



DOOR COUNTY ASSOCIATION FOR HOME AND COMMUNITY EDUCATION

UW-Madison Division of Extension – Door County
Government Center, 421 Nebraska Street, Sturgeon Bay, WI 54235
(920) 746-2260 ♦ <https://door.extension.wisc.edu/>

RIPPLES



January-February 2024

HAPPY NEW YEAR to all HCE Members and Friends!

We did not see a white Christmas last month, but those snowflakes are getting closer! I hope everyone is rested up and ready to share new and creative adventures in the new calendar year.



The Craft afternoon workshops on November 11, 2023 were well attended. Everyone who joined in had a fun and creative afternoon making pasta, decorating cookies, making Christmas cards and fresh greenery centerpieces.

The 2024 Calendar of Programs is in place. The first one kicks off on January 27 at 10 a.m. at Bayview Lutheran Church. Title Town Days for Girls Chapter presentation by Brenda Heller. The 2024 Program Books will contain a full schedule of programs for the year.

The first Executive Board meeting of the new year will be January 23, 1:00 p.m. at the Extension office in Sturgeon Bay. We hope to see all County Officers, Coordinators and Program Chairs at the meeting.

It is Leap Year 2024! One more day to enjoy the month of February.

Let's all work together to make this the best HCE year possible.

Lyn Huber & Elizabeth LeClair
DAHCE Co-Presidents



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<http://door.uwex.edu/family-living/hce/>

<http://www.wahceinc.org/>



The roof of the home symbolizes our past heritage with Extension Homemakers. The letters H (Home) C (Community) E (Education) make it a suitable logo by the state, county, and club. The house without walls confirms a commitment to membership open to all, regardless of race, color, creed, religion, sex, age, handicap or national origin.

JANUARY 2024




Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23 Executive Board Meeting , 1:00 pm, Extension Office	24	25 Club Financial Report due to Marilyn Kleist	26	27 Title Town Days for Girls Chapter presentation , 10 am, Bay View Lutheran Church (register by 1/19)
28	29	30	31			

"Impact of HCE/Member Contributions" Continue to keep track of your time through 5/31/24!

FEBRUARY 2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
11	12	13	14  Valentine's Day	15	16	17
18	19 Presidents' Day	20 Planning Ahead ... Advanced Care Planning , 1:00 pm, Peninsula Rm, Gov't Ctr (register by 2/13)	21	22	23	24
25	26	27	28	29 Happy Leap Day!		

March 10 – Daylight Saving Time Begins ... Turn clocks ahead 1 hour!

March 17 – St. Patrick's Day!

March 19 – Spring Begins

March 19 – PROGRAM: BREAD MAKING, 1:00 pm, Jacksonport Town Hall (Must register by March 12 – Extension Office)

March 31 - EASTER

April 1 – HCE Scholarship Applications due, Extension Office

April 2 – Spring Election & Presidential Preference

April 9 – PROGRAM: DOOR COUNTY PARKS, 1:00 pm, Peninsula Room, Gov't Ctr (must register by April 2)

April 25 - WAHCE NE District Spring Meeting, United Methodist Church, Seymour



PROGRAMS / SCHOLARSHIP

PROGRAMS SCHEDULED FOR 2024

~ submitted by Char Mueller

Programs, Tours and Events have been scheduled for 2024:

- **January:** Title Town Days for Girls Chapter Program
- **February:** Planning Ahead ... Advanced Care Planning Program
- **March:** Bread Making Program
- **April:** Door County Parks Program
- **May:** Door County Historical Museum Tour and Spring Recognition Banquet
- **June:** Burnt Bluff Stone and Glassblower Tour and Demonstration
- **September:** Heritage Village at Big Creek Tour
- **October:** WAHCE NE District Fall Meeting & DAHCE Fall Association Meeting & Banquet
- **November:** Hispanic Program

More information is in your Program Book and will be in the newsletter and posted online.

