

Fitchburg Active Women's Group Meeting Minutes

July 28, 2015

Present: 26 members attended.

Next meeting: Tuesday, August 25, 2015 at 2 p.m.

Meeting

Copies of the August issue of Prime Times News were available.

Caroline introduced her friend, Lela McGee, who gave a power point presentation to the group on "Amazing Essential Oils." Essential oils have a long history, which has been largely forgotten. They are being re-discovered and used medicinally primarily to support a healthy immune system in various parts of the world, including Germany, France, Australia and Japan. In the United States, grant money is not being offered to study them, nor are they regulated by the Food and Drug Administration.

Essential oils are the natural aromatic compounds of plants. Lela began studying them for her own benefit and has found improvement in the areas she was seeking help. The best essential oils are steam distilled or cold pressed. Heat destroys the oils. The three methods of application of essential oils are: aromatically, internally and topically.

Lela discussed several essential oils and how they can provide benefits, a few of which are listed below:

Lavender helps with seasonal sniffles, minor cuts and scrapes, restful sleep and maintaining normal blood pressure.

Lemon supports cardiovascular health and a healthy immune system, promotes digestion, disinfects, and is calming.

Frankincense is the king of oils. It supports a healthy immune system, aids in cellular growth, reduces wrinkles, scars and stretch marks. Fundraising is being done to allow a study to occur at the University of Oklahoma.

Peppermint helps with nausea, aids digestion, eases headaches, and supports a healthy immune system.

Thieves oil is a combination of oils which supports a healthy immune system and a healthy respiratory system. It safely disinfects food areas.

Clove bud oil is high in anti-oxidants so is good for the immune system and cardiovascular system.

Tea tree oil is an anti-inflammatory, antibacterial, anti-fungal and antiviral oil.

Orange curbs stress and anxiety, supports a healthy immune system, promotes restful sleep, and has the potential for improving cognitive function.

Wolfberries (goji) is known as the anti-aging fruit, promotes skin health, supports detoxification of the liver and kidneys, supports vision and restful sleep.

Various essential oils can be used as cleaners, as an insect repellent, or sunscreen without introducing harmful chemicals into our homes or onto our bodies. Lela suggested that we learn about essential oils by reading about them, deciding what areas of our lives we would want to make improvements in, and then consider which oils to use. She is willing to assist anyone interested in pursuing the topic further.

Contact Lela for more information via email at: bestzeris@yahoo.com

Recent Activities

None at this meeting.

Upcoming Activities

Mavourneen is organizing a trip to the National Mississippi River Museum in Dubuque, Iowa, for the Titanic: The Artifact Exhibit. The date she has chosen is Tuesday, August 18. Expect an email soon inviting members to join in the trip. Admission to the museum is one amount, \$13 for seniors. The special exhibit is extra. If twenty people are able to go, the cost will be slightly lower.

Sharing

None at this meeting.

Submitted by Marcia Griskavich
Fitchburg Active Women's Group

Fitchburg Active Women's Group Meeting Minutes

June 23, 2015

Present: Patti, Mary D., Jeanie, Joanne, Mary P., Judy B., Bev, Susan, Barbara, Linda, Marina, Mary C., Judy N., Kay, Amy, Ellie, Jane, Kathy, Marcia

Next meeting: Tuesday, July 28, 2015 at 2 p.m.

NOTE: The next meeting will take place in the Prairie View Room (directly above the usual meeting room, the Syene Room). Caroline Hook is bringing a friend who will introduce us to the use of essential oils, which are being used in hospitals, for cleaning and are being researched for other uses.

Meeting

Copies of the July issue of Prime Times News were available. Several upcoming events were noted.

Kathy attended the first Alzheimer's Association educational series program, and recommended attending the upcoming ones. Each one has a different theme. The next ones will be held on Monday, July 13, and Monday, July 27 at 2 p.m. Two more programs are scheduled for August.

The next Learning Annex will be a presentation by the Chocolate Shoppe owner on Tuesday, July 21 at 2 p.m.

