



A MESSAGE FROM OUR PRESIDENT

Ladies,

Next year is our tenth anniversary. It has been that long since our club "COLLECT" was written by a few of our friends. I would like to look at some of the lines from the Collect that we say at the beginning of every meeting, particularly the first and last lines.

The Collect starts with "Let us remember that each of us is a unique individual with strengths and weaknesses." We do have a few minor weaknesses. Those help us to change and improve. Our strengths help us to stay together as a vibrant organization and continue to give so much back to our community every year.

We also use our strengths of leadership when we chair the different committees. This might be a time to think about becoming a part of the leadership board. Use your individual strengths to help continue the work of those who have served before. There are openings on our board and they are openings YOU can fill.

I have found that by being on the board, I learn so much about our organization, I get to know and understand other members better, and I have formed closer friendships with some of these women.

The last line of our Collect is, "God, help us to strive to be happy, to make others happy, and let us, Dear Lord, be kind to one another." I find the members of the BCCWC to be happy and kind people. This is one of the reasons I joined the BCCWC, participate in the activities and try to bring my friends into our organization.

Please consider joining the BCCWC Leadership Board. We need you and look forward to working with you. Thank you all for being the women you are. Thank you for sharing your strengths and your kindness.

Jan Clark, President 2016-2017

MEMBERSHIP



The membership committee welcomes new member *Nancy Brown*. Our current membership is now 271.

Please be sure your emergency contact card is current.

Kathy Belschner (660-2705) belschnerk@yahoo.com
Betty Jensen (857-3978) bej59@yahoo.com, Co-Directors

MEETINGS REMINDER

February 15

De Pere Community Center, 600 Grant St., West De Pere
Social: 12:15 *Program: 1:00 Meeting: 1:30



*Come join Beth Hudak to learn about the mission of *House of Hope* and the services provided to the community. *House of Hope* is a recipient of a *Community Award* from BCCWC.

COMMUNITY SERVICE

ST JOHN'S HOMELESS SHELTER



Thursday, **February 2**, is the date for our next meal at St. John's. Many of you have generously donated food, however, *we still need several items*:

-  2 Salads with dressing
-  3 hot vegetables dishes
-  2 garlic breads—baked and sliced

Reminder: *Food needs to be delivered to the door at the East end of the education building by 5:30 PM.*

The meal we serve is always praised and appreciated. Thank you for your good work.

If you can donate any of the needed items, please contact:

Mary Krautkramer (336-0198 or 819-5812) mkrauty@att.net
Mary Kay Paulson (632-7473) mkpaulson@aol.com, Co-Chairs

AGING GRACEFULLY



The Aging Gracefully/Pet Therapy group needs your help! We are providing all the hugs and doggie antics to the residents of Bornemanns and Allouez Parkside for the winter months and Stella and Izzy are unable to make it (they are in Florida). But the infamous, trick master Louie the Italian Greyhound will be able to make it! Louie would sure like to have another pup there to keep him company with all those people wanting hugs. So, if you can share your good-natured dog, please let us know. Remember, the dogs are just a way to provide some conversation with the residents and give them a reason to smile. Even if you don't have a dog, we encourage you to come and share in the fun and talk with a resident about their favorite dog.

The following schedule has been set:

- Thursday, **February 2**, at Bornemann's, Mill Street Entrance 2:00 PM (their address is 226 Bornemann, but around the corner on Mill Street is where you will enter)
- Wednesday, **February 8**, at Allouez Parkside, 1901 Libal St. 10:30 AM
- No Pet therapy scheduled for March

Please let *Carol De Grand* know by email or phone if you are able to come.

The Aging Gracefully Committee continues to serve the elderly in different ways.

Carol De Grand (680-5470) cjdegrand@gmail.com

Julie Salemi (621-3954) jasalemi20@gmail.com, Co-Chairs

BUILDING QUILTS FOR HABITAT FOR HUMANITY

Want an exciting winter project? Construct a lap-sized quilt (can be as small as 42" X 60") for a new *Habitat for Humanity* homeowner. All that is required is that the quilt contain a house pattern or material containing pictures of houses. The quilter creates and sews the top and supplies the backing material. An anonymous person machine quilts your project. No need to buy batting - she has that stored at her home.



