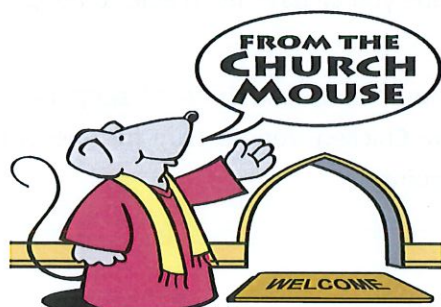


First Congregational United Church of Christ

eagleriverucc.org February 2024



PASTOR'S REPORT

As you are reading this fabulous edition of the Church Mouse, we have completed four Bible Study sessions. I am enjoying this study probably more than any Bible Study I have convened during my career. The conversation is lively! The questions are challenging and engaging! And the snacks are excellent! We are using the Parables of Jesus as a springboard to our discussion, including conversation about the life and times of Jesus and the supposedly "Lost Gospels", the apocryphal works that were suppressed by the early Church but were intuitively preserved for future generations, thankfully discovered many years after the fact. I want to say a special thank you to Dale Bishop who came and led a discussion about all things Israel and Palestine, specifically giving background leading to the ongoing Israeli/Palestinian conflict with Hamas as the instigator and agitator of a situation that was already volatile in every way. There is always room for another. We have plenty of chairs. Come and join us!

As hard as it is to believe, Lent will be here as of Ash Wednesday, February 14th, yes coming very early this year. We will begin our annual Lenten discipline with the Imposition of Ashes at Noon on that day. (Bible Study will conclude for the time being on that evening at its usual 6:00 p.m. time). On the following five Wednesdays, from February 21st until March 20th we will have our annual "Soup and Service" gatherings in Fellowship Hall, also at 6:00 p.m. We are still looking for volunteers to bring their favorite soup, but the response has already been tremendous as always. Maundy Thursday service will be on March 27th at 6:00 p.m. beginning in Fellowship Hall with the Agape Meal followed by Holy Communion and Tenebrae in the Sanctuary. Make plans now and put these opportunities on your calendars.

Finally, I am pleased to announce the Open and Affirming Task Force, the response far exceeding my humble expectations. We have a total of nine! They are Sharon Breit, Kelli Burrill, Barb Flaherty, Tom Helmick, Seren Livingston, Bill Marshall, Kathi Palmer, Phoebe Spier, and Deb Stolze. I am excited to begin work with this group as we plan the schedule and content of the Open and Affirming process. We will have our first meeting shortly and will begin laying out all the details for the congregation. Stay tuned! More news later!

As always life continues to be busy at First Congregational United Church of Christ, a sure sign of who we are as a vibrant and vital, a relational and relevant local missional church. What a fellowship, what a joy divine!

I look to see you on Sundays!
Timothy W. Shirley

FROM THE COUNCIL PRESIDENT

Hello Congregation,

Due to illness the past few weeks I am not submitting a formal president message for the February *Church Mouse*. That being said, I have been experiencing severe bronchitis, but I am doing better. I started medication and am looking forward to getting back to church soon! Hope you all have been able to dodge the “bugs” of January wherever you may be!

Ash Wednesday is February 14th. Our Lenten “Soup and Service” suppers will begin on February 21st and continue through March 20th. I am planning to make Chicken Noodle soup for one of the evenings, having just made my third batch in as many weeks. It has yet to disappoint.

Keep the faith,
Donna Adam

COUNCIL RECAP

The Church Council met on January 8th. Paula Hendrickson advised there was still end-of-year information that was not yet available but made several observations. She noted that 2023 Identifiable non-pledged offerings were up significantly, thus the overall shortfall originally anticipated was considerably mitigated. The building rent was about \$1,300 less than budgeted and advertising expenses were about \$1,500 over budget. Insurance also increased by \$1,700. Several recommendations to reduce costs were discussed.

It was reported that \$15,000 from the Continuing Ministry Fund (under 5%) was transferred to the Church General Fund to minimize the deficit and so we are in a stronger financial position during the lower attendance winter months. There was also \$11,000 transferred from the General Investment Fund to the Church Building and Maintenance Fund with \$2,000 being raised as donations toward the new furnaces. Combined, this will cover the costs for the furnace and boiler service.