The first Concert at McKee was cancelled due to inclement weather. The July concert will be on Monday, July 20. The band is Madisalsa, an 11-member group devoted to the musical traditions of Cuba, The Dominican Republic and Puerto Rico.

Acupuncturist Matthew Wagner and Roger Bass, Lindy's husband, will discuss Mysteries and Myths of the Back on Wednesday, July 15 at 11 a.m.

David Hill will show us how to navigate the senior center website on Thursday, July 30 at 1 p.m. The website is updated regularly. Prime Time newsletters are available up to 10 days before they arrive in mail boxes.

Recent Activities

Joanne organized a tour of the State capitol for 10 members. They were guided throughout the building, from the basement to the observation deck. It was a clear day, so they were able to see for miles. Everyone enjoyed it.

Upcoming Activities

Although she was absent today, Mavourneen and her husband are organizing a trip to Dubuque, Iowa to the National Mississippi River Museum in Dubuque, Iowa, for the Titanic: The Artifact Exhibit. The date she has chosen is Tuesday, August 18. She will be emailing us again when it is time to make a commitment to join in the trip.

Mary C. discussed getting tickets to see Newsies at the Overture Center. Kathy indicated that the Men's Group is making plans to attend on Thursday, Sept. 17. It is a musical. Several other wonderful musicals are scheduled for the Overture Center.

Patti asked if there was interest among the group for touring the Fish Hatchery, located on Fish Hatchery Road. Many hands were raised. She will arrange for a group tour for us in May or June 2016.

Sharing

Each member shared an interesting experience or story about themselves.

Patti collects egg darners. She passed one around and suggested a future program idea she has is to gather people who collect things together for a presentation to the group.

Mary D. thanked everyone who ate at Hyvee on the two days that Hyvee willingly donated part of their proceeds to the Friends of the Fitchburg Senior Center.

Jeanie grew up on a farm near Stoughton where tobacco was grown, and still does. It was a lot of work growing and harvesting it.

When Joanne needed a job to earn money to go to college, she worked at Isle Royale National Park in Lake Superior for four summers.

Mary P.'s father dealt in tobacco when she grew up in Viroqua. They often had cigar wrappers around their home, and entertained out-of-town guests as a result.

Judy attended the citizen police academy with the Oregon Police Department. It's a way to find out what they do, and it turned out to be fun and informative. Her husband did the same thing in Fitchburg.

Bev informed us that she is a 35-year survivor of breast cancer.

Susan is going to Alaska next month.

Barbara likes to knit. She reflected that this exercise of sharing information about ourselves reminded her of speech class, and how when she had a broken collar bone, the cast made her arms look like football goal posts for six weeks. Her teacher thought she had a deformity.

Linda S. ran with the bulls in Pamplona, Spain. She also informed us that she has lived with M.S. for 34 years.

Marina's father made her work every weekend and summer on his farm, rising at early hours. She resolved never to be a farmer and told her daughter if she dated and married a farmer, she would be disowned. Her daughter did date a farmer for a while, until he asked her to clean a chicken!

Kay is a crafter, loves quilting and sewing.

Mary C. grew up in Argyle in a newspaper family. One of 11 children, they had to get up early to get the newspapers ready for distribution. She's a retired teacher with wonderful memories.

Judy N. and her husband took a one-month vacation to Yosemite and elsewhere. She was so frightened driving up the mountain roads which were under construction, only to learn that a blizzard was expected and they needed to get down immediately. When they'd descended they learned that the roads were ice-covered in the valleys. She was happy to go on to Hawaii where she could lay on the beach. And glad to get home too.

Amy grew up in Green Bay. In her younger years, she worked at the Green Bay Hall of Fame when it was not as impressive as it is now. How things have changed there!

Ellie is into genealogy. She has published a book about her husband, and ALS which caused his death.