JANUARY – PROGRAM

TITLE TOWN DAYS FOR GIRLS CHAPTER Saturday, January 27

10:00 am @ Bay View Lutheran Church

Call or e-mail Judeen to register by January 19

Days for Girls is a charity that makes washable, portable sanitary supplies, and donates them to girls the world over. Because of the lack of sanitary pads, this group makes pads with panties and bags for girls. Brenda Heller, from the Title Town Days for Girls Chapter, will tell us about the project and show how the kits are put together.

FEBRUARY - PROGRAM

PLANNING AHEAD ... Advanced Care Planning Tuesday, February 20

1:00 pm

**Peninsula Room, 1st floor, Government Center
Presented by: Paul Salm, HDR Educator**

End-of-life planning is the ultimate gift you can give your loved ones. This program will give you the tools and resources to help begin or continue the end-of-life planning process. This type of planning is not just for people who are very old or ill. At any age, a medical crisis could leave you unable to communicate your own health care decisions. Plan ahead. Don't leave a mess; leave a legacy.

\$500 DAHCE FAMILY MEMBER SCHOLARSHIP

Application forms are due April 1



The HCE Scholarship form has been posted to the Door County Website:

<https://door.extension.wisc.edu/family-living/hce/>

The Door Association for Home and Community Education (DAHCE) will award one \$500 scholarship to an applicant who is a relative of a current DAHCE member. The applicant must plan to pursue further education within the next school year. DAHCE members may also apply.

Applicant must already be accepted into one of the following:

- Bachelor Degree Program at a university or college
- Associate Degree Program at a technical college
- Technical Diploma Program at a technical college

Applicant may be a new or a continuing student.



INSTRUCTORS WANTED ...

4-H SUPER SATURDAY

The 4-H Executive Committee is planning a 4-H Super Saturday craft day for 4-H members on **Saturday, March 16, 9:00 am-Noon ... place to be determined.** Would you be willing to share your talents by teaching a class?

Class session times are:

- 9:00-11:45 am (*if more time is needed for teaching*)
 - 9 am-10:15 am
- Short break
- 10:30-11:45 am

Please contact Candis Dart, 4-H Program Educator at the Extension Office – 920-746-2265.

PROGRAMS / SCHOLARSHIP

HARBORETTES SEWING UPDATE

~ submitted by Teri Madden

In honor of our 25th Anniversary of Door County HCE members participating in the WI Bookworms program, reading to 3 & 4-year-olds in Day Care Centers around Door County, we are making special pillows for the kids for the 2024/2025 school year. We started making book bags quite a few years ago for each child to take home and keep the books that they receive monthly. The bags have always been well received and we will continue in 2025 to sew them. This year we are sewing 16" Book Buddy Pillows for each child that is read to. The current estimate is around 70 children. The pillows will be sewn with a bright colorful flannel or fleece, has a handle for carrying, and have a pocket to store the book. They can take their beautiful pillows to their favorite reading spot and snuggle up. We want to give our Door County members the opportunity to participate, whether it be sewing, purchasing fabric and/or the pillow forms. This is quite an undertaking and expense, but we feel is worthwhile for the children, a keepsake they will have for a long time. If you can participate in any way, feel free to contact me or any Harborette member.

DOOR COUNTY PROJECT FOR 2025

~ submitted by Teri Madden, Past Northeast District Director

Each District in WAHCE has the opportunity to host the State Conference in their district on a rotating basis. In 2025 it is Northeast District's turn. We have chosen The Tundra Lodge in Green Bay. It is a beautiful facility and a large resort, we welcome all of our members to come and enjoy 3 days of learning, sharing, and meeting other members from around the state. Each county president along with other members participated in the committee meeting to discuss our plans for the conference. Each county takes on the obligation of making Centerpieces, (4) sets of Table Favors, Welcome bags, etc. Door County chose to make foldable shopping bags for about 300 members who come to the conference. These bags will be lightweight but strong enough to hold a bag full of groceries. I keep one in my purse for running to the store. We are asking for your help. At your next club meeting, please discuss how you can help with this project. Maybe your club could have a fundraiser to help buy fabric or a rummage sale. In the future, we will have a cutting day in Jacksonport, as well as sewing days. This is a "County Wide Project" and would like to see so many more of you participate. You don't need to be a sewer to help out. I was Co-chair of the last NE District Conference in Manitowoc in 2019. I know firsthand how much work goes into planning these events. After 5 years as District Director, I was able to hand over my responsibilities to Terra Malama as the new District Director and Chairman of the 2025 State Conference. She will do a wonderful job.