Sign up at the next meeting or contact:

Carol De Grand (680-5470) cjdegrand@gmail.com

Mary Schrickel (609-4651) mary_habitat@hotmail.com, Co-Chairs

FORT HOWARD APARTMENTS

March is the Month for the Annual Fort Howard Buffet and BINGO!



The annual spring luncheon buffet and bingo for seniors will be held on Thursday, **March 23**, at Fort Howard Apartments, 141 N. Chestnut Avenue, Green Bay. Members will serve the buffet at 12:00 noon and assist seniors as they play bingo following the meal from 12:45 - 2:00 PM.

Volunteers are needed to 1) provide centerpieces, 2) prepare food at home and deliver it to the site by 11:30 AM. Members will also serve, assist, converse and share a meal with residents. Following lunch, some will clean up and others will assist the residents as they play bingo and help distribute prizes. Please sign up to donate a special goodie that you make. Helpful donations also include sturdy paper plates for the meal and smaller paper plates for dessert, napkins, and bingo prizes.

These seniors look forward to this annual event, so please be generous while setting aside prize items for those residents who attend. They all are low income so food items, which supplement their diet, are especially appreciated. Recommended items include:

- Crackers, creamer (powdered), cereals (single serving), granola bars (boxed), canned soups (lower sodium), popcorn (microwaveable)
- Gift Certificates/Cards to nearby places: Blackstone Restaurant, Dollar Store, Glass Nickel Pizza, McDonald's, Subway, White Dog/Black Cat, Jake's Pizza

Other items they could use:

- Pillows, sofa sized (new)
- Postage stamps
- Towels (kitchen)
- Wheelchair cushions/pillows
- Blankets, lap-sized and new
- Books, especially large print

Certain items NOT recommended based on safety, small living spaces and needs:

- candles, knick-knacks, lotions, shampoos and perfumes, makeup

Questions? Want to sign up? A sign-up sheet will be available at February and March meetings or please contact:

Sherry Campbell (680-0778) sherrysuej@new.rr.com
Cathy Green (676-4665) cgreen1171@new.rr.com, Co-Chairs

ONE STITCH AT A TIME



Hopefully everyone is staying warm, dry and away from the ice. This is the best time of the year to work on your knitting and crocheting blanket projects for the less fortunate. We will be collecting finished blankets, any size or color, at the MAY meeting and then again at the OCTOBER meeting. Note we have changed the fall collection from November to October.

Thank you in advance for all your work!! Any questions, please contact:

Jean Allgeyer (639-2980) jmallgeyer@msn.com
Pat Hearnden (432-5871) phearden@aol.com, Co-Chairs

HOUSE OF HOPE



House of Hope was blessed with 27 students from St Norbert College who came in to do *Deep Cleaning* at House of Hope. They also did child care, bagged diapers and replenished supplies in cupboards. A lot of work was accomplished and all their efforts were certainly appreciated. It was a fun time coordinating this project with the help of other employees.

Beth Hudak from *House of Hope* will be the speaker for our February meeting. Hopefully she can answer any questions you might have regarding volunteer services at HOH.

Thank you so much for your generous donations of children's jackets and hats. They were greatly appreciated.

Jo Ann De Voe, Chair (265-4791) joannvoe@new.rr.com

FOOD PANTRY DRIVE

Trinity Lutheran Church Food Pantry on S. Broadway sent a 'Thank you' note expressing their appreciation for our generous donations of food and money. During our January food drive, we collected 25 grocery bags full of food and \$50 in cash donations.



The food pantry serves about 75 households per month, consisting of 136 adults and 88 children. This means they are distributing almost 142 bags of groceries per month. The need is always great.

Thank you for supporting our January food drive.

