

Fitchburg Area Men's Group December 9, 2014

Our fearless and friendly leader, Jim, brought the rowdy group of 16 (didn't they know Santa is coming?) to order at precisely 2:00 p.m. The first discussion was when to remove members from the mailing list. It was generally agreed that, after a year of not attending the monthly meetings, names would be dropped from the mailing list (emailing list).

The first item on the agenda was trips. Rolf indicated that he would be going to Sun City, Ariz., near Phoenix, to stay in a rented condo. He will depart late this month and "summer" sunshine for the next three months or so. Jerry will be spending January and February in Florida. also in a rented condo. Jim will be visiting his mother in Florida in the coming week. She is 93 years old and recently moved into an assisted living facility, only 200 yards from where she lived previously.

The year in review looks something like the following:

Monthly meetings, the second Tuesday in the month, rain or shine, sleet or hail, snow or sleet, sunshine or clouds.

Restaurant Week, Smokeys

Flash Dance at the Overture Center

Fire station visit to the one on Lacy Road

Badger Women's Hockey

Wednesday Night at the Lab

Wisconsin Brewing Company

Biking the Capital Loop

Visit to Experimental Aircraft Association annual fly in in Oshkosh

Smokey Joe's Cafe at the Overture Center

Special speakers at our monthly meetings included:

Todd Berge telling us of his experiences piloting the Stealth Bomber

Meditation with Mandi

Old World Wisconsin barns with Bill Tesch— design and construction

The Fitchburg Mayor, Sean Pfaff covering nine points suggested by Jim

Trips and events in the hopper include:

Placon Industries

Jim will have 18 tickets for "the McCartney Years" April performance at the Overture Center

3-D printing

Introduction to Pickle Ball

Major train layout

Under the agenda item, Holiday Traditions, Dick shared his Polish tradition that he is resurrecting in his family. The tradition involves Angel Bread, Oplatek in Polish. The head of the family first breaks off a piece and offers it to his wife. She then breaks off a piece and passes it to the next in the family. As the bread is passed on, there is an exchange and comments between the two involved. Usually comments involve sharing and good wishes. For family members not present, the bread can be sent to them. It is a paper thin wafer.

Roger told about decorating Christmas cookies.

Bob remembered a Swedish meal on Christmas eve. It consisted of corned beef and sandwiches.

Jim shared how his parents would put gifts out early and how he and siblings would guess what is inside. "You'd loosen the tape and pick at the wrapping," he said. Also, his family saved the wrapping for the next year, so they were most careful when unwrapping and had to fold the paper neatly so that it could be used again.

Jim also related how, with their own children, they tried to deemphasize Santa and had a Mary and Joseph meal on Christmas eve consisting of foods Joseph and Mary might have had available to them: nuts, raisins, bread, and other simple things. They then would decorate their tree.

Ewing Row

Fitchburg Senior Center Men's Group Meeting October 14, 2014

Lee Haspl has lived it. He's been to the Cleveland Clinic (where else but in Cleveland, Ohio) and had his heart repaired.

With the aid of his daughter, he checked on line (my.clevelandclinic.org) and was first accepted as an outpatient. While an outpatient, he underwent two days of tests. Results showed that he had a mitral valve problem, his tricuspid valve needed repair and he required bypass surgery. He had been to The Mayo Clinic in Rochester, Minn., and doctors there did not find all that was wrong.

The Cleveland Clinic is a nonprofit multi-specialty academic medical center that integrates clinical and hospital care with research and education. It was founded in 1921. The Clinic has 5.1 million patient visits per year and has 3,000 plus physicians and scientists. The address is 9500 Euclid Ave., Cleveland, Ohio 44195. A phone number is 1-800-223-2273.

His interview following the two days of tests occurred on a Thursday. His surgeon is 42 years old and is one of 17 on the Cleveland Clinic team who do open heart surgery. He is graduate of Harvard Medical School and a phi beta kappa. Lee said that there was no doubt as to who was in charge. The required surgery could be done on the following Wednesday, only six days off. "This is terrific," Lee said to himself.

Between hotel rooms and taxis, Lee spent \$7,000 of his own money. The operation took two hours. He spent one day in intensive care and 10 more days in the hospital. Lee said that his care was terrific. At first he was in a wheel chair, but he was spending a half hour on a tread mill by the time he left Cleveland. He has two more weeks of recuperation. For the bypass surgery, a vein was taken from his left leg. That leg is bothering him more than the heart surgery recovery. His new pig heart valve should last another 20 years. Lee figures that should be long enough.

It is a tough way to do it, but Lee lost 25 pounds. He was 205 when he went in and is 180 now. His daughter was with him the entire time. His follow up is with the VA hospital in Madison.

What a terrific experience. Thank you for sharing with us, Lee.

Cranberry Festival in Warrans, Wis.

Gerhardt Simons and his wife attended Cranberry Festival in Warrens, Wis., a tiny town of less than 500 people that is swamped each fall during the celebration. Gerhardt estimated that there were 10 miles of booths selling just about everything, including cranberries.

Roger Damrow and his wife went to the Sturgeon Bay Cherry Museum. Only one block off the main drag, Roger recommends that everyone should visit the free museum.

Jerry Sieling attended the Gays Mills Apple Fest, also a fall event held in and around Gays Mills. He said that all of the orchards were packed with people and apples. The Sun Rise Orchard was particularly busy. The golden delicious weren't quite ready. He said that you could pick your own apples at Sutter's Ridge Orchard.