The furnace installation was expected to be completed in January pending a couple of parts that are on backorder. Under a separate bid, the boiler system and steam humidifier will be cleaned and tuned, and a steam canister will be replaced.

Pastor Tim noted that the December Advent and Christmas decorating went very well, a scheduling template we will use in the future.

Tim was also in the process of accepting volunteers for the Open and Affirming Task Force. Those slots have been filled. See the Pastor’s article for these volunteers.

The *Northwoods Singers* were approved to hold their community spring concert in the Sanctuary on Sunday, May 19, 2024, at 4:00 p.m. with a reception to follow in Fellowship Hall.

**Just a reminder that the Church Council meets on the 2nd Monday of the month
at 5:45 p.m. in the Conference Room.
Church members are welcome to attend.
The next meeting is on February 12th.**

FEBRUARY COLLECTION:

Tri-County Council on Domestic Violence and Sexual Assault

The Tri-County Council on Domestic Violence and Sexual Assault serves victims in Forest, Oneida, and Vilas counties. A non-profit organization, it offers resources and direct services to victims and their families. The following is the Mission Statement from the Council's web site (tricountycouncilondvsa.org):

"Tri-County Council on Domestic Violence and Sexual Assault, Inc. promotes non-violence as a life choice and provides a safe environment for persons in crisis. The agency believes the use of violence and other forms of power and control is unacceptable. It advocates and educates to stop the cycle of violence and supports those it serves to discover choices, build self-confidence, and regain dignity through services that draw on individual strengths and community resources."

The Council is supported by state, federal, and local grants. Funding from counties, townships, church and civic organizations, and private individuals also enables the county to help those in need of their services.

Tri-County Council operates a shelter in Rhinelander. To help the organization with their mission, please consider donating any of the following items to this month's First Congregational United Church of Christ collection. (Copies of this list will also be available on the table in the Narthex.)

Suggested items include women's socks, cotton balls, Q-tips, hairbrushes/combs, shower poufs, nail clippers, tampons/pads, toilet bowl cleaner, dryer sheets, hangers, pillowcases, toilet paper, paper towels, tissues, hand soap, laundry detergent pods, Clorox wipes, all-purpose cleaner, ear buds, kitchen garbage bags, phone chargers (iPhone and Android), winter stretch gloves (kids & adults), sweatpants/leggings in various sizes (new), dish soap (liquid and dishwasher detergent), single snack food (soda, chips, hot chocolate, coffee pods, tea), gift cards (Walmart, Aldi, Trigs, cab, gas, Walgreens, Menards, Home Depot)

Please give as you are able. Thank you!

MAGGIE BALL MISSION FUND MEETING SET

A small group will meet at 1:00 p.m. Monday, February 6th at the church, to discuss another round of distributions from the Maggie Ball Mission Fund. This is an informal group. Anyone interested is welcome to join the discussion.

We have three new nominations for funding:

- **Bridges of Hope, West Africa.** The organization provides education and health care to people in Liberia.
- **Esther's House/Northwoods Share.** Esther's House is a proposed transitional living facility in Eagle River for homeless women and children.
- **Weekend Backpack Program, Eagle River.** The program provides food for children in need in our area for days when they do not receive meals at school.

If you have other suggestions, please share them with either Barbara Helmick or Mary Lou Congdon before the meeting date.

IDEAS FOR FUTURE COLLECTIONS Do you have an idea for a future monthly collection? If so, we would love to hear about it. Please reach out to Mary Lou Congdon or Barbara Helmick. Thank you!

MELODY OF COMPASSION

During the Offertory we invite you to give your coins for the Melody of Compassion.

The *Melody of Compassion* has been our way of helping the Eagle River area needy for many years.

Please bring your coins to keep the Melody singing for others.



This is the time of year when choir participation dwindles as members flee for warmer weather and sunshine. The challenge to bring worshipful music to Sunday services can be difficult at times. I am grateful to all who commit to being present when they can, and I hope you agree that even though we can be a small group we are mighty!

