

## The Bayfield Study Circle

*The Bayfield Study Group*, which has met at the Bayfield Carnegie Library, is one of several groups in the Chequamegon Bay area which have studied the book, *"The Natural Step for Communities."*

This group of eleven women want to share – with Bayfield residents and visitors – their conviction that improvement in the way we choose, consume, and recycle the earth's precious resources is the responsibility of each of us.

As consumers, the Study Circle believes that a source for information covering selection, safety, quality, correct use and disposal of household products would assist every household in making important changes to help save the earth. Accordingly, they offer this little booklet as a beginning guide to earth-friendly living, product and lifestyle choices.

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### ***And thanks to the other members:***

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special study circle.

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*in-kind donation*

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# Earth Care

CHOOSE, CONSUME, RECYCLE

Free!

Living  
A Sensible Life  
in Bayfield

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## Introduction

“*Waste-not, want-not.*”

Remember that challenge from Grandmother as we yanked six sheets off the paper towel roll when one would have finished the job? Until the middle of the last century, *waste-not, want-not* kept a balance between people’s needs and the earth’s ability to supply those needs.

That balance faltered when World War II released our scientific and industrial capacity to supply all sorts of real and imagined needs and wants. If natural products developed too slowly to fill needs, synthetics and imitations enlarged the supply. Advertising succeeded in turning the exploding population into a consuming one.

The economy boomed as the pattern of develop-purchase-use-discard continued.

For many years, scientists who study our earth have been expressing concern about the increasing imbalance in the earth’s systems which keep our lives functioning. We are beginning to see and feel their predicted changes. Weather patterns include more violent storms; glaciers are melting, causing floods; soils require more fertilizers, and still foods lack their natural, normal nutrients. It is time to pay attention and take action to save our natural earth.

Waste-not, want-not is still basic. We should add: *purchase carefully – recycle.*

## Household

Cleaning products used in today’s household are laden with harmful chemicals that then become deposited back into the earth, polluting water and soil with their toxins, and making their way into the human food chain.

Below are a few simple alternate ways to keep the household clean – and safe - from harmful chemicals.

- Use boiling water weekly to flush drains and avoid clogs.
- Use olive oil to lubricate and polish wood furniture. (3 parts oil/1 part vinegar).
- Toothpaste (plain white) cleans silver and can remove water stains on wood. Dab on, allow to dry, wipe off.
- White vinegar cleans linoleum floors and glass when mixed with water and a little liquid soap (castile or vegetable), cuts grease, removes soap scum, and cleans toilets. Pour down drain once/week. Add to water and spray for mold.
- Clean microwave oven: mix 3-4 tablespoons baking soda with water.
- Sprinkle dry cornstarch on rugs or upholstery and then vacuum to clean.

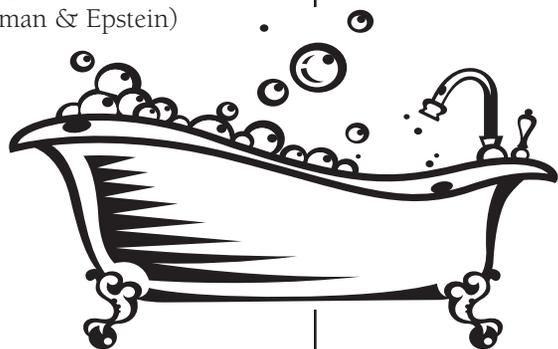
- Baking soda is an effective cleaner on glass coffee pots and glassware. Make a paste with liquid soap and a drop of fragrant essential oil to clean sinks, countertops, tubs, and toilets. Pour one cup down the drain to clear a clog, then add three cups hot water.
- Potatoes halved can remove rust from baking pans or tinware! Follow with a salt scrub or dip potato in salt before scrubbing.
- For cleaning your oven, scrub with paste of baking soda and water; follow with steel wool (non-soap kind) scrub.
- Removing spots: Soak in club soda; apply mixture of corn meal and water, then rinse with lemon juice before laundering.

#### RESOURCES

*Clean and Green*  
(Library Journal, 1990)  
Annie Berthold Bond

*How to Clean with Five Basic Tools*

*The Safe Shopper's Bible*  
(1995, Steinman & Epstein)



## Healthy Family

There are many publications on subjects related to creating a safer and healthier family environment. *University of Wisconsin, Extension Cooperative Services* provide an extensive number of brochures and publications, available at the Bayfield County Extension office in the Washburn Courthouse or by downloading them at: [www.uwex.edu/ces/pubs](http://www.uwex.edu/ces/pubs).