AFTERNOON OF CRAFTING

~ submitted by Char Mueller; photos by Teri Madden

Our Afternoon of Crafting on November 11th at the Jacksonport Town Hall was a huge success. We had 18 participants plus 7 instructors present. There were six ladies who learned how to make homemade Pasta with Annette Heck and Teri Madden. There were six ladies who made Christmas cards with Linda Anderson and Teri Madden. There were two sessions with Lyn Huber and Sue Kroll on making Christmas Centerpieces with five in each session. We also had two sessions of Decorating Holiday Cookies with five in each session by Marilyn Kleist and Cathie Behrendt.



A ll 'B out C lubs



Note: Thanks to club secretaries for condensing meeting minutes to 250 words or less.

HARBORETTES

~ submitted by Little Bit LeClair

Oct. 12, 2023 @ Jacksonport Town Hall. Collected Pennies for Friendship and Econo receipts. Treasurer report was given. Bookworms: There were 6 ladies at the Extension office sorting the books and labeling. Book bags distributed. Teri gave an update on state news; there will be a meeting in Plover at the end of the month that she will be attending. Our club received a \$100 Service Award at State for making book bags. A discussion on nursing home projects and the amounts needed; totals of 20 wheelchair bags; 14 walker bags; 25 lap quilts; 27 bibs; 8 catheter bags and heart pillows are needed. Char delivered pillows to oncology at the hospital. Discussion on the types of adult bibs. At state conference a club that made them out of men's and ladies' old shirts. Day of Mending is Oct. 21st at the Jacksonport Town Hall from 9am to 1pm. A pear crumble dessert was served by Pat. We then made the Christmas Centerpieces for Extended Care. Next meeting is November 9th at Little Bits at 1 pm.

Nov. 9, 2023. Little Bit's. Club members present: Teri, Lyn, Sue K, Little Bit, Jerry, Becky, Pat, Sharon, Char, Betty Marie, Annette, Miriam, Sue J. Cheryl. Minutes read and approved. Treasurer report given. Pennies for Friendship Econo receipts collected. Discussed spending funds on different charities: Door Cancer, Birch Creek, WI Bookworm, make pillows for kids to hold book in, Egg Harbor Historical Society, St. Vincent de Paul. Motion was made to \$250 each to Door Cancer and St. Vincent de Paul. Monies will be given to spend on the pillow forms for WI Bookworms. Teri has the pattern. State updates: Teri is no longer district director. Char and Little Bit volunteered to make 300 bags for state conference in 2025. County updates: 4 board members went to Suring for Northeast District on Oct. 19. Nov. 11 – Craft Day at Jacksonport Town Hall. Elected officers. President-Char; VP-Sharon; Secretary- Little Bit; Treasurer-Linda. Signed up for committees. Day of Mending-Linda made a comparison chart of what has been sold, best sold baked items and how much has been made over the past years. Betty Marie reported on items to be made for 6 nursing homes. Set up a sewing date on Dec. 5th at the Town Hall in Jacksonport. Meeting date changed to second Tuesday at 1pm at the town hall in Jacksonport. Christmas party: White Gull-Dec. 12 at 11:30. Passing list for gift ideas. Motion to adjourn made by Teri and seconded by Sharon. Closed with Prayer.



HOME-MADES

~ submitted by Nancy Ruff

September 13, 2023 @ Sierra's. Called to order at 12:15pm. Creed recited. Treasurer report read and approved. **Old Business:** 3 new member prospects. **Community Service:** We provided lunch for Habitat for Humanity workers in June. Remainder of Grant money will be used to buy underwear for school kids.

International: Continue sewing DFG pouches, drawstring bags & pads. We delivered these along with soap, washcloths & underwear to GB. **Learning:** Group to meet at Joan's to make grapevine wreaths on Sept 27th at 1:30 pm. **New Business:** Fall Association banquet planning firmed up. Constance Vogel will be the speaker.