We are fast approaching the season of Lent with the Ash Wednesday service to be held on February 14th at noon. I have always liked this season of the Church Year. It is a time to reflect on our relationship with God, creation, other people, and ourselves. Many people use this season to 'give up' something but I think it is a good season to add a discipline that strengthens those relationships. My usual go to is to set aside time for intentional devotion and prayer. I know that most days I read a short devotional or two and squeak out the two-sentence prayer at the end and call it good! Not very intentional, I must admit! It is my hope that this Lenten season helps all of us to have a deeper conversation with God so that we can grow not just our prayer life but our relationships in and with this world.

"Come and fill our hearts with your peace!" – Lori

Backpack Program



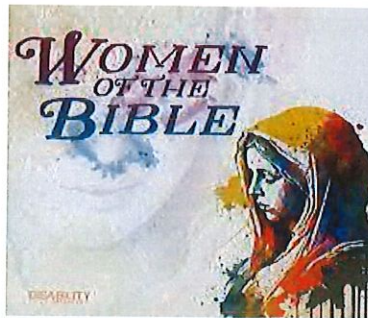
We pack bags for the Backpack Program on the third Thursday of every month at Prince of Peace Lutheran Church. This month we will meet on February 15th at 9:00 a.m. All are welcome to help and any donations to this mission are appreciated. Thank you.



Charles Hill, Charlotte Thomson, Eric Olsen, Keenan Roberts, Kerry Griesbenow, Loleta Cole, Mark Johannsen, Sandra Mettler, Susan Krivichí, Tobi Johannsen, and Willaím Charaf

TWELVE WOMEN OF THE BIBLE

Led by Sharon R. Breit, Director, Christian Education



CONTENTS

Session 1: Eve: Finding Lasting Contentment in the Truth

Session 2: Rebekah: Breaking Free of Feminine Stereotypes

Session 3: Leah: Overcoming Rejection and Insecurity

Session 4: Hannah: Surrendering in Waiting

Session 5: Abigail: Dealing with Confrontation in Relationships

Session 6: Gomer: Learning to Accept Unconditional Love

Session 7: Mary, Mother of Jesus: Moving from Comfort to Courage

Session 8: Mary Magdalene: Transforming from Outcast to Follower

Session 9: Mary of Bethany: Putting Our Faith into Action

Session 10: Martha: Finding Our Identity in Jesus

Session 11: The Woman at the Well: Turning Our Messes into Messages

Session 12: The Syrophenician Woman: Approaching God

Sharon has books for eight people but can order more.

She would like to limit the class to a maximum of ten.

Call or leave a message on my home phone (715-477-2163) or email me

(sharonrbreit@gmail.com), if you are interested in attending.

We will then meet and determine a date and time to begin.

Sharon is looking forward to great conversations.

COMMUNITY GARDEN

We are still hoping to get a group together to help plan the community garden for this summer. If you are interested in helping, please contact:

Deb Stolze - dayk57@gmail.com

Mary Lou Congdon - mlcongdon@charter.net

Barb Flaherty - barb0araflaherty58@gmail.com

Susan Krivichi - skrivichi@gmail.com



Scripture readers (Lectors) and ushers are always needed as well as readers for the Concerns of the Church. You may sign up by visiting our website or you may also contact Joy Turpin at joyfaithchapinturpin@gmail.com or 715-479-6560.

Did you know the worship bulletin and sermon are put on our webpage every week? The webpage address is www.eagleriverucc.org; then go to "About Us" then "Worship Services".

In accordance with the Centers for Disease Control (CDC) guidelines, wearing masks is now optional. If we have cases of COVID within our congregation brought to our attention, we will notify everyone as soon as possible.

Online giving is always available through our website www.eagleriverucc.org. Click on Ministries then online giving and set up your account. With online giving, you can set up recurring or one-time gifts to be made automatically from your checking account or by debit or credit card. Online giving allows you to make gifts more conveniently, especially when not physically attending worship.

Designated offering envelopes are not necessary to make a gift and to receive a yearly contribution statement. With our new accounting software, we are recording contributions based on name and not by envelope number. Any cash offering that is placed in any envelope with a name on it, or a personal check will be recorded. If you would like to donate to a specific ministry, please indicate that designation on the envelope or on the check memo line.