Jim Sosnouski kept us up to day on area happenings by briefly going through the November Prime Time News. See the monthly newsletter from the Senior Center for upcoming events.

Sixteen people signed up to attend Smokey Joe's Cafe at the Overture Center on October 26. Ten will eat together at a new restaurant (Cento) prior to the show.

Todd Berge, former B-2 bomber pilot, will be at the next Senior Center Mens' Group meeting on Tuesday November 11, 2014, Veterans Day.

Men's Group, Fitchburg Senior Center September 9, 2014

Bob Rottman got the attention of the rowdy group right at 2:00 p.m., the normal beginning time for the regularly scheduled meeting of the Fitchburg Senior Center Men's Group. There were 10 of us present on a beautiful fall day in September.

Dave Suplinski told us how he and his wife, plus another couple, flew to Calgary, Alberta, Canada, rented a car and took in the gorgeous sites in and around Banff and Lake Louise on the western edge of the province. He spoke of the beautiful sites, the number of international visitors and how the area deserved as being one of the most scenic in the world. The trip was from August 20 through 30 this year. Someone had recommended they begin early in the morning at popular sites to beat the crowds. The advice was excellent.

"The rivers are milky white from the silt and sandstone," he said. "The water is pristine because it originates from snow melt and mountain lakes."

The two couples stayed in a motel about three miles out of Jasper. Called Pyramid Lake Lodge, the facilities are four units to a building, two up and two down. "I would recommend the place," Dave said.

He spoke of elk on the board walks and in the middle of town. Dave endorsed Pyramid Lake Lodge as an excellent place to stay. He also recommended the Banff museum of taxidermy; two pieces stood out for him: an elk hybrid from Manitoba with unusual antlers and a big horn sheep with a record sized rack based on the number of curvatures and how near the eye the antlers have grown.

Unfortunately many of the glaciers in the area are receding due to climate change.

No one had any current activities to report to the group. Future activities may include a tour of Placon (late fall or winter -- Placon is a recycling center for Madison, a car museum in Hartford, a corn maze visit and the Overture play, Smokey Joe's Cafe on September 24 -- Jim still has tickets.

A number of books were recommended: Clouds of Glory, This Evil War, and Boys in the Boat. The first two are about the Civil War, and the third about the rowing team from the University of Washington, Seattle, who qualified to row in the 1936 olympics and surprised the world with their performance.

Quite a bit of time was spent discussing the National Football League and the Ray Rice fiancée (she is now his wife) abuse case.

Next meeting, bring your suggestions for home service -- plumbers, electricians, painters and more. We'll develop a list and make it available to Men's Group members. Also, next meeting, there will be a new wrinkle, name tags.

Ewing Row

Fitchburg, WI. Senior Center Men's Group August 12, 2014

"Sit straight with your spine not touching the back of your chair. You may have your eyes open or closed. If your eyes are open concentrate on a point about three feet in front of you. Think about your breathing; concentrate on your

breathing," advised Mandi Miller, nutritionist and volunteer coordinator for the Fitchburg Senior Center. "Sit straight in a dignified manner because you are dignified." she advised

She was leading twelve of us in a type of Buddhist meditation. She is a practicing Shambhala Buddhist. Shambhala is an international community of 165 meditation centers worldwide with a presence in 34 countries and 35 states in the U.S. There are two centers (Madison and Milwaukee) in Wisconsin and Windhorse Shambhala Retreat Center in Plymouth, Wis.

We practiced meditation for about 15 minutes. For many of us it was a first-time experience. When our minds would stray to an event going on around us (a dog barking), Mandi would bring us back to thinking about our breathing -- breathing in, breathing out -- concentrating on breathing in order to not be burdened with everyday concerns and thoughts.

Mandi said that the foundation of Buddhism is that everyone has basic goodness. "We all have it," she said. "Society has basic goodness also, and the idea is that it cannot be contained. It radiates out. The goal," she said, is that you can create an enlightened society.

Mandi has been practicing Shambhala Buddhism for some time. She has attended a nine-day silent meditation retreat during which participants meditated for eight hours straight. Because it was "silent," attendees were called to meals and events by a various sounding bells

There were only a dozen of us present at the regular Men's Group meeting of the Fitchburg, Wis. Senior Center. Our leader, Jim Sosnouski, brought us under control precisely at 2:00 p.m. New (possibly) member Jerry Kelly (not the golfer) was introduced to the group. Prior to his retirement at the end of January 2014, Jerry was an environmental engineer.

To begin Ewing (Colorado narrow gauge Road Scholar and California Camp Gacananana) and Jim (Elegant Farmer, East Troy Trolley Museum, Holy Hill, Honey Museum and Octagon House, all in Wisconsin) told about recent travels. Vern described his battle with an aggressive cancer (he's winning the battle). Lee explained about his upcoming surgery at the Cleveland Clinic on August 28 for his now faulty mitral valve, the heart valve between the left atrium and the left ventricle. Lee's lung function is greatly affected by his condition.

Jim told of two recent Men's Group activities: a bike ride and experiencing the first bike roundabout, and trip to the Experimental Aircraft Association annual gathering in Oshkosh, Wis. Seven members attended. Entry fee for the day per person was about \$40; parking was \$10.

Upcoming events include a trip to Kohler, the October 26 Overture Center show Smokey Joe's (the Coasters) -- Jim has 18 tickets at \$59.50 per person with a pre-show dinner planned at Centro's Restaurant, and a possible visit to Placon, a leading North American designer and manufacturer of thermoformed plastic packaging trays, clamshells and blisters for retail, medical and food service.

