

## Happy St. Patty's Day!

Though the days may be gloomy and full of snow and ice, our Helping Hands committee aims to make your days a little nice! Not a limerick by any means, but I thought I'd give it a shot ☐. Spring will be arriving in a few weeks; however, the air does not seem to be cooperating. On a good note, March appears to be coming in like a lion so hopefully it will go out like a lamb. We truly hope you enjoy our monthly newsletters and would appreciate any feedback/suggestions on what you'd like to read about. One suggestion from a parish member was to get to know our committee members. Each mailing we will now feature one of 14 of our committee members so all of you can familiarize yourselves with us. So, here goes!

Mary LaBadie (Jochem): I have been a parish member my whole life receiving all my sacraments here at St. Charles. I attended St. Charles School for 8 years and could not have asked for a better atmosphere or better friendships. After marriage, my husband Willie and I were blessed with 2 daughters, Chelsey and Lindsey, who also attended St. Charles with the same feelings. As they grew into the upper grades, our involvement with the school and parish grew tremendously. I served on parish council, assisted in fund-raising efforts for the gym, coordinated the annual pig roast for 10 years and am currently in my 20<sup>th</sup> year as fall festival coordinator. 4 years ago, following my mother's passing, I formed Helping Hands which currently consists of 14 amazing volunteer members. Sometimes I wonder how I found the time to take on things, but I know it is all due to the help of those surrounding me and without their help, I would be nothing. I hope you enjoy our letters, cards and well-wishes. Our goal is to make each of you happy and keep you as safe as possible.

### What's Happening in Burlington in March of 2019?

**March 6** is Ash Wednesday. Masses will be at St. Charles at 8:30, St. Mary at 6:00 and St. Joseph at 7:00.

Stations of the Cross will occur on Fridays during Lent at 6:00 at St. Charles and 7:00 at St. Mary. St. Mary will also have the Rosary at 6:30 prior to Stations of the Cross.

**Lenten Fish Fry** – St. Mary cafeteria on Friday March 1, 15, 29 and April 12 from 4:30 – 7. The cost is \$11.00. Drive-thru service is available.

**Lenten Mission** takes place at St. Charles at 6:30 p.m. on March 31, April 1,2,3 and 4.

**March 8–10 & 15–17:** Burlington High School is putting on the musical, "Little Shop of Horrors".

**March 11 is Movie Night** in the cry room of the church at 6:30 p.m. Join Jackie Heiligenthal for the movie "God's Not Dead, A Light in the Darkness". Save the date for April 8 to see "The Scarlet and The Black" a true story about WWII based in Rome.

**March 14** our Knights of Columbus are putting on their annual "Corned Beef and Cabbage" dinner in Andre Hall in celebration of St. Patrick's Day. It is from 4 – 7 p.m. and the cost is \$10.

**March 16** our Burlington Chamber of Commerce hosts its annual Home and Garden Show and Chocolate Extravaganza at Burlington High School. Time to get ready for spring!!

**March 17** brings us St. Patty's Day!!! Wear your green! And Good Luck!

### **Oak Park Place**

**March 18** at 2:00 Oak Park Place will host live entertainment by Night Wing a Racine-based entertainment group that will take place in Murphy Hall.

- Catholic Masses are said at Oak Park every Saturday at 2:15 by Fr. Sante.
- Did you know that Oak Park also has the beautiful music of a pianist every Friday in March at 2:00 in Murphy Hall?

### **Eucharistic Adoration**

Eucharistic Adoration began in 1994 at the St. Francis Retreat Center, involving 337 adorers from a cluster of parishes. When the Retreat Center closed, Adoration was moved to the St. Mary Good Shepherd Adoration Chapel. Regular hours are Mondays through Wednesdays from 9:00am - 9:00 pm. Each hour two adorers are present before the exposed Blessed Sacrament.

Currently approximately 80 people from area churches maintain a prayer presence at the altar in the Chapel, but that still leaves the chapel short of 8pairs of adorers. Visitors are always welcome, but various time slots and days need some committed pairs to maintain this precious gift. The following times and days are open: Mondays 9-10 a.m. and 10-11 a.m.; Tuesdays 10-11 a.m., 2-3 p.m., 4-5 p.m., and 8-9 p.m.; Wednesdays 11-noon and 1-2 p.m.

