Fitchburg Senior Center Men's Group
April 11, 2017

A surprise for the group was Al Bach; once a fixture at the monthly confabs of the Fitchburg Senior Center's Men's Group, Al joined us for the session on April 11. We all welcomed him. He looked great.

After calling the assembly to order, Jim S. announced that there was a choice of two speakers at the next meeting, on May 8: Member Craig D. speaking on wood walks and Jerry K's friend covering all kinds of ticks. It sounds as if the two topics might be related.

Jim asked the 16 in attendance for any recent trips any of us might have been on. Ewing R. told about his recent tour of Lambeau Field in Green Bay; he recommended it. Jim S. and his wife took the "Laverne and Shirley" bus trip to Milwaukee. Two women, dressed like the two TV stars, were in character for the 12 hours. Jim reported that it was great fun.

A new activity is the breakfast group. Coordinated by Dan B. Senior Center, all are welcome to join the group every fourth Thursday of the month, 8:30 a.m. at the Egg & I. There a dozen present the last time. The Active Women's Group have started a brunch gathering once a month.

Six guys visited the Yahara Distillery. Those who were part of the tour said that it was larger that the previous location. There is a new still. Liquor was poured quite freely with samples being about a half shot.

A half dozen men also visited the Buddhist Temple. They found the trip interesting. A monk gave the tour. Five monks live there full time.

Those attending have enjoyed the Dark Matter, Dark Energy series that Jim S. is sharing with the group. Three lectures per session are presented; there are 24 lectures total. Available from the Fitchburg library, the Great Courses series covers a wide selection of topics. Sessions are at 1:00 p.m. on Fridays.

Joe Parisi, Dane County executive, presented a program on climate change. Six guys from our group attended the library session.

Jim S. presented information on the Great Courses DVD sets, Natural Resources Foundation trips, Senior Games, a course on diabetes and hypoglycemia, and a pod cast on the constitution and the people involved in writing it.

Craig D. mentioned Plato (Participatory Learning and Teaching Organization). It is a self-directed volunteer-led nonprofit organization serving more than 900 lifelong learners living in and around Dane County. Craig called it "a book club for egg heads." About 30 courses are offered each fall and spring. There are

lectures, socials and special events. Members receive a newsletter, weekly emails and program catalogs. They also have a guest courtesy card from UW Libraries, a $50 value. Craig is on the 12-person board. One objective is to increase participation; many of the courses fill up early, limiting participation by new, interested people.

The discussions ended at 3:30 p.m.

Ewing Row

Men's Group meeting notes for 3/14/2017

Recent vacations and travels:

Vic and his wife traveled to Venice, Florida for two glorious, 80 degree, sun-filled weeks and enjoyed biking and swimming there.

Lee and his wife were on a Road Scholar tour of Belize, Honduras and Guatemala, enjoying the local cuisine and exchanging money with the locals. They traveled by small bus from place to place, climbing pyramids from the Mayan era.

Upcoming activities:

Yahara Distillery tour (on Nesbitt Rd near Quivey's Grove) is Thursday, March 30, at 5pm. Dan will send out a reminder notice.

The **Chamber of Commerce Spring Expo** is April 6, at 4 pm and is free. Lots of samples and freebees to entice you to a uniquely Fitchburg event.

The **Fitchburg Senior Center Friends Pancake Breakfast** is Sunday, March 19, from 8am to noon. Pancakes, sausage, scrambled eggs, fruit and coffee for only $7/$4 for adults/children. The proceeds benefit the Fitchburg Senior Center.

The **Buddhist Temple tour** is April 4 at 2pm. Bob H. will send out an email reminder.

The **Aldo Leopold Homestead** program near Baraboo is May 6 from 10-3. Sign up is $45 on the UW Extension website. Only a few spots remain.

The **Monthly Breakfasts Club** meets at the Egg&I on the fourth Thursday of each month, the next being on March 23. Open to all Men's Group members.

A reminder to vote on April 4. This is the only election this year and includes Fitchburg mayoral and aldermanic races locally as well as some statewide contests.

Discussion:

A lively discussion of wiki (both **Wikipedia and Wiki leaks**) ensued. For WikiLeaks, the possible impact of disclosures on national security versus the right to know was covered. We strayed into the **impact of hacking** and how it may also adversely affect individuals whose computers or devices are compromised.

Thanks for attending. Bob R

MEETING SUMMARY - 2/14/17

There were 14 in attendance for the meeting.

Dan talked about his recent trip to Fort Myers and the fun things he did. He also talked about stopping at Jack Daniels and taking a tour of their facilities on the drive down.

The FSC friends travel options were discussed. 5 day trips are available and materials distributed and 5 extended trips were also discussed. The senior center gets a good "kick-back" if you mention the FSC when booking. It is one of the biggest fundraisers for the FSC.

Only one activity took place during January…the Paradox of being a black officer presentation at Promega.

Upcoming activities:
Dan B: Yahara Distillery
Starting a breakfast group that meets once a month

Michael L: Walking Aldo Leopold's homestead near Baraboo May6 10-3. Cost $45

Craig D: John Muir site

Bob H: Buhdist Temple tour
Islamic Center tour

There was discussion of the costs associated with EMS services. Hopefully, your insurance helps cover some of it. Guys were encouraged to check their coverage.