FLOCK

The February 8th FLOCK meeting will be at First Congregational United Church of Christ at 6:00 p.m. Doors will open at 5:30 p.m. There are two groups as well as our group, so we will either be in the Parlor or Conference Room (both rooms are upstairs). If you wish to bring a snack to share, please let me know so we don't have too many snacks at one time. Please bring your own beverage. As always, bring your projects to work on and any finished ones for us to see. If you wish to host in March, please let me know.

Hope to see you on the 8th.
Your Shepherdess,

Linda Brainard 

FLOWER CALENDER: If you would like to give flowers for Sunday worship, please pick a Sunday and add your name to the Flower Calendar that is in the narthex across from the elevator. Flowers are ordered from Vintage Garden at a cost of \$35. Please write a separate check made out to the church. ***Please let Debbie Brown in the Church Office know the information you would like to have on the card.*** If you choose to get your own flowers, please let the Church Office know that you are doing so. You are welcome to take the flowers home after the service. It is also helpful if you bring the vase back to return to Vintage Gardens as we then get more flowers for the money. ***What better way to honor anyone or anything than to share flowers with your church family on Sunday!***

February sponsors are Linda Cole and Marilyn Preisler.

BOOK CLUB

Here is the list of dates and books for the first half of the 2024 reading season. We will take a break for summer and resume in September 2024. Please join us whether you have read the book or not. The discussions are fun and it's a great way to get to know other members of our church and other book lovers who join us.

January 11th, *My Grandfather's Blessing*, by Rachel Naomi Remen, host: Donna De Pape. We had a good turnout for this discussion and found the book uplifting and inspiring.

Coming soon is our next gathering. February 8th. The book *Demon Copperhead* by Barbara Kingsolver is turning out to be a most involving story. Can't wait to hear what folks will say when we meet with our host, Susan Krivichi at 6:00 p.m. in the Church Parlor.

We made some changes to our reading list starting in March.

March 14th, *Rough Sleepers* by Tracy Kidder, hosted by Carol Marshall.

April 11th, *Ladder to the Light*, by Steven Charleston, host: Patti Roberts

May 9th, *Lessons in Chemistry*, by Bonnie Garmus, host: Marion Arndt

June 13th, we have two possible selections for June, which is later than we usually go.

Going Home by Jon Katz, host: Deb Stolze, and/or *The Sweetness of Water*, by Nathan Harris, host: Marti VonKluck. And who knows, we might decide to discuss both books at the same gathering.

Several of the books mentioned are available on Overdrive, Libby, or as audiobooks.

We are happy to have new folks join us. Sometimes we come to a gathering even if we haven't finished reading the book. Remember that if the book intrigues you but you haven't read it you are still welcome to join the group.

Hope to see you February 8th.

REMINDER OF RECYCLING MISSION

As we end 2023 our third month of collecting soft plastics came to another 8 bags totaling 56 pounds.

This brings our total to 161 pounds. So proud of our church family 🙌🙌🙌

Great job and a huge thank you to all who helped get this up and running,
let's keep the momentum going in 2024!!

**Remember that the plastics need to be SOFT and able to stretch when you push a finger against it. You can also check the back to see if it has the recycling symbol #4 or #2. **NO PET FOOD/ BIRD FEED BAGS, CELLOPHANE WRAP (ex. used to wrap flower bouquets) OR HARD PLASTIC CONTAINERS as all of these do not stretch when a finger is pressed against it.

Thanks to everyone that helped with the Frederick's Place January Meal. Please check the bulletin board outside the sanctuary to see if you could provide something for our February meal.

Contact Mary Lou Congdon or Susan Krivichi for more information or sign up on the volunteer sheet attached to the poster in the church lobby on the church level.



Coffee Hour 'Refreshment Schedule' through March 2024!

