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Dear HCE Members,

As we eagerly look forward to Spring, and the warm weather and new growth that come with it, we are thankful to have been blessed with a mild winter, (with lots of snow), so it will be an interesting growing season.

It was nice to see a fairly good attendance at our February Valentines/Pizza Party Meeting in spite of the chilly temperatures. If you weren't there you missed a fun time. Thank you to everyone who attended, and to all those who helped provide games and prizes.

Please take note of upcoming events, meetings and informative programs offered by Live Sustainable and UWEX. Attending these programs, etc. all count as volunteer hours for "The Impact of HCE" to record on the form enclosed in this newsletter. The "HCE Healthy Lifestyle Survey" form may also help you record your daily exercise to keep active with HCE. These completed forms can be given to your club president to be returned to Sue Hass no later than June 3, 2020. There is a place in our program books to record our volunteer hours. Let's see if we can total up a LOT of hours.

The information for the "Cultural Art Show" categories is in here for any member to choose and enter in our Cultural Arts Judging Event on July 6, 2020 at 9:30 am in room 156 at the Lincoln County Service Center. The articles must be judged here to be eligible for the WAHCE Cultural Art Show at the State Conference, September 21 through 23, in Hudson, WI. For any questions, please contact Darlene Bade.

Information for the Spring Association Meeting and the June Picnic are elsewhere in this newsletter. Let's all invite friends or new acquaintances to our events and programs. Spread the word about HCE to increase our membership. Without "new blood" HCE will NOT survive.

Sincerely, Susan Hass, Lincoln County HCE President

The hum of the bees is the voice of the garden.



Elizabeth Lawrence

Calendar of Events

March:

No HCE Executive Board Meeting this month

April:

- 2** Live Sustainable Meeting-Lincoln County Service Center-Rm 156
- 9** HCE Spring Association Meeting-Lincoln County Service Center-Upper Level Rm 247/248
9:30 a.m.—Program—"Growing and Cooking with Herbs"
Debbie Moellendorf and Dan Marzu
Coffee and Coffee Cake
10:30 a.m.—Spring Association Meeting
Coffee and Potluck Lunch (Bring dish to pass)
Pennies for Friendship will be collected at this meeting.
- 22** Central District HCE Meeting hosted by Lincoln County at Lincoln County Service Center
Please not

May:

No HCE Executive Board Meeting this month.

- 7** Live Sustainable Meeting-Lincoln County Service Center-Rm 156

June:

- 3** "Impact of HCE" and "Healthy Life Style" survey forms due to County President, Susan Hass.
- 4** Live Sustainable Meeting-Lincoln County Service Center-Rm 156
- 11** HCE Executive Board Meeting
10:00 a.m. with picnic following at 11:00 a.m. Stange's Kitchenette Park
(If inclement weather: LCSC, room 247/248)
Hostesses: Pine River
- 14** June Dairy Breakfast at the MARC (NO Raffle Fundraiser this Year)
- 15** Communicator articles due.

July:

No HCE Executive Board Meeting this month.

- 2** Live Sustainable Meeting-Lincoln County Service Center-Rm 156
- 3** Watch for the communicator in your mailbox.
- 6** HCE Cultural Arts Judging Event—9:30 at Lincoln County Service Center, room 156
- 15** Fair Entries are due to the Lincoln County Fair Office via mail with fees (if any)

*Save
the
Date*

2020 WACHE Conference

September 21 — 23, 2020

Hudson, Wisconsin

HCE 2020 Vision — celebrating 80 Years!

Central District Spring HCE Meeting

Wednesday, April 22, 2020

Lincoln County Service Center, Merrill, WI

Hostesses: Lincoln county HCE

***Blooming* with HCE!**

Bird Feeding Habitat Strategy

If birds find a relatively safe habitat with fresh food and water, chances are they will come back – frequently. The best way to attract a variety of birds is by providing the following four elements to create a habitat that will attract them:

Food: Provide different types of bird feeders, offering a variety of foods and placing the bird feeders where birds prefer to feed. Birds that prefer to feed on the ground are referred to as ground-feeding birds. Other birds that like to cling or hang while feeding prefer to feed from elevated feeders.