Reminders: Fall Kick-Off is Sept. 26th at Bay View church. Fall Association Banquet Oct. 12th at Samuelson's. Next meeting at Inn at Cedar Crossing on Oct 25th at 12:30 pm. H-C-E challenge. H-cook with a different spice, C-item for HELP of DC, E-Fun fact/experience about Halloween. Adjourned at 2:00pm. HCE prayer recited.

November 9, 2023 @ Corner Cafe. Called to order at 12:30pm. All members present. Treasurer report read and approved. **Old Business:** Motion made and approved to move the remaining dollars from the grant to Pennies for Friendship. **International:** Sewing continues for Days for Girls pads. **Learning:** Nov. 20th @ 9 a.m. - attend Bayview Lutheran church quilter group to learn how to make tie quilts. November challenges: H(ome) - a homemade swap gift exchange, C(ommunity) - attend a Veterans Day event or visit a military monument, E(ducation) - report on a military leader from any generation. **New Business:** Memberships renewed & paid and one new member was added as a new member. Future ideas for programs discussed. A member stated that resource names for suggested programs would be very helpful to the Program committee. Some suggested program ideas may be done as individual HCE groups. The new 4-H Program Educator would like to rejuvenate the Super Saturday event and there's a possibility that HCE could help out. **Reminders:** Afternoon of Crafting is Nov. 11th. Next meeting Thursday, Dec. 14th at The Inn at Cedar Crossing at 12:30pm. Adjourned at 2:00pm. HCE prayer recited.



*Thanks to DAHCE for supporting attendance at WAHCE State Conference
~submitted by Deanna Martin*

Every Year for the Rest of Your Life Will be the Hottest

was presented by Bruce Krawisz, M.D.

"Climate change may become the greatest health problem of this century. Children today and future generations face an uncertain and unsafe future caused, in part, by global heating/climate destabilization, often called climate change." As we recite our pledges in the HCE creed, this introduction certainly hits home and challenges us to take action!

What's happening?

- The average temperature just above the Earth's surface is increasing.
- "Human actions cause climate change by releasing greenhouse gases into the atmosphere as a result of fossil fuel extraction [methane] and combustion [carbon dioxide] and industrial forms of agriculture [nitrous oxide]."
- These gases create a greenhouse effect and can increase the earth's temperature by reducing the heat energy that escapes to outer space, much like insulation added to your home can cause an increased temperature inside without turning up the furnace.
- Fossil fuel combustion is also the principal cause of air pollution, which can accumulate in human lung tissue, and brain, heart, and placenta and may contribute to problems related to these organs.
- Oceans and lakes are becoming warmer causing oxygen levels to decrease. The waters are becoming more acidic making it more difficult for marine organisms to form skeletons and shells.
- "Global heating causes more wildfires, which, in turn, cause deforestation, which, in turn, accelerate global heating by impeding CO2 removal by trees."

If left unchecked, where are we headed?

- In 2019 the US Army War College issued a report on climate change which concluded: "Sea level rise, food and water insecurity, and extreme weather events may displace tens of millions of people worldwide." This may be caused by extreme heat, agricultural collapse, lack of fresh water, and political threat or war over these resources.
There are more cases of heat stroke and tropical diseases.
There are more summer power grid failures due to increased demand.
- "Global hunger and undernutrition are expected to increase because of climate destabilization."

That sounds grim. But the problem is Solvable! "Possibly the single most important point about climate change is that we can solve the problem by reducing atmospheric greenhouse gas concentrations. We can stop burning fossil fuels for energy, and we can actively remove CO2 from the atmosphere using natural means (trees, soil restoration, ocean, and land preservation) and sophisticated machines that capture CO2." This may also decrease air pollution.

What can we do to help? 70% of greenhouse gas emissions are from business and government, but 30% are from personal choice.

Start with one thing.