There is a notable lack of affordable senior housing in Fitchburg. The Commission on Aging intends to pursue attracting developers to improve the situation. Discussion took place to include personal experiences.

Craig D. finished one more thought on climate from last month. He talked about the effects of mountains on climate. The windward side of mountains, like the Rockies, gets lots of rain, and the lee side is in a rain shadow and gets very little.

Jim had the group experience relaxation with an alpha brain wave activity.

Fitchburg Men's Club
Fitchburg Senior Center
Tuesday, January 10, 2017

Meeting began at 2:05pm

Sosnouski

- Jim introduced Craig Davis .Craig was our guest lecturer for the meeting. Craig was a professor at Ohio State University.

Davis

- Craig identified the title of his presentation:
  Slithy Toves and Other Fun Things about Climate and the Environment
- The presentation was to show how climate works and how it affects the earth.
- Two statements served as the basis of the presentation:
  - All energy comes from the sun.
  - Warm air rises and holds more water than cold air
- Included in the topics discussed were:
  - Coriolis Effect
  - El Nino
  - Pressure Gradient
  - Greenhouse Effect
  - Climate Patterns

Craig took questions after the presentation.

Craig prepared a condensed Power Point version of his presentation to add detail and content to the topics listed above. The condensed version is attached. I thank Craig for his time and effort in preparing the file.

Meeting adjourned at 3:30pm. The next meeting is February 14 at 2pm.

Men's Group Meeting
Dec. 13, 2016

First we begin with a multiple choice question. When introducing the Group to two possibly new members, our fearless leader said we were:
a. A mediocre bunch of guys
b. A so-so group of guys
c. An average bunch of guys
d. A pretty good group of guys
e. A good to excellent group of guys
f. An outstanding bunch of guys

Jim S. brought the ungovernable group of 17 to order promptly at 2:00 p.m. on December 13, 2016, for the regularly scheduled meeting the Fitchburg Senior Center Men's Group. First order of business was attendance — 17 total. While Jim S. had the attendance in front of him, he determined who had perfect attendance the previous calendar year. Bob R. and Jim were the only associates with that nebulous honor.

Introduced at their first meetings were Dan B. and Michael L. Both are attorneys. Both contributed to the day's discussions. Welcome. Hope you join us and return for more Men's Group meetings. All of us, then, in turn, introduced ourselves to the guests/new members.

The agenda, as presented on the white board, looked something like this:
1. Vacation trips
2. Activities
3. Year-end review
4. Open discussion

Vic R. went on a Viking Cruise in October. He flew Chicago/London/Budapest where the river cruise began. Total time on board was eight days. The cruise ended in Munich. In between Vic, wife and others traveling with them visited Bratislava, Slovakia; Vienna, Austria; Melk, Austria; Linz, Austria; Passau, Germany, Passau, Austria; and Salzburg Austria. (Those were the major cities if

I've found the correct cruise on line.) There were 200 people on board. Nights were spent on the boat, and Vic says the entertainment was fantastic.

John H. grabbed his camera and went on a California birding trip. The Road Scholar adventure drove along the coast on Highway 1. Their guide was "Hyper-experienced," and John saw many California birds. There were only six people on the Monday through Saturday noon adventure. The Road Scholar hype says, "Experience Carmel, Monterey Steinbeck Country and more while lodging at Hidden Valley, an Institute of the Performing Arts, nestled in the foothills of the Santa Lucia Mountains just 12 miles from the Pacific and down the road from charming, sun soaked Carmel Valley Village." John also enjoyed the performing arts portion of his trip. "The trip ended up being something I had not expected," said John.

Dan B recently traveled to Ea Claire via La Crosse. While in La Crosse, Dan saw the light show along the Mississippi River. It is similar to the Olin Park season show here in Madison, but much better. It is about a mile drive through Riverside Park. Dan said it is worth the trip.

Under activities, Jim reported that some members walked the corn maze on Highway 12 between Madison and Cambridge. There were not activities in November.

Upcoming happenings could involve at trip to Black Berry Mill in Mount Horeb. There, people spin wool into yarn. In addition the spun wool is dyed; the entire process uses equipment that is 100 years old. The resulting yarn is for serious knitters. Bob R. visited the mill about three weeks previous to our meeting.

Anther possible activity is Yahara Bay Distillery on Nesbitt Road (Dan B.) Jerry K. will contact a friend who is a "tick guy" and who would be willing to make about a 45 minute presentation to women's and men's group combined. Jerry will work out the details.

Incidentally, the program for the January 2017 meeting will be given by Craig D. on the environment.

