

Pickett Community News

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

Visit us on the web at pickettcommunitycenter.com & like our face book page!

February 2017

Volume 16, Issue 2

Upcoming Events:

Country Breakfast

Sun. February 12
9-Noon

Crochet Class

Tues. Feb. 7th & 21st
noon - 2

Essential Oil Class

Thurs. Feb. 16
6pm

Grief Support Group

Mon. Feb. 27
6:30-7:30pm

February is National Heart month! Eating the right foods can help keep your heart healthy. Learn which foods are best for your ticker from Jimmy Kontos, MD, interventional cardiologist at Grand Strand Medical Center in Myrtle Beach.

5 Top Foods for Your Heart – Plus One to Avoid

SALMON AND OTHER FATTY FISH: The omega-3 fatty acids (specifically the EPA and DHA) found in fatty fish help to reduce the type of chronic inflammation that leads to heart disease and many other diseases, including cancer and rheumatoid arthritis. Not into fish? Try plant sources such as walnuts and chia or hemp seeds. Steer clear of over-the-counter fish oil supplements, Kontos warns: They're not concentrated enough to have an impact.



BERRIES -- especially blueberries and raspberries -- are important because they increase insulin sensitivity, help increase nitric oxide, decrease LDL cholesterol and decrease the ability of blood to clot." It's unclear exactly what it is about berries that create all these benefits, but they boast fiber, anthocyanins, flavanols and vitamins.

You probably know OATS are good for your ticker -- but you may be eating the wrong kind. "Oatmeal does help lower insulin levels and it's high in fiber, so it fills you up, which is beneficial for losing weight," Kontos says. But for a healthy heart, "it's gotta be steel-cut OATMEAL, with no additives," he explains. "A pouch of peaches and cream instant oats isn't going to give you the beneficial effects."

FLAX SEEDS These mighty seeds have become synonymous with a healthy diet, and for good reason. Rich in lignans and ALA (alpha-linolenic acid) omega-3, flax seeds boast anti-inflammatory benefits and help lower blood pressure.

AVOCADOS: As if you needed another reason to love your guac, here's one more: avocados are good for your heart. That's because they're rich in monounsaturated fats, which help fight inflammation.

CUT THE SUGAR: What's the one dietary change you can make for a healthier heart? Skip added sugars, says Kontos. Processed sugars, the kind that sweeten drinks and packaged foods, "are the root of the problem, because they lead to chronic inflammation," he says.

Board of Directors

Officers:

President: Herman Berndt

Vice President: Al Reilly

Treasurer : Carol Beck

Secretary : Sharon Oliver

Members:

Wanda Kettlewell

Elaine Welk

Aimee Henning

Donna Harris

Connie Wahoske

Jody Zahn

STAFF: Kitchen Manager:

Gary Davies

Cook: Laura Cmeyla

Substitute: Lucy Schroeder

Director: Paula Brewer

Country Breakfast Schedule

February 12th.....Pickett 4H

March 12th.....Utica Fire Dept.

April 9th.....Preschool

May 7th.....JPF Board

(Subject to change!)



All You Can Eat Buffet Style with Scrambled Eggs, Bacon, Sausage, Pancakes, Cheesy Potatoes, Biscuits & Gravy, French Toast, Milk, Juice and more!! Adults 12 years and up: \$7.50. Children 6-12: \$3.50



Pickett Community Center
6687 State Hwy 44
PO Box 336
Pickett, WI 54964
920.589.6111
pickettcc@centurytel.net



PICKETT HORSE CLUB

There was no meeting for the month of January..

January 21st the Horse Club held their annual Christmas Party. This year we held it at Jaspers, the food and service was great, the White Elephant gifts were interesting from purses to multi colored unicorns and the games we played were awesome. It seems that Bunco was a huge hit and had many Funco off's to boot! It was good to be able to mix and mingle to get to know one another outside of the meetings.

Horse Show preparations are underway for this years show

February 14th there will be a Board of Directors meeting beginning at 7 pm. Then on February 21st we will hold our regular meeting beginning at 7 pm.

Both meetings will be at the Pickett Community Center

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.

