with attendees and experts alike. Registration for the conference includes a light continental breakfast, lunch, and chance to get to know the diverse community of people who are passionate about our waters.

The conference will be held in person on June 21st from 9:00 a.m. to 3:45 p.m. at the Spooner High School. The conference is sponsored by a wide variety of partners including local lake associations, natural resource agencies, Land and Water Conservation Departments, and the University of Wisconsin Extension, encouraging lake stewardship in the region. The event is open to the public and registration is requested by June 14th. The conference will be held at the Spooner High School, located at 801 County Highway "A". Cost is \$45 (including snacks and lunch) or a reduced \$10 registration for students. To learn more or register, view the agenda, or contact organizers for more information, visit <https://nwwislakesconference.org>. For assistance with online registration, contact Jennifer Farrell at 715-483-3300 or email her at jhfarrell@wildriversconservancy.org.

Superior Rivers Summer Events:

Aquatic Bugs, Piping Plovers, Restoration Review
Submitted article

Superior Rivers Watershed Association (SRWA) is kicking off summer with opportunities to learn more about the Lake Superior watershed. Aquatic bugs, sometimes called macroinvertebrates are an important environmental indicator that help identify potential threats to water quality and provide a report card for our waters. Spring volunteers are wrapping up May's sampling efforts, but folks can learn about these organisms and their critical role in the food chain at one of two "macro" sorting and identification training events. On May 25th from 10 a.m. to noon and/or May 30th from 6 p.m. to 8 p.m. volunteers can tap into expert help at the Center for Science and the Environment's Lab 125 on the campus of Northland College.

Interested in seeing a success story in person? Join a field trip with retired US Fish and Wildlife Biologist Tom Doolittle and WDNR Fisheries Biologist Nate Thomas to visit a "Case Study in Watershed Restoration" along 20 Mile Creek. The field trip will explore the creek and learn how restoration work there has enhanced fish passage, mitigated flooding, and improves climate resiliency for its watershed. The trip will explore several sites including a bird's eye view, stream mediation sites, conversa-

tions about beaver, and culminate at an old growth wooded site. Field trips are free and open to the public: no experience necessary with moderate hiking abilities. Boots and bug spray are recommended. For more information, directions, or to view additional monthly field trips, visit <https://www.superiorrivers.org/events/>.

On Tuesday, May 21st, join the fun at 6:30 p.m. at the Deep Water Grille in Ashland with Science on Tap. This month features "Piping Plovers on the Point" with Ornithology Specialist Elle Lozinski from the Mashkiiziibii Natural Resource Department. She will share how endangered Piping Plovers are doing in our back yard on Chequamegon Point, their challenges, and what is being done to help them bounce back.

SRWA's work spans the gamut, offering monthly field trips and education programs and sponsoring "Science on Tap". They also collect important information to keep our waters healthy. You can help by becoming a member, volunteering, donating professional expertise, offering cash or legacy contributions, or supporting our local business sponsors throughout the year. Look for them at <https://www.superiorrivers.org/>.

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A "Win-Win" with the Youth Workforce Pipeline

By Melissa Rabska, NWWIB

The Wisconsin Department of Workforce Development (DWD), together with Wisconsin's 11 regional Workforce Development Boards, are offering statewide Winning with Wisconsin's Workforce events to offer talent attraction strategies, apprenticeship opportunities, and other resources.

Later this month, the Northwest Wisconsin Workforce Investment Board (NWWIB) will be hosting a Winning with Wisconsin's Workforce event at Northwood Technical College Ashland Campus on Wednesday, May 29, 2024, at 10:00 a.m. The free event will include lunch and highlight strategies to empower and employ young workers, including Youth Apprenticeship and other work-based learning programs. Panelists will include experts on youth labor law and youth career readiness.

Employers, education professionals, and community leaders are invited to join state and local workforce leaders for the 2024 Winning with Wisconsin's Workforce event series. Interested participants can learn more and register for upcoming events on Eventbrite.

"Following record-breaking job numbers and historically low unemployment, Wisconsin employers and education leaders need workforce development resources and programs now more than ever,"

DWD Secretary Amy Pechacek said. "The Winning with Wisconsin's Workforce event series will help these leaders connect the dots and access system support to stay competitive in the 21st-century economy."

The 11 workforce development areas feature integrated business service teams that work with employers on strategies to recruit qualified workers, retain well-trained employees, access workforce planning resources, and attract a broad pool of skilled job candidates.

"Winning with Wisconsin's Workforce series provides employers with a unique chance to enhance talent attraction and retention strategies," said Mari Kay-Nabozny, NWWIB CEO. "By partnering with the Department of Workforce Development, these events offer valuable insights into our dynamic workforce system, empowering employers to effectively leverage available resources. We extend an invitation to employers to join us for this series, fostering stronger collaboration with local workforce development boards and other system partners."

Featured event speakers will include workforce development board leaders, DWD and administration officials, local employers,

Continued on page 32

Know before you go:

Weather and water conditions can change quickly on Lake Superior.

Submitted article and graphics

To stay safe this boating season you need free real time, location-specific wind, and wave information at your fingertips. Enter Wave Watch, our new partnership between Friends of the Apostle Islands, the University of Wisconsin, and the National Park Service.

Wave Watch is a constellation of solar-powered buoys which beginning in June of 2024 will provide boaters free real-time data from five key boating locations around the islands.

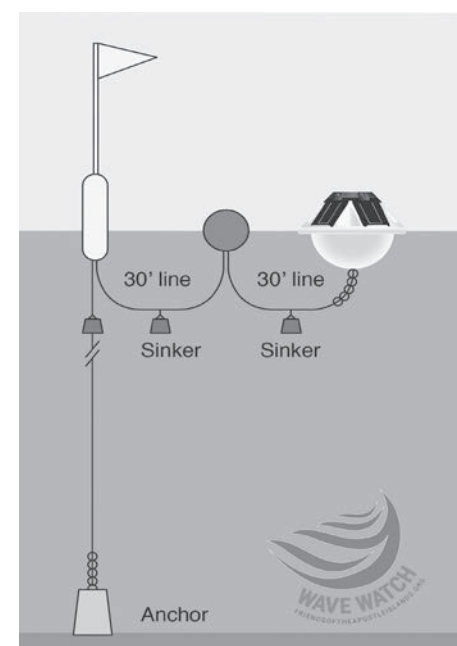
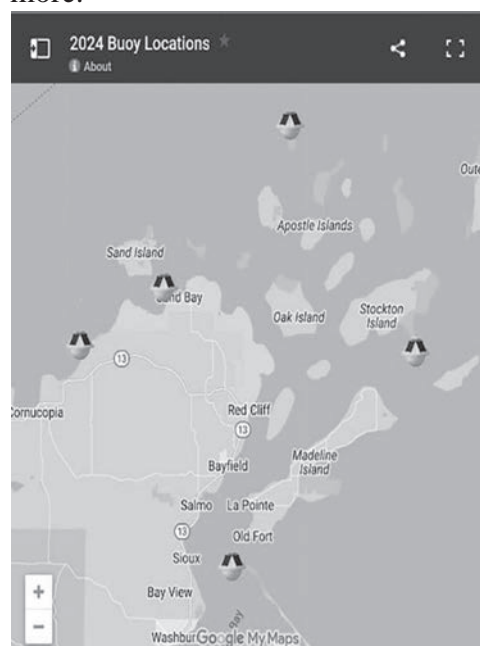
Just scan the QR code with your phone or enter the URL and you have free access to exactly what you need, when you need it, right on your phone.