A list of activities the group came up with for 2016 but which were not acted upon included:
Mendota/Monona pontoon ride offered by the MSCR group
Harley Davidson plant tour
Promega tour
Hindu and/or Buddhist temple
International Crane Foundation in Baraboo
Wollersheim Winery
Kohl Center
Subzero Corp. tour

Field of Dreams and Toy Museum in Dyersville, Iowa
Art museum tour
Hydroelectric plant tour in Sauk City
EAA in Oshkosh
Lambeau Field tour
Maritime Museum in Dubuque
Epic in Verona tour
Monroe Cheese Festival
Stoughton Norwegian museum
Veterans museum in downtown Madison
Breakfast on the Farm in June
Horicon Marsh pontoon ride

Gerhard mentioned that there is a website, factorytoursusa.com that lists free tours from throughout the US

The year in review included the following:
Restaurant week
Two musicals at the Overture Center
Babcock Hall
Bike ride
Yerkes Observatory
Corn maze
Discussion topics at regularly scheduled Men's Group meetings included:
Social media
Driverless cars
Uber, Lyft
Concussions
Fracking
Wearable medical alerts
Listing activities — 30 possible activities
Listing discussion topics — 20 possible topics
Tegan from the library with a social media presentation
Entitlements
Drugs in Fitchburg
Water quality — Fling, Mich.
Extraterrestrial life
Jobs, taxes, trade, national debt, hand outs, rich getting richer
Skin problems
Post election possibilities
Review of common council budget hearings
Verona Road
Dakota pipeline controversy
World Series — Go Cubs
Climate change and the UN agreement

Briefly, the Mens Group discussed Indian gaming, war on drugs, mayoral race, electoral college and cabinet appointments.

The active session ended about 3:45 p.m.

Answer to multiple-choice question -- d

Ewing Row

November 8th Meeting Summary

Despite all the guys working the polls this election day, we still had 11 in attendance.

Activities: The annual men's group Corn Maze took place with 4 guys enjoying the experience. Besides trying to make it through the challenging maze, There were sets of questions to help you in your quest. If you goth question right it would tell you which way to go if there was a fork in the road…problem: sometimes there were 6 paths at an intersection and no helpfull questions. There was also a "Who Dunnit" activity. As you wandered through the maze you might come upon one of many posters to get clues as to Who the killer was, what the weapon was and where the crime was committed. We got the killer but not the weapon or the location. It took about two hours to make it through.

Current Events:

1. Fitchburg Common Council Budget Amendment Hearing. The Senior was successful at getting a 1/2 time reception. Other issues were also discussed.
2. Verona Road update. Problems were discussed and extended timeline.
3. Chicago Cubs and winning the World Series.
4. Dakota Pipeline…Problems and alternatives.
5. UN Climate Change. International Law and where does the US stand on the issue.
6. Post election probabilities.

First we discussed what we thought would happen in the US legislative races. Estimated 80% chance that the Senate would go Democratic.

Next we looked at the Supreme Court. If Trump wins and Dems. wins Senate will get a moderate SCJ. If Trump wins and Senate remains Rep, get a far right wing SCJ.
If Hillary wins and Senate goes Dem, get liberal SCJ. If Hillary wins and Senate remains Rep., get moderate SCJ.

Next we discussed the probability of campaign promises.

If Hillary wins:

1. Increase in Minimum Wage. 80% but requires Legislative support.
2. Paid Family Leave. 100% for government employs. Rest require Legislative approval.
3. Increase taxes for the wealthy. R requires Legislative support
4. Gun control. Requires Legislative support. States have some rights.
5. Social Justice: Women, minorities,LGBT. Attitudes will change and significant change, but requires Legislative support.
6. Reduce College Costs: Allow students to renegotiate loans but requires Legislative support.
7. Improve Affordable Care Act. 90% chance, but requires Legislative support.
8. Reduce drug costs. 20% chance

If Trump wins:

1. Eliminate Affordable Care Act.

0% chance. Requires Legislative support.
2. NATO Other countries not paying their fare share. Cut US funding.Not sure if it requires Legislative support.
3. Illegal aliens. 100% chance he will deport them. Is therein agency that actually deports people? Obama has already deported more people than Bush.4. Wall. 0% chance. Mexico will never agree to paying for it.
5. Taxes. Tax break to big business but requires Legislative support.
6. ISIS. Wants to eliminate it.60% chance he will put US troops on the ground as Commander in Chief. Will beef up military presents.
7. Do away with treaty with Iran
8. Nuclear weapons proliferation

Fitchburg Senior Center
Men's Group
October 11, 2016

The refractory group came to quiet at precisely 2:00 p.m. on Tuesday, October 10, 2016. There were 17 members in attendance. As is customary, Jim S began the regular Men's Group meeting with announcements.

First, the Senior Center needs drivers. For Meals on Wheels, time required is from 10:30 to 12:30 on weekdays when meals are delivered. Drivers are reimbursed for their mileage. You need not have a set schedule. But what would be best for the Center would be something like driving for Meals on Wheels every other week on Tuesdays. If you are interested, see Mandi.

Another service, RSVP (Retired Seniors Voluntary Program), also needs driers. There is a 45-minute indoctrination and a check of candidate's driving record. Also, additional insurance is provided while you are driving for the program. Mileage reimbursement amounts to 51 cents a mile. Many drivers use Google maps to figure miles driven; reimbursement covers from your driveway to the clients home for pickup, to the hospital, dental, doctor or other appointment, back to the clients home and, finally to your driveway. One of our members had driven five times for the program. If interested, see Mandy.