Prior to Mandi Miller's meditation session, Jim provided information to help those present understand medication and benefits, as well as a listing of different types. He reviewed, too, the elements of meditation that included focused attention, relaxed breathing, quiet setting and a comfortable position.

Ewing Row

FITCHBURG SENIOR CENTER MEN'S CLUB SUMMARY OF JULY 8, 2014 MEETING

Jim Sosnouski began meeting at 2pm, thirteen members were in attendance. Bruce Best was attending the group's meeting for the first time.

RECENT TRAVEL AND ACTIVITY EXPERIENCES

Gerhard told of his recent trip to Europe in which he visited an island in the Baltic Sea, and then took a ferry to Denmark. Germany was included in his travels where he had the opportunity to visit with friends and family members.

Craig Davis told of his experience in attending the Chautauqua Institute in New York. He and his wife enjoyed the writing section as well as the ecology section.

Bruce Best told of his business travels to New Zealand before his retirement. We described the Hobbitland village in which the houses were built on various scales in order to create the special effects in the movie.

Jim Sosnouski talked of his ten day tour of Germany. His tour included Berlin, Dresden, Rothenberg, Nuremberg, Munich, Oberammergau, *Neuschwanstein* Castle, Black Forest and Mainz.

First meeting of the bike club will meet at Fitchburg Bicycles on Wed, July 9, at 9am.

Sosnouski, Davis and Rottman told of their experience with flying and filming a drone at the UW's Wednesday Night at the Lab. Among the many uses people will put the drone to include agriculture and forestry.

Jerry Seiling said he will be attending the EAA Fly in Oshkosh sometime between July 28 and August 3, depending on the weather. He suggests leaving Fitchburg about 6am in order to get a better parking location at the EAA.

The previous activities of the Men's Club can be found in the Men's Club section of the Fitchburg website.

<http://www.city.fitchburg.wi.us/DocumentCenter/View/2192>

POLITICS – THE MAIN TOPIC OF THE MEETING

Sosnouski handed out discussion topics to three groups of men made up of three to four men.

The groups were to discuss the topics among themselves and come up with a list. The list related to the specific topic. When each group was finished with its list, the lists were put on the board for further discussion among the entire group.

TOPIC 1

The media is filled with negative ads; it's hard to get the positive. Make a list of all the positive things you can come up with for each of the major contestants for Governor of Wisconsin: Mary Burke and Scott Walker.

Mary Burke

Business experience

School board experience

Independently rich

Will reverse some of Act 10

Experience in Dept of Commerce

Supports better voter access

Equal pay for equal work

Against iron mine

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Scott Walker

Tax break of about \$30 /taxpayer

100,000 jobs

ACT 10

Money raising
Union busting
Funding charter schools
Econ. Devel. Dept.
For iron mine
Eliminated train grant
Turned back Badger Care grant
Political experience

TOPIC 2

Part of our political problem right now is that opposing parties refuse to work out any “compromise” solutions to the issues. Make a list of things that could be done that could be done to rectify this problem.

LIST

1. Impose term limits
2. Reform campaign contributions
3. Reform lobbying laws
4. End gerrymandering

TOPIC 3

Make a list of the major issues we face today, what can be done about them, and who has the best chance best chance of dealing with these issues?

LIST OF MAJOR ISSUES

Health care
Social Security
Unemployment
Disease control
Immigration
Profiling by police
Term limits
Campaign funding
Funding advanced education
Minimum wage
Genetically modified food (GMO)
Transportation funding
Integrity
Global warming
Veteran’s Administration
Gun violence
Fair trade issues

WHAT CAN BE DONE ABOUT THEM

Get a congress to get involved in making decisions for the good of the country

WHO HAS BEST CHANCE IN DEALING WITH THESE ISSUES

Ultimately, the voters, who would have to determine, and vote for, the best candidate to work on these issues.

SUMMARY

The follow-up discussion on the topics and the lists was respectful considering the issues included in the lists could be easily challenged depending on a person's political leaning. Within the group, there seemed a sense of frustration with the slim likelihood that any of the solutions could be achieved in the near future. This was somewhat demonstrated by the relatively short lists of solutions the group came up with in Topics 2 and 3.

The group felt that individual candidates in the future would not be able to address all issues and that the process of getting a congress that works together would be long term, extending over several election cycles.

The next meeting is the second Tuesday in August at 2pm.

FITCHBURG SENIOR CENTER MEN'S CLUB SUMMARY OF JUNE 10, 2014 MEETING

Jim Sosnouski began meeting at 2pm. Fifteen members were in attendance. Jim asked that all attendees reintroduce themselves because of the number of new members that have joined the club.

Introductions

Jim Sosnouski – Resident of Fitchburg for 10 years. Enjoys travel, educational experiences, volunteering

Al Block – Resident of Fitchburg since 1948. He enjoys being here. His interest is in old cars.

Lee Haspl – Resident of Fitchburg for 24 years. Was in the export business. Enjoys reading.

Bob Hilner – Resident of Fitchburg for 42 years. Enjoys the offerings of the Senior Center. Participates / volunteers in many of the programs of the Senior Center.

Bob Rottman - Resident of Fitchburg for 6 years. Has resided in Illinois, Virginia and Wisconsin. Enjoys gardening, biking and tutoring at Leopold School for fifth grade.