Lois Mauermann, Chair (497-1354) LMauermann@new.rr.com

WELLSPRING



We wish to extend a special *Thank You* to all of the BCCWC members for making our *Wellspring Warm Clothing* drive a huge success. Because of your overwhelming generosity, many of Wellspring's less fortunate clients will benefit.

We also express our gratitude to Wellspring committee members, Kathy Debroux and Susan Regnier, for helping at the meeting with the collection.

Stay warm and know that your kindness has made a difference.
Our sincere appreciation,

Kathy Aicher & Carol De Grand, Co-Chairs

FUNDRAISING

Shop online?

Ladies, just a reminder again, if you shop online with Amazon.com, please access the site at www.smile.amazon.com instead of just www.amazon.com. You'll be given the option to choose a charity - please select the Brown County Community Women's Club, Location: Green Bay, WI. Smile.amazon.com donates a small portion of each sale to the charity of your choice. Individually, it's not much, but all together it really adds up. All charities have received \$37,903,623.82 as of November 2016, and some of that went to the BCCWC!

How much is [Your AmazonSmile impact?](#)

Sick of carrying coupons?

We continue to promote PAC (PlatinumAccessClub) Membership and hope you will give it some serious consideration. Membership lets you use 300,000+ Local and National discounts as often as you would like for a full year. Bezie MacNeil personally has the membership and has used it numerous times. It's so easy to use all over the country. If you're in Florida, Texas or Arizona, check it out. Complete details are on our website www.bccwc.com under Fundraising.

Interested in improving your health?

PLEASE CLEAR YOUR CALENDAR FOR THIS SPECIAL EVENT



Dr. James A. Surrell will be our keynote speaker at our upcoming FUNDRAISER Thursday, **March 30**, Thornberry Creek Country Club.

Registration forms may be downloaded at our website: www.bccwc.org under Fundraising

Hopefully you are planning to reserve this afternoon to listen to Dr. James A. Surrell help you plan a healthier lifestyle.

Dr. Surrell is a board-certified colorectal surgeon and holds fellowship status in the American Society of Colon and Rectal Surgeons and the American College of Surgeons. He is the Director of Digestive Health at his regional medical center.

A major part of his highly successful practice is to help thousands of people lose weight on his short and simple SOS (Stop Only Sugar) Diet.

**As with any Diet, it is the individual's responsibility to check with their primary physician or specialist before starting any new diet or exercise regimen. That also pertains to this program.*

He is sought after for his health expertise, as well as being entertaining and humorous. In addition to his best-selling SOS (Stop Only Sugar) Diet book, Dr. Surrell has authored many articles in various medical journals on topics related to his specialty of colorectal surgery and digestive health.

This is just a little teaser as to why you might want to come on March 30.

Dr. Surrell will address: THE PROBLEM IS REFINED SUGAR:

The average refined sugar intake in the USA today is a whopping 150 pounds of sugar per person per year, or 3 pounds per week, or 42 teaspoons every day! As a result: 2/3 of adults and 1/3 of children in the USA are overweight or obese!

Impact of excess refined sugar on health:

- * Primary cause of the Overweight and Obesity Epidemic in the USA (2/3 of adults and 1/3 of children)
- * Primary cause of Pre-Diabetes and Type 2 Diabetes Epidemic (114 million people in the USA)
- * Pre-diabetes and Type 2 Diabetes both lead to major increased risk for Dementia and Alzheimer's
- * Excess refined sugar, not eating fats or cholesterol, is the primary dietary cause of High Cholesterol
- * Major cause of High Blood Pressure, because eating sugar causes increased absorption of sodium
- * Doubles risk of Heart Disease – Journal of the American Medical Association (JAMA), 2/3/2014
- * Heavy sugar consumption leads to increased risk of depression – (Psychology Today, 9/2/2013)
- * Major cause of Dental Cavities and Poor Oral Health

Beezie MacNeil, Sue Protzman & Lynette Van Den Heuvel, Co-Directors

KWIK TRIP/FESTIVAL



The BCCWC will be selling Festival Foods (\$50) and Kwik Trip (\$25) gift cards at the February meeting. These cards can be used for whatever is sold in the store ...not just for groceries or gas.