There are no Birthday's for the month of February

Reporter,

June Achterberg



ZION LUTHERAN CHURCH
 CTY HWY K • OMRO TOWNSHIP
 ZION, WISCONSIN
 426-1764
 WORSHIP: 10:15 a.m.
 SUNDAY SCHOOL: 9:15 a.m.
 Rev. Judd Krohn
 -Member of WELS-
 Handicapped Accessible

BMO Harris Bank
333 Blackburn St. Ripon, WI 54971
(920) 748-3161

GRACE EV. LUTHERAN CHURCH
Pickett, Wisconsin
 Sunday School 8:00 a.m.
 Sunday Worship 9:00 a.m.
 Handicapped Accessible
 Rev. Jud Krohn
 589-2128
 -Member of WELS-

Body Work Massage and Nails
 Carla Pommering
 929 Woodside Ave Ripon WI
 920-748-4804

News from the Town Utica

Oshkosh, WI 54904

Website: townofutica.org

- A) Tax Collection at the Town Hall: Monday, January 30, 2017 at 8:30am-1:00pm
- B) Town Board Meeting – February 13, 2017; 7:30pm at the Utica Town Hall
- C) **Keep the fire sign address number on your property so it is visible from the road & headlights reflect when dark!**
- D) Radon kits are available for \$10 each from Clerk Sonnleitner, call/text/email: 920-410-0347, utica1730@gmail.com
- E) HIRING – Looking for Election workers. Morning shift 6:30am-1:30pm / Afternoon shift 1:15pm-9:00pm (or when paperwork is finalized). Pay is \$9/hour, meals provided, and training is required. Contact Clerk Sonnleitner for details. Spring Primary: February 21, 2017; Spring Election: April 4, 2017
- F) It is winter; reminder to make sure roadways are clear when pushing snow across the road from your driveway.

PICKETT 4-H



Happy new Year. Hope everyone is having a great new year so far. Sadly I am informing you that the Pickett 4-H is debanding due to lack of members. We will be serving our last breakfast on **February 12th**. The Pickett 4-H Club has been around for over 20 years and have had a lot of great members come and go. Lucy Schroeder and I have had a great time being leaders to many great kids. We would like to say THANK YOU to everyone for supporting our club over the years. Hopefully we will see you all at our breakfast on **February 12th**.

THANK YOU AGAIN
Pickett 4-H

Jasper's Rabbit Hunt

Sat. Feb. 25th Sun up - 3 pm

Max: 4 Man per team

Entry Fee: \$40.00/Team

Register at Jaspers



6510 State Rd 44

Pickett, WI

920 - 589 - 3100

Happy Hour M-F 3-6pm

DAILY SPECIALS Serving 11am -10pm

TUESDAY

Spaghetti-Chicken Alfredo

Cajun Shrimp & Chicken Alfredo

Tuesday Nights 3pm -10pm

1/2 Pizza (Dine In Only)

Wednesday

Tenderloin Sandwich

Pressure Fried Chicken

2 or 4 pc with wedges

Thursday

2 Hard or Soft Tacos

Nacho Supreme- Taco Salad

Thursday Nights 3pm-Close

1.50 Hamburgers (Dine In Only)

50c Wings

FRIDAY

Perch Sandwich

Butterfly Perch 2 or 3 pc

Deep Fried Haddock

Broiled Haddock 4pm-10pm

Seafood Combo Basket

Saturday 5-10pm

Ribeye Steak Dinner

12 or 14 oz.

Tenderloin Steak Dinner

8 or 10 oz.

Sunday

Breakfast 8am-10:45am

Pressure Fried Chicken Dinner

2 or 4 pc 11am - 10pm

NEED RELIEF?
stressed
Sore Muscles
Migraines
Aching Joints

**We offer a drug free solution
contact us Today!**

BSB Solutions, LLC.

Bob & Stacy Button

920-203-1559 or bsbsolutions@yahoo.com

Pickett Community Center Rental Fees

Shelter and Grounds.....	\$150.00
Senior Room (SR).....	\$25.00
Dining Room/Kitchen (DR / K).....	\$50.00
Dining Room/Kitchen/and Senior Room (pkg).....	\$65.00
Shelter (S).....	\$40.00
Deposit for Groups >100 or Serving Liquor.....	\$100.00
Deposits for Group<100	\$50.00

HELP WANTED

Looking for local (Pickett) person for office duties. Days 8-12 hours a week.

Call:

Deb Lux 589-6322 or email:

dlux@northnet.net

HAPPY BIRTHDAY!

- 1 – Joan Fude
- 2 – Mike Flanagan
- 3 – Mark Ruck
- 4 – Ron Bradley
- 5 – Rosemary Pionke
- 6 – Bernita Kromm
- 7 – Donald Simons
- 8 – David Konrad

- 11 – Mary Fowler
- 14 – Jeanette Davis
– Robin Flanigan
- 21 – Herman Berndt
- 22 – Florence Kirk
- 24 – Jane Bradley
– Lavina Ziegler
- 27 – Jeffrey Brayton

INTRODUCTION TO ESSENTIAL OILS CLASS

When: Thursday, February 16th

Time: 6pm

Where: Pickett Community Center

Come Join us for this FREE instructional and informational class about Essential oils! Essential Oils are found in all different parts of plants from around the world and used for the health benefits. Gwen DeHaan will go over commonly used oils and the 3 ways to use them.. Some common uses for Essential oils are: healthy immune system, digestive support, head tension & seasonal threats. Please RSVP to Gwen by Wednesday, February 15th by email, call or text. dropstogoodheath@gmail.com. 262-573-1113.