Bob Davis – Resident of Fitchburg since 1979. Enjoys biking, gardening, reading, volunteering and programs at Fitchburg Senior Center.

Ewing Row – Resident of Fitchburg for 4 years. Worked for Hoard Magazine in Fort Atkinson. Enjoys model railroading and volunteering.

Vic Rosetti – Resident of Fitchburg for 5 years. Was an educator / administrator in Ohio, Long Island, New Jersey and Wisconsin schools. Volunteers at Humane Society and church. Enjoys traveling since retirement.

Dick Rydecki – Resident of Fitchburg for 45 years. Enjoys travel, biking, exercise, volunteering and educational programs / activities.

Craig Davis – Resident of Fitchburg for 1 year. Taught at Ohio State and Iowa State. Traveled to India, Asia, Mediterranean. Enjoys bridge, travel, photography and gardening.

John Heinrichs – Resident of Fitchburg for 28 years. Lived in several locations in Madison and Fitchburg over the last 75 years. Enjoys biking, hiking the Ice Age Trail, photography and volunteering.

Dave Suplinski – Resident of Fitchburg for 5 months. Moved from Madison to Denver to Green Bay to Fitchburg. Currently working as insurance agent. He participated in many outdoor activities in Colorado. Enjoys bridge, other card games and taking classes.

Bill Hinning – Resident of Fitchburg for 15 years. Did newspaper work in Brooklyn, NY and lived in Green Bay. Because of problems with his sight he listens to audio books for the blind. He likes history. He does crossword puzzles and volunteers at a food pantry.

David Hill – Has worked for the Fitchburg Center for 15 years, currently as assistant director. Lives in Monona. Enjoys golf, biking, cross country skiing, Boy Scouts and spending time with family. Will participate in Birkebinder

Jerry Sieling - Resident of Fitchburg since 1970. Worked for Wisconsin DOT (highways and airports). Set up the gardening area by All Saints Church. He has a pilot's license. He enjoys aviation, volunteering at library and church and being with family.

Vacations or Travel -

Sosouski will be going to Europe. He also talked about arboretum tours and trips available through the arboretum.

Entertainment –

Sosnouski reported Cindy Lauper will be opening act when Cher performs in Milwaukee.

Rydecki reported the Madison Scholl Community and Recreation program is offering pontoon boat rides on Lake Mendota and Lake Monona again this summer. Fee for the ride is \$5.

The WISCONSIN Brewing Company tour was enjoyable. The facility was well run, clean and high tech. The brewery tour / restaurant combination was enjoyed.

Tours and Special Activities

Heinrichs reported on information about his tour of the Kohler Design Center. Tour groups are limited to 10 people. A tour lasts about 3 hours - walking about 2.5 miles. No cameras are allowed. Shoes must cover the entire foot. No large bags permitted. Tours start at 8:30am, Monday – Friday. The tours are free. If traveling to Kohler the morning of tour, suggests leaving Fitchburg at 5am. Spouses are invited. Maybe scheduled for second Wednesday in September.

Sieling reported the EAA Fly In (Oshkosh) is scheduled for the end of July – early August. Admittance fee is \$25 pp. Expect a lot of walking. Wear a sunhat and bring sun screen.

Hill reported the FSC bike program will begin June 26 at 1pm at Fitchburg Bicycle Shop. Hill reported the Energy Task Force is being worked on. Volunteers will be invited to visit sites where energy issues exist. The volunteers will actually replace and or install items to make residence more energy efficient. Items could include pipe sleeves, furnace filters, light bulb updates, outside faucet covers and window kits. Hill reported a mini sprint triathlon for seniors is scheduled in the fall and spring. The events would be a 10 minute run, 20 minute bike ride, 10 minute swim, all of which would be indoors.

Rydecki reported he would be willing to assist anyone interested in placing a picture of persons, events or scenes into a TIME magazine cover format, e.g., Person of the Year, Baby of the Year, Family of the Year...
Meeting Adjourned 3:45pm.
Next meeting is second Tuesday in July at 2pm.



Fitchburg, Wis., Senior Center Men's Group, May 13, 2014

the 19 Mayor Pfaff present at the regular second-Tuesday of the month Fitchburg Senior Center Men's Group. The Mayor gave a brief background on himself prior to getting into the nine points Jim asked him to cover.

Mayor Pfaff, 43 years old, is in his third year as the leader of Fitchburg. Since 2004, he has lived in the Swan Creek Neighborhood. He hails from a dairy farm near Holmen, Wis., a town of 6,200 north of La Crosse. He attend UW Eau Claire receiving a BA in Education and, upon graduation, taught middle school social studies and coached in Mount Horeb. He joined the staff of Congressman Ron Kind and lived three years in the nation's capitol specializing in agricultural policy. Pfaff is single and has no children. From 2007 to 2013 he was a Senior Associate with Capitol Consultants, Inc., again specializing in agriculture. In 2002 he received his MPA, Masters of Public Administration, from UW Madison. He was an alderman from 2009 to 2011, on the Police and Fire Commission 2007 to 2009, and the Dane County 911 Center Board 2010 to present. In addition he worked for Governor Doyle

The nine points Jim asked him to cover in his presentation were:

1. Nine Springs golf course
2. PD/McKee Road maintenance
3. Verona Road

4. Other new developments
5. Fish Hatchery Road/Irish Lane
6. County Road M as an alternate Beltline
7. County Roads M and MM improvement
8. Chip sealing of roads in the Briarwood Subdivision
9. Apartments at the East Cheryl and Syene Road

Pfaff said that he became mayor just as the state and country were coming out of the depths of recession. He pointed out that many of the projects going on in Fitchburg had been in the planning stage for years and he praised the Comprehensive Plan the city has in place. "We know where we are going," he said.