"Safe boating is informed boating," says Jeff Rennie, an Apostle Islands boater and Executive Director of Friends of the Apostle Islands. "Whether you are sailing, fishing, cruising or kayaking, Wave Watch can be your eyes on the water, helping you make informed decisions on route finding, channel crossings, anchorage selection, and more."



Clings and stickers with the QR Code are free and are available by contacting Friends of the Apostle Islands, P.O. Box 1574, Bayfield, WI 54814 (715)449-6900 and at www.FriendsOfTheApostleIslands.org.

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How Stress Shows up in Children

By Michaela Williams, MSW, LCSW

"The parent-child connection is the most powerful mental health intervention known to mankind."
Bessel van der Kolk

As a mom myself, I know being a parent is hard work! This month is Children's Mental Health Awareness month and I thought it'd be nice to dedicate some time to mental wellness. More specifically, I thought it might be helpful to share the fascinating connection between emotions and the body, specifically the nervous system.

First, let us pause for a moment and take a breath, put one hand on your heart, one hand on your stomach and imagine someone who warms your heart. Let your mind be filled with this thought: I am worthy of love and belonging. Do you notice your mind settles and your body feels safe in the space you are in? This is because you took a moment to be present with your nervous system.

As grownups, we are under constant pressure to manage stressors of everyday life. Correspondingly, our kid's nervous system can also become easily overwhelmed because their brains are still developing, and they are constantly adapting and processing everything happening around them. Good or bad, all behaviors are a form of

communication.

"Human beings are not born with self-control. We have to learn what to do with the mad that we feel. Learning to control ourselves is a long, hard process. It happens little by little. In fact, it is something we work on all through our lives." Mr. Rogers.

The primary job of our nervous system is to keep us safe from perceived threats. When we feel disconnected, overwhelmed, or scared, our nervous system may get dysregulated. When we are dysregulated, we can't think or respond like we normally do. Instead, our nervous system reacts so quickly we are not even aware of it. This is because our nervous system is reacting from our survival

brain (Fight, Flight, or Freeze) and not our thinking brain. The graphic shown explains how a dysregulated nervous system shows up as the stress response in kids.

So, what makes our nervous system feel safe and regulated? Feeling like we BELONG. We can regulate when we feel connected and as parents this gives us a beautiful opportunity to practice "Connection before Correction".

Other ways to calm our nervous systems are moving our bodies, slowly breathing with someone or



Michaela Williams, MSW, LCSW

on our own, naming the feeling we are experiencing in that moment, telling ourselves "I am safe and everything is okay right now", connecting with nature, listening to music, writing or drawing, humming, and getting a hug from someone we love.

As parents, we can also implement the 90 second rule, it comes from the work of neuroscientist Jill Bolte Taylor. The first 90 seconds after an upsetting event are crucial for choosing who we want to be and how we present ourselves. When you wait a full 90 seconds in response to the situation confronting you, you can avoid getting caught up in the loop of thoughts that further stimulate our emotions. We can let the flood of stress hormones wash through us, then move on.

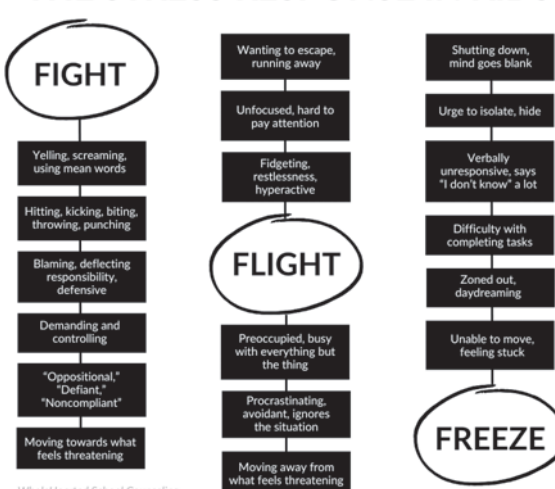
Emotions are not scary. They are manageable and can help us live a more authentic life. It's important to give ourselves grace as we navigate this with our children. Generationally emotions were not a priority to discuss, and we were never taught the skills to regulate our own emotions. With love and patience, we can unpack our baggage, so our kids don't have to.

Children do not enter this world with bad intentions. Children offer us information, and if we're courageous enough to listen to the information, we can attune to their inner experiences. We can perceive their behavior as communication, not as manipulation. Children, like all human beings, feel more cooperative when they are treated with respect and kindness.

By fostering environments that promote emotional expression, resilience, and support, we can empower children to thrive despite life's adversities. Together, let us strive to create a future where every child feels seen, heard, and valued, where their mental health is prioritized, and their potential is limitless. We are all worthy of love and belonging.

Michaela Williams is a Behavioral Health Therapist based at NorthLakes Community Clinic - Hurley. To schedule an appointment with a Behavioral Health Therapist, please call 888-834-4551.

THE STRESS RESPONSE IN KIDS



Submitted graphic.

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May is National Bike Safety Month

Riding a bicycle is one of the best ways to stay in shape, see the sights, save money on gas, and reduce pollution. However, bicyclists must take extra precautions when they ride. They often share the road with vehicles, which can be hazardous, but injuries can happen even when on a designated bike path.

Here are some tips to help keep you and your loved ones safe when bicycling.