February 4	Phoebe Spier	Trista Langley-Tyler
February 11	Joy Turpin	Louise Krus
February 18	Nancy Diepenbrock	Susan Krivichi
February 25	Pat Fox	Patti Roberts
March 3	Mary Lou Congdon	Pat Adamovich
March 10	Tom Helmick	Sharon Breit
March 17	Barb Flaherty	Cathy Palmer
March 24 Palm Sunday	Phoebe Spier	Trista Langley-Tyler
March 31 Easter Sunday	Linda Sanborn	Louise Krus

Hello Friends! Above you will find the schedule for providing treats for Coffee Hour after worship. We are happy that so many of you have volunteered to provide this nice addition to the Coffee Hour social time that enhances our fellowship together. Here are a few notes regarding your duties etc.:

1. You are only responsible for providing a treat on the assigned Sunday. If you want to set up the coffee maker prior to the service either Joy or Susan can show you how that is done. We have assigned two people each Sunday to make it less of a burden. There have been as many as 60 people at the 9:00 a.m. service.
2. You may bring pastries, cookies, bars, fruit, cheese and crackers or any other items you think would be nice for the social time. Please make sure that your item is ready to serve (i.e. bars cut up, placed on a plate if needed, provide a serving utensil etc.) There are some gluten free treats in the cabinet above the sink. There are plates and napkins and coffee cups in the Parlor to be used for coffee hour.
3. If you cannot provide treats on your assigned Sunday, please **first** contact another person on the list to see if you can switch your Sunday assignments. The contact information for all of those who volunteered is listed at the top of the schedule. If that fails, please contact Susan or Joy to let them know that you will not be available on a given Sunday.
4. You **are not** required to clean up afterwards, so please do not worry if you can only drop off your treats and leave. We will make sure everything is cleaned up afterwards. If you can help clean up, that is great, and there is a very nice vacuum stored in the church office on the wall charger that can be used to vacuum the carpet after. Coffee grounds can be placed in the garbage can in the parlor and the pot should be emptied and rinsed.

Please do not hesitate to contact either Susan Krivichi or Joy Turpin with comments, concerns, or suggestions. We look forward to working with you on this service to our church.

Thank you,
Susan and Joy

First Congregational United Church of Christ

105 North First Street PO Box 1385

Eagle River, Wisconsin 54521

office@eagleriverucc.org

715-802-8501

www.eagleriverucc.org

Church Office Hours

Monday – Thursday - 8:00 a.m. to 1:00 p.m. – CLOSED ON FRIDAYS

CHURCH COUNCIL

President, Donna Adams

Kristen Anchor

Steve Burrill

Carol Marshall

Trisha Moore

Eric Olsen

Deb Stolze

Clerk, Norma Yaeger

Pastor Parish Relations, Tobi Johannsen

Women's Fellowship, Sharon Breit

Sanctuary Arts Group, Patti Roberts

Facilities, Donna Adams

Finance, Paula Hendrickson

Gifts and Endowments, Bill Marshall

Safety and Security, Carlton Schroeder

Scholarship, Ursula Charaf

Service Support Team, Joy Turpin

CHURCH STAFF

Timothy W. Shirley, Pastor

Debbie Brown, Church Administrator

Sharon Breit, Director of Christian Education

Lori Lee Hunter, Director of Music

Norma Yaeger, Pianist

Christine Clough, Cleaning Services

Worship Service

SUNDAYS AT 9:00 A.M.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
28	29	30	31	1	2	3
				6pm - Eagles AFG 6pm - Narcotics Anonymous	6pm - AA Meeting @ First	
4	5	6	7	8	9	10
8am - Choir Practice 9am - Worship 3:45pm - Cub & Boy Scouts	8:30am - Yoga 9:45am - Qui Gong 4pm - Chime Choir 6pm - AA Meeting @ First	6pm - AA Meeting @ First 6pm - Soul Sisters	9:45am - Qui Gong 11am - Many Ways of Peace 6pm - Bible Study	6pm - Eagles AFG 6pm - Narcotics Anonymous	6pm - AA Meeting @ First	
11	12	13	14	15	16	17
9am - Worship 3:45pm - Cub & Boy Scouts	8:30am - Yoga 9:45am - Qui Gong 4pm - Chime Choir 5:45pm - Church Council 6pm - AA Meeting @ First	6pm - AA Meeting @ First 6pm - Soul Sisters	9:45am - Qui Gong 11am - Many Ways of Peace 6pm - Bible Study	9:15am - Backpack Packing 6pm - Eagles AFG 6pm - Narcotics Anonymous	6pm - AA Meeting @ First	
18	19	20	21	22	23	24
8am - Choir Practice 9am - Worship 3:45pm - Cub & Boy Scouts	8:30am - Yoga 9:45am - Qui Gong 4pm - Chime Choir 6pm - AA Meeting @ First	6pm - AA Meeting @ First 6pm - Soul Sisters	9:45am - Qui Gong 11am - Many Ways of Peace 6pm - Bible Study	6pm - Eagles AFG 6pm - Narcotics Anonymous	6pm - AA Meeting @ First	
25	26	27	28	29	1	2
9am - Worship 3:45pm - Cub & Boy Scouts	8:30am - Yoga 9:45am - Qui Gong 4pm - Chime Choir 6pm - AA Meeting @ First	6pm - AA Meeting @ First 6pm - Soul Sisters	9:45am - Qui Gong 11am - Many Ways of Peace 6pm - Bible Study	6pm - Eagles AFG 6pm - Narcotics Anonymous		