Jim S. explained his understanding of how the Fitchburg house explosion had occurred. The home owner had switched from a gas clothes dryer to an electric one. The installers did not cap the gas line going to where the dryer had been, installing a shut-off valve instead. Gas filled the basement when someone turned on the old clothes-dryer gas valve thinking it was for water. The basement filled with gas, and the rest is history. Jim's point was that he and his wife had recently gone from a gas stove to an electric. Jim pulled out his electric stove and found that his gas line had not been capped either. He called MG&E, and a technician capped the line. Building codes in Fitchburg and elsewhere state that vacated gas lines must be capped.

The message is clear: If you've recently had any kind appliance changed from gas to electricity, make sure the old gas line is capped

The Tower Hill Neighborhood, the area where the house explosion occurred, is having a pig roast on October 22 at Tower Hill Park from noon to 2:30. The effort hopes to raise funds for those in the neighborhood and heavily affected by the detonation.

Beginning in November, Friends of the Senior Center will have a leather goods sale with wallets, purses, luggage taps and other materials for sale at amazingly low prices. Merchandise will be on display and available for purchase from 9:30 to 11:30 on Mondays, Wednesdays and Fridays and from 11:00 to 1:00 on Tuesdays and Thursday. Watch for an announcement because plans were preliminary at the time of the meeting.

Following the agenda emailed to Men's Group members, Dan told of his recent experience in Holeman, Wis., just north of La Crosse and Onalaska. He belongs to a Single Action Shooting Society that held what you might call a rendezvous. Three fire arms normally are used: old Winchesters, double-barrel shotguns and Colt 45 pistols, all single action. This meet was a state shoot; there are such groups all over the U.S. The top cowboys can shoot 10 rounds from a single action pistol in less than 5 seconds; top riflemen can shot 10 shots in less than 6-1/2 seconds. There also are black powder long range contests of up to 500 yards. Participants dress up like, you guessed it, cowboys.

Dick told the group about taking the Talking Spirits walk in the Forest Hill Cemetery. The event is held the first weekend in October. A playwright writes scripts for actors who tell about the person who is buried at a particular grave marker. Participants take a route through the cemetery stopping at various stations. Dick learned something about the past of a doctor, dentist, ex slave, and a woman who cared for her husband who was injured in the Civil war. The entire tour took 90 minutes. Cost was $5 per person to go on the tour. This year was the 18th.

Jerry shared with the group his trip with family to and through the Canadian Rockies on the Rocky Mountaineer train trip. He traveled from Vancouver to Jasper, Canada on the train but staying in plush hotels at night. He said the fall color was incredible. He traveled by coach from Jasper to Banff, then by train again from Banff back to Vancouver. Jerry said, "The food was great, fall color tremendous and accommodations terrific." The train cars were observation type with comfortable seating above the lover level where meals were served.

Roger went to Buffalo Roundup Week in the Black Hills at Custer State Park. Participants try to keep the roundup as authentic as possible. The roundup is the 51st to be held. There are over 1,000 buffalo in the herd.

Tim and his wife went on an Alaskan cruise.

Dave was on the Outer Banks in North Carolina prior to Matthew. He climbed one light house that had 229 steps.

Dan reviewed his hosting a trip to the Yerkes Observatory on Lake Geneva. Eleven from the Men's Group enjoyed seeing the old telescope, the largest refractory in the world. It is used only for education now.Dan was thinking about a new activity: see website. http://www.travelwisconsin.com/natural-attractions-and-parks/abelmans-gorge-state-natural-area-249996

An upcoming activity is visiting a corn maze. Jim will pick a date and email so that those interested can join the group.

Members mentioned a number of books and movies they've enjoyed recently.

Denny brought the agenda item, skin problems. He has psoraisis and explained that all he can do for it is a topical salve. Others mentioned their skin difficulties, mainly basil cell carcinoma. Some of the members see a dermatologist yearly for examination and, often, treatment.

Ewing Row

Men's Group discusses
World's difficult problems

Meeting in the regular location in the Senior Center, the Men's Group met on **September 13** with a full menu of topics before them. Jim S., responsible for the teeming agenda, brought the irrepressible group to quiet at 2:00 p.m. sharp.

Bob D. announced a Meet, Greet & Eat Senior Social on Sept 22, 2016 from 4:00 to 6:30 p.m. There were to be door prizes and activities all at the senior center. He noted that volunteers were needed for table monitoring. The event is to be HyVee catered.

The Couples Dinner in September, on the 20th, is to be at Charley's on Main in Oregon at 6:00 p.m.

Dan and Ewing talked about upcoming field-trip events: Dan the Observatory near Lake Delton and Ewing the USDA Forage Research Center near Prairie du Sac.

Jim S. told about his recent Road Scholar trip from the Tetons in the US to Banff in Canada. The trip visited all of the national parks in between including Yellowstone, Glacier Banff and Jasper and the Ice Fields Parkway between the latter two cities. The 14-day event ended in Calgary for the flight home.

Rick to a Mystery Tour Bus ride to Nashville, Tenn. There were 150 people on three busses; the event included the Grand Old Oprey, a boat ride and dinner, Jackson's Hermitage.