Jane retired from Land's End. She shared a story about cashmere sweaters she'd purchased for her daughters-in-law. She thought she'd brought them home. So when she couldn't locate them in her house, she called the police to report them stolen. It turned out she'd left them at the store. The call she made to the police was not an easy one. And her family doesn't let her forget it!

Marcia passed around photos of her tap dance class. They performed a Charleston in a recital in May.

Kathy shared her interest in history and archeology. She participated in digs at Heritage Hill State Park and at Crow Canyon near Mesa Verde. She learned that dousing her hat in water is a good way to keep cool. She also learned that it is possible to drink too much water, as it may flush out too many electrolytes.

Kathy related that it is easy to mis-dial and end up calling 911. Patti mentioned that she'd read a book titled Blink: the power of thinking without thinking by Malcolm Gladwell, in which she learned that it really is difficult to call 911 when one's adrenalin is pumping.

Submitted by Marcia Griskavich
Fitchburg Active Women's Group

Fitchburg Active Women's Group Meeting Minutes

May 26, 2015

Present: Patti, Susan, Joanne, Jeanie, Sharon, Anne, Mary D., Jane, Barbara, Maggie, Sandy, Judy B., Mavourneen, Carol T., Roxann, Jackie, Mary P., Amy, Ellie, Kathy, Marcia

New members: New members Amy and Ellie were introduced.

Next meeting: Tuesday, June 23, 2015 at 2 p.m.

Meeting

The June issue of Prime Times News was available. Several upcoming events were noted.

Sari Semple, the Appalachian story teller, will be performed by Jessica Michna on Wednesday, June 17 at 12:30 p.m. It was noted that she will be performing Mrs. Dickens in Verona on June 3. Kathy will send an email with the details for the Mrs. Dickens performance.

There is a program on Advance Care Planning scheduled for Tuesday, June 16 at 1 p.m.

The Alzheimer's Association will provide an educational series by during the summer. The first date is Monday, June 22 at 2 p.m. The topic will be Healthy Habits for a Healthier You: Healthy Aging.

The Learning Annex will be a presentation by Winnie and Phil Lacy's children, Mary and Anne Lacy, on Tuesday, June 16 at 2 p.m. called Travels from the 'Crane World.' They will provide details of a trip to India and the research sites of the International Crane Foundation. India tea and treats are included.

The first of three Concerts at McKee will be held on Monday, June 15, with youth bands, food carts at 6 p.m. and the main performance at 7 p.m. The concerts are being held on the third Mondays of the summer months.

Hyvee is partnering with the Fitchburg Senior Center Friends on Thursday, June 4 and Thursday, June 18. Anyone who dines in at the Market Grille and mentions that they want to help the Fitchburg Senior Center, or brings in a coupon printed for that purpose, will result in 10% being donated to the Fitchburg Senior Center Friends.

Judy Broad informed us that she is currently acting as the chair and volunteer travel coordinator for the center. The travel committee is made up of four members: Judy, Mary Cochems, Sue Sheets, and Joanne Danielson. She distributed copies of the 2016 travel survey. More copies are available in the hallway. By completing a survey, travel agencies can do some planning and present us with their 2016 schedules in a few months. Judy asked for ideas and suggestions. Trips through Mayflower can be customized for the group. Some interest was shown for shorter trips, for 2 to 5 days. One reason to schedule travel through Fitchburg Senior Center tours is that the center gets a commission. Anyone wishing to share their ideas with the committee is encouraged to speak directly to one of them. Turn in your completed survey soon.

Recent Activities

Kathy reported that she organized a walk along the lakeshore beginning near Memorial Union. It was a chilly day, but everyone was dressed for it and they warmed up along the way. They saw trilliums in bloom. At the conclusion, Babcock ice cream was enjoyed.

Upcoming Activities

Joanne has planned a tour of the state capital for Friday, June 19 at 10 a.m. It will last about an hour and a half. There are currently 14 people signed up. More are welcome to contact her, if interested. There are quite a few steps involved with visiting the capital. Carpooling will be arranged that day, and each carpool can decide where they wish to eat lunch, as there are many restaurants downtown.