There will be a drawing at the end and if you bring a friend - you get another chance to win!!

FISS & BILLS
865 S. Westhaven Dr.
Oshkosh, WI 54904

POKLASNY
870 W. South Park Ave.
Oshkosh, WI 54902

FISS & BILLS - POKLASNY
FUNERAL HOMES

Phone: (920) 235-1170
Home: (920) 589-3408
Cell: (920) 379-1044

JAMES M. POKLASNY
www.fissbillspoklasny.com



519 Clairville Rd.
Oshkosh, WI 54904
920-589-2104

Retail Meats • Smoked Sausage • Cheese
Custom Meat Processing

Hours: M-Fr-8:00 - 4:30 Sat-8:00-12:00 Closed Sun



L&L Propane

Since 1988

715-258-5975

800-924-5975



Budget Plan
Keep Fill
Sell Tanks
Lease Tanks
Lock-In Price

Cheep
Cheep

February 2017 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
		Chili W/Pasta Tomatoes/Kidney bean Corn Bread Peaches & Pears Banana Cake	BBQ Chicken Sr. Cr. & Chive Potatoes Cauliflower Au Gratin Fruited Jell-O Pistachio Torte	Tuna Casserole Buttered Carrots Fruit Cocktail Zucchini Brownies	
6	7	8	9	10	11/12
Salisbury Steak Baby Red Potatoes Green Beans Orange Juice Ice Cream	Chicken Chasseur (tomato, onion, mushroom sauce) Rice Pilaf Peas & Mushrooms Pineapple Gingerbread Cake	Hot Roast Beef Sand. Soup Du Jour Saltines Fresh Fruit Cookies	Baked Ham Sweet Potatoes Braised Cabbage Pears Orange Poppy Seed Cake	Turkey Salad on Greens Tomatoes & Cucumbers Fresh Fruit Dinner Roll Bread Pudding	
13	14	15	16	17	18/19
Italian Pasta Hot Dish Tossed Salad Tropical Fruit Garlic Bread Raspberry Almond Squares	Country Sausage Gravy Biscuit Peas & Carrots Hot Apple Bake Cranberry Oatmeal Bars	Chicken Stir Fry Rice Pilaf Stir Fry Veggies Pineapple/Mandarin Or. Chocolate Pear Cake	Cheeseburger Pasta Salad Baked Beans Fresh Fruit Cookies	Beef Stroganoff Baked Potato Corn O'Brien Waldorf Salad Sherbet	
20	21	22	23	24	25/26
Pepper Steak Rice Pilaf Mixed Vegetables Mandarin Oranges Vanilla Pudding	Stuffed Baked Potato w/ Chicken & Cheese Broccoli Tropical Fruit Confetti Cake	Chicken Supreme Baked Potato Garden Salad Pears Cherry Squares	Swiss Steak Mashed Potatoes Peas & Corn Fresh Fruit Cup Carrot Cake	Pulled Pork Sandwich Cream Soup Fresh Fruit Toffee Bars	
27	28				
Chicken Normandy Oven Roasted Potatoes Green Beans Fruit Cup Apple Bars	Porcupine Meatballs Au Gratin Potatoes Diced Butter Beets Banana Cheesecake Bars				

January Breakfast Winner Results		
Prize	Donor	Winner
Grocery Basket	PCC Board	Dennis Berhotlz
2 Tier Server	PCC	Otis
Crock Pot	PCC	Phyllis Davis
Snowman Cookie Jar	PCC	Katie Thums
Single Serve Coffee Maker	Wanda Kettlewell	Elaine Welk



**Butzin-Marchant Funeral Home
and Crematory**

920-748-2623

**Todd Goheen
Mellisa Wipijewski
Christopher Bjornstad**
Funeral Directors

Oshkosh St. & Mayparty Dr. Box 371 • Ripon, WI 54971
(Toll Free) 888-801-8111 • Fax (920) 748-2630

E-mail: todd@butzinmarchant.com
www.butzinmarchant.com

THE "BARN QUILT SHOP"
6891 HOLLANDER LANE
PICKETT, WI 54964
920-279-1206

VISIT OUR WEB SITE FOR EXAMPLES
WWW.BARNQUILTSHOP.COM

**WE DO NOT HAVE A RETAIL STORE
SO PLEASE CALL FIRST**



**BEAUTIFY YOUR PROPERTY
DRESS UP BARNs, OUT BUILDINGS, SHEDS,
PATIOS, SUN PORCHES OR FLOWER GARDENS
24" X 24" – 48" X 48" – 8' X 8' SIZES AVAILABLE**

**ELO
CHURCH**
of the
NAZARENE



Serving you with
God's Message of love
FOR 150 YEARS!
Come join us Sunday morning
Adult & Children Sunday School at 9 a.m.
Praise and Worship at 10 a.m.