Ewing told of his recent trip to Mason City, Iowa, home of Meredith Wilson and author of the Music Man. He told of visiting a Frank Lloyd Wright designed home near Independence Iowa and staying at a Wright-designed hotel in Mason City; The Historic Park Inn has but 27 rooms and an excellent restaurant. Also in Mason City is another Wright home, The Stockman House, that is open to tours with docents leading the groups. A museum in Mason City is all about The Music Man; the extensive exhibits are next to Wilson's childhood home which is part of the tour.

Jim's agenda included discussions on jobs, taxes, trade (especially TPP), spending cuts, national debt and rich getting richer and many poor becoming more impoverished. The discussion was too intense for this writer to record everything. All agreed at the end of the session that it was a great afternoon of deliberation.

Ewing Row

Fitchburg Men's Club
Fitchburg Senior Center
Tuesday, August 9, 2016

Meeting began at 2:00pm
11 members in attendance

INTRODUCTION

- Tim Duket attended a meeting of the Fitchburg Men's Club for the first time. He recently moved to Fitchburg. He graduated from law school, was district attorney in Marinette County and was a circuit court judge.
- Other members in attendance introduced themselves by each giving a brief personal summary.

VACATION / TRIPS

- Heinricks described his visit to the Green Bay area to view and experience the Tall Ships. Included in the fleet of ships in the harbor were ships of Spanish and Viking design. He was impressed and surprised by the number of visitors to Green Bay to see the event.

ACTIVITIES

- Bach reported on the Institutes for Discovery (University Ave and Randall St) tour. The purpose of the institute is to promote the collaboration of researchers from the private sector and from the university sector. The building is designed to have fossil remnants incorporated in the flooring tile.

- Bach also reported the Betty Lou dinner cruise will be held on Tues, Aug 16.

- The makeup of the Senior Center Couples group was explained. The Senior Center Couples group is made up of Fitchburg couples (55 years +) interested in participating in a social and dining experience once a month. Membership or participation the Fitchburg Men's Club or the Fitchburg Women's Club is not a requirement.

ANNOUNCEMENT

- Sosnouski announced The Overture Center conducts free tours on Saturdays at 11 am.

- Friends of Fitchburg Senior Center will conduct a free ice cream social (donations accepted) at Eplegaarden during Labor Day Weekend.

DISCUSSION – Water Quality

- Flint, MI and Lake Mills, WI were mentioned as communities in the news recently because of water quality issues.

- Sosnouski arranged for Fitchburg Water Department staff to attend the meeting to answer questions. No staff from that department was present at the meeting.

- Fitchburg has three wells. The water provided by these well is tested at daily, weekly and monthly intervals. The amount of fluoride, chlorine, phosphate and bacteria are tested for on a daily, weekly or monthly basis, depending on the contaminant.
- In-house filters and other options can be used to improve the quality of water in private residents. Reverse osmosis process and distilled water were mentioned as options.

- Area beaches are closed periodically when algae and other contaminants in the lake water exceed certain criteria.

EXTRATERRESTRIAL LIFE / INTELLIGENCE

- Bach suggested this topic for discussion and several members indicated an interest in it.

- SETI (Search for Extraterrestrial Intelligence)
- SETI is a program begun by Carl Sagan (1934-1996), an American astronomer, biologist, author, science popularize, and science communicator in the space and natural sciences. His research projects are related in some way to understanding the origins of life or the extent to which life may be present beyond Earth. Generally these projects include efforts to find and understand the prevalence of life beyond our planet, detect radio or light signals that would reveal the presence of technically sophisticated beings beyond our planet, and to promote education and outreach projects that inform the public about ongoing research. (See http://www.seti.org/faq#seti2).

- Conversation about the size of our solar system, the Milky Way galaxy, other "close" galaxies and what lies beyond the borders of the universe took place. Included in the conversation was human travel, communications options and time, distance and technology considerations.

Fitchburg Men's Club
Fitchburg Senior Center
Tuesday, July 12, 2016

Meeting began at 2:05pm
14 members in attendance

Sosnouski
Said there would be a change in the sequence of topics for this meeting. Jim invited a Fitchburg police officer to offer some perspective on the topic of DRUGS AND THEIR USE IN FITCHBURG. The officer called and said he would be late for his presentation.

Until the officer arrives, the other topics listed for discussion will be taken up.

Topics for Police Officer Presentation
What are the drugs of choice

- Heroin
- Opium
- Cocaine
- Marijuana
- Pain Killers
- Prescription Drugs
- Methadone
- Morphine
- Fenactol
- Alcohol

- Is there a drug problem in Fitchburg
- Do some areas in Fitchburg have a worse drug problem than other areas
- How is community affected by having a drug problem
- How do people get hooked on drugs
- Who / where are distributors
- What is being done
- What is affect of legalizing marijuana sale / usage