He thought that the City Council, that night, would vote to keep the 35.8 acre Nine Springs golf course as a golf course. Feelings have been split on the Park/Golf Course issue with the Park Commission voting 4-2 to change the facility into a park and the Planning Commission voting 5-1 to keep Nine Springs as a golf course. A recent survey showed that people were 2 to 1 in favor of a golf course.

Cost has become a factor in any decision. Since 2002, the manager of Nine Springs has paid the city \$6,000 annually and bore all the costs himself. However, recently, he asked for \$40,000 from Fitchburg to help with costs. The city decided to pay half or \$20,000 a year.

Regardless of future use, Nine Springs is part of the Fitchburg e-way and serves as a buffer between urban and suburban areas. Also, the area of Fitchburg north of Nine Springs is "park deficient" in Pfaff's words. "There should be 12 acres of park for the area and there are only 2-1/2 acres," he said.

The mayor said that North Fish Hatchery is ripe for redevelopment with a developer interested in build apartments and commercial property. Pfaff said that North Fish Hatchery Road is desirable because people can get to UW, downtown and other key areas without getting onto the Beltline. The Post Road area will be mixed use. Some 25,000 to 40,000 cars a day will use the area. "Development will happen and will follow the plan," Pfaff said. "Any development will involve new parkland."

Basically the road problems are a struggle between City and County. "When I say County PD, I stress the COUNTY," (emphasis our own) said Pfaff. When the road was redone, the county paid for two lanes and the city paid for two. "The county tends to pull money away from county roads when there are houses on two sides of the road," Pfaff said. However, city and county have an agreement on PD. In the near future, County PD (McKee) Road will be totally redone from the movie theater to Walgreens with a road designed to last 25 years. Verona Road to the movie theater will be six lanes paid for by the DOT (state). In 2017, the city will be responsible for snow plowing of PD. In 2020 the city will take over maintenance.

"Unfortunately, it has become a waiting game to see who is going to pay. The ball is in the county's court," Pfaff said.

In talking about Verona Road and the beltline intersection, Pfaff said that the lights there are the only ones between Dubuque and Manitowoc. “Even with the complete rebuild, the plan is to have a stop light at Raymond Road. That makes no sense,” he said.

Both of Fitchburg’s fire stations will be relocated in order to keep fire arrival times in the 5 minute area. Presently, location is poor because both are close to the west side. When complete, there will still be two stations, one east and one west.

The Fitchburg fire department has a part-time chief now. The department will move to a full-time chief and some fire fighters but keep volunteers also. Pfaff would like to see more coordination between Madison and Fitchburg fire departments. “Do we both need a \$1.6 million ladder truck?” he asked.

Pfaff said that Fitchburg being part of three school districts was a problem that he didn’t see an easy way to fix. He mentioned establishing a charter school in Fitchburg. However, present state law says that a charter school must belong to only one district, not three.

The meeting was “terminated” at 3:32 p.m. Following the meeting, 13 of the group toured the Wisconsin Brewing Company in Verona. It is a new brewery only established in 2013 by two men who had worked for Capital Brewery for a number of years. The first beer batch came out of the stainless steel vats in November of that year. All money for the \$13 million facility was raised through investors, so it was debt free upon completion.

Summary - Men’s Group monthly meeting, 4-9-14

The Men’s Group meeting was brought to order at 1:59 p.m. by Jim Sosnouski. He introduced new member Craig Davis retired from Ohio State University, having spent considerable time also at Iowa State University.

With little delay, Sosnouski introduced Bill Tischler, retired emeritus professor from University of Wisconsin in landscape architecture. He is a fellow Monday-Wednesday-Friday work-out exerciser with a number of other Men’s Group members. One of the founders of Old World Wisconsin, a state historical site located a mile and a half south of Eagle, Wis., in Waukesha County. The entrance is on Hwy. 67. It is about 55 miles from Madison. Admission is \$16 for adults, \$14 for students and seniors 65 and older and \$9 for children 5 to 17. A family fee is available for two adults and two or more dependent children 5 to 17 years of age.

Bill Tischler grew up in Bailey’s Harbor, Wis., a tourist destination on the Lake-Michigan side of Door County. During his presentation, he told of the different kinds of barns typical in Wisconsin, many of which have been preserved by moving to Old World Wisconsin. There are 60+ buildings at Old World Wisconsin.

He said that typically, on most farms, there was a “barn” for every activity on the farm; for example, there would be a dairy barn, granary, hog house, chicken coop, machine shed and others depending on what other enterprise there might be on the farm. Style of barn built usually depended on from where the person immigrated. There are log, vertical log, masonry, vertical siding, horizontal siding and more.

The earliest barns were not dairy barns so had a typical gable roof, one with two sides and a gable at each end. The gambrel roof came later when wheat no longer was king and dairy herds began to dot the landscape. The gambrel roof, one with two sides each of which has a shallower slope above a steeper one, was designed to allow for more storage, usually of loose, and later, baled hay. Dairy came into prominence in the state when Wisconsin’s thin glaciated soils would no longer support yields high enough to make growing wheat worth while; also, the cinch bug began to devastate wheat crops. Many in Wisconsin saw the dairy cow as the salvation of Wisconsin agriculture with manure enriching the soil and allowing sufficient yields for crops raised to feed livestock.