Cathy Green (676-4665) cgreen1171@new.rr.com
Faye Drankoff (265-0126) fdrankoff@gmail.com, Co-Chairs

YOUNKERS COMMUNITY DAYS

FEBRUARY 23, 24, 25, 2017



A big thank you to the wonderful women who volunteered for the November 2016 Younkers sale. The profit from 224 books sold (\$1,120) and Younkers bonus check (\$150.23) amounted to \$1,270.23 for our BCCWC.

In-store selling dates/times for February:

- Tuesday, February 7 - 2:00-4:00 PM
- Monday, February 13 - 12:00-2:00 PM
- Friday, February 17 - 12:00-2:00 and 2:00-4:00 PM
- Monday, February 20 - 12:00-2:00 PM
- Tuesday, February 21 - 2:00 to 4:00 PM

Books will be available for purchase at the Wednesday, February 15, meeting along with the volunteer sign-up sheets. Please help us reach the goal of 75 sold prior to Wednesday, February 22. Doing so will give BCCWC the opportunity to be asked to sell in-store actual sale days which are busier. This is where "the big bucks" are made! However, we do NOT find out that eligibility or times prior to Wednesday, February 22, so will need names and times some volunteers will be available those days also. We will be happy to contact you as soon as we know.

Thank you for your consideration to purchase, get some volunteer hours and help this cause. Any questions, please contact *Gloria LaViolette*.

Gloria LaViolette glaviolette@new.rr.com (983-9596)
Rusty Bursa (660-1981), Co-Chairs

SPRING CARD AND GAME DAY *** Time to Think Spring!! ***



The *Spring Card and Game Day* party is scheduled. The fun begins **Wednesday, May 3**, at **Thornberry Creek Country Club**

Mark your calendars as you won't want to miss this one!!!
...a Basket Raffle, Silent Auction, 50/50 Raffle, a great lunch
and a day filled with fun and friendship.

Get your reservation form in early as space is limited

http://www.bccwc.org/app/download/765182499/SPRING+Cd_Gm+day+regist+form%2CDRAFT3+nd+edits-1.pdf

Gloria Jonet (468-8682) gloriajonet@yahoo.com
Sue Protzman (498-0528), Co-Chairs

BRIDGE MARATHONS



The BCCWC Bridge Marathon team is in the process of taking registrations for the 2017-18 bridge season. The Full Deck group starts it off in June and the other groups start again in September.

If you are interested in being a part of any of our 10 groups, please contact Carol Simpson for more information and to check on availability: simpsoncj4310@gmail.com or 983-9550. There are waiting lists for some groups, however, some do have space available - keep in mind that the final number in any group must come out to even tables. Please go to our website Fundraising page and then Bridge Marathons for the bridge information sheet as well as the registration form for 2017-18.

The bridge marathons are a fundraiser for the BCCWC, and last year this group contributed nearly \$4,600 to the club community awards fund! It is a great way to have fun while supporting our local community!

Carol Simpson, Anne Gollnick & Gloria Jonet, Co-Chairs

BOOK FOR A BUCK



Bring a gently-read book to sell (preferably, a best seller) to our membership meetings. If you've bought a book, read it, and liked it, please bring it back and sell it to someone else. **HOWEVER**, if you bring a book and it does not sell, please take it back with you, as we are not equipped for storage.

The amount doesn't seem like a lot, but *every dollar we make is one we didn't have previously*. There will be a table where you can sell the books, or you can sell at the table where you are sitting for the meeting. Betty DeGrave will collect the money.

Betty DeGrave, Chair (845-9061) robedegrave@centurytel.net

50-50 RAFFLE



Congratulations to *Marge Bork* for winning the January raffle of \$84 ...just in time for her to take on vacation! Thanks again to all of you for your participation. Don't give up! Have Faith! You may be next!