There are many varieties of specialized bird feeders available, but most fall into three basic categories:

- Ground-feeding trays or platform feeders.
- Elevated feeders such as hopper feeders and tube feeders.
- Suet feeders.

By providing bird feeders that recreate the natural feeding preference of birds, you will attract a greater variety of birds to your backyard throughout the year. You can provide fruit and nectar feeders for nectar eating birds. You can add suet feeders for insect eating birds. Peanut feeders will attract a variety of birds such as titmice, nuthatches and woodpeckers.

Shelter: Birds need protective cover just like people need the shelter of a house. Cover can be provided in many forms such as special plantings, hollow logs, and brush piles. Plants that bear a fruit for food are the best. The ideal bird habitat would include plants ranging in size and density from small evergreen shrubs to tall, full-grown trees. This variety will provide birds a choice for feeding, hiding, courting and nesting.

Water: Water is important for the survival of birds in the summer and the winter. Birds need a dependable year-round water source for drinking and bathing. Water can be supplied in a bird bath, small pool, recirculating waterfall, shallow dish or from a dripping hose.

Places To Raise Young: With more and more destruction of the natural habitat, many birds are having trouble finding places to nest. By providing nesting boxes, you will encourage birds to raise their young in your backyard and stay in your area all year. You'll enjoy watching the family life of birds while providing the badly needed shelter.

**Lincoln County Association for Home and Community Education
February 14, 2020 Executive board meeting**

Meeting Called to order at 9:40 am, opened with Creed I

Sign in sheet sent around

Spring association meeting is April 9 in room 247-248

Program ideas from Debbie Moellendorf— herb program with Dan Marzu

Refreshments: Coffee Cake: Leone and Darlene

Coffee & Creamer: Sue

Juice: Lois

Potluck Lunch

Treasure Report. Need to send in update renewals.

Advisor Report:

- StrongBodies — 110 people involved between Merrill and Tomahawk
- Strengthening Families program starting March 4th, 7 week program
- Medication Lock boxes available and collection kits. Passed out card on free medication drops

Culture Report

Darlene, think about projects

Scholarship Report

- Got in contact with councilor at Merrill Senior High
- Application due end of February.

County By-Laws

- Minor changes made, need to review.
- Copies will be available for Spring Association meeting

2020 WAHCE Conference (September 21—23)

- Lincoln County signed up to do folders

Spring District Meeting, April 22 — Lincoln County HCE hosting

- Welcome from Art Lersch
- Sue will do county invites with Kathy
- Food: Sue and Lorene will go the Ballyhoos or Hugo's to contract for April 22. Must keep under \$15 per person
- Speakers: Crime Stoppers & Scammers (DADCAP) program
- Theme: "Bloom with HCE"
- Plant seeds in paper cups for each table (cups form Lois)
- Table clothes
- Name tags: Sue and Janne will make
- Lorene has folders already
- Need to include: note pads, pencil or pen, program, Merrill booklets
- Registration: Lois, Kathy and Lorene
- Deadline: April 1st

Fund Raisers in 2020 ideas:

- Farmers Market: 2 bake sales (Customer Appreciation Day)
- Card party or bingo
- Bake sales: 4th of July at Fairgrounds or Labor Day
- Raise County dues by \$1.00 for 2021

Kathy will not renew raffle license for 2020

Meeting adjourned



At the HCE Executive Board meeting members filled 26 Personal care bags for Haven.

These personal care bags have necessary items (toothbrush, tooth paste, soap, shampoo, Kleenex, etc.) for anyone who arrives at Haven without them.

Small considerations, such as this, make hard times bearable.



Great opportunities to help others seldom come, but small ones surround us every day.