PUBLICATIONS CAN ALSO BE OBTAINED AT:

*Cooperative Extension Publications*  
30 N Murray Street, Room 245  
Madison, Wisconsin 53715  
608-262-3346.

*Additional information is available on County hazardous waste disposal and alternatives to chemicals found in air fresheners, batteries, drain openers, floor cleaners, furniture polish, insecticides, metal polishes, oven cleaners, paint remover, pet products, rug cleaner, shoe polish, toilet and window cleaners.*

## Food

Choice of food has many health consequences. Best choices include: 1) grow your own or buy locally-grown produce; 2) when possible, choose organic food products.

#### BUYING LOCALLY-GROWN FOOD

**Bayfield's Farmers' Market** is held each Saturday morning (9-12) from mid-June through September. Many of the farmers selling produce practice organic methods. The market operates in *Maggie's Restaurant* parking lot, at 257 Manypenny Avenue.

Additionally, the addresses and telephone numbers of local orchards and farms are listed in **Bayfield Visitor's Guide**, published by the Bayfield Chamber of Commerce. The Chamber also posts weekly information on which produce is ripe for picking. Both already-picked and pick-your-own fruits and vegetables are available, along with local honey, maple syrup, jams, jellies and cider. Calling the local orchards or farms will give you their picking schedule, and the farms post signs of what is ready for harvest.

#### FOOD WITH "ORGANIC" LABEL

Organic farmers agree not to use toxic pesticides, chemical herbicides or chemical fertilizers. Farms must be re-certified each year.

#### ORGANIC PRODUCE IN BAYFIELD

*Andy's Grocery Store* and *Wild by Nature* (both on Rittenhouse Avenue) stock organic products. Local farms also cooperate with groups who buy produce once per month in bulk, sharing the produce that is available.

#### HEALTH-CONSCIOUS PRODUCTS SOLD LOCALLY

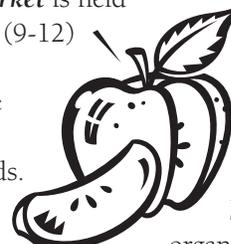
*Andy's* cooler is stocked with lettuce, vegetables, some fruit juices, and soy products. *Wild by Nature's* produce is 90-95% organic. Sodas are all natural and fruit juices are sweetened naturally. Ready-made sandwiches and baked goods, and an array of organic cosmetic and personal items also are available.

#### PURCHASING COW'S MILK AND MEAT THAT IS NOT TREATED WITH HORMONES

*Andy's* carries *Kemps Select* milk, from cows not treated with rbST (hormone). All the meat that is cut and packaged at *Andy's* is "all natural, minimally processed, with no added ingredients".

#### PRICE OF ORGANIC FOOD VERSUS OTHER FOOD

Samual Fromartz, author of the book **Organic, Inc.**, said: "It's a good value for personal health reasons alone. But the organic concept is bigger than that. It's about the farm, the animals, the people, the environment. And in my view, the idea that your own health is connected to the world is a powerful idea."



## Reusing and Recycling

*Reusing and recycling keeps useable items out of landfills, provides economic alternatives for new items, and reduces the pressure on a stressed ecosystem.*

Our ecosystem is stressed through the ever-increasing extraction of earth materials for production of building products, clothing, cars, gasoline, and other implements of daily life.

By thinking about items we plan to discard and consider alternative uses for them, we can, as individuals, lessen the negative impact on our environment. We do this by reusing rather than consuming new things that take more from the earth. We also do this when we recycle an item to be used as a new material for something else. Less is taken from our fragile, precious ecosystem, and less “trash, junk, and toxic materials” are discarded back into this ecosystem, reducing possible toxicity and unnecessary use of landfills.

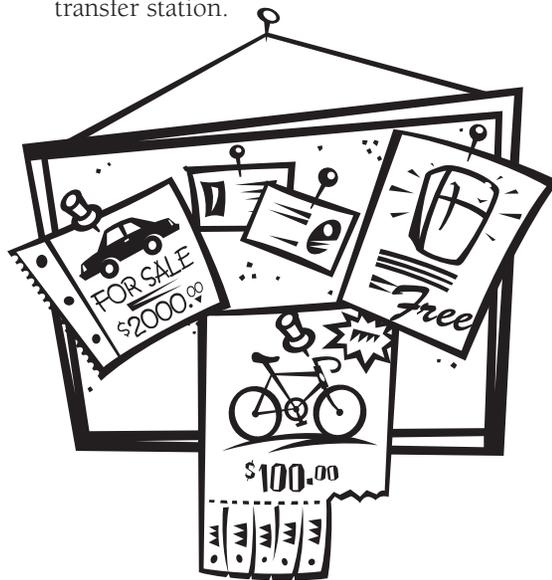
The goal of reusing and recycling is to reuse every bit of what is extracted from the earth so that more is not taken, slowing down tremendously the use of additional natural elements.