Mary Adriansen, Chair

FELLOWSHIP

- Game/Cards Day will be Wednesday, **February 8**
 - **New Location:** De Pere Community Center, lounge in lower level
 - 1:00—4:00 PM
 - Call or email Sue if you plan to attend: upnative1979@yahoo.com or 432-3428
- **NEW: Introduction to Mahjong will be held on Game Day at the De Pere Community Center: 1:30—4:00 PM**
- Please email Sue by February 7 to register. Minimum: 4, Maximum: 8
- (This will be repeated on March 8.)
- The Lunch Bunch will meet on Thursday, **February 16**, at the White Dog Black Cat Cafe, 11:45—1:00ish
 - Let Sue Sinclair know by Monday, February 13, if you plan to attend: 432-3428 or upnative1979@yahoo.com
- Movie Night on the Last Tuesday of the Month
 - Meet at Bay Park Cinema around 3:45, view a movie and grab a bite afterward (group's choice) to discuss the movie

Spring Bus Trip: (Note *change in date* from what was announced at the meeting)

- Tuesday, **May 9**
- Cost: \$96
- London Alpaca Farm in Manitowoc
- Lunch at Pier 17 in Sheboygan
- Tour Kohler Design Center
- Visit/Tour Wade House & Jung Carriage Museum
- Pick up/drop off on east side & west side
- Use the link below to download the registration flyer or sign up at the meeting
- Two people have registered so far; we need 30 for it to be a go

<http://www.bccwc.org/app/download/765182183/Wisconsin+Trails+--+Motorcoach+Tour.pdf>

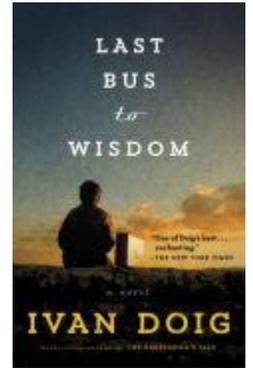
Sue Sinclair (432-3428) upnative1979@yahoo.com
Cheryl Jeffers (327-8248) dennischeryl1@yahoo.com, Co-Chairs

BCCWC BOOK CLUB

The Monday, **February 6**, meeting is at 1:00 PM at the Kress Family Library in De Pere. The book being discussed is "Me Before You" by Jojo Moyes with Meg Deem as discussion leader.

The next meeting is Monday, **March 6**, at 1:00 PM at the Kress Family Library in De Pere. The "Last Bus to Wisdom" by Ivan Doig discussion will be led by Mae Rohde.

BOOK Summary: Donal Cameron is being raised by his grandmother, the cook at the Double W ranch in the Montana Rocky Mountains. This landscape gives full reign to an 11-year old's imagination. Gram has to have surgery in the summer of 1951 and ships Donal off to her sister in faraway Manitowoc, Wisconsin. Aunt Kate is bossy, opinionated, tyrannical, and argumentative, and nothing like her good-natured sister. She henpecks her good-natured husband, Herman, the German, and Donal can't seem to get on her good side either. After one contretemps too many, Kate packs him back to the authorities in Montana on a Greyhound. Herman the German has decided to fly the coop with him. In the immortal American tradition, the pair light out, meeting a cast of characters and having rollicking misadventures along the way.



Looking forward to an enjoyable discussion again. New members are welcome.

Kay Adams, Chair (336-5321) pepperkayadams@hotmail.com

COMMUNICATION

A MESSAGE FROM OUR PAST PRESIDENT



A friendly reminder to log the hours you spend on BCCWC work - see p. 11 of your directory for a guideline of what hours to include. This should include travel time also. *The count of the total hours for each member should be emailed or called in to me by **June 30**.* I just need the TOTAL number of hours. Please be conscientious about doing this - *we need to keep track of the volunteer hours in order to maintain our IRS tax-exempt status.* Thank You.

Jacquie Murphy, Past President

Yours in fellowship, fun, and community good works,

Kathy Szymanski and Linda Curl, Co-Editors, BCCWC Communications Team
Brown County Community Women's Club, Inc.

www.bccwc.org