Mavourneen will be sending an email to determine the interest in seeing an exhibit of Downton Abbey costumes which will be on display at the Paine Art Center and Gardens in Oshkosh between June 20 and September 20. Prior to arriving in Oshkosh "Dressing Downton: Changing Fashion for Changing Times" has been on exhibit at the Biltmore estate in North Carolina.

She is also hoping to schedule a trip to the National Mississippi River Museum in Dubuque, Iowa, for the Titanic: The Artifact Exhibit. The date she has tentatively set is Tuesday, August 18, and would be a combined AWG and Men's Group trip. Twenty people are needed to get the group rate, and there is a discounted admission fee for seniors.

Sharing

Barbara mentioned that she recently learned of an art museum located in West Bend. The Museum of Wisconsin Art claims to be America's only regional art museum featuring works of Wisconsin artists.

Jill McHone joined our gathering to alert members of new and on-going services. The new program that Mandi Miller is in charge of: Dementia Friendly Fitchburg, has taken off, but is still being developed. Eighty people attended the opening event and movie. The hope is to build a task force, so please let Mandi know if you are interested in being a part of it.

Dr. Heidi Brown spoke to a large group several months ago about incontinence. She is looking for 10-15 women to participate in a study, but they must not have been in attendance at her previous talks. Contact Jill if interested.

There are no longer computers in the technology room. They were not being utilized as she hoped they'd be, and the space was needed. There will be more technology classes in the future.

Jill anticipates that there will be online registrations for programs, now that several databases of names—participants/volunteers—have been combined into one.

Although she is not involved in the planning, the summer concerts will begin in June. (Mentioned above in the meeting portion)

Fitchburg was named in a recent AARP publication as the second best small city for seniors. LaCrosse was first.

Jill asked for suggestions for speakers, especially in the areas of health and wellness, crafts, ideas for programs we should be doing. She likes to try new things. Send her an email.

Submitted by Marcia Griskavich
Fitchburg Active Women's Group

Fitchburg Active Women's Group Meeting Minutes

April 28, 2015

Present: Linda, Joanne, Mary P., Bev, Jeanie S., Jane, Mary D., Karen, Karen J., Anne, Barbara, Marina, Judy, Roxann, Carolyn, Sandy, Jean, Mavourneen, Lindy, Bonnie, Carol, Kathy, Marcia

New members: No new members attended.

Next meeting: Tuesday, May 26, 2015 at 2 p.m.

Meeting

Copies of the Prime Times News were available. Several upcoming events were noted. May is Older Americans Month, so Pat Richter will be a special guest speaker on Thursday, May 14, following lunch. New mayor, Steve Arnold, will lead off the program in City Hall council chambers.

On Friday, May 15, Mandi Miller will be kicking off the "Dementia Friendly Fitchburg" program, which she is spearheading, with the showing of the movie, "Still Alice." This will take place at Promega.

Acupuncturist Matt Wagner will talk about back pain causes and solutions on Tuesday, May 19.

The Learning Annex program will be a presentation on the local chapter of Gilda's Club, on Tuesday, May 19 at 2 p.m.

Jane recommended the Spanish classes, which will have a beginner level class running through June. She said the teacher is very good.

Also in June, Jessica Michna will impersonate Sari Semple, who was a storyteller in the oral tradition from Appalachia. She is considered the “first lady of Appalachia.”

Jeanie S. related that she is part of a team who serves as the “Walking School Bus” at Leopold School, during the spring and fall. Members walk the students to school from Coho Street in time for the students to eat breakfast at school. The children get small rewards for doing this. More volunteers are needed. By 7:45 a.m., everyone is done, and can go on with their day. Contact her for more information.

On Mothers’ Day, Bev is reading a story she wrote about her mother at the Barrymore Theater at 3 p.m. This event is based on the book Listen to Your Mother. Tickets are required. It is expected to sell out.