Many barns on many early farms were designed to accommodate stationary threshing machines. Usually there would be a central area or bay where the thresher would be parked. Bundles of wheat, oats or barley would be brought to the machine for threshing, separation of the grain for the straw and grain head. With large doors on either side of the threshing bay, farmers depended on the tunnel wind effect to help separate the chaff from the grain.

With early barns, many of the barn doors were on hinges and swung outward. However, in winter, it was difficult to open the doors due to the build-up of snow. An innovation at the time was to have sliding barn doors that could eliminate any snow shoveling in order to open the doors.

When dairying became prominent in the state, some of the early barns were jacked up and a “basement” or first floor was constructed under the existing barn. The new area became home for the milking herd.

A few of the gable roofs on barns in the state had thatched roofs; however, they were not common. Thatch was tied on so the outside edge of the roof was rounded so that the ties would not be cut by the sharp edge of the roof.

Many barns in the early days were not built commercially but by neighbors and friends. Neighborhoods would have an apprenticeship system for barn building, and barn builders would work up to various positions. At a barn raising, there usually was one man in charge of the entire operation with other team members being in charge of specific tasks. Typically maple and oak pegs held barns together. Parts of the barn would be constructed on the ground and then raised in place by man and horse power. Crews were huge, 30 to 40 or more men, with the women taking on the role of providing nourishment at the building site.

Bill Tischler’s presentation was about 45 minutes with questions following.

Dick Rydecki by previous email and at the meeting suggested the group may enjoy touring the new brewery in Verona. The Wisconsin Brewing Company has tours Tuesday through Friday from 4:00 to 6:00 p.m., and weekends 10:00 a.m. to 4:00 p.m. Prices for a tour range from free to \$8.50 or \$12 per person depending on how much beer you want to drink. You can contact Dick at jarer27@hotmail.com, or contact the Wisconsin Brewing Company at events@wisconsinbrewingcompany.com.

While Jim Sosnouski was in Florida visiting family, he was fortunate to see a Florida panther, a big cat on the endangered species list. At the time, he and his family were looking for wild pigs; instead a Florida panther.

Possible topics for discussion or presentations included jury duty and having the Fitchburg mayor talk to the group.

The meeting ended at 3:29 p.m.

Prepared by Ewing Row

FITCHBURG SENIOR CENTER MEN'S GROUP SUMMARY FOR MARCH 11, 2014 MEETING

Call to Order: Director Jim Sosnouski called the meeting to order at 2:00 p.m.

In Attendance: Peter Eaton, Bob Hillner, Bob Vig, Bob Rottman, John Heinrichs, Gerhard Simon, Gil

Nankivil, Pete Steil, Lee Haspl, Roger Damrow, Lee Ilenfeldt, Vic Rossetti, Bob Davis, Al Bach

New Attendees: Ed Elbaum and Dave Suplinski were welcomed as first time attendees to a Men's Group Meeting. Ed and Dave were invited to give some introductory remarks about themselves. Ed is a 92 year old retired inner city Chicago school teacher and has a daughter who also lives in Fitchburg. Dave is new to Fitchburg but he is originally from Green Bay, lived in Madison for a while and has spent the last 22 years in the Denver, Colorado area. He was in the health insurance business and now says that he is semi-retired and "works when he wants to". Jim S. gave them an overview of our group. We are a low key group of approximately 35 men who meet once a month on the second Tuesday of each month at 2:00 p.m. and for arranged special events throughout the year. Attendance is not mandatory so the group has a different blend each month depending upon who is there. There are no dues and we are not an outreach group nor a fundraising organization. Our purpose is to socialize, meet new guys, have fun, and enjoy good fellowship.

Vacation/Trips: Bob Rottman presented a Power Point presentation with many awesome photographs of a trip that he and his wife took last week to the Ice Caves at Apostle Islands National Lakeshore near Bayfield, Wisconsin. The caves have been transformed into a dazzling display of ice sculptures by the recent arctic like cold weather. They are usually only accessible

by water, but Lake Superior's rock solid ice cover is letting people walk to them for the first time since 2009 (and before that it had been eight years that the ice conditions were right). Bob says the drive to Bayfield (where they stayed at the Old Rittenhouse Inn) was approximately six hours and then a drive of about 20 minutes to Meyer's Beach (the access point to the caves) directly off Bayfield Peninsula's Highway 13. There you can park and get onto the ice and walk to the caves. They went at 8:30 a.m. and it was a sunny, gorgeous day but very cold. They had to walk approximately a mile on the ice to get to the first of the caves. The series of caves and waterfalls extend for approximately two miles from the first to the last and each is different. The sandstone cliffs themselves are very pretty but with the ice they were magnificent. Water comes out of gaps in the sandstone cliffs and forms ice formations in amazing patterns—"soda straws", curtains, stalactites, "eyehole" formations, chandeliers, needle like icicles of a few inches to pillar like ice columns of many feet. Some of the caves you can walk into, as some extend back as far as 40 feet, and there are icicles inside them as well. Some of the ice appears reddish and this is because ruddy grains of sandstone slough off the cave walls as the icicles form. Ice mounds also form on the lake itself. Bob said that their timing was good because the parking lot only holds about 30 cars and when they came back around noon the place was jammed. Cars were parked for miles on the road. The caves have received much national publicity (including National Geographic, CNN, and USA Today) and around 100,000 people from all over the world have visited this year. Busloads of school kids also come to view them. There are no guided tours or Park Rangers that are giving presentations. It is all on your own but there are plenty of photo ops as the scenery is spectacular. If anyone is interested in going, Bob recommends going soon because as the weather warms the ice will become unsafe.