Providing Safe
Housing & Basic
Needs ♥ Promoting
Self-Sufficiency &
Independent Living



204 W. Frederick St. | PO Box 913
Rhinelander, Wis. 54501
715-365-3440
nathnorthwoods@gmail.com

We would like to invite you to serve your neighbors experiencing homelessness. Financial contributions are tax-deductible and we're happy to provide a receipt for your records.

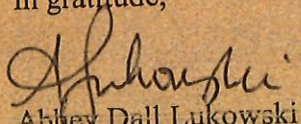
Service to the organization can be accomplished in several ways:

1. Serve on our Board of Directors, we're currently seeking a BOD Secretary.
2. Volunteer at one of our several fundraising events throughout the year.
3. Volunteer regularly at Frederick Place – assist residents in navigating independent life skills such as budgeting, preparing resource documents, cooking, and many more possibilities.
4. Be an On-Call Volunteer, covering employee shifts when unforeseen circumstances may prevent shift attendance.
5. Financially contribute to our operational expenses.
 - a. A private contribution of any value. Mail to either of the addresses above.
 - b. Sponsor a day as apart of our *\$1K for a Day* campaign – a \$1,000 donation.
 - c. Join our 1,000 Give \$100 campaign – a \$100 donation.
 - d. Continue to support our efforts toward long-term financial sustainability by contributing to our Endowment Fund.
6. Attend our fundraisers, supporting our efforts to fund operational expenses.
7. Pray for the staff and volunteers committed to serving those experiencing homelessness.

We are happy to attend your events or community gatherings to speak on homelessness situations within our Northwoods communities. This can be arranged by contacting me via nathnorthwoods@gmail.com or giving us a call at 715-369-9777.

I pray your Christmas is merry and your new year is blessed.

In gratitude,


Abbey Dall Lukowski
Executive Director

Make a charitable
donation here



Vilas County ADRC

Upcoming Events

DICE Approach * Tuesday, February 13th 1:00pm to 2:30pm

The DICE Approach represents a simple but systematic method for understanding, assessing, and managing behaviors in people with memory loss.
Walter E. Olson Memorial Library - 203 N Main Street, Eagle River, WI 54521

Brain Health * Tuesday, March 19th 1:00pm to 2:30pm

Ways to Maintain a Healthy Brain Now and in the Future.
Walter E. Olson Memorial Library - 203 N Main Street, Eagle River, WI 54521

TimeSlips * Tuesday, April 9th 1:00pm to 2:30pm

A joyful gathering where you can learn how to engage with a friend, family member or loved one who might be lonely, frail, or experiencing memory loss.
Walter E. Olson Memorial Library - 203 N Main Street, Eagle River, WI 54521

Memory Cafe

Fun, social connection with others having similar experiences.

Every 1st Monday - 10:00am to 11:30am

Northlife Church
6065 State Hwy 70 E
Saint Germain, WI 54554

Every 3rd Monday - 10:00am to 11:30am

Walter E. Olson Memorial Library
203 N Main Street, Eagle River, WI

Dementia Caregiver

Support Group

Build a support system with people who understand.