Recent Activities

There were no recent activities during the past month. Everyone is encouraged to think ahead now that nicer weather has arrived.

Upcoming Activities

Lindy has organized a trip to American Players Theatre in Spring Green in September for 5 members.

The group discussed walking in parks and on paths during these nice days. Several were mentioned: the lake shore path, McKee Park, Ice Age Trail, Blue Mounds, Devil’s Lake. Anyone wishing to walk with friends should send an email to all, after setting a time and place to meet.

Joanne asked if there was interest in a tour of the state capital, and many hands were raised. She will contact a guide she is familiar with to set a date and time. If done in the morning, the outing could end with lunch at a downtown restaurant. She will send an email.

Discussion of whether to have a joint get-together with the men’s group led to the suggestion of a holiday social, rather than a dinner at a restaurant. Perhaps it could be held at the Senior Center. It would require volunteers to plan and organize.

The AWG holiday gathering still needs several volunteers to plan and organize the next one.

Mary P. brought up the idea of eating at the culinary school at Madison College, Truax Campus. This would not occur until late September, or later. The fixed price is \$25, plus

tip. TV screens are mounted on the walls, so diners can observe the preparation. The food is good. Parking is a problem. Perhaps a bus could be arranged. Reservations are required very early.

Sharing

The members were divided into groups of five, who moved into the dining room. They were challenged with the question: If you had company from out of town, where might you take them, within a hundred miles of your place? When we came back together, many wonderful ideas were shared, including:

Henry Vilas Zoo, Dane County Farmers' Market, Art Fair on & off the Square, Cave of the Mounds (Blue Mounds), Chasen Art Museum, Olbrich Gardens, Rotary Gardens (Janesville), Anderson Gardens (Rockford, IL), Epic, Mustard Museum (Middleton), Arboretum, Concerts on the Square, State Historical Museum, Veterans' Museum, Children's Museum, Overture Center, Monona Terrace, the Union Terrace, Babcock Hall (for ice cream), Fromagination (cheese shop), places for "foodies" like Whole Foods, Willie Street Coop and Conscious Carnivore, Pendarvis (Mineral Point), Villa Louis (Prairie du Chien), National Mississippi River Museum (Dubuque, IA), Breweries in Monroe, New Glarus, and Potosi (where the National Brewery Museum is located), Circus World (Baraboo), Old World Wisconsin (Eagle), Ten Chimneys (Genesee Depot), Fireside Theatre (Fort Atkinson), Stoughton Opera House, Civil War Museum (Kenosha), Wisconsin Dells (water parks, boat and duck rides), International Crane Foundation (Baraboo), Necedah National Wildlife Preserve, Wollersheim Winery (Sauk City), Eagle watching on the Wis. River (in Feb.), Monroe Cheese Museum and cheese factory tour, Fish Farm (Palmyra), Paoli shops and restaurants, Spring Green shops and restaurants, Taliesin, American Players Theatre (Spring Green), and the Theater Bus for day tours. Many things were missed, including places and events in Milwaukee which is within 100 miles.

Mary P. shared that she had gotten a free copy of the annual Dane County poster, a supply of which is available at City Hall.

Carolyn mentioned that the musical "Oklahoma" will be presented at Abundant Life church this week, Thursday, Friday and Saturday.

Submitted by Marcia Griskavich
Fitchburg Active Women's Group

Fitchburg Active Women's Group Meeting Minutes

March 24, 2015

Present: Joanne, Mary, Patti, Susan, Jeanie S., Karen, Sharon, Jeanie C., Marina, Barbara, Sherry, Anne, Carolyn, Sandy, Linda S., Mavourneen, Judy, Kathy, Marcia

New members: No new members attended.

Next meeting: Tuesday, April 28, 2015 at 2 p.m.

