Pickett Community News

"A one-stop community center for all ages."

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February 2016

Volume 1, Issue 15



Board of Directors Officers: President: Herman Berndt Vice President: Al Reilly Treasurer : Carol Beck <u>Secretary</u> : Sharon Oliver Members: Wanda Kettlewell Elaine Welk Aimee Henning Donna Harris Connie Wahoske Jody Zahn **STAFF:** Kitchen Manager: Gary Davies Cook: Kathy Dodge Substitute: Lucy Schroeder Director: Paula Brewer Kitchen Volunteer: Bill Robl



Pickett Community Center 6687 State Hwy 44 PO Box 336 Pickett, WI 54964 920.589.6111 February is American Heart Month. Cardiovascular disease is the leading cause of death in the United States; one in every three deaths is from heart disease and stroke, equal to 2,200 deaths per day. One-third of all heart attacks occur with no prior warning signs. In the remainder, attacks of chest pain (angina) brought about by stress or exertion occurs periodically for months or years prior to a heart attack. In some cases, a mild heart attack produces no symptoms and is often referred to as a "silent heart attack." Here are a few of the warning signs you should know:

- Chest pain or pressure, tightness, squeezing, burning, aching, or heaviness in the chest lasting longer than 10 minutes. The pain or discomfort is usually located in the center of the chest just under the breastbone and may radiate down the arm (especially the left), up into the neck, or along the jaw line.
- Shortness of breath.
- Profuse sweating.
- Dizziness.
- Muscle weakness.
- Nausea and vomiting.
- A choking sensation.
- Anxiety or a feeling of impending doom.



So remember that half of folks who have heart attacks will not have classic symptoms like you see in the movies. This is especially confusing for women because many people mistakenly believe that men have heart attacks at a higher rate (in fact the numbers are nearly identical).

Prevention starts with everyone. Protect yourself and your loved ones from heart disease and stroke by understanding the risks and taking these steps.

Get up and get active by being physically active for at least 30 minutes on most days of the week. Know your ABCS:

- Ask your doctor if you should take an Aspirin every day.
- Find out if you have high Blood pressure or Cholesterol, and if you do, get effective treatment.
- If you Smoke, get help to quit.
- Make your calories count by eating a heart-healthy diet high in fresh fruits and vegetables and low

2015-16 Country Breakfast Schedule

February 14th	Pickett 4H				
March13th	Utica Fire Dept.				
April 10th	Preschool				
May 1st	JPF Board				
(Subject to change!)					



<u>All You Can Eat Buffet Style</u> with Scrambled Eggs, Bacon, Sausage, Pancakes, Cheesy Potatoes, Biscuits & Gravy, Milk, Juice and more!! Price: Adults \$7.50

PICKETT HORSE CLUB

Meeting was call to order Tuesday, Jan 19th 2016 at 7 pm by Club President, Les Achterberg.

Discussions are already underway for our 2016 Horse Show.

January 24th 2016 the club was able to go on a Sleigh Ride at Cavanaugh Carriages in Neenah. Will report more in the March Newsletter on how much fun it was!!

> At this time the club would like to welcome new members, Tim & Brenda Achterberg.

The Pickett Horse Club is always looking for new members, we meet once a month, sponsor 1 horse show and help serve 1 breakfast during the Country Breakfast season. Anyone interested in joining should contact our club President, Les Achterberg at 920.410.4142 for more information.

Our Next meeting will be February 16th 2015 at 7 pm.