Other Topics

- Bev Davis and her work on the Fitchburg Couples Dinner group. Request members respond to her request for evaluation of already visited restaurants / suggestions for other restaurants.
- Dan Block reviewed visit to Discovery Center. It will be August 4, a 45 minute tour, car pooling is suggested, lunch option is available, leave FSC parking lot 10:30am.
- Dan Block also recommended a visit to Yerkes Observatory in Lake Geneva in September. It would be a co-ed event.
- Ewing Row will schedule a model railroad tour.
- Craig Davis will give presentation on environmental issues and would like topics within that subject matter that may be of interest submitted by the group.
- UW Health Organization conducts monthly presentations at the Alliant Center. A variety of topics are covered including Parkinson's Disease, Depression, Massage Stimulation, and Sleep Problems.
- A volunteer opportunity is available through Community Action Coalition (CAC). The activity is called GLEANERS. The purpose of the activity is to collect excess items from restaurants for distribution to food pantries and shelters.
- John Heinrichs summarized his African tour in which he took many pictures. He consolidated several hundred pictures into a bound book containing over a hundred pages. He passed the book around to be seen by the members at meeting.

Main Topic of Meeting

The Fitchburg police officer was not able to make the meeting at all. An open and self-directed general discussion took place among the members.

- A positive use of narcotics is the relief of discomfort. The management of pain was mentioned in instances of recovery from surgery, effects of long-term or severe illnesses and relief of neurological conditions such as epilepsy.
- The issue of the impact of the legalization of marijuana use in states such as Colorado, Washington and Oregon was brought up. Were / are there any positive and/or negative effects resulting from the legal use of marijuana within these states or in other states not having the legal sale of marijuana?
- The question on the level of use (type, frequency and dosage) of addictive drugs before a person becomes addictive was brought up.
- Can the use of non-alcohol drugs by drivers of vehicles be determined during a traffic stop?
- What is the impact of drug use in European countries where there is less restrictive laws?
- Some personal experiences with marijuana use and plant growing were related by the members. A somewhat unique method of quickly destroying the plants in case of necessity was mentioned.
- Comments were made about the recent violence and killing of police that took place in Dallas

Meeting adjourned at 3:15pm. The next meeting is August 9 at 2pm.

Fitchburg Senior Center
Men's Group
June 14, 2016

Our leader, Jim S., called the regularly scheduled meeting of the Fitchburg Senior Center Men's Group to order promptly at 2:00 p.m. The heretofore clamorous group of 16 immediately began behaving themselves.

Under trips, John estimates that he took upwards of 6,000 digital photos on a 19-day trip, including a nine-day safari, in South Africa. He visited two reserves or areas, one with 8,000 hectares, ad the other with 25,000 hectares (1 hectare equals 2.47 acres. South Africa's first national park is expanding and eventually will be the size of Wisconsin. Animals within the reserves are protected by a 9-foot fence having 8,000 volts to keep animals in the poachers out.

Many of the days began at 6:00 a.m., a time when ani-mals are active. John saw four lions feeding on a Cape buffalo and shared a spectacular lion photo with the group, blown up to what must have 11 by 17 inches (I didn't not obtain the size of the print. John, an experienced photographer, reported that the people were nice, the food good and the water drinkable.

John traveled in a vehicle much like that in the photo, only it carried six people. Even though the vehicles are open, they were safe even amongst lions. The open Tyoto had V8 Aussie engines.

John's camera equipment includes a 200 to 400 mm zoom lense; his lens and camera weigh 11 pounds. He shot 3,500 photos in the "raw" form. A camera raw image file contains minimally processed data from the image sensor. Raw files are so name because they are not yet processed and, therefore, are not ready to be printed or edited with a bitmap graphics editor. Raw images take more memory than say a JPEG file, the type of file most of us use to save images in our cameras and on our computers.

Kruger National Park is in northeastern South Africa and is one of Africa's largest game reserves. Its high density of wild animals includes the Big 5: lions, leopards, rhinos, elephants and buffalos. Hundreds of other mammals make their home there, as do a diverse bird species. The total area is 7,523 square miles.

John was nine days at Kruger National Park, and he and his wife Doloris also spent time in Cape Town. They stayed in lodges that John described as "upscale."

Roger D. than shared again his experiences on a safari in Tanzania, a country in East Africa on the Indian Ocean. He and his wife, a couple of years ago, rode in similar vehicles and had many of the experiences that John had.

Dan B. recently was in San Diego. While there he attended an A6 reunion and toured a new nuclear carrier, the Teddy Roosevelt. He commented on the traffic on the 405. He noted too, that the wineries he visited, charged for tasting their various wines.

Ewing R. and Jim S. shared their experiences touring the Lincoln home and museum in Springfield, Ill. and Cahokia, a Native American settlement having 10,000 to 20,000

people 1,000 years ago, Cahokia is east of St. Louis, near Collinsville, Ill. Both are worth a day to a day and a half visit each.

The discussion topic was entitlements, e.g., social security and medicare. We're "entitled" to them because, during our working years, we paid into both, as did our employers. It was the general feeling of the group that, yes, we are entitled to them, it is not our doing that the paycheck deductions went into the general treasury, and something must be done before both run out of money

Fitchburg Senior Center
Men's Group
May 10, 2016

There were 16 present at the May 10, 2016 Men's Group regularly scheduled monthly meeting. Jim S. brought the irrepressible group to order shortly after 2:00 p.m.