- Always wear a properly fitted bicycle helmet
- Wear bright colored clothing during the day and reflective clothing at night
- Make sure the bike has reflectors, a horn/bell, and a headlight if you will be riding at night
- Know the traffic laws; bicyclists must follow the same rules as motorists
- Use hand signals when turning and use extra caution at intersections
- Check over your bike to make sure tires are inflated and that the brake and gear systems are working properly

For more information on bicycle safety, visit the National Highway Traffic Safety Administration (NHTSA) website at: www.nhtsa.dot.gov.

Jennifer Nye, Clerk
Bayfield County Health Department
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Youth cont. from page 30

and local workforce resource experts.

The 2024 series will build on the events offered in 2023 and cover new topics, including youth employment, artificial intelligence, and innovative ways to attract, develop, and retain top talent development programs. The Winning with Wisconsin's Workforce event series is supported by the U.S. Department of Labor and 100% federally funded.

Questions about the event can be directed to Jay Anderson, NWWIB Director of Business & Community Engagement at janderson@nw-wib.com or 715-201-8493. Registration for the free event can be found here.

The NWWIB is one of eleven workforce development boards in the state of Wisconsin and is one of over 500 Workforce Boards in the U.S. The NWWIB is responsible for the oversight of the Workforce Innovation and Opportunity Act and other training and employment initiatives in northwest Wisconsin, including the counties of Ashland, Bayfield, Burnett, Douglas, Price, Iron, Rusk, Sawyer, Taylor, and Washburn. Through an extensive network of American Job Center partners, Northwest Wisconsin residents, businesses, and communities receive support to help local economies thrive.



**Mental Health &
Self-Care**

By Matt Gervais

Mental health, an integral part of our overall well-being, has gained increasing recognition in recent years for its critical role in enabling individuals to lead fulfilling, productive lives. It encompasses our emotional, psychological, and social well-being, affecting how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. The importance of self-care in maintaining and enhancing mental health cannot be overstated, as it forms the foundation upon which we build resilience against life's challenges and cultivate a positive outlook on life.

Mental health issues can affect anyone, regardless of age, gender, social status, or ethnicity. These challenges range from common disorders such as anxiety and depression to more severe conditions like bipolar disorder and schizophrenia. The impact of mental health issues extends beyond the individual, affecting families, communities, and societies at large. Despite its significance, mental health often remains stigmatized, leading many to suffer in silence without seeking help.

Self-care refers to the actions individuals take to develop, protect, maintain, and improve their health, well-being, or wellness. It is a proactive approach that emphasizes the individual's role in managing their health. For mental health, self-care practices can include a variety of activities that nurture both the body and mind, leading to improved mood, reduced anxiety, and enhanced resilience.

1. **Physical Activity:** Regular exercise is not only beneficial for physical health but also has a profound impact on mental well-being. It can relieve stress, improve mood, and enhance sleep quality.

2. **Balanced Diet:** Nutrition plays a critical role in mental health. A balanced diet rich in fruits, vegetables, lean protein, and whole grains can provide the nec-

essary nutrients to support brain function and mood regulation.

3. **Adequate Sleep:** Quality sleep is essential for mental health. Developing good sleep habits helps improve mood, cognitive function, and stress management.

4. **Mindfulness and Relaxation:** Practices such as meditation, deep breathing, and yoga can reduce stress levels, promote relaxation, and improve overall mental well-being.

5. **Social Connections:** Maintaining strong, healthy relationships supports emotional health by providing a sense of belonging and emotional support.

6. **Setting Boundaries:** Learning to say no and setting healthy boundaries in personal and professional life can prevent burnout and reduce stress.

7. **Seeking Professional Help:** Sometimes, self-care alone is not enough. Seeking the help of mental health professionals can provide the support and treatment necessary for managing mental health conditions.

Engaging in self-care practices has a profound impact on mental health. It empowers individuals to take control of their health, reduces the symptoms of mental health disorders, and enhances quality of life. Self-care fosters resilience, allowing individuals to better cope with life's challenges and recover from setbacks more quickly.

In conclusion, mental health is a critical component of overall well-being that requires attention and care. The importance of self-care in maintaining and enhancing mental health cannot be overstated. By adopting self-care practices, individuals can improve their mental health, resilience, and overall quality of life. It is crucial for society to continue breaking down the stigma surrounding mental health and encourage proactive engagement in self-care practices.

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Thoughts From A Treestand

By
Joseph R. Lange

To Kill a Mocking Deer

My deer season this year has been a rough one to be sure.

Being it is my 50th, I had plans to have a successful season and planned my vacation for the first 8 days of November.

Enter, FREEZING temperatures.

And wind, lots of wind. Making the week a true test of grit and determination.

I had carried my buck decoy out to my stand and strategically placed it so that any buck coming in would have to come face to face, giving me a great shot.

The first buck, a small spike, came in early and after touching nose to nose, proceeded to totally disrespect my 8-point decoy by laying its ears back and spiking it!

You little ...”I thought to myself. “You are lucky that is just a decoy!”

After watching him for a while he moved off, with much higher testosterone levels I’m sure.

The next day, a very nice 6 point, with a really high rack, came in to investigate my setup. It had a really huge body as well.

I placed my sight right on his chest as he looking at my decoy and I decided, that I would pass on him, not that I really wanted to, but I was informed by my wife Gladys, that since we had a really nice 10 point on the camera, and didn’t need the meat, well, it would be his lucky day.

He moved off into cover and I had visions of the big 10 coming in and doing the same thing.

But not today.

Retrieving the camera chips, Gladys and I watched the photos on the big screen TV and there he was again, the big 10, at 2:30 AM.

The weather was getting colder

as the week went and I decided that a morning hunt was in order.

As all shakedown hunts go, this one would be a difficult transition as spraying myself in the face with doe in heat scent because I was in a hurry and didn’t check what direction the wind was out of, to having my arrow drop onto the ground, to a frozen buck call, and frozen fingers, all made for an interesting at best, morning hunt.

Not to be deterred, I again put out the buck decoy and with it, a doe decoy as well. Any self-respecting 10 pointer cruising by and seeing that would have no patience for him stealing his girlfriend and come charging in only to meet my Stryker Magnum broadhead.

But, the little spike came past. Feeling emboldened from his previous spiking of my cowardly decoy, he came in with his ears back and stiff legged, showed off for the doe.

Getting no return of affection, he did the only thing he could do, he spiked her!

With a look of disgust, he left the two inanimate lovebirds to themselves and walked away.

“The next time, I said, almost frozen from a 5 hours sit, if you come in, you’re getting it”.