If you can sign up for one of the hour time slots, please do so now by calling Deb Regner at 763-5834 or Dick Miller at 539-2648.

**Did you know??** March is National Nutrition Month and encourages our older adults to eat better and drink more water.

The general rule of thumb for seniors for how much water to drink is one-third of your body weight in ounces. Ex: If you weigh 150 lbs., you should drink 50 oz. of water per day. Water is found in many forms such as popsicles, broth, coffee, fruits and vegetables. For a bit of flavor, purchase flavored seltzer water. Dehydration is deadly and causes drowsiness and confusion. To determine if you are dehydrated, check your urine. If it is dark or bright yellow, you need to drink ore water. More water reduces kidney and urinary tract infections, reduces constipation and reduces the risk of colorectal cancer.

Increased fiber keeps your digestive system moving along. Eat foods such as nuts, whole grain cereal, fruits and vegetables. Steamfresh makes frozen vegetables in a pack for 2 and only takes 5 minutes in the microwave. Make some brown rice and mix it up! Nutritious and delicious! The cost of the vegetables is \$1.00 at WalMart and the rice is minimal.

All of the above tips may be found on-line at a website called **Daily Caring**. Lots of great tips!

### **Bee Itzenheiser Recipe Corner**

This recipe is an old family favorite that used to be eaten on Friday nights during Lent. Simple, easy and full of protein!

#### **Egg Spaghetti**

2 cups cooked spaghetti noodles; 4 eggs; ½ stick butter; ¼ c. milk.

Cook and drain spaghetti; set aside. Beat 4 eggs in a bowl and add milk. Set aside.

Melt ½ butter in fry pan and add spaghetti to melted butter. Pour egg mixture over spaghetti and scramble. Add salt and pepper to taste. Serves 4. Add a salad or vegetable as a side dish.

## **It's Time for Some Fun!!!**

Here is some useless information that is good for....nothing but fun!

**How to write a limerick:** The first, second and fifth lines rhyme with each other and have the same number of syllables (typically 8 or 9). The third and fourth lines rhyme with each other and have the same number of syllables (typically 5 or 6). Limericks often start with the line "There once was a..." or "There was a..." Example of an 8,8,5,5,8 syllable limerick:

**There once was a clover named Kate, Who sat on the edge of a plate, The fancy folk dined, On foods of all kind, Then tossed her at quarter past eight.**

History of the limerick: Limericks were made famous by Edward Lear, a famous author who wrote the "Book of Nonsense" in the 1800's. This was an entire book of silly limericks. Limericks aren't Irish (Edward Lear was English) -- but there is a Limerick county in Ireland and they are fun little poems for children to write -- so writing Saint Patrick's day limericks with the class is a fun and educational exercise for children to do. For young children, you can focus on the rhyming and ignore the syllable count.

## **March - The Lazy Month**

Did you know that March used to be the first month of the calendar year? The ancient Roman calendar only consisted of 10 months with March being the first and December the last. The name "March" comes from the Roman God of war - Mars. This is because this was the month where the military campaigns began.

It is also the most "unproductive" month due to the fact of the NCAA tournament schedule. Workers are constantly distracted by their pools or watching games on the internet.

**Half Day - Half Night** - On March 20 you will be able to witness 12 hours of day and 12 hours of night. (Hopefully all 24 will be warm:). This is because on the 20th of March, sun shines direct on the equator.

**First Full-Moon** - As per the Romans, every mid-month is known as the ides of the month. The 15th of March usually records the first ever full moon of the year. Thus being called "The Ides of March".