Meeting

Fitchburg social workers, Amy Jordan and Sarah Folkers, talked about the various therapies that are available at the Senior Center, including: massage, reflexology and acupuncture. Two massage therapists are available on different days: June Newman and Megan Markey. Gregory Newman does reflexology one afternoon a week. Reflexology involves foot and lower leg massage. Sign up for 30-, 60- or 90-minute sessions. Prices for each length of session are published in Prime Time News. Acupuncturist, Matthew Wagner, is available on Tuesday afternoons for one-hour sessions. He charges \$45. All prices are well below the going rate. Information about their services can be found on the Health, Help and Renewal page of Prime Time News. Call the Senior Center to schedule an appointment.

Amy and Sarah described what their jobs as social workers in Fitchburg entail. They are frequently out of the building on home visits, meeting with property managers, banks, and other agencies that come into contact with residents of Fitchburg who need the provided services. The clients who use their services are people who live independently, not in assisted living. Some have contacted them directly, or the contact may have been initiated by family members, the police or fire department, a doctor's office, a hospital discharge planner, or a person's bank. It could be a one-time contact or a long-term situation. Some of the services available here in Fitchburg are not available elsewhere. If we get talking to friends and family who live in a different city or state, they may be surprised. Amy and Sarah are licensed by the State of Wisconsin. There is no charge for their services. Their salaries are paid by the City of Fitchburg, with very little coming from the county. Some of the available assistance that can be provided are listed on the Health, Help and Renewal page of Prime Time News. They don't provide counseling, but can suggest referrals. They also don't change dressings on wounds. Amy is a notary public if you need that kind of service. Kathy noted that she received help in understanding Medicare Part D options.

Copies of Prime Times News were not available, but will be available later on Friday.

Recent Activities

Kathy acknowledged Anne, Jeanie C., Joanne and Karen for their successful planning of the holiday party in December. They have served as the party planners for three

years. Active Women's Group is in need of a new team to accept the challenge. Reserving a room early is essential. Benvenuto's has been the location for a couple of years because they do not charge a fee to use a room.

Carolyn planned a movie viewing and luncheon at her home. A group of ten enjoyed watching "Calendar Girls" with much laughter. Four attendees provided the lunch foods. It proved to be a good winter time activity. She asked for suggestions of movies that would make fun viewing for a group of women for next winter.

Mary Cochem organized a trip to the movie theater to see the recently released "Second Best Marigold Hotel," followed by lunch at Haveli. Although the sequel didn't seem quite as good as the original, several attendees suspect another sequel will be produced.

Upcoming Activities

Lindy is organizing a trip to American Players Theatre in Spring Green in September. She will be purchasing the tickets soon in order to get a lower rate on them.

Sharing

Carolyn brought in a cookbook she bought titled: The Complete Mediterranean Diet Book: Everything you need to know to lose weight and lower your risk for heart disease...with 500 recipes by Dr. Michael Ozner, a board-certified cardiologist, which she passed around the room. (published by BenBella Books, Inc, Dallas, TX, 2014. Price \$19.95 paperback)

Sandy related that she'd attended a Plato class where the speaker informed the group about a trip to Italy. Most olives raised in Italy stay in Italy. Many olive oils available here are not pure, containing rapeseed oil (canola). Costco has a purchasing arrangement with some Italian company and sells extra virgin, cold-pressed olive oil under their Kirkland brand. Check for the processed date which should be given on the container. Olives are usually processed in October or November. The expiration date should be less than a year. Store away from light.

Jeanie S. noted that many diet books and cookbooks are donated to the Friends of the Fitchburg Public Library. The next Friends book sale will occur on June 19-20.

Discussion of other diets continued with mention of the gluten-free diet. Sherry advised us that she'd discovered Twizzlers, a favorite candy, contains gluten. It actually serves as a thickener in many foods. Marina volunteered that she grew up on the Mediterranean diet, and it never caused her to lose weight! It was noted that exercise is part of the Mediterranean diet pyramid.

Mavourneen purchased two Swiss Diamond fry pans that Donna Weihofen mentioned at Orange Tree Imports. The lids which are usually sold separately, were included

making the purchase more economical. She gave one as a wedding gift, and learned that the couple really liked it.