The Pine River HCE group made 6 quilts and 2 afghans and delivered them to Haven on February 7th. Included in the picture are: Cheryl Roets, Verdella Hackbarth, Beatrice Roets, Kathy Schiefelbein, Mildred Behm & Lois Oestreich, along with 2 Haven staff members. Audie Grawien helped with the quilts, but is not pictured.

We keep working on quilt making during the year and try to gift each year to Haven. One quite had received a blue ribbon at the Lincoln County Fair in 2019.



HCE HEALTHY LIFESTYLE



February 16 to May 9, 2020

Get moving and eat healthy with HCE members across Wisconsin. Please reply to this 4 question survey about maintaining your healthy lifestyle from February 16 to May 9, 2020

Name (optional) _____

County _____, Wisconsin

1. Which activities do you usually participate in weekly? Check all that apply.

☐ walking ☐ hiking ☐ running ☐ dancing ☐ bowling
☐ biking ☐ spinning ☐ yoga ☐ swimming ☐ Tai Chi
☐ Strong Bones or other exercise class ☐ exercise DVD
☐ Other (please list) _____

2. How many times a week are you usually active for ½ hour or more?

☐ 5 or more ☐ 3 or 4 ☐ 1 or 2 ☐ zero

3. How many ½ cup servings of fruits & vegetables do you usually eat daily?

☐ 8 or more ☐ 5 - 7 ☐ 1 - 4 ☐ zero

4. How much of your diet is raised, grown or made within 100 miles of you?

☐ Most ☐ About half ☐ Some ☐ Very little ☐ Unsure



Impact of HCE Member Contribution Report

Reminder: All Impact of HCE contribution reports need to be returned to Susan Hass by June 3. Thank you!

Please use the Member Contribution Report table to keep track of your HCE contributions to your community. Just record your hours at HCE events, fundraising for HCE, community outreach/volunteering, and the value of donations to HCE each month of the year, June through May.

Then total each month and the entire year within the four categories.

Reminder:

Return all surveys to County President Susan Hass by June 3rd!

HCE MEMBER CONTRIBUTION REPORT FOR JUNE 2019 THRU MAY 2020 (See reverse side for directions)

Club member's Name:

County:

Club:

| Event: Time spent in hours | June | July | August | Sept. | Oct. | Nov. | Dec. | Jan. | Feb. | March | April | May | Total Hours |
|-------------------------------------|------|------|--------|-------|------|------|------|------|------|-------|-------|-----|-------------|
| County HCE Executive Board Meetings | | | | | | | | | | | | | |
| County HCE Spring Event | | | | | | | | | | | | | |
| County HCE Fall Event | | | | | | | | | | | | | |
| County HCE Educational Sessions | | | | | | | | | | | | | |
| HCE Club Meetings | | | | | | | | | | | | | |
| HCE District Meetings | | | | | | | | | | | | | |
| HCE State Meetings | | | | | | | | | | | | | |
| Event: Total Hours | | | | | | | | | | | | | |
| Fundraising Activities: Time spent | June | July | August | Sept. | Oct. | Nov. | Dec. | Jan. | Feb. | March | April | May | Total Hours |
| | | | | | | | | | | | | | |
| | | | | | | | | | | | | | |
| | | | | | | | | | | | | | |
| | | | | | | | | | | | | | |
| Fundraising Activities Total Hours | | | | | | | | | | | | | |
| Community Outreach: Time Spent | June | July | August | Sept. | Oct. | Nov. | Dec. | Jan. | Feb. | March | April | May | Total Hours |
| Wisconsin Bookworms Reading Program | | | | | | | | | | | | | |
| | | | | | | | | | | | | | |
| | | | | | | | | | | | | | |
| | | | | | | | | | | | | | |
| | | | | | | | | | | | | | |
| Community Outreach Total Hours | | | | | | | | | | | | | |
| Donations: Estimated \$ value | June | July | August | Sept. | Oct. | Nov. | Dec. | Jan. | Feb. | March | April | May | Total Value |
| | | | | | | | | | | | | | |
| | | | | | | | | | | | | | |
| | | | | | | | | | | | | | |
| Donations: Total Estimated \$ Value | | | | | | | | | | | | | |