HOW TO REUSE USEABLE FURNITURE, CLOTHING, HOUSEHOLD ITEMS, YARD IMPLEMENTS, AND CONSTRUCTION MATERIALS

- Advertise “free” items in local newspaper or shopper publication;
- Use the free-cycle site: [www.freecycle.org](http://www.freecycle.org).
- Hold a yard sale. Place a “free” sign for your giveaway items in your yard.
- Donate to local charitable groups and religious organizations.

HOW TO RECYCLE PAPER, PACKAGING MATERIALS, HOUSEHOLD PRODUCTS, GLASS, PLASTIC, CLOTHING, LINENS

- Visit your local transfer station to recycle paper, plastic, glass, aluminum and newspaper.
- Take used motor oil, used filters, antifreeze, fluorescent bulbs, batteries (vehicle, rechargeable, Nicad, lithium, mercury), and scrap metal to the same transfer station.



## Composting

The magic of composting recycles yard waste and food waste into a nutrient rich fertilizer or mulch for lawns and gardens. Several different methods will turn waste into a useable product. A simple four-sided wood or wire enclosure will hold a collection of leaves, clippings, kitchen scraps. The sun’s warmth, plus moisture and frequent turning or forking of the pile will change it to rich fertilizer over a period of weeks. More elaborate completely enclosed instruments are available on the commercial market.

Vermin-composting (often referred to by those who practice this method as “my worms”) is an easy way to turn food scraps into garden fertilizer. Red worms, confined in a simple bin, eat food scraps which then become worm-castings, a fine fertilizer.

Avoid composting outside in early spring, to avoid invasions by area bears.

Specific information on how to proceed is available through the *University of Wisconsin Extension Service*, Bayfield County Courthouse, 715-373 6104. Ask for bulletins numbered 468-*Compost: an overview*; and 316-*Compost: a sample of techniques*.

- Pay a small fee at the transfer station to drop off tires, appliances and electronics.

Most recycled materials are sold to recycling companies who make usable paper, plastic, and metal from them. The manufacturer can use these materials in making more usable products without ever having to take more from the earth.

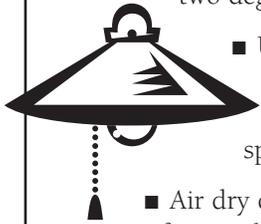
- Drop off used clothing at thrift shops or benefit rummage sales.
- Donate old blankets and towels to the *Chequamegon Humane Association*, Ashland. They also collect used cell phones, which are disassembled and recycled for parts.
- Donate magazines and unwanted books to the library for their collection and benefit book sales, or to friends or family.
- Donate useable oil or latex paint to the *Bay Area Paint Exchange* at 715-682-8438.
- Drop off hazardous materials at *Clean Sweep* programs sponsored by the UW Extension at 715-373-6104.
- Recycle old reading glasses – donate to Lions Club.
- Recycle printer ink cartridges – at office supply stores or collection centers.

*Think reuse – Think recycle.*

## Energy

Practically everyone wants to save money, whether it is by clipping coupons, buying items on sale, or shopping at thrift stores. The following are tips on how to save money on energy bills, taken from a flier from the Wilderness Society.

- Plan errands efficiently to limit miles in the car.
- Drive sensibly; aggressive driving (speeding, rapid acceleration, rapid braking) wastes fuel.
- Set home thermostats down – even one or two degrees makes a difference.



- Use compact fluorescent light bulbs. Local hardware stores have specials on these.

- Air dry dishes instead of using dishwasher drying cycle.
- Lower temperature on hot water heater to 120 degrees. Look for water heaters with two elements, so that only one is used unless more water is needed. Small under-sink water heaters save energy also.
- Take short showers instead of baths.
- Wash only full loads of laundry and dishes.
- Look for the *Energy Star* label on home appliances and products.
- Car pool, take public transportation, bike or walk whenever possible.

For other tips see [www.focusonenergy.com](http://www.focusonenergy.com).