There are no Birthday's for the month of February



Reporter,

June Achterberg



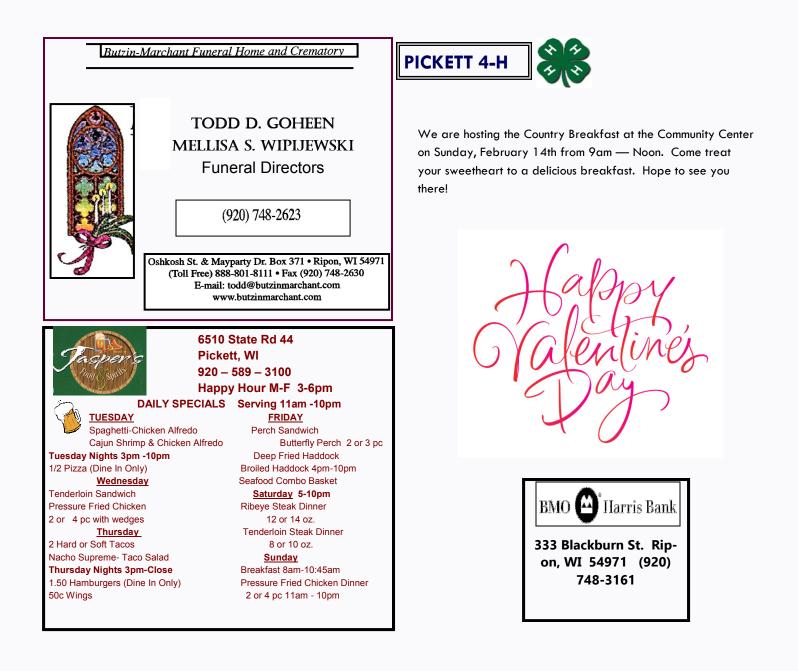
The last Pickett Lions meeting was held @ Jaspers on January 4th. Our guests for the evening were Randy Butters, Gabby Schwandt, & Taylor Resop from the Ripon High School Outdoors Club. They spoke us about the activities that they do with the students at Ripon High School promoting outdoor activities. They also spoke about the service projects they do within the community as well as outside the community for the Wisconsin Lions Camp. Thank you to all for the donation of deer hides this year, we had the most over at 146 hides total. Lions Camp raffle tickets are available @ Jaspers for \$10 each if anyone is interested. The lions club will be doing the Lions Pride Endless Summer Poker Ride again this year with a John Deere Gator UTV being the grand prize, keep an eye out for the sign up forms and booklets coming in May. 2016 marks 35 years of service for the Pickett Lions Club, thank you to all present and past members for your service. Our next meeting will be held February 1st @ Jaspers @ 7 pm if anyone interested in Lions.