I went through the numerous posts of huge bucks being killed around Wisconsin. That along with the fact that these deer were actually playing an evil game with me, spurred me on to disregard the 20-degree temperatures and unceasing wind.

The next day, convincing myself that you don’t need to sit all day during the rut, the high raked 6 pointer came in..at 1030.

Reviewing the camera chip, Gladys and I could detect an eerie, almost pompous smile on its face,

as it ambled past the cameras.

This wasn’t your normal “happen to walk by the stand deer photo”.

He was clearly mocking me!

The temperatures Thursday were brutal along with it a 17-mph wind from the Northwest. Would I tolerate the disrespect those two bucks were giving me the past 5 days?

No, I would not.

Bundling up like the Michelin Man, I made my way to my spot and hunkered down against the bitter cold and wind.

Certainly, either of those two monsters would come past.

The wife had green lighted the spike buck so let him come in and try to spike my decoy now!

As my hands and legs froze to the point of not feeling them, and the wind driving deep into my old bones, nothing came past.

Unless you count the 21 Tom turkeys, and a gray feral cat.

Retrieving the chips, we put them into the TV and there, under cover of the rutting moon, strolled all manner of deer. Big deer, small deer, even a doe that at first, I thought was winking at the camera but was actually blind in her right eye.

With the week coming to an end, I went and retired the decoys and as my nostrils stuck together in the morning 7-degree air, was strangely satisfied about it all.

I had gone through, two full spray cans of doe in heat scent, half of which I had inhaled that dark morning, a bottle of tarsal gland

scent, one bottle of Tinks 69, one bottle of Active Scrape, one bottle of Wags intruder scent, one bottle of doe in heat scent that I spilled in my pocket, and a spray bottle I had made full of Indian Buck.

The clothes would need a washing and for the past 7 days, I had smelled like a 200 lb. buck in rut.

Rifle season would be here in 2 weeks, and with it the ability to reach out a bit further than the bow I had carried the past week.

“Mock me then”, I whispered, as I turned to leave.

The first 10 days of November are magical. They really are.

Enjoy them as they pass quickly.

Be careful out there.

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USDA Forest Service officials announce

The termination of closure order due to 2019 storms in the Chequamegon-Nicolet National Forest

Submitted article

USDA Forest Service officials today announced the termination of closure order number 09-19-19-07. The closure order was due to a large windstorm in July 2019. All recreation areas, trails, and roads that were closed due to the storm are now open.

The windstorm left many roads and trails covered in downed trees and standing hazardous trees in many areas of the southeastern portion of the Chequamegon-Nicolet National Forest. The USDA Forest Service closed many roads, trails, and recreation sites in this area to protect visitor safety and because many areas were impassable.

For several years following, USDA FS specialists removed downed trees from roads and trails; removed standing hazard trees; repaired the surfaces of damaged trails; and repaired or replaced broken signs and other infrastructure. The Jones Spring area is a popular site that was significantly impacted by the blowdown. Recovery of the Jones Springs area was slow as the forest was not successful in awarding a salvage timber sale, a strategy that greatly assisted with storm clean up in other areas.

Many roads and/or portions of roads were closed to motorized vehicles within Langlade and Oconto

counties. There were nearly 105 miles of road segments closed due to the storm. This termination lifts that closure order. However, visitors should still consult the current Motor Vehicle Use Map to determine where it is permissible to travel with a motor vehicle.

Motor Vehicle Use Maps can be obtained at district offices and online, here: <https://www.fs.usda.gov/main/cnnf/maps-pubs>.

"Volunteers, partners and employees have worked diligently for several years so that areas affected by severe storms in 2019 could re-open," said USDA Forest Service Recreation Program Manager Karen Katz. "We are pleased to announce today that areas that were previously closed due to storm damage are now open again."

General questions can be addressed by calling (715) 362-1300. For more information about the Chequamegon-Nicolet National Forest please visit the website at www.fs.usda.gov/CNNF or follow updates on Facebook; and Twitter/X: @CNNF002.





The Pet Corner

By
Jackie Swanson,
Certified Veterinary Technician

Ticks and tick borne illnesses

Ticks are one of nature's most unwelcome pests. The tick is a spider-like animal that bites to fasten onto the skin and feed on blood. The most common time to pick up a tick is early spring and late summer. The tick is attracted to warmth and motion and they hide on blades of grass or plants waiting for someone or some animal to come by. The most common types of ticks in North America are the deer tick, brown dog tick, lone star tick and american dog tick.

The diseases that the tick spreads are lyme disease, rocky mountain spotted fever, anaplasma and babesiosis to name a few. The time from bite to infection can be days to months. Signs are similar for all, the most common are loss of appetite, shifting leg lameness, fever & lethargy (laying around). Kidney failure can be associated with tick borne diseases, your Veterinarian can run some blood tests in house or by outside lab to rule this out. Depending on the stages of infection due to the tick and whether or not the kidney is infected this is treatable. Most common drugs are Amoxicillin and Doxycycline. It is very important to finish all medication, even if the dog is better. Re-infection by a tick can occur at any point after treatment.


There is a vaccine for lymes disease but not for the other tick borne diseases. Dogs that are vaccinated may even test positive on the in house blood test which means they were exposed to the disease. Many of the diseases are presented with the same symptoms and most respond to the same treatment. We are also running a quantitative blood test on lyme positive dogs to track the level of infection. If lev-

els are high, treatment with medication is suggested. In cases where numbers are high we recommend running this test again in 6 months. Please run a yearly 4DX test for heartworm and tick borne diseases, it's worth the money,

Tick paralysis, or tick-bite paralysis, is caused by a toxin (poison) released through the saliva of certain types of female ticks. The ticks inject the toxin into the blood of the dog with a bite. The toxin affects the nervous system. Symptoms begin to appear around 6-9 days after a tick has attached to the skin of the dog. Some of the symptoms are vomiting, unsteadiness on feet, fast heart rate, difficulty eating, loss of muscle movement, excessive drooling and dilated pupils. Treatment, first removal of tick. Dogs may be hospitalized to give supportive therapy for symptoms as they vary. Treatment varies as to symptoms of the dog.

How to keep ticks away? Well start with keeping lawns mowed short and dogs out of long grass will help keep the pests off. Nothing is 100%. There are several brands of tick preventives, the best in my opinion being Vectra (topical), Bravecto (chewable) and Seresto (collar). You get what you pay for as far as quality. Cheaper products are often unsafe such as Hartz and Sargents, I personally don't recommend them. Going over your dog after a walk and pulling ticks off asap will also help.