Tegan Stringfield, electronic services librarian for the Fitchburg Library, made the short walk to the Senior Center to enlighten and inform the group about various social media sites available on the Internet. She had a hand out which looks an awful lot like this report of the meeting. She began with facebook and ended with snapchat.

facebook, she said, is great for keeping up with friends and family and sharing your personal news. You can post personal photos and videos, share news stories and more. Some lingo that you must be familiar with in order to use the site include:
Timeline — all of your posts show on a timeline on your profile page
Newsfeed — posts from your friends and groups that you follow
Tag — add a friends name to your status update or photos
Message — private message sent to one or more friends

G+ is Google's version of Facebook. It is not as widely used but it has some unique features such as Google Hangouts and Circles; both are useful. Each site has its own vocabulary:
Circles — certain group of people such as family. You can have posts sent only to a certain group or circle
Google Hangouts — chat or video chat with your friends

twitter uses tweets to comment s on current events, sharing your news, ad following topics/people that are of interest to you.
Tweet — is your message that you would like to share
Retweet — share someone else's tweet on your account
Handle — @ is used before a user's name to direct a Tweet or Retweet at that user
Hashtag — # marks keywords or topics in a Tweet and allows users to search by topics

LinkedIn allows you create a profile to network with other professionals in your field. Through Linked in, you get tips for job searching and your career

Instagram uses filters and tools to edit photos. With Instagram you can post photos with comments and discuss other's photos. It can be used to post to your timeline on other

social media sites. You can create photos with the app using a smart phone or tablet. However, you can browse photos from your desktop computer. Uses of @ and # are the same as Twitter.
Vine is a streaming video social media site that allows users to post videos that are only six seconds in length. Users can share videos they like to Facebook or T witter. The site is owned by Twitter. You create videos by using the app only. You view videos by logging into your account on your desktop. There is a kid's version available.

Pinterest: Pin pictures from websites to your Pinterest boards. The site is quite popular for recipes, do-it-yourself crafts and fashion. You can interact with other users by commenting and sharing pins. You can now purchase items from the site. "Pin" is adding a photo to one of your boards, "pins" are photos you have pinned that link to a website, and boards are a group of photos (pins) on a common topic such as recipes.

snapchat allows you to send photos or videos that are 10 seconds or less. You can use a variety of filter and overlays to add to your photos. Also, the app can be used only on a smart phone or tablet.
Snapchat — an image or video sent
Stories — a collection of snapchats that show a person's activity for a 24-hour time period
Geofilter — add a filter that add stickers that are local

Should you have any questions regarding the eight social media sites, contact Tegan by email, tegan.stringfiled@fitchburgwi.gov or by phone 608-729-1781.

Seven in attendance showed interest in an outing to the United States Department of Agriculture Dairy Forage Research Farm in Prairie du Sac, Wis. Details later.

Ewing Row

Fitchburg Senior Center
Men's Group
April 12, 2016

Just about 2:00 p.m. on April 12, 2016, the truculent group of 15 was brought to order by Jim S. Two men who had not attended the Men's Group previously were introduced. Tom G. has lived in the Madison area for 37 years and recently moved to Fitchburg. Ed H. chose the location because it is about half way between his in-laws and parents homes.

John H. told of his adventures on Grand Cayman, one of three islands making up the Grand Cayman Islands. They are located in the Caribbean, south of Cuba. There are just under 600 banks and trust companies in Grand Cayman, including 43 of the 50 largest banks in the world. Banking, investments and insurance drive the economy in Grand Cayman. Approximately 76 percent of the United Kingdom's territory land mass is on the largest island, Grand Cayman, as well as 95 percent of the population. The island is approximately 22 miles long; its widest point is 8 miles. Elevation ranges from sea level to only 60 feet. Total population, as of 2010, was 52,601.

Tourism, too, is important to the economy, and tourism is brought John to the Grand Caymans. His adventure began at a park-and-fly Marriott near Chicago's O'Hare airport. He flew with family members to Grand Cayman early on a Sunday morning via Cayman Airlines. He said that

“Cayman is a mix of poverty to insane wealth.” He saw an advertisement for a two-bedroom condo with a price of $780,000.

His most interesting experience, perhaps, was scuba diving amongst stingrays. Guides threw bags of chopped bait fish into the water bringing the stingrays close to the divers. For some reason no one was worried about getting stung. Stingray injuries are caused by the venomous tail spines or stingers. When threatened, their primary reaction is to swim away. Fatal human stings are very rare. Sharks are their main predator.

John found the island expensive. One restaurant food experience for five adults and two children cost $300. When spending dollars, John received British pounds in change.

Jim S. told of a trip to Ann Arbor, Mich., with a stop at the Filed Museum in Chicago. There, he and his wife saw a display of eight Terracotta soldiers. The Terracotta Army is a collection of terracotta sculptures depicting the armies of Qin Shi Huang, the first emperor of China. It is a form of funeral art buried with the emperor in 210-209 BC. They were discovered in 1974 by farmers digging a water well. There are a total of around 6,000 warrior statues.