Medication Safety Tips



DOSE OF REALITY
PREVENT PRESCRIPTION PAINKILLER ABUSE IN WISCONSIN

- **Store all medications in a locked container** to help combat prescription drug abuse and prevent young children from getting into it (includes vitamins, eye drops and medicated creams).
- **Do not share your medication.**
- **Always follow your medical provider's instructions.**
- **Be a good role model with your own medication.**
- **Properly conceal and dispose of old or unused medication.**
- **Note how many pills are in a bottle or pill packet and keep track of refills.** If you find you have to refill a medication more often than expected, someone may be taking your medication without your knowledge.
- **Talk with your children about the risks of misusing prescription and over-the-counter medications.**



HEALTHY MINDS
LIVE WELL LINCOLN

[Learn More](#)

<https://doseofrealitywi.gov/>

Free Medication Drop Boxes in Lincoln County

Merrill Police Department

1004 East First Street • 715-536-8311
Monday - Friday, 8:00am - 4:30pm

Marshfield Clinic—Merrill

1205 O'Day Street • 715-539-0101
Monday - Friday, 9:00am - 5:00pm
Located in pharmacy • No holiday drop offs
Lincoln county residents only

Tomahawk Police Department

219 West Somo Avenue • 715-453-2121
Available 24/7 • Call to coordinate drop off
Located in lobby

Tomahawk Pharmacy

844 N. 4th Street • 715-453-6600
Monday-Friday, 8:30am - 6:00pm
Saturday, 8:30am - 12:00pm



Guidelines

- Bring medications in a Ziploc bag without any personal information on it.
- Do not bring needles, syringes, IV bags, or radioactive chemotherapy medications.



HEALTHY MINDS
LIVE WELL LINCOLN

**Wisconsin Association for Home & Community Education, Inc.
Cultural & Textile Arts Show
2020 Guidelines for County Chairs**



ALL items, including Bonus Category, must be pre-registered. Registration is due August 1, 2020. Any items NOT pre-registered will NOT be judged or displayed. Only one entry on each registration form. Send all forms together immediately after county show including written entries. A County may enter a total of 12 entries plus one Bonus Category 20. A county cannot have duplicate entries in any lettered sub-category. The County Cultural Arts Chair must include a self-addressed postcard or email address to verify receipt of registration forms. If you do not receive verification within three weeks, please call or email the WAHCE Cultural Arts Chair.

IMPORTANT: All entrants MUST sign the Registration form. Please read and sign below; entries will NOT be accepted if unsigned. Entrants will not hold WAHCE responsible for any loss or damage to any item submitted for use in the WAHCE Cultural Arts Show. Entrants give permission for their photo, photos of their entry, and/or print copies of their written entry to be used by WAHCE as seen fit.

All work must be done by entrant and completed after last year's county show. It must receive a first place at this year's county show or fair. All items must be clean or laundered or will be disqualified by the judge. Kits and patterns may be used as long as entrant does all the work. All easels must have securely taped label with name, county and district.

Color Coding of Registration Forms by Districts:

Central – White
Southeast – Green

Northeast – Yellow
Southwest – Orange

Northwest – Light Blue
West – Pink

Entry Day: Deliver items Sunday (9/20/20) from 7-9pm or Monday (9/21/20) 9-11:30 am. Judging will begin at 12:30PM. Members may view the show after the Monday evening activity until 10:30pm and during the day Tuesday, September 22, 2020. Hours on Tuesday for viewing will be announced or posted. Pickup times will be posted.

Send registration and written entries to: **Phoebe Shourds**, Cultural Arts Chairperson
401 State Hwy 65, River Falls, WI 54022
Email: pnepaulson@yahoo.com 715-821-1606 (c)

Contact Phoebe with any cultural arts questions.