If your dog has loss of appetite, you think they are lethargic and maybe running a fever and or have shifting leg lameness call your Veterinarian for an appointment. Blood work is necessary to figure out what is wrong and which course of treatment is best.



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Lucy - this young adult cat has a sweet and spicy side and is looking for a home of her own without other cats. She loves to follow the volunteers around at the rescue and help them do chores. And when she isn't doing that, she likes to chase her toys, grab a few pets, and then go back to exploring again.



Wrangler is a young kitten with an outgoing and curious personality. She loves to explore and play with her sisters, especially Jordache. Once she wears herself out, she loves to take a nap in someone's lap.



Snuggles - this affectionate middle-aged female cat is looking for her forever home. Upon arriving at the rescue, the volunteers prioritized finding a foster home for her as she doesn't like other cats and a lot of commotion. Once you earn her trust, she'll show you her friendly, snuggly side!

Helping PAWS Pet Rescue is an all volunteer, nonprofit organization in Washburn, WI. Our goal is that no adoptable companion animal should ever be euthanized for lack of medical care and a good home. We strive to give unparalleled care to our adoptable animals and provide them natural, high-quality nutrition, regular exams, and all appropriate vaccines and preventive care. Learn more about us at www.helpingpawswi.org.

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Xcel Energy urges safety near dams

Submitted article

With the Wisconsin fishing season now open, Xcel Energy is reminding recreational and fishing enthusiasts to be safe around dams and hydroelectric facilities.

"Boating or canoeing above or below a dam can be very dangerous, especially if the flow changes and your boat is anchored in a hazardous area," said Rob Olson, Hydro Operations at Xcel Energy. "If you're operating a watercraft near a dam, you need to be aware of changing flow conditions from either the spillway or powerhouse. And if you recreate near a dam, you need to be aware of your surroundings so you can quickly respond to rapidly changing water conditions."

Xcel Energy is a member of the Midwest Hydro Users Group (HUG), an association of dam owners and operators who promote safe, efficient, economical and environmentally friendly use of hydroelectric power. The group urges outdoor enthusiasts to enjoy the many recreational opportunities that can be found on the rivers in Wisconsin and offers these tips for personal safety near dams:

- Obey all warning signs, barriers and flashing lights, horns and sirens.
- Wear a personal flotation device – a life jacket.
- Always stay outside buoy lines and away from restricted areas near

dams.

- Never swim or wade near a dam.
- Never boat or fish alone when near a dam.
- Leave your boat motor running to provide maneuvering power.
- Stay clear of spillways. Changing currents and "boiling" waves can make boat control difficult near dams.
- Reverse currents occur below dams. They can pull a boat back toward the dam into the spillway and capsize it.
- Never anchor boats below a dam because water levels can change rapidly.
- Be cognizant of any construction going on at or near any of the hydro facilities.

For more information, visit: [Xcel Energy Hydro Safety](http://XcelEnergyHydroSafety.com) The website also includes information to help residents respond in a timely fashion in the unlikely event of a dam failure, including maps and details about the warning siren system.

Xcel Energy operates 19 hydroelectric plants in Wisconsin with a total generating capacity of about 270 megawatts. Six of those plants are on the Lower Chippewa River and collectively account for almost three-quarters of Xcel Energy's total Wisconsin hydro generation capacity.



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Gardening

By Al Subera

Growing vegetables, flowers, fruit and herbs by the acre, container or raised bed is a new concept for some and a way of life for a bunch of us. The garden on the farm in R.C. was a vital part of our existence, hard work and a source of colorful vegetables and flowers. Hoes, shovels and three tine forks along with sweat equity were the forerunners of power tillers and fancy gadgets designed to lighten the work load and your wallet.

Gardens provide food, beauty, medicine, wildlife habitat and saleable food for farmers markets in the Badger State. Educational, therapeutic, cultural and health benefits are great byproducts.

Plants can grow indoors on a window sill, beneath grow lights, greenhouses and pots on the porch. Communities, civic groups and schools teach folks the health, aesthetic and nutritional values of growing food.

History

Early history indicates flower gardens were created by Egyptian aristocracy 1500 BC. Native Americans were the first gardeners to grow food in North America. Wisconsin Native Americans were growing vegetables and maize when the first immigrants arrived 3000 years ago. Corn, beans,

squash, cucumbers and beets were some of the earliest vegetables grown in Wisconsin.

The production and preservation of vegetables were necessary in rural Wisconsin. Purchase of fruit and vegetables at the city grocery store involved travel and expense. City lawns and empty lots were replaced with "Victory Gardens" during World War II. Sterile green lawns may be replaced with vegetables, flowers and pollinators today.

Starting a Garden

A window box, container, a small or large spot in your lawn with grass removed and or raised beds can be gardens. You don't need much. Find the method that's easy for you that may be accommodated by your finances and available time. Many healthy vegetables and colorful flowers can be grown on your patio. New varieties of veggies and flowers are designed to be grown in small spaces.

Information is available from garden centers and University of Wisconsin Extension Field Offices. Contact any of the following: Ashland County Court House Room 107 201 Main St. West Ashland WI. 54806 715.682.7017, Bayfield County Court House 2nd Floor

Room 116 East 5th St. Washburn WI. 54891 and Sawyer County Court House 10610 Main St. Hayward, WI. 54843 715.634.439. Magazines like "Mother Earth", seed catalogs and libraries have much valuable information. Storey Country Wisdom (www.storey.com) sell concise and inexpensive pamphlets related to gardening. Most gardeners are willing to share gardening tips.



Seeds and Plants

Grow your plants from seeds indoors with the help of a "grow light" or in the garden. Onions and leeks do better if started from plants or sets (tiny bulbs). This subject requires a fair amount of thought, therefore I suggest you gain knowledge by reading and conferring with other gardeners and seed producers. All plants should be gradually exposed to sunlight and temperature (hardened off) in small increments before planting outdoors.

Plant Hardiness Zones

The USDA has mapped temperature zones across the United States that show low spring temperatures and estimates of the last frost indicating a theoretical time to plant and avoid frost damage. Much of northwest Wisconsin is in zones 3b and 4a however this may be changing.

Climate Change and Your Garden

Temperature, moisture, soil type and nutrients are major influences in your garden. On average, our temperatures are warming, however you may find microclimates in your particular area. Rainfall, snow and temperature vary with neighbors two miles away from our garden. You may wish to check dates and temperature relationships to establish garden planting guidelines.