There will be not Broadway play tickets through Jim this Overture season. He has had trouble having a total of 10 people book tickets; he must put 10 percent down when reserving. Also, he and his wife, Kathy, have seen many of the plays — some a number of times. Of interest are shows featuring Carol King, the rock and roll song writer, a magic show and Diana Ross (July 28). Also Jim is toying with obtaining tickets for Duck Soup Cinema. Silent films and vaudeville acts are presented in the Capital Theater. An organist accompanies the films

Craig D. reported that 39 people have made reservations for next Tuesday for dinner at Quivey’s Grove for the going-out-to-dinner bunch. There are room for 50. He pointed out that you must sign up individually for each dinner. Drinks will be in the stable and dinner in the house.

Ken will lead a group of Men’s Group members to Babcock Hall for ice cream on Wednesday, May 4. Participants will carpool from the senior center lower parking lot with departure at 12:30 sharp for the UW campus. Besides Babcock Hall, the group will visit the D.C. Smith Greenhouse and an insect research collection. Drivers will take a chance on parking with spots hopefully available across from the Allen Centennial Gardens. All areas to be seen that day are within easy walking distance from the parking area.

Also mentioned was the Madison Astronomy Clubs Moon over Monona Terrace this Friday evening. Members will have telescopes there for the public to observe the moon and other night sky features.

On Thursday, April 21, a video of Wednesday Night at the Lab will be shown. The subject is bionic ear; the program begins at 1:00 p.m.

On Sunday, April 17, Ed Janus will present “How cows created Wisconsin.” He is an oral historian, author and dairy farmer. Just the day before, on April 16, also at the Fitchburg Library, a Muslim, a follower of the religion Islam, leader will present a program and answer questions on Islam beginning at 3:00 p.m.

Lee E. mentioned that, on the fourth Friday of the month at the Allient Energy Center, UW Health personnel, present programs on various heath topics. Parking is free. Upcoming programs have subjects such as “Why am I constipated and Testing your brain.”

Bob R. is a new grandfather. Congrats, Bob.

For the main discussion, Jim asked that we present ideas for future Men's Group meeting discussions. The list follows with an interest number, a figure showing how many people raised their hands indicating their interest, and the topic:

8 Presidential election (prior to November)
2 Bonsai trees and their care
7 Panama Papers
    12 Social Media, a discussion of Facebook, Twitter, LinkedIn and others
7 Medicare supplements, cost and coverage
8 Skin problems
8 Geriatric issues, body changes as we age
7 Depression, stress (Craig D. will look into)
    10 Organic food, vegan diets — compare to "normal" diets
    11 Water quality — Flint Mich., Lake Mills, Wis., Fitchburg
1 Blood thinners (that is my one vote)
    11 The environment, global warming (Craig D. has agreed to make a presentation)
7 Immigration, here and abroad
4 International trade
3 9-11 report when it becomes available
5 Too big to fail — banks and other entities (Met Life, Puerto Rico, Illinois)
9 New businesses in Fitchburg
    11 Heroin, drug abuse, pain killers
    10 Coffee with a cop, body cameras
9 Entitlements, Social Security and others
Affordable Care Act
7 Zika virus

Fitchburg Senior Center Men's Group
March 8, 2016

Jim S. brought the obstreperous group of 15 to order right on time, 2:00 p.m., March 8, 2016, at the Fitchburg Senior Center. He immediately told the group of the event the next day at 10:15 a.m. The Stoughton Norwegian Dancers, high school aged youth from Stoughton, would perform the next day at 10:15 a.m. (The show was terrific; music was provided by the group via three key boards set to sound like accordions. In all, about 20 youth, in full Norwegian dance costumes, were part of the program. The faculty leader is Betty Tyler.)

Dick R. shared a couple of asides from his recent trip to Hawaii. He visited a decaying fort on Maui with thick walls made of coral that appears to be stone. After the fort was build, inhabitants realized they did not need a fort so the structure was used for a jail, mainly for drunk and disorderly. Dick learned that the jailers did not care for their prisoners. Male and female were intermixed.

In Lahaina, a popular stop for whaling vessels, women rowed out to the ships to visit the men. The city fathers decided that the situation was not acceptable so passed ordinances forbidding the practice. The ship captains complained enough to have the decision changed to allow the women to continue their ship visitations.

Dick, during his 15-day visit, visited four islands: Oahu, Maui, Hawaii and Kauai. Coming home, he flew from Maui to Los Angeles. Their plane, coming into Maui, was delayed three to four

hours. The airport closes — no planes are allowed to land — from midnight to 6:00 a.m. Delta Airlines had to put passengers up in a Hotel prior to departure the next morning.

Ken recently was in Florida and stops in Springfield, Missouri to visit a cave that was discovered in the 1800s. During the Civil War, the cave's existence was kept a secret for fear it would be used by the military. Ken also visited Hot Springs, Arkansas on the way to his destination in Ft. Walton Beach, Fla., located on the state's panhandle.

Jerry S. spent some of the winter in Ft. Meyers, Fla. "It was a cold January," he said. "February was okay." On the way, he visited Plains, Ga., home of ex-president Jimmy Carter. A high school houses the Carter Museum. Another stop was the site of the Andