

NORTH SHORE JOURNAL

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Christine Mallory, Editor

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Cooter Tonder and Friends Art Tour

By Kitty Mayo

Believe it or not, the leaves have already started to change, and around these parts that signals the start of art tour season. For the second year, Cooter, Tonder and Friends are on the map with their presentation of art in artists' quarters in Two Harbors.

Beginning in 2017 the Cooter, Tonder & Friends art tour event broke out onto their own, adding another great opportunity for art lovers to take a rambling drive in the countryside with art as their destination.

Along with visiting the homes of Debbie and Dick Cooter, and Jody Freij-Tonder and Michael Tonder, visitors have the chance to view the work of 13 other artists from the region. Debbie and Dick will share their pottery and handweaving, and Jody and Michael their glassworks in recycled glass jewelry and glass sculpture.

New this year to the Cooter, Tonder and Friends tour are Cheryl and Bob Husby of Du-

luth. The Husby's have many types of art that they excel at, but they are best known for their pottery.

The Husbys started collaborating together about 30 years ago, featuring a signature pottery that is white porcelain with a black glaze. Working as a team, Cheryl says is not for every couple, but one that works well for them.

"One of us starts with an idea, and the next one picks up from there. Whoever is in the studio thinks of something that is usually a series, and the next day the other one of us might come in and do the next step, adding parts, trim and decorating," said Cheryl.

The key, she says, is never to criticize anything the other does until it comes out of the kiln and is totally done. Most of the time, Cheryl says, they are both happy with the results.

Though an intense amount of work is needed to make their pottery, Cheryl says that keeping

prices accessible and their work functional is important to them.

"The idea of a small intimate thing that you have in you hand in the morning like a coffee cup makes you feel pretty connected to the potter as you are having your first cup of coffee," Husby said.

Debbie Cooter says that "Cooter, Tonder & Friends" has its own special take on a driving art tour in the area, with a primary focus on three-dimensional art.

"We want to promote 3D art where the hand of the artist touches each piece as it's made, and we think it's really important for artists to represent their own work," said Cooter.

While there are many venues for painters and photographers, Cooter says that there are fewer



Photo submitted by Cheryl Husby

for those whose art is a craft. Cooter says that over recent times in the art field there has been a loss in emphasis on craftsmanship.

"People are becoming less familiar with how to make things, and it's an important process that helps us think and develop our brains," said Cooter.

The event will run on September 28th, 29th, and 30th, from 10:00 am to 6:00 pm each day. Get more information about featured artists and directions at the facebook page: Cooter Tonder and Friends Art Tour.

You are Invited to the New Memories Cafe

By Kitty Mayo

For the last six months Community Partners in Two Harbors has been hosting the New Memories Cafe, welcoming older adults and their families, or friends to socialize in a supportive environment.

"This has been a successful pilot program that has allowed us to create a safe social/educational gathering for people living with memory loss or dementia, and their care partner," said Taylor Holm, Executive Director at Community Partners.

The pilot project was funded by a grant through this Fall, and has proven to get a great response with engagement from both participants and volunteers.

"We are looking to engage some more volunteers and excite more participation in order to help keep this program running," Holm said.

Started in the Netherlands over 20 years ago, memory cafes came to the States about a decade ago, and there are currently almost 20 memory cafes in Minnesota.

Designed to be a place to

relax and have fun, memory cafes are often visited by people who have dementia, Alzheimer's or any kind of memory issue, or cognitive impairment at any stage and their families. However, no diagnosis is asked for, and visitors to the cafe don't come there to vent or confront their problems, they are there to just have a nice time in a safe and welcoming environment.

Volunteers are the power behind the fun, and according to Holm, more people pitching in are needed. Everyone in the community is invited to attend, and if you are considering becoming a volunteer for the New Memories Cafe you are most welcome to attend the next date.

Linda Kinnunen, caregiver consultant at Community Partners, says that variety has generated ongoing interest in the cafe.

"People really like it because it's different every time, and it's interactive. The other part is it's fun with lots of laughter. We don't even talk about dementia of whatever issues, we really want it to be a social event that is

comfortable," said Kinnunen.

With music, and even watercolor painting lessons in the mix, Kinnunen says the favorite activity so far has been Norwegian Bingo, a lively group card game with lots of laughter.

"It's important for everyone to have fun, including people with memory changes and their caregivers. It's re-energizing, and makes you a happier, healthier person," said Kinnunen.

New Memories Cafe will next happen on Wednesday, September 19th from 1:00 to 3:00 pm. This memory cafe is held on the third Wednesday of each month, and this month will feature some interesting sharing by a light-house keeper, music by DJ & The Cafe, gospel music and a sing-a-long.

Join the fun at the Two Harbors Community Center at 417 South Avenue. Open to the public and free of charge (donations welcome), give Linda a call for more information if you are interested in attending at: (218)834-8024.

St. Luke's Offers Flu Shots at Primary Care Clinics

Duluth, Minn. - From now through November, flu shots are available at St. Luke's primary care clinics during regular clinic hours. To make it convenient to receive the vaccination, anyone may call to schedule an appointment during clinic hours or receive the flu shot during a previously scheduled appointment.

Each year about 1 in 5 people will get the flu and more than 200,000 hospitalizations result from flu-related complications. With the influenza virus circulating at a higher rate than normal during the flu season, receiving the flu vaccination is the best way to reduce the risk of contracting the flu virus and spreading it.

"There's no way to predict the effectiveness of the annual vaccine in advance, but even if it's modest, it saves lives," Dr. Andrew Thompson with St. Luke's Infectious Disease Associates said. "It may seem too early to get vaccinated, but it's not. It's critical that everyone receive a vaccine before the flu starts circulating."

The flu strain is different every year and it affects people differently. Even healthy people can get very sick from the flu and spread it to others. The Centers for Disease Control recommends that everyone starting at the age of 6 months receives a flu vaccination.

Flu shots are covered by almost all insurance plans and Medicare. To find the St. Luke's primary care clinic closest to you for your flu shot, visit: www.slhduluth.com/primarycareclinics.