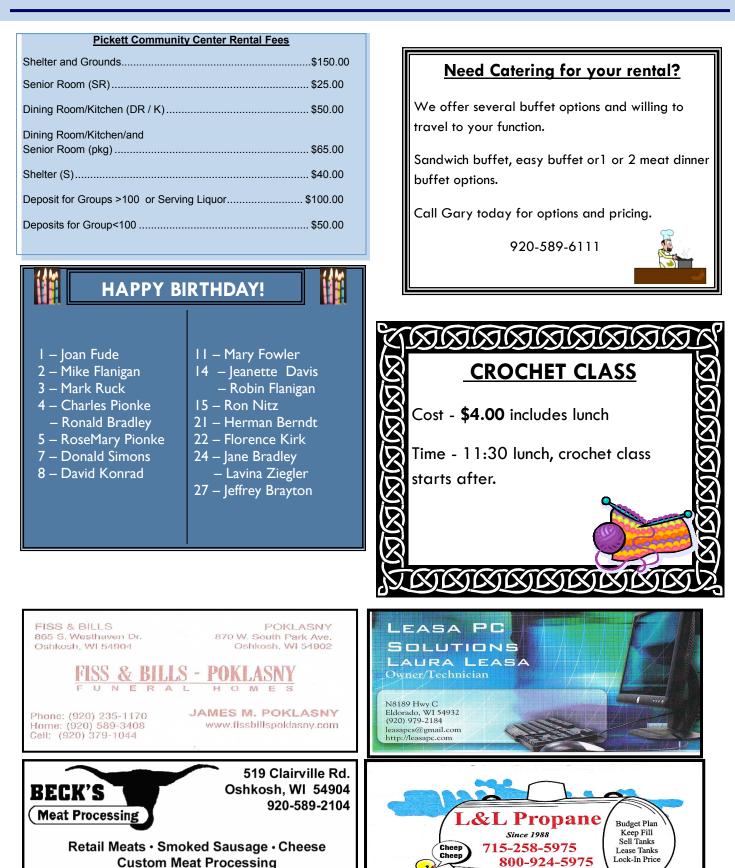


News from the Town Utica Oshkosh, WI 54904

Website: townofutica.org

- A) Town Board Meeting February 8, 2016; 7:30pm at the Utica Town Hall
- B) Radon Kits are \$10 each and available during tax collection or contact Clerk Sonnleitner.
- C) 2016 Elections February 16, April 5, August 9, November 8. Photo ID is required in 2016, for new Voter Registrations, include a photo ID and proof of residency; or they will be returned to you until completed correctly. Absentee Ballot Request forms are also available, complete and send to Clerk Sonnleitner to vote. Both forms are available at townofutica.org under the Government tab, then Election tab. Contact Clerk Sonnleitner with any questions: utica1730@gmail.com, 410-0347. See the election insert with your tax bill.





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Hours: M-Fr-8:00 - 4:30

Sat-8:00-12:00

Closed Sun

February 2016 Please call for your reservation 24 hours before the meal or at the very latest by 7:00 a.m. of the same day. All meals will be served at 11:30 a.m. Menus are subject to change without notice, depending on food availability. NOTE: White Milk & Promise Spread is provided with every meal. 589-6111.

Monday	TUESDAY	WEDNESDAY	THURSDAY	Friday	SAT/SUN
1	2	3	4	5	6/7
Macaroni & Cheese w/ Turkey & Broccoli Carrots Pears Cranberry/Oatmeal Bars	Meatloaf Mashed Potatoes Peas & Corn Fruited Jell-O Zucchini Cake	Chicken Stir Fry Rice Pilaf Stir Fry Veggies Pineapple/Oranges Cheesecake Bars	Beef Stew Biscuits Potatoes, Carrots & Peas Toffee Bars	Pulled Pork Sandwich Baby Red Potatoes Green Beans Fruit Cup Black Forest Brownie	
8	9	10	11	12	13/14
Cheese Burger Potato Salad Baked Beans Apple Rice Krispie Treat	Beef Pepper Steak w/ Tomatoes & Peppers Yellow Rice Pilaf Tropical Fruit Butterscotch Pudding	Kielbasa Roasted Herb Potatoes California Blend Veggies Peaches Carrot Cake	Ham Loaf Sweet Potatoes Green Beans Apple Sauce Stain Glass Jell-O	Tuna Casserole Buttered Carrots Pineapple Spice Cake	
15	16	17	18	19	20/21
Hot Ham Sandwich Cr. of Mushroom Soup Carrots & Celery Sticks Orange Cookies	Honey Pork Cutlet Scalloped Potatoes Beans & Cauliflower Apple Crisp	Turkey ala King Biscuits Broccoli Hot Apple Bake	Salisbury Steak Sr. Cr. & Chive Potatoes Glazed Carrots 5 Cup Salad Brownie	Spaghetti & Meatballs Tossed Salad Garlic Break Peaches Ice Cream	
22	23	24	25	26	27/28
Spanish Rice Green Beans Pineapple Peanut Butter Blondies	Roast Pork Mashed Potatoes Squash Pears Pudding	BBQ Chicken Baby Red Potatoes California Blend Veggies Waldorf Salad Pretzel Bars	Baked Ham Au Gratin Potatoes Peas & Mushrooms Fruit Cup Pumpkin Bars	Country Fried Steak Potato Bake Green Beans Orange Juice Rhubarb Cake	
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Wags & Whiskers Banquet at the Fin n Feather, Winneconne