Gardening and Climate Change

Nurseries are producing plant varieties to be compatible with climate change. Soil conditioning and mulch will impact water consumption. A well conditioned soil with good nutrients and proper mulch will conserve water. Watch leaf turgidity and color before watering. Apply water only as needed directly at the bottom of the plant. Avoid over head boom sprayers that broadcast a curtain of water over a large area. Much of this is lost to transpiration and can cause leaf mold.

Planting to Attract Pollinators

Transfer of pollen by birds, bats, bees, butterflies, moths and the wind between similar species of flowers creates seed and fruit production. Some flowers that attract pollinators include coneflower, dahlia, butterfly bush, delphinium, nasturtium, sunflower, daisy, marigold and zinnia. Mint, oregano, fennel and lavender herbs are pollinator friendly.

Installation of bat and bee houses, reduction of pesticides and conversion of lawns to flower beds create pollinator habitat. Chemical abuse, invasive plants and animals have eliminated many pollinators. The U.S. has lost 50% of its managed honeybee colonies over the past 10 years. Green manicured lawns may be aesthetic to some however the pesticides and practices to maintain them are harmful to pollinators.

Plant Selection

Location, sunlight soil type, nutrition, water and personal taste will determine what and where you grow your garden. Mix flowers with vegetables to attract pollinators and add color. The choices are many and personal. Grow what you like. Early Native Americans planted the "three sisters" consisting of corn squash and beans together. Each plant embraced the other and provided nutritious vegetables.

Raised Beds or Bend Over

Much has been written about this. Raised beds provide better control of weeds, moisture and air flow plus save your knees and back. Do some research and use the method that best suits your needs.

Gardening can be as complicated or simple as you make it. Begin with a few plants on your porch or patio. Go bigger if you are ready. Gardeners are a friendly group and will share information about plant species, techniques and styles. Gardening provides a lot of benefits including creation of healthy food, some exercise, a bit of hard work, a lot of pride and fun. Go for it.

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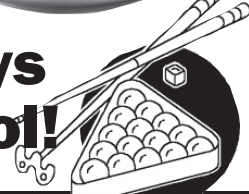
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Gator's Grace Notes

By Jack Gator



The Music of the Spheres

There is one thing for Norm, only one thing that he has embraced within since he was ten years old. It is seven musical notes that urge him to seek more notes like that. A musical pathway that opens up into a canyon of music, ringing to him with the release of beauty sung or played.

The seven notes are the beginning notes of Beethoven's Moonlight Sonata. When Norm could play the piano, he would play that piece after lunch at home by himself. It calmed and washed all the grade school confusion away. He would walk back to school and often, the neighborhood bully with the odd Croatian name would push him around a bit. Like most bullies, he was afraid of Norm and probably would have made a good friend if Norm had known how to do that. A learned skill for life later for him.

The music that stuns when he hears it or plays it suddenly makes him shiver with delight. "Oh, it's You!" It draws the inventor of music to share the wavelengths of love with Norm. Feels good.

His favorite author, C.S. Lewis describes 'the heavens' filled with planets and stars continuously singing to us. It's in his classic 'Out of the Silent Planet' series. We don't listen because it's always there.

It happens unexpectedly which makes it even more enjoyable. Music is the transcendent language. Anyone or anything that has hearing can understand the language. But there isn't really a series of books or classes that can teach us how to do so. Norm likes the way the music can catch him by surprise. A bird of impossible clarity singing the sun up. A two bit country band starting up a Bob Wills waltz in some forgotten venue. Norm hit the first three notes with double stops and cannot stop hearing them some half a century later. A worship set that ended with a guitar playing harmonics along with soft brushes on the trap drum. There are so many delightful surprises in music



that go far beyond any expectation. A lot of them are totally for that moment, mostly teamwork unrehearsed. A 'band' sort of wading through a piece they have worked out. Suddenly Someone else sings and plays and the music swirls like a surprise wind. It catches the top gallant of your joyful sail and heels you over with a shout and speed.

'Music, it calms the savage breast' when nothing else can. Sunsets, shooting stars, an eclipse or two can be seen or painted and captured. The rush of breath of the stunning scene usually doesn't come with a photo of these things. The immediacy of music, fading as soon as it's played. Our minds caught off guard like an unexpected camera flash can do. What a language! Speaking in the tongues of sound.

It is the voice of our creator whispering those notes. He is worshiped for eternity with singing and instruments only found in the mind of a dying musician being presented with his score sheet. "If I could write down those notes! A man just reading that music would never grow ill nor die"1.

So, that's Norm's fascination and he suspects there are many others that experience the same thing. Satellite radio? Music of the Sphere's indeed!

It's pretty good.

"Every planet in his proper sphere is moving mankind in harmony and sound" 2.

Jack Gator

1. C.S. Lewis "The great divorce"
2. Henryson {Fables 1659}



Photo courtesy of Ambleside School of Ashland. Pictured Garland City Consort member and audience member plucking harp string after concert at Ambleside School in Ashland.

Baroque Music coming to Cable UCC

Submitted article

Everyone is invited to attend a Baroque concert featuring the Garland City Consort on Sunday, May 26 at 3p.m. at the Cable United Church of Christ 13445 County Hwy. M.

Garland City Consort is a musician-owned cooperative orchestra, founded in 2016 and performing throughout the region ever since. The Consort will bring Baroque music to Cable, featuring such composers as Antonio Vivaldi, Georg Philipp Telemann, and more.

Admission is free. Any donations collected will help the Consort make music. Beat the isolation bug, and come experience music live & in person.

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Natural Connections

Article & Photo by Emily Stone

Cheerful sunshine illuminated the tiny, just-hatched leaves of maple trees. Their pinks and greens complimented the blue sky perfectly. A few black flies hovered nearby, but none seemed to be biting. No mosquitoes buzzed. Instead, black-throated green warblers trilled from the treetops. The delicate, pink-striped flowers of spring beauty carpeted the hillsides. Spring beauty, indeed!

This was the day I look forward to each spring – the birds were back, the flowers were blooming, and the bugs hadn't become biting hordes.