## **Beware! Not So Fun**

These days, scams are terrible. It is difficult to know what is real and what is not. For example, I personally am a donor to St. Jude. 2 years ago I did receive a phone call asking for a donation and it was legit. The other day, I received a phone call from a man posing as a member of St. Jude and was totally skeptical. I looked it up on the computer only to find that scammers are now making phone calls and posing to be from a familiar non-profit organization. I told the man that I only donate thru mailings and checks. **Never give credit card or bank account information over the phone.** Years ago we could; now we cannot. **Never click on an e-mail telling you to change your password or giving password information.** I was a victim of this in December and am still having issues, There is a new scam out regarding direct deposit for

social security. The Social Security Adm. and the IRS will **NEVER** contact anyone via phone or e-mail; always via mail. Always ask for a bill in the mail!!!

**Do Not Call List/Robo Calls**

Register all phone lines from your phone on the Do Not Call List at 888-382-1222. This call NEEDS to be done from the phone for are referring to. This may not stop robo calls which pose to come from your area. Cellular phone companies do have apps to help to block these calls. Please contact your company for details.

**Further information: Call AARP Scam Center at 877-908-3360.**

**Other Useful Resource Information**

Cab rides to appointments? Lyle Tietel at 262-206-7043 and Cyndi at Cruizin' Taxi at 262-948-9302 can assist with shopping, appointments or any other need you may have.

**Save The Date!!!**

Our first social of 2019 is taking place on Sunday, April 7 following the 10:00 mass. Please bring family members and caregivers to join us for food, refreshments, door prizes and fun!

Finally, we are honored to share a prayer with you that was actually written by Mary Popp (Rosemary Warner and Terri Lancour) mother. It is beautiful and we thank them for sharing!

**Prayer To Our Blessed Mother**

Take my hand, O Blessed Mother, Hold me firmly lest I fall;  
I grew nervous while walking and Humbly on Thee I call.  
Guide me over every crossing, watch me when I'm on the stairs;  
Let me know that you're beside me, listen to my fervent prayers.  
Bring me to my destination, safely along the way;  
Bless my every undertaking, and my duties for the day.  
And when evening creeps upon me, I'll never fear to be alone,  
Once again O Blessed Mother, take my hand and lead me home.  
(It is said you never fall if you say this prayer every day). Mary Popp

**Birthday Time!**

Tons of birthday wishes to the following special people!

**March:**

5	Dianne Boyle	12	Al Strelbicki	18	Rita Graul
24	Rosemary Riggs	31	Jan Sawall		

**April:**

1	Sharon Wolf	7	Geraldine Ehlen	12	Paul Krein
17	Frank Nega	21	John Block	23	Nancy Block
25	Kathleen McLaughlin				

**Come one, come all!**

# **It's Social Time!!**

**Sunday, April 7 following the 10:00 mass.**



**All seniors, family members and caregivers are welcomed to join the St. Charles Helping Hands committee members for food, drink and door prizes in Andre Hall.**

**We are looking forward to getting everyone together for some fun!**

**(Turn Over)**

Please feel free to contact a member of Helping Hands if in need of a friend to talk to, Holy Communion, errand running, or as a resource to aid in finding the help you need. We do have access to a caregiver in the area as well as resource information to help those who still live in their homes. The Burlington Senior Center hosts several programs which are usually sponsored by Stay at Home of Waterford. They specialize in helping our seniors stay in their own homes at an affordable cost. Their phone number is 514-3900.

Again, we would appreciate any feedback you can give us. Would you like us to do a seminar on subjects such as nutrition, exercise or basic information? Should we be placing something different in our newsletter? How about featuring one of you?

Please contact any member if you have additional ideas that would help brighten your day or help you out in any way. We thank you for your time and God Bless!

Mary LaBadie	206-5569	Jacki Scholze	763-4611
Mary Pieters	763-2627	Donna Moe	763-2328
Jackie Heiligenthal	661-4272	Larry Dornacher	492-1510
Pat Lawrence	763-2260	Joan Zwiebel	763-9226
Bee Itzenheiser	763-3493	Judy Halverson	758-0403
Phil Koenen	492-9122	Marcy Morrison	492-1483
Marge Luedeke	492-3320	Fr. Jim Volkert	763-2260

Please note we have been blessed to have a new member on our committee. Marge Luedeke some of you may know does the Jesus and Me program at the 10:00 mass with Jenny Nice. You will learn more about her in the months to come. We are grateful she is willing to help us out.