While they were in the Bayfield area, they also drove the two mile long Ice Road from Bayfield to Madeline Island. This is a forty feet wide path on the ice that is plowed of snow and marked by Christmas trees and, in places, has sand applied because otherwise it is glare ice. The ice was about three feet thick and as much as four feet in some places. Bob says he was told that it only has to be two feet thick to be safe. The speed limit is 15 mph and it is "travel at your own risk". In some places the ice is so clear that fish can be seen swimming in the lake. Besides photographs of the Ice Road itself, Bob had pictures of Ice Angel air boats that are propelled with a large fan on the back and that are used to transport people and supplies from Bayfield to Madeline Island if the ice is not strong enough to support regular wheeled vehicles.

Fitchburg Senior Center Friends (FSCF) Presentation: Peter Eaton, representing the FSCF, made a brief presentation to publicize the Friends group. It is a not for profit group that has as its purpose to provide support for the Fitchburg Senior Center (FSC). As a fundraiser for the group, a Pancake Breakfast is planned for Sunday, April 6th from 8:00 a.m. to 12:00 p.m. at the FSC. He passed out posters that have details of the event and also showed a sign that is being displayed in the dining room of the FSC which gives more details of the mission of the FSCF.

Entertainment: Several movies were discussed. Jim S. saw "Nebraska" and said that it was a good film with uplifting messages. Roger D. recommended "Philomena", Peter Eaton recommended "Gravity", and Bob Vig recommended "12 Years a Slave".

Activities Done: "Flashdance-The Musical" at the Overture Center for the Arts; "Fill the Bowl" for the UW Women's Hockey game versus Minnesota which set an NCAA attendance record (joint event with the Active Women's Group)

Upcoming Activities: Jim S. had previously sent an email with instructions on how to go about arranging an activity for the Group and asked for suggestions for activities. A possible program would be Bill Tischler presenting a slide presentation on barns and Old World Wisconsin. He previously gave a talk at the FSC on Old World Wisconsin and also acted as a guide for an FSC

group tour of Old World Wisconsin (OWW) both of which were very well received. He is very knowledgeable about these topics because he was actively involved in setting up OWW.

Discussion of Heart Health: This is an appropriate topic because February was American Heart Month. The group discussed good habits that would improve heart health and came up with the following list:

1. Regular exercise---consistency is important
2. Cut down on salt, sugar, and artificial sweeteners
3. Mediterranean diet---to include fish two times a week
4. Diet high in fruits and vegetables
5. Right amount of sleep
6. Reduce stress
7. Family history of heart disease is a significant factor to consider
8. No smoking
9. Limit alcohol
10. Annual physical exam by a Doctor with appropriate tests
11. Maintain a healthy weight

12. Know the signs of a heart attack and seek care immediately if you have them:

- • Shortness of breath
- • Heaviness and/or pressure in the chest
- • Pain in one or both arms or in the neck
- • Tightness in the jaw
- • Breaking out in a cold sweat
- • Easily fatigued

Several members gave personal accounts of their own heart issues. Among things mentioned were to seek more extensive testing if you have a family history of heart problems that have occurred to other family members at an early age (even if you are not experiencing symptoms yourself); if you have any of the above mentioned symptoms, don't procrastinate but seek care immediately; don't be so macho that you don't get an annual exam; utilize resources (such as "My Chart") to learn as much as you can about staying healthy and also to ask questions to health care providers. Also mentioned was a new way of doing a stress test by having a chemical injected into the patient rather than physically having to exercise on a treadmill. Exercise can also help the heart by developing collateral circulation that can reduce the amount of heart damage if a major vessel has some kind of blockage.

A number of guys also reported that they have sleep apnea and with this affliction it is possible to have such a low oxygen level that sleeping is difficult resulting in a lack of good REM sleep. This can even result in death, as in the case of Reggie White. Therefore, people with sleep disorders need to be evaluated and then take advantage of available treatments such as CPAP.

Also talked about was age-related macular degeneration (AMD) which is a leading cause of vision loss in Americans 60 and older. It is a disease that destroys your sharp central vision. You need central vision to see objects clearly and to do tasks such as reading and driving. AMD can progress at varying rates. There are three stages of AMD:

early, intermediate, and late. Late AMD is broken into two types: wet and dry. Wet AMD happens when abnormal blood vessels grow under the macula (a small spot near the center of the retina that allows you to see fine detail and to see straight ahead) and these new blood vessels often leak blood and fluid. Wet AMD damages the macula quickly and blurred vision is a common early symptom. Dry AMD happens when the light sensitive cells in the macula slowly break down. Central vision is gradually lost. A common early symptom is that straight lines appear crooked. Comprehensive eye exams can detect AMD. Treatments have included injections of chemicals into the eye that block the growth of new vessels, various surgical procedures, and laser therapy. Members related their own eye experiences and highly recommended the University of Wisconsin Department of Ophthalmology which is one of the leading centers in the country for researching and treating macular degeneration and has seven doctors that specialize in it. They are pursuing a relatively new procedure that has been approved by the FDA and by Medicare to implant an ocular telescope (the size of an M & M) into the eye that will focus an image beyond the part of the eye that is bad and relay it to the optic nerve. The patient has to go through extensive occupational therapy to train his brain to accept the new signals. If successful, the treatment would improve vision out to 10 to 12 feet and allow almost any activity, except driving.