Cut on the dotted line and send in the **SIGNED** completed Registration Form and Claim Check with both parts filled out. You will receive your Claim Check when you bring in the items.

2020 Registration Form

Category/Class (example 2D) _____
County _____ District _____
Name (print) _____
Address _____
City/Zip _____
E-mail _____
Phone # _____
Title or Description _____
Are you bringing an easel? Y or N

2020 Claim Check

Category/Class (example 2D) _____
County _____ District _____
Name (print) _____
Address _____
City/Zip _____
E-mail _____
Phone # _____
Title or Description _____
Are you bringing an easel? Y or N

Peoples' Choice # (Official use only) _____

Please read and sign: Entries will NOT be accepted if unsigned. Entrant will not hold WAHCE responsible for any loss or damage to any item submitted for use in the WAHCE Cultural Arts Show. Entrant gives permission for their photo, photos of their entry, and/or print copies of their written entry to be used by WAHCE as seen fit.

Signature: _____ County _____ Date: _____

Listing of entry categories is on the next page.

Wisconsin Association for Home & Community Education, Inc. Cultural Arts Show & Contest – 2020 Categories



1. Painting/Drawing

*Framed or Wrapped.
Easels must have securely
taped label with name,
county, and district.*

- A. Oil
- B. Acrylic
- C. Watercolor
- D. Alcohol Ink
- E. Other

2. Photography

*Photograph must be 8" x
10", unmatd only, in 8½" x
11" plastic. Framed
photographs be
disqualified.*

- A. Color–Landscape
- B. Color– Waterscape
- C. Color – Plants
- D. Color – Animals/
Creatures
- E. Color – People
- F. Color – Skyscape
- G. Black & white/sepia
- H. Other

3. Sewing

- A. Children's Wear
- B. Adult Wear
- C. Original Design
- D. Wearable Art
- E. Useful Item
- F. Purse or Tote
- G. Pillow
- H. Item made from
recycled materials
- I. Wearable Accessory
(apron, scarf, hat,
etc.)
- J. Other

4. Knitting

- A. Wearable Item
- B. Accessory (i.e., hat,
scarf, mittens)
- C. Afghan
- D. Other

5. Crocheting

- A. Wearable Item
- B. Accessory (i.e., hat,
scarf, mittens)
- B. Doily/Dresser Scarf
- C. Afghan
- D. Other

6. Hand Stitching

- A. Plastic Canvas
- B. Embroidery
- C. Cross Stitch
- D. Other

7. Craft

*Six (6) Cards without
envelopes MUST be
mounted as a group on a
flat sturdy display board
no larger than 14" x 22".*

- A. Cards–paper only-6
- B. Cards–mixed
media-6
- C. Scrapbooking
- D. Craft made from
recycled materials
- E. Handcrafted
doll/toy
- F. Glass craft
- G. Other

8. Heritage Skill

- A. Hardanger
- B. Tatting
- C. Woodworking
- D. Basketry
- E. Spinning/Weaving
- F. Felting
- G. Swedish Weaving
- H. Rug Making
- I. Macramé
- J. Quilling
- K. Other

9. Bed Quilt

*Larger than 60" x 80" or
4,800 sq. inches*

- A. Tied
- B. Hand quilted

Machine Quilted by You:

- C. Pieced
- D. Appliqued
- E. Embroidered

*Machine Quilted
Professionally:*

- F. Pieced
- G. Appliqued
- H. Embroidered
- I. Any other Bed Quilt

10. Lap/Baby Quilt

*Smaller than 60" x 80" or
4,800 sq. inches*

- A. Tied
- B. Hand-quilted
- C. Pieced
- D. Appliqued
- E. Embroidered
- Machine Quilted*
- Professionally*
- F. Pieced
- G. Appliqued
- H. Embroidered
- I. Any other lap quilt