My first saunter of the season along the trail to St. Peter's Dome was a bit of a quiz game, though. While marsh marigolds, spring beauty, and bloodroots were in full bloom, many of the little plants were still tightly furled. I tried to guess their species by the shades of blue or purple in their leaves, or the little dab of red at a leaf node. The leaves of the large-flowered bellwort were big enough to identify, so then the challenge was to see a flower. And after I spotted one bell-shaped bloom of canary yellow petals, I strained to spot three more on the sunny hillside. By the time I'd made the 4-mile trip to the overlook and back, I swear that the

tree leaves had gotten bigger. Spring moves quickly once she gets going, so when I returned two days later to lead the Professor Hike, I wasn't surprised to see big changes. Single blooms had turned into petal parties!

Professor Wild Oats was the first station. This pale, delicate cousin to the large-flowered bellwort looked to someone like the drooping, straw-colored seedhead of oats. With his duct-tape-nametag displayed proudly, Kevin taught each of the other participants in turn about this lovely little flower. Later, as we hiked along the trail, he spotted more wild oats than I've ever noticed in these woods! That heightened awareness is one benefit of the Professor Hike activity.

Professor Serviceberry was next. Two days prior, I'd found one serviceberry shrub with their white petals drooping gracefully at the top of the hill. On this day, the forest edges were frosted with their flowers. All the names of this plant refer to their phenology – the timing of their seasonal events. Serviceberry blooms when the ground has thawed enough so funeral services can be held for unfortunate souls who died over the winter when the ground was too hard to dig. A little

farther south, their tasty purple fruits ripen in June, hence the name June-berry. Up here, we should call them July-berry instead.

Shadbush is another name for serviceberry on the East Coast, where fish called shad swim from the ocean into the streams to lay their eggs about the time that these pretty white flowers are engaged in their own reproductive rituals.

The early and prolific flowers of serviceberries are an important food source for early-arriving bees, butterflies and hummingbirds. The flowers themselves benefit from this schedule because there is less competition for pollinators, and their blossoms may be easier to find in a leafless forest. This results in better pollination and more viable seeds.

The speed of spring can be dizzying, but it is no accident. Trees are racing to leaf out and take advantage of the intersection of bright sun and plentiful soil moisture. Flowers, like wild oats, are racing against the leaves. Known as spring ephemerals, they can benefit from the rich soil in shady depths of deciduous forests, so long as they get a head start on the trees. Flowers bloom, leaves unfurl, bees hum, ants crawl, seeds are set, photosynthesis produces sugars, and then—just as the tree leaves above are reaching their full potential and shade—the ephemeral leaves melt back into the duff.

All summer, fall, and winter, the sugars that the spring ephemerals raced to produce are stored as carbohydrates (complex sugars) in starchy roots. Burrow your finger into the soft soil near any of these plants, and you will soon pull out a small white tuber or thickened rhizome. This stored energy allows spring ephemerals to get a head start on the tree leaves each spring, and then rush to replenish their pantry for next year.

After Professors Flower Symmetry, Marsh Marigold, Cherry, and Black Ash had taught each of



In just two days, large-flowered bellwort blooms went from being a rarity to an abundant flower on the forest floor.



Wild oats is a spring ephemeral wildflower who races the tree leaves for sunshine each spring.

their peers, we continued up the trail to find carpets of spring beauty, bellwort, Dutchman's breeches, cut-leaved toothwort, trilliums, and wild ginger. At the top, we gazed across the tops of trees, their leaves practically growing as we watched. Even though I wish my beloved spring ephemerals could last longer, each spring I also cheer them on in their race against leaf-out. In many ways, the speed of spring is what makes it such an amazing season!

Emily's award-winning second book, *Natural Connections: Dreaming of an Elfin Skimmer*, is available to purchase at www.cablemuseum.org/books and at your local independent bookstore, too. For more than 50 years, the Cable Natural History Museum has served to connect you to the Northwoods. The Museum is open with our brand-new exhibit: "Anaamaagon: Under the Snow." Our Summer Calendar of Events is open for registration! Follow us on Facebook, Instagram, YouTube, and cablemuseum.org to see what we are up to.



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Enbridge announces new Ecofootprint Grant recipients

Submitted article and photo

In celebration of #EarthDay and the people and communities across the Line 5 Wisconsin Segment Relocation Project area, Enbridge and its partner Lumberjack RC&D announced today Ecofootprint grant awards in support of conservation work by northern Wisconsin organizations.

Ecofootprint is a two-year, \$500,000 grant program created in 2023 by Enbridge to support environment restoration and improvement projects in northern Wisconsin across Ashland, Bayfield, and Iron counties as well as the Bad River Band of the Lake Superior Tribe of Chippewa and the Red Cliff Band of the Lake Superior Tribe of Chippewa.

Last year during the first round of funding, \$150,000 was granted to the Bayfield County Barrens Project and the Cranberry River Fish Passage Project. Today we're pleased to announce the second round of grants totaling \$350,000.

• Lake Superior Watershed Project – Sponsored by the Bayfield County Forestry Department, funds will be used to develop stream crossing survey protocol, survey stream crossings on Bayfield County Forest lands and develop a priority list for repair. The priority list will inform budgeting and repairing stream crossings. This project will reduce sediment entering the Lake Superior Basin and create better quality habitat for wildlife. The department will then be able to share the procedures developed. Ecofootprint is proud to help projects that create this type of resource-sharing.

• Tyler Forks Stream Crossing Project – Sponsored by Iron County Land and Water Conservation Department, this project will rebuild a failing culvert over a class

II brook trout stream, creating lasting habitat and reducing sediment entering the Bay. This is one of the last and the largest stream crossing projects in the Town of Anderson and because of that, it has been set aside due to funding. With Ecofootprint's help, this shovel-ready project is set to be completed by September of this year!

• Mackey Wetland Enhancement Project – Sponsored by Bayfield County Land and Water Conservation Department, this project would rebuild ponds on private forest land being choked by cattails and reed canary grass. The property owner has agreed to use the site as a demonstration area for local students and participate in spring waterfowl surveys. Multiple other small wetland complexes nearby, and the Fish Creek sloughs, will enhance habitat and breeding for migratory waterfowl and native shorebirds and slow the flow of runoff into South Fish Creek and Chequamegon Bay.

• Iron River Community Forest – Sponsored by Landmark Conservancy, funds will be used to help secure this 860-acre parcel in perpetuity for public use. Once secured, the property will be owned by Bayfield County and become a County Forest. Protection of the property brings assurances by both Landmark and the property owners that the forest will be properly maintained and managed, wildlife habitat protected, and the public continues to have access to this pristine property. Ecofootprint is proud to be part of preserving this unique property and notes that it provides desired connectivity to managed lands nearby such as state natural areas, Red Cliff Tribal lands, and county forests.