Another personal account gave praise to Davis Duehr Dean for surgical treatment of his macular degeneration, a symptom of which had been cranes looking crooked, and also for treatment of multiple black spots in the eye (floaters) which may have been signs of retinal tears or a retinal detachment.

Keeping diabetes under control was mentioned as an item to add to our previous list of things that are important in maintaining good cardiovascular health. The whole topic of diabetes and its prevention and management was suggested as a discussion topic for one of our future meetings.

Returning to the topic of heart health, another type of heart problem, valvular heart disease was mentioned. Personal accounts were given of surgeries and procedures done to treat valve issues, everything from mitral valve prolapse and mitral valve regurgitation to valve repairs and/or replacements.

Ed Elbaum expressed an interest in having the topic of jury selection covered in a future meeting as he had some issues with this when he was called for jury duty in the past. Due to the length of the meeting no discussion was pursued at this time.

The meeting was adjourned at 3:50 p.m.

Respectfully submitted, Bob Davis

Men's Group February 2014 Summary

The Men's Group met at the Great Dane in Fitchburg to celebrate the 5th anniversary of our group!!! It was a great time. We had a late lunch/early supper, tipped a few beers, and had a good opportunity to just socialize with all who attended.

Thanks again to Sandy for setting it all up and ensuring that all went well

SUMMARY FOR JANUARY 14, 2014 MENS GROUP MEETING

Call to Order:

Bob Rottman called the meeting to order at 2:00 p.m. as regular Director Jim Sosnouski was in Jamaica. The other attendees were Bob Hillner, Bob Vig, Peter Eaton, John Heinrichs, Denny Olin, Roger Damrow, Bob Davis, Dick Rydecki, Sandy Weisberger, and Vic Rosetti.

Trips:

No one had any trips to report.

Entertainment:

Jim Sosnouski still has tickets remaining for "Flash Dance-The Musical" at the Overture Center on Wednesday, February 25. Tickets are \$46.00 each and Jim needs to send in the money by January 25th to get these reduced ticket prices.

Activities:

- Roger Damrow has arranged a tour of the Fitchburg Fire Station at 5791 Lacy Road following today's meeting. The tour is scheduled to begin around 3:15 p.m.
- Dick Rydecki highlighted a program entitled "Saturday Science at Discovery." This is a monthly series that consists of free science exploration and education programs aimed at families and learners of all ages. These drop-in programs generally are held from 10:00 a.m. until noon on the first Saturday of each month at the Town Center of the Wisconsin Institutes of Discovery. The program on February 1st is "Celebrate Ground Hog's Day with Bucky Badger, Student Athletes, and Scientists from UW-Madison." Please refer to www.discovery.wisc.edu/SaturdayScience for more details.
- Dick R. also mentioned that the program for this week's Wednesday Nite @ the Lab is "The Past, Present & Future of Your Television" by Bruce Johnson of Wisconsin Public Television.
- Bob Rottman reported that 18 people have signed up for a meal on January 22nd at Smokey's for Restaurant Week. Please contact Bob R. if you are interested in attending. The cutoff date for signing up is January 15th and the cost is \$30.00 per person.

Plans for our Five Year Anniversary Celebration in February:

Sandy Weisberger had talked to the Great Dane in Fitchburg and reported on his findings. The private meeting room that they have available costs \$100.00 per hour with a required minimum of two hours. However, this fee is waived if the group spends a minimum of \$200.00 on food, bar, tip, and taxes. If the number of attendees is 20 or less, ordering can be done off the menu. This celebration is to be limited to men only, no spouses or significant others. Discussion followed. The date was set to be on our regularly scheduled meeting day of February 11th and will be from 2:00p.m. until 4:00 p.m. There was some concern that we might not have enough attendees to cover the \$200.00 cost for the room. However, John Heinrichs came to the rescue and said that he would make up the difference if we end up below \$200.00. February 11th is his birthday and he would do this as part of his birthday celebration. Sandy said that the

cancellation policy for the room requires a notice of 30 days to cancel and since we are already past this time if we reserve the room we will not be able to cancel it. It was decided that Sandy will contact the Great Dane to reserve the room and will send out an email requesting members to respond to him with a "yes" or a "no" by email by Sunday, January 26.

Open Discussion:

Topics discussed were the following:

- Experiences were presented concerning how internet, telephone, and television services are received. Charter, AT& T U-verse and Direct TV were all mentioned. Each has their pros and cons.

- Turbo Tax received favorable comments as a method for doing both Federal and State personal income taxes.

- The safety of using credit or debit cards in light of the Target fiasco was questioned. It was mentioned that it is wise to call your credit card company in advance if you are going to be making an unusual purchase or are going to be travelling to a different locale. If you cancel a credit card, it does have a negative effect on your credit score. Also, the more credit inquiries that you have affect your credit rating.

- A straw poll was done for picking the winners in the NFL Conference Championship games and for the Super Bowl. San Francisco versus Seattle was eight for the Seahawks and three for the Forty-niners. Denver versus New England was six for the Patriots and five for the Broncos. Our projected Super Bowl was Seattle versus New England and the Seahawks were favored by eight votes to three.

Meeting Conclusion:

The meeting was concluded at 3:05 p.m. with the tour of the Fitchburg Fire Station on Lacy Road to follow for those who wanted to attend.

Respectfully submitted,
Bob Davis