- Pay attention to, learn, and talk about climate.
- Travel thoughtfully—try to avoid flights and cruises.
- Use your vote to protect children.
- Plant a garden or trees.
- Reduce the use of chemical fertilizers and pesticides.
- Reduce driving and/or drive a high-gas-mileage or electric vehicle.
- Bike or walk when possible.
- Choose renewable energy whenever possible.
- Choose a healthy sustainable diet with less food waste and less beef or, if possible, eat grass-fed beef.
- Use LED light bulbs.
- Reduce, reuse, recycle.
- At the end of their lifecycle replace old appliances with Energy Star appliances.
- Weatherize your home.

For a full text of Dr Krawisz's article go to: <https://wmjonline.org/122no3/krawisz>

Also check out our local Climate Change Coalition of Door County at: <https://www.climatechangedoorcounty.com>

POTPOURRI

A sharing page of Homemaker ideas, hints, recipes, jokes, folklore, etc. The information is not necessarily research-based information. It is here solely for your enjoyment. Submit contributions to June Meikle, 4555 Hwy. 42N, Sturgeon Bay, WI 54235 -- Phone 920-493-4499.

PARENTAL RULE CHANGES



1st Kid: 21 pictures of baby blinking.
2nd Kid: Blurry picture of graduation day.

1st Kid: OMG You ate a fruit snack off the floor of Walmart.
Call 911...My poor baby.
2nd Kid: Ew, buddy, spit that out.
3rd Kid: Sweet!! Now I don't need to make lunch.

1st Kid: Shhh, be quiet or you'll wake the baby.
2nd Kid: Using leaf blower to dust furniture.

1st Kid: Organic food only.
2nd Kid: McDonald's once in a while isn't so bad.
3rd Kid: Did he just eat dog food? I'm sure he's fine.

Breakfast

1st Kid: French toast, Organic fruit.
2nd Kid: Cereal.
3rd Kid: Ketchup.

Crawls into Your Bed

1st Kid: Carry back to theirs.
2nd Kid: Let them stay because you're tired.
3rd Kid: You go to sleep in their bed. Best sleep in 8 years.

Filling out Preschool Form

1st Kid: She knows all the numbers and letters.
2nd Kid: He knows all of the colors.
3rd Kid: She knows all of the swear words.

BAKER'S HELP *If you don't have baking powder...*

2 Tbsp. cream of tartar
1Tbsp. baking soda
1Tbsp. cornstarch
Combine in a small glass jar or airtight container.
Seal tightly and shake well. Good for three months.

MY GOAL for 2024 is to accomplish the goals of 2023 which I should have done in 2022 because I made a promise in 2021 and planned to do in 2020....

TWEEKS ON LAST YEAR'S RESOLUTIONS

2023

Losing Weight
Vote For Trump
Save Money
Buy at Farmer's Market.
Follow USDA Food Plate.
Eliminate Pronouns.

2024

Getting In Shape
Don't Vote For Biden
Don't Max Out Credit Card
Plant a Garden
Eat 5 Veggies/Fruits Each Day
Use "Heshe" - "Shehe"

OUTDATED WEDDING RULES

GONE: The Bride must wear white.
GONE: The Bridal Party must wear matching attire.
GONE: The Wedding party equally divided by gender.
(Bridesmen, Groomsmaid, Flower boy)
GONE: Guests shouldn't wear the color black.
GONE: Bride's parents pay for wedding.
GONE: Receiving line after ceremony for Newlyweds to greet guests.
GONE: Bouquet and Garter toss.
GONE: Leaving the reception only after Newlyweds leave.



WILD RICE SOUP

~ Cheryl Bevins

¼ c. wild rice, rinsed, drained
1 quart chicken stock
½ c. onion, diced
¼ c. celery, diced
¼ c. carrot, diced
¼ c. butter
½ c. flour
2 Tbsp. almonds, slivered
¼ c. diced ham, diced chicken, or bacon, crumbled
1/8 tsp. white pepper
1 c. light cream

Cook rice in water over medium heat approximately 45 minutes, or until tender; drain. Sauté onion in butter over low heat until soft; add the celery and carrot; cook another minute. Add flour, stirring over medium heat about 1 minute. Add cooked wild rice and chicken stock while stirring, until thickened. Add almonds, ham and pepper. Add light cream; heat thoroughly. Taste and adjust seasonings. Serves 6-8.