For energy audit information call WECC: 800-762-7077.

## Transportation

Our lives are consumed by the effects, both direct and indirect, of oil and gasoline consumption. Use of these materials allows unlimited travel, and it also has created pollution, depletion of vital resources and even wars. In response to this crisis in transportation consumption, countries worldwide are revamping modes of transportation. Here are tips to deal with day-to-day transportation considerations:

### ENVIRONMENTALLY-FRIENDLY FUELS

Buy or lease a vehicle that uses environmentally friendly fuel. If this is not possible, at least use one that has VERY good mpg.

### PUBLIC TRANSPORTATION

Familiarize yourself with public transportation options. *BART (Bay Area Rural Transportation)*, in the Chequamegon Bay area, is fun, very affordable with several payment plans, and currently has six round trip runs per day (every two hours) between Red Cliff and Odanah. Study the schedules, do some “bus hopping” and you will be

pleasantly surprised to see where the two buses will take you, and how friendly and helpful the drivers are. Schedules are available at Carnegie Library and Bayfield Chamber of Commerce.

### PLAN TRIPS IN ADVANCE

Take a friend shopping with you and share the transportation cost. Remember, too, that WALKING is the best and cheapest exercise, can improve health, and costs nothing! If you MUST drive to downtown Bayfield, park in a convenient area and then WALK while you do errands. (Your waistline, hips, and the environment will thank you!)

### ELIMINATE UNNECESSARY TRIPS

Do not drive excessively, and encourage city government to eliminate unnecessary driving of city vehicles. Replace bad habits with better ones. Even a SMALL change can make a big impact on our local “world” if many people are making that one, small change.

### RESPECT OUR HOME AND PLANET

Remember that this is the only world we have! It is up to all of us to take good care of it, not just because it is a precious gift, but because we want to make up for some of the damage societies have done to it while there still is time to do so. It is the least we can do for our children, and for all who will live in this wonderful world after we are gone!

## Rain Gardens

*Bayfield lends itself as a perfect setting for developing rain gardens.* Flooding and drainage have been important considerations in the community since before the famous flood of 1942. Additional damming and ravine maintenance helped with water runoff and groundwater flow. Within one’s own home site, additional measures, such as rain gardens can help in flooding and drainage problems.

One other major measure is to use permeable driveway covering (i.e. crushed rock rather than



pavement), which holds groundwater on the site, rather than creating a surface for it to flow through yards causing flooding and erosion.

Rain gardens help hold water in place during storms, allowing increasing amounts of water to filter into the ground, recharge ground water and reduce the amount of pollutants washing into lakes and streams. Bayfield and surrounding communities have major groundwater systems that reduce the amount of pollutants going into Lake Superior. Individual home owners can enhance this system by slowing their yard and garden runoff.

A few simple steps required to develop a rain garden will hold water in the garden during a heavy rain, allowing the water to gradually soak into the ground. These gardens, that are filled with native plants, also become attractive areas of landscaping in home yards, inviting birds, butterflies and other wild species.

For additional information on rain gardens, contact University of Wisconsin-Extension office or area Wisconsin DNR office and ask for "Rain Gardens: A household way to improve water quality in your community."



## 10 things you can do *right now* to live more sensibly

- Read labels before you buy.
- Purchase locally to avoid shipping waste (cardboard, plastic, etc.).
- Buy locally-grown produce; grow your own.
- Walk, share rides, use public transportation.
- Buy from and give to thrift shops and resale shops.
- Turn off car – no idling when unattended; follow routine car maintenance.
- Use rain barrels to collect rain water; drop of oil on surface prevents mosquitoes.
- Use recyclable shopping bags.
- Acquaint self with virtues of baking soda and vinegar as cleaning products.
- Recycle unused paint. Bay Area Paint Exchange: 715-682-7061 or 715-682-8438.



## References

- The Natural Step for Communities*  
Torbjorn Lahti and Sarah James  
New Society Publishers  
Gabriola Island, BC, Canada. 2004
- University of Wisconsin-Extension, Extension Publications*  
45 N. Charter St.,  
Madison, WI 53715  
608-262-3346  
toll free 877-947-7827, or from your Wisconsin DNR area office
- Bayfield County Department of Natural Resources*  
715-373-6104 (Washburn)
- Sigurd Olson Environmental Institute,*  
715-682-1223
- Alliance for Sustainability*  
Sustainable Bayfield Study Circle  
715-779-3865.