Jeanie S. informed the group that a library fundraiser has been planned for Saturday, July 11. It's been dubbed: Books and Brews. There will be beer sampling from a number of local breweries. A silent auction and a raffle will be part of it as well.

Discussion of upcoming programs and series on PBS elicited elation from several members. A show on cancer will be broadcast tonight. (This was an introduction to a Ken Burns' production called "Cancer: The Emperor of All Maladies.") "Call the Midwife" is one series replaying past seasons and starting a new season soon. Sherry talked about listening to the books calling them "theater for your ears."

Sherry and Mavourneen mentioned another good book to read or listen to was The Dovekeepers beautifully written by Alice Hoffman.

On Saturday, March 28th, Brenda's Blumenladen in New Glarus will demonstrate how to make a fairy garden at 11 a.m. Sherry recommended the pizza restaurant across the street, also a coffee shop/bakery nearby.

Submitted by Marcia Griskavich
Fitchburg Active Women's Group

Fitchburg Active Women's Group Meeting Minutes

February 24, 2015

Present: Lindy, Susan, Barbara, Marina, Linda, Jane, Carolyn, Bev, Sandy, Diane, Bonnie, Jackie, Marsha, Kathy, Marcia

New members: Bonnie and Marsha were welcomed.

Next meeting: Tuesday, March 24, 2015 at 2 p.m.

Meeting

Copies of Prime Times News were distributed and a couple of items were discussed. There are a number of presentations that will be coming up in March at the Senior Center. Be sure to check out the St. Patrick's Day celebrations.

Recent Activities

Kathy organized a trip to see Jessica Michna perform Mrs. Dickens in Monroe.

In October, Barbara organized an outing during Restaurant Week. A group of fourteen went to dinner at Delaney's. She described what Restaurant Week includes: lots of area restaurants serve a three-course meal, which could be lunch or dinner, at a fixed price. Lunch is usually \$15. Dinner is \$25 to \$35. She asked that the restaurant provide separate checks, and accept various credit cards. Sometimes a flight of wines is available as well, for an additional charge.

In January, in lieu of our regular meeting, Jane had arranged for her friend, Donna Weihofen, who is a retired nutritionist, to give a presentation on the Mediterranean Diet. About 25 people attended. Everyone who attended felt they learned something worthwhile.

Kathy tried to organize a snowshoeing event at Blue Mounds State Park. Although no one from the Active Women's Group was able to attend, she and her husband went and were surprised at how many people were at the park for candlelight snowshoeing and skiing. Lindy has attended one of these in the past and could attest to its popularity.

Upcoming Activities

Linda would like to organize a trip to the movie: "The Second Best Exotic Marigold Hotel" with lunch at the Indian restaurant, Haveli. She will contact members by email.

Carolyn has organized a movie viewing of "Calendar Girls" with lunch at her house, limited to the number who can comfortably sit in her living room. Kathy suggested another movie that would be a good possibility for future viewing is: "Mrs. Henderson Presents" with Judi Dench.

Carolyn advised us that Susan from the Little French Bakery, which several members have visited in the past, is willing to work with the Active Women's Group and a travel agency to plan a trip to Paris in either the spring or fall of 2016 that includes dining and site seeing. Carolyn will forward Susan's email again to the group to see if enough people are interested in going to Paris.

Jane is interested in organizing another group to visit the Little French Bakery, which requires a minimum of six people, and includes lunch and a cooking demonstration. The cost would be about \$50. Carolyn said, in the past, Susan has sent attendees home with baked products and with dough to make the next day. Jane will contact everyone via email after she has chosen a date.

Sharing

Marina was in Lake Geneva yesterday and saw that quite a number of ice sculptures were on display. With the continuing cold weather, they may remain up for some time.

Diane advised us that the St. Mary's Style Show is coming up on Saturday, April 11th. Because she will be out of town, she is hoping someone will organize a group to attend. The cost is \$12. Boston Store provides the fashions. There are some very nice door prizes given away. Last year, Kathy came home with a beautiful orchid. The Auxiliary sponsors the event, and proceeds go to special projects at the hospital. Another style show will be held at the Elks Club on Saturday, April 25th.