To administer Ecofootprint, En-



Photo by Heather Palmquist. The Tyler Forks Stream Crossing project will be rebuilding a failing culvert over a class II brook stream, where you will find brook trout seen above.

bridge has partnered with Lumberjack Resource Conservation and Development Council, Inc. Lumberjack RC&D is a ten-county, conservation nonprofit in northeastern Wisconsin which, through its own community conservation grant program, has distributed more than \$1.2 million to over 100 conservation projects in the past 20 years. To learn more about how all the projects are progressing, visit the Enbridge Ecofootprint Grant or Ecofootprint Grant (lumberjack-rcd.org)

Ecofootprint grant awards were selected from among applicants by a panel of ecology, conservation, and philanthropy experts according to the following program priorities:

- Improving and/or protecting surface water and/or groundwater quality in watersheds crossed by project.
- Advancing research and science related to threatened and endangered species and/or declining populations.
- Fostering environmental postsecondary education and stewardship.
- Improving research related to the transportation of crude oil as it relates to the environment.
- Focusing on environmental areas most relevant to local communities

For more information contact: Juli Kellner at Enbridge 218-461-7837 or Tracy Beckman at Lumberjack Resource Conservation and Development Council 715-369-9886.



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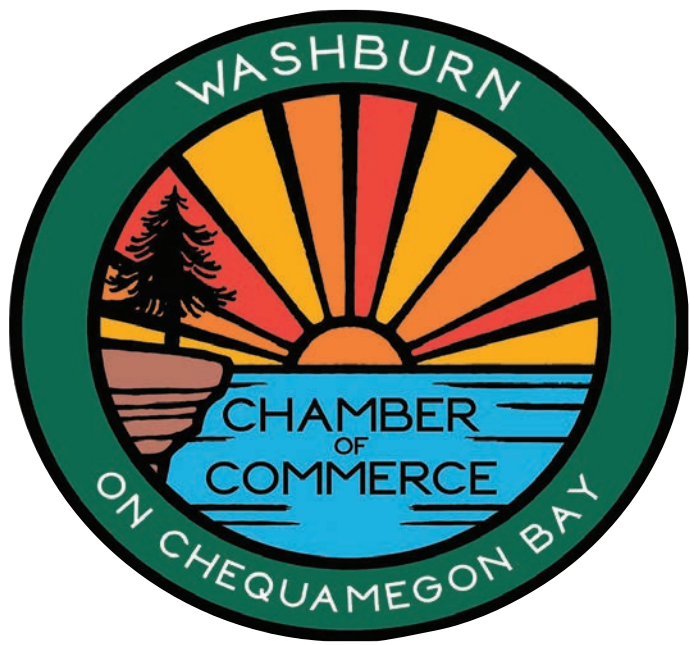
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- June 12: **James Shafstall** sponsored by Lakewinds Music
- June 19: **A Little Stitious** sponsored by Mission Springs Resort - Make Music Day, WI
- June 26: **Jazz on the Bay** sponsored by Quality Tree Service
- July 3: **Acoustic Relapse** sponsored by Visions First Realty
- July 10: **Sean & Ian Okamoto** sponsored by Wintergreen Remodeling
- July 17: **Scott Kever** sponsored by Bill's Collision Center
- July 24: **Bentley & The Deal** sponsored by Firehouse Bar
- July 31: **The Spellcasters** sponsored by Washburn Family Dentistry
- August 7: **Deja Bleu** sponsored by Maddie's Wardrobe
- August 14: **Strange Brew** sponsored by Napa of Ashland & Washburn
- August 21: **The Lords of Baltimore** sponsored by Washburn Iron Works
- August 28: **Groove Project** sponsored by Washburn Iron Works

Wednesdays: May 29-August 28, 2024 6-8PM
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Check the Chamber's Facebook page for changes or updates due to weather.

For more information about this event please visit
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Submitted photo. Nevah Gordon-Student Dance Instructor(left) and Kimberly Gurnoe-Native Expressions Program Assistant & Board Member (Right)

First of three 2024 100 Who Care events at the Backstage in Bayfield

Article by Madelaine Rekemeyer

NorthLakes Community Clinic, with the support of Lake Superior Big Top Chautauqua-part of Ashwabay Alliance, hosted its first of three 2024 100 Who Care Ashland & Bayfield Counties events at The Backstage in Bayfield. The 125 members nominated Arts*History*Literacy* and Museum category 501c3 organizations. The top three organizations were Native Expressions Dance and Drum Troupe, Lac Courte Oreilles Ojibwe Public Broadcasting Corporation (DBA as WOJB Radio), and The StageNorth Groundlings.

At the April 22nd gathering, the organization with the most votes

was Native Expressions Dance and Drum Troupe. They will receive over \$12,000. The mission of the Native Expressions Drum and Dance Troupe is to help create a positive self-image amongst the participants and to promote a message of global ecological conservation through the teaching and advocating of a conscious, holistic, and healthy lifestyle centered around the practice of Native American Dance, Song, Art, Language, and Culture.

We congratulate the other top nominees, WOJB, for their purpose of participating in, reporting on, and reflecting upon all aspects

of life in northwestern Wisconsin. If the station had been chosen, the funding would have been used for its greatest expense, payroll, followed by its utility payments.

In addition, The StageNorth Groundlings was one of the top nominations again. Stage North Groundlings is a transformative theatre company that uses performing arts to enhance the quality of life for residents in the Chequamegon Bay area. They are 100% patron and donor funded. Operating out of StageNorth Theater in Washburn, WI, they produce plays and learning opportunities for people of all ages. The funding would be used for the tuition-free summer kids camp and tech classes to train people to run the lighting and sound.

The 100 Who Care Ashland & Bayfield Counties is a giving circle. Each member learns more about local organizations and then nominates one organization under the three broad categories of arts, environment and social services. There are three gatherings in twelve months. At the gatherings, the leading organizational nomi-

nees give a five-minute talk. After the presentations, the members vote. The organization with the most votes receives the collective funds of over \$12,000. This gift is made possible by each member donating \$100. The premise is that many times we donate \$100 here or there, however the larger collective funds bring change.

For many of our seasonal neighbors, who are returning and would like to give to the community in an impactful way, or year-round neighbors, who would like to learn more about the work of local non-profits, please consider joining the 100 Who Care Ashland & Bayfield Counties Chapter. We also encourage donations to the other leading arts organizations. Please reach out to Madelaine Rekemeyer at mrekemeyer@nlccwi.org.



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