Every 3rd Thursday - 10:30am to 11:30am

Vilas County Court House
330 N Court Street, Eagle River, WI

RSVP by calling (715) 479-3625 or
email lebaug@vilascountywi.gov



DICE Approach to Caregiving

Are you a Caregiver assisting someone with a form of Dementia or Memory Loss?

If so, the DICE Approach might work for you!



The DICE Approach represents a simple but systematic method for understanding, assessing and managing behaviors.

WHEN:

**Tuesday, February 13th
1:00pm to 2:30pm**

WHERE:

**Walter E. Olson Memorial Library
203 N Main Street
Eagle River, WI 54521**

RSVP: Call the ADRC 715-479-3625

Presented By



Brain Health

Ways to Maintain
a Healthy Brain
Now and in the
Future



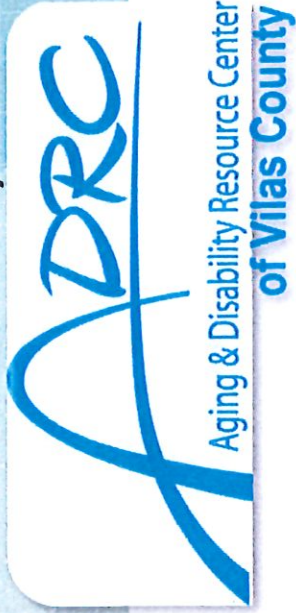
WHEN:

Tuesday,
March 19th
1:00pm to 2:30pm

WHERE:

Walter E. Olson
Memorial Library
203 N Main Street
Eagle River, WI
54521

Presented By



RSVP: Call the ADRC 715-479-3625



You're invited to an **Engagement Party!**

A joyful gathering where you can learn how to engage with a friend, family member or loved one who might be lonely, frail, or experiencing memory loss.

**Tuesday, April 9th
1:00pm to 2:30pm
Walter E Olson Memorial Library
Eagle River, WI 54521**

**Please RSVP to the ADRC of Vilas County at
715-479-3625**



ADRC of VILAS COUNTY IS OFFERING A NEW WELLNESS INITIATIVE

GET HEALTHY WITH EAT SMART, MOVE MORE, WEIGH LESS ONLINE



NEW SERIES BEGINS SOON



For registration code, please
contact Sue Richmond:
surich@vilascountywi.gov
or
715-479-3625

- Check it out—a 15-week weight management program that works because it is not a diet—it's a lifestyle!
- All weekly classes are conducted online by a live instructor, fostering interaction between the instructor and all participants.
- Participants can conveniently attend classes from home or office using a computer or mobile device.
- *ADRC of Vilas County is covering the cost of the program (\$235 value).*
- Go to www.esmmweighless.com to view class times for the upcoming series beginning soon.

All participants must be over 60+ years of age and residents of Vilas County, WI.

www.esmmweighless.com

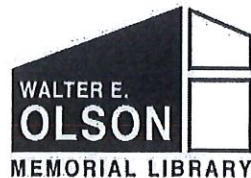
Veterans and Families' Expressions

BROUGHT TO
YOU BY THE:

 **Headwaters Council** for the **Performing Arts**



- Outlet for veterans to share their experiences about their time in the military and for families to share how the service impacted their lives.
- Use any outlet such as arts, crafts, storytelling or any other means of expression.
- All works are welcome for display until the March 24, 2024 performance by Kathy Kaefer at Northland Pines High School, sponsored by HCPA. She will perform songs popular around World Wars I and II.
- **Veterans are invited to attend Warehouse classes, the concert and other events free-of-charge!**
- For more information:
 - Jackie Coghlan at cogjackie@gmail.com
 - Sara Klemann at the Olson Memorial Library (715) 479-8070
 - Donna Murray at the Warehouse Community Arts Center (715) 479-4060
 - Denny Geiseman at the Veterans Resource Center (715) 479-8810
 - Brian Thomas at the Vilas County Veterans Service Office (715) 479-3629
 - Visit HCPApresents.com



Funded in part by a grant from Wisconsin Humanities, with funds from the National Endowment for the Humanities and the State of Wisconsin. Any views, findings, conclusions or recommendations expressed in this project do not necessarily represent those of the National Endowment for the Humanities.