11. Quilted Wall

*Hanging (with hanging
sleeve, NO frame) – One
(1) item only; no longer
than 50 inches*

- A. Hand Quilted,
fabric
- B. Machine Quilted,
fabric
- C. Other i.e., collage
of assembled
materials or mixed
media

12. Quilted Table Topper/Runner

- A. Hand Quilted
- B. Machine Quilted
- C. Other

13. Jewelry

- A. Bracelet
- B. Necklace
- C. Set
- D. Other

14. Constructed Original Item

- A. Clay/Pottery
- B. Wood
- C. Fabric/Felt
- D. Other

15. Painted Object

- A. China
- B. Glass
- C. Fabric
- D. Wood
- E. Ceramic/Kiln Fired
- F. Other

Poem, Non-Fiction, Fiction

*Two copies typed on plain
paper with 12 point font,
must accompany the
registration forms. Entries
must not be framed or in
book form. Staple a cover
sheet with the category/title
which is to be centered on
the entry. Name and
county should appear on
the back side. Do not
count "a", "an", and "the"
for either essays or short
stories.*

16. Poem

17. Non-Fiction

*Original, 1 topic; 250-500
words*

18. Fiction

*Original with beginning,
middle and end, 3,000
words or less*

19. Original Published Book

*One copy must accompany
entry.*

20. Bonus Category – "Seeing HCE Through New Eyes", the Fun Category. Limit of one entry per county. Decorate a pair of glasses. You may use any media to construct your entry.

*Size restriction - base no
larger than 10"x10" with
maximum height of 20".
Judging - those attending
will vote for their favorite
"Seeing HCE Through New
Eyes" entry. **Have fun!***

**STATE
REGISTRATIONS
DUE BY:
AUGUST 1, 2020**

Spring Association Meeting

Thursday, April 9, 2020

At LCSC upper level room 247/248

Program—9:30 AM—Growing and Cooking with Herbs
(Debbie Moellendorf and Dan Marzu)

Meeting—10:30 AM

(We will be going over our by laws)

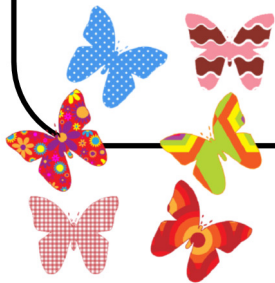
Pot Luck Lunch—11:45-12:30

Bring a dish to pass



All members are invited to be part of the
Spring Association Meeting and to
attend the Lincoln County HCE picnic!

Join us for these important —
and FUN! — gatherings.



Lincoln County HCE Picnic

Thursday, June 11, 2020

At Stange's Kitchenette

Invitation to all HCE members & friends

10:00 AM—Executive Board Meeting

11:00 AM—2:00 PM Picnic Stange's Kitchenette park

Pot luck lunch—bring dish to pass

Bring own dishes—utensils—drinks

Water will be furnished

Hosts: Pine River Club

(If inclement weather we will meet at LCSC room 247/248)



Extension

UNIVERSITY OF WISCONSIN-MADISON
LINCOLN COUNTY
801 N Sales Street, Suite 101
Merrill, WI 54452



Association for Home and
Community Education



Extension

UNIVERSITY OF WISCONSIN-MADISON
LINCOLN COUNTY
801 N Sales Street; Suite 101
Merrill, WI 54452
UW-Extension Office Phone: 715-539-1072
Advisor Email: deborah.moellendorf@wisc.edu
Website: <http://lincoln.uwex.edu/>

WANT TO SUBMIT
AN ARTICLE?

To submit an article, please send or drop off
written articles at UW-Extension, 801 N Sales
Street Suite 101, Merrill, WI 54452 or electronic
articles can be sent to Debbie Moellendorf at:

deborah.moellendorf@wisc.edu

Submit by:

- For the July Communicator by **June 17th.**
- For the October Communicator by **September 6th.**