Feb. 6, 2016; 5-9pm. Dinner served at 7pm

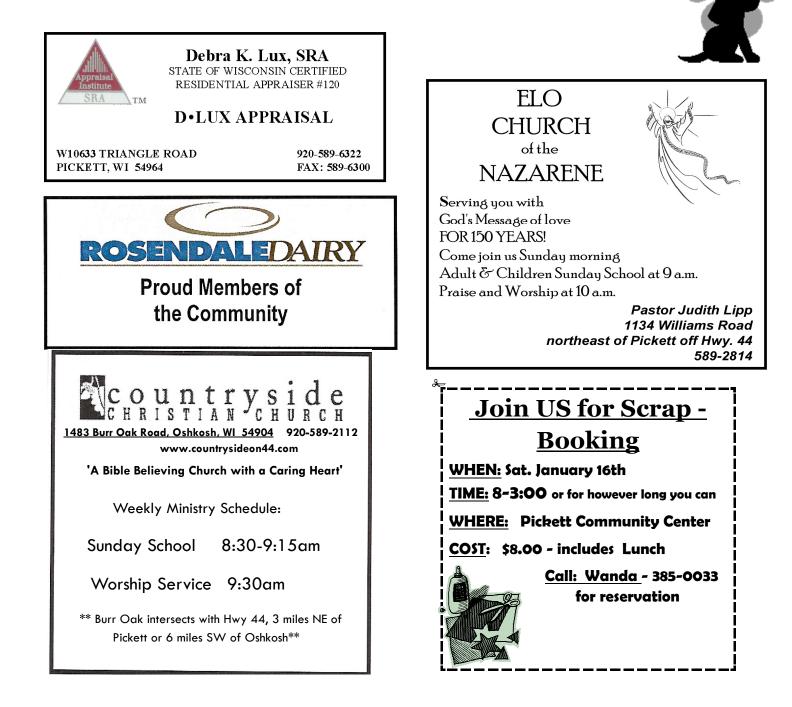
Join us for a fun filled evening of great food, games, prizes, and raffles all to benefit The Oshkosh Area Humane Society!

Ticket price: \$45.00 single, \$80.00 couple includes: -a \$25.00 per person donation to The OAHS

- -a great meal served family style
- -5 raffle tickets per person (additional raffle tickets can be purchased at the event)

Limited Seating!

Tickets available at The Fin n Feather or The Oshkosh Area Humane Society. Corporate Tables available with extra perks! Call Nikki: <u>920-858-2469</u> or email: <u>nikkihronis@yahoo.com</u> for additional info.



WORD SEARCH

Find all the Valentine words listed below. Look for words or phrases that are hidden in the puzzle, but not in the word list to answer the trivia question. The first recorded associations of Valentine's Day with love can be traced to this English Author. What was his name? <u>Turn in your completed word search by the 15th of the month</u> for a chance to win a \$3 prize OR free lunch. Word search winner January is Mark & Nancy Cook of Oshkosh. **Please call** to make arrangements to collect your prize.

S	Y	R	A	U	R	В	Е	F	F	Ν	0	R	Y	Ζ	D	S	S
R	Е	С	U	A	н	С	Y	E	R	F	F	Ο	Е	G	Ν	R	U
E	W	т	М	G	A	A	κ	S	н	Ρ	L	н	D	D	Е	E	R
x	В	Ρ	A	R	Q	I	Ρ	т	I	A	Т	Е	Т	В	I	W	P
в	L	0	R	L	Ν	A	Ν	Ν	I	т	т	A	Ρ	A	R	0	R
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J	Y	J	С	Μ	S	F	R	Н	U	S	В	A	Ν	D	R	Α	С

HEARTS PINK GIRLFRIEND BLUSH KINDNESS ROSES ARROWS SURPRISE BOYFRIEND CANDY VALENTINE BOUQUET BOW CHOCOLATES

FLOWERS RED WIFE CUPID CARD FOURTEENTH

SAINT

ROMANCE WHITE HUSBAND LOVE SPECIAL FEBRUARY



NON-PROFIT US POSTAGE PAIDPICKETT, WISCON-SINPERMIT NO. 5

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> ECRWSS BOXHOLDER/RURAL ROUTE PICKETT WI 54964