Pastor Judith Lipp
1134 Williams Road
northeast of Pickett off Hwy. 44
589-2814




1483 Burr Oak Road, Oshkosh, WI 54904 920-589-2112
countrysideoshkosh.com

'A Bible Believing Church with a Caring Heart'

Weekly Ministry Schedule:

Sunday School 8:30-9:15am
Worship Service 9:30am

** Burr Oak intersects with Hwy 44, 3 miles NE of Pickett or 6 miles SW of Oshkosh**



Debra K. Lux, SRA
STATE OF WISCONSIN CERTIFIED
RESIDENTIAL APPRAISER #120

D•LUX APPRAISAL

W10633 TRIANGLE ROAD 920-589-6322
PICKETT, WI 54964 FAX: 589-6300



**Proud Members of
the Community**

WORD SEARCH

Find and circle all the Valentine words listed below. **Turn in your completed word search by the 15th of the month** for a chance to win a \$3 prize OR free lunch. Word search winner for January is Donna Yearwood of Oshkosh. **Please call** to make arrangements to collect your prize.

K	O	C	X	X	D	L	E	C	N	H	F	F	R	I	M	T	E
G	D	B	A	I	V	A	U	W	S	V	A	M	O	U	R	J	W
W	G	W	O	P	U	P	P	A	R	R	P	U	P	V	R	B	K
K	F	I	S	P	I	Y	A	D	E	S	O	C	G	U	U	B	G
S	U	L	F	D	X	D	S	A	W	D	D	M	B	W	O	L	X
S	D	F	W	T	S	C	S	R	O	R	S	F	E	G	M	B	T
S	O	E	B	A	S	S	I	L	L	A	N	F	L	O	A	E	W
W	M	W	A	S	P	K	O	I	F	C	U	W	O	T	R	J	Q
E	X	M	G	R	B	P	N	N	N	E	N	F	V	Z	A	I	N
E	L	S	Y	S	E	Z	E	G	F	I	G	I	E	F	P	C	O
T	I	X	G	T	G	S	Q	Q	C	J	K	A	D	F	C	U	W
H	Q	A	W	V	S	U	T	Z	T	U	P	C	R	S	N	U	F
E	P	H	P	T	L	E	N	G	A	P	M	A	H	C	V	R	R
A	Q	S	R	U	E	Z	V	E	O	E	C	F	K	J	L	K	P
R	P	A	N	E	B	J	B	O	P	T	C	I	U	C	X	Y	I
T	E	U	O	A	D	J	W	N	R	V	J	N	A	H	O	C	V
H	C	C	H	O	C	O	L	A	T	E	M	N	A	X	B	V	W
F	V	A	L	E	N	T	I	N	E	A	D	C	A	M	T	B	O
V	E	V	O	L	B	Z	J	A	N	Y	T	K	F	R	O	Q	F
P	X	I	T	N	R	F	E	V	O	L	E	U	R	T	H	R	E
H	C	N	O	W	S	M	E	O	P	Y	X	E	K	W	D	J	O

- | | | | | | | |
|-----------|---------|---------|---------|-------|------------|-----------|
| AMOUR | BEAU | BELOVED | CANDY | CARDS | CHAMPAGNE | CHOCOLATE |
| CUPID | DARLING | DEAREST | FLOWERS | GIFTS | HEARTS | LOVE |
| PARAMOUR | PASSION | POEMS | ROMANCE | ROMEO | SWEETHEART | TRUELOVE |
| VALENTINE | | | | | | |

Pickett Community Center
6687 State Hwy 44
PO Box 336
Pickett, WI 54964
920.589.6111
pickettcc@centurytel.net
pickettcommunitycenter.com

NON-PROFIT
US POSTAGE
PAID PICKETT, WISCON-
SIN PERMIT NO. 5

ECRWSS
BOXHOLDER/RURAL ROUTE
PICKETT WI 54964

Losing a loved one changes everything in our lives. We feel lost, sometimes hopeless and may have difficulty understanding our emotions when experiencing grief. If you or someone you know has lost a loved one there is no need to suffer in silence. Support of others is needed in order to heal. Please join the Pickett Grief Support Group on Monday evenings from 6:30 to 7:30 pm. Beginning, Monday, February 27. A confidential, and safe space to meet. Group meetings will be facilitated by Tanya Hielke, Commissioned Spiritual Director, and Grief Guide. Please contact Tanya at: 920-203-5123 with questions and to register. There is no fee for this group.