Members who wonder what activities AWG has been involved in over the past 5 years, will find them online at the AWG page of the Fitchburg Senior Center under "groups to join."

Since this meeting marks the 5th anniversary of AWG, several members brought a treat to share. These were passed around, while the group conversed, before adjourning.

Submitted by Marcia Griskavich
Fitchburg Active Women's Group

Fitchburg Active Women's Group Meeting Minutes

January 27, 2015

Present: 27 members attended

The next meeting will be Tuesday, February 24, 2015 at 2 p.m.

Meeting

There was no regular meeting this month so that Donna Weihofen, RD, MS, retired Senior Nutritionist at U.W. Hospital and Clinics could give a presentation on "Eating the Mediterranean Way." This was arranged by Jane, who introduced Donna.

Donna loves to eat and cook, and develop recipes. She's published several cookbooks, some of which are out of print, but available through the public library. She brought along her Magic Spices cookbook to sell. The Mediterranean Diet is based on the way people eat in the countries that surround the Mediterranean Sea. Although we are familiar with the food pyramid that the U.S. government has developed and redone over the years, the Mediterranean Diet Pyramid differs. At the bottom are whole grain breads and pastas; at the top, in the smallest areas are sweets and meat.

Various studies have shown that eating the Mediterranean Diet Way promotes good health and can lower the risk for heart disease, cancers, Alzheimers, rheumatoid arthritis, and diabetes. It can help control weight as well. Even people who've had a heart attack can improve their health by following the diet.

M—The Mediterranean Diet facts are: Flavorful, Aromatic, Colorful, Tasty with Sensory Pleasure.

E—Enjoy fruits and vegetables at every meal. Go for color—they have cancer fighting properties. New things are being discovered about foods all the time. Phytonutrients are the natural chemicals contained in plant foods. Sauerkraut is the latest discovery. How many should you eat? More than you're eating now.

D—Decrease bad fats. Donna thinks coconut oil is a fad, and not a good one.

I—Increase monounsaturated fats, like olive oil, olives, avocados. Donna uses extra virgin olive oil in cold salads, but extra light is acceptable for use in cooking. Canola is what she uses for higher heat cooking. Taking Omega 3 capsules is not a bad idea, if you doctor recommends them.

T—Target your tastebuds with grains. Try one new grain a month. Pasta is usually not whole grain, but look on the box for those that have more whole grain in them.

E—Eat more fish, especially salmon and tuna. Larger fish would have more mercury, such as swordfish. Shrimp is not that high in cholesterol. Octopus is good. Sardines and herring are low in mercury. Omega 3 fatty acid acts as an anti-inflammatory which can reduce heart disease and cancer risks.

R—Reduce the amount of meat in your diet. Ham can be lean, just as pork tenderloin is. Keep your meat portion small. For brat flavor, Donna uses Italian chicken sausage.

R—Rediscover legumes and beans. Donna used pureed great northern beans as a substitute for half the Crisco in her favorite chocolate chip cookie recipe. No one could tell the difference.

A—Add a little cheese.

N—Nibble on nuts. They contain good fat (Omega 3), vitamins, and fiber, but are higher in calories.

E—Enjoy eating out. Drink wine in moderation. Drink coffee—it's a plant food, and an antioxidant.

A—Active—engage in a lifetime of activities.

N—Nourish your body with good and healthy foods. Chocolate is good for physical health and mental health.

MEDITERRANEAN FOOD PYRAMID



Recent Activities

Barbara planned a dinner outing during Restaurant Week. A group of members and spouses ate a nice meal at Delaney's.

Upcoming Activities

Kathy hopes to plan a snow shoeing outing when the weather cooperates.

Sharing

There was so sharing time at this meeting.

Submitted by Marcia Griskavich
Fitchburg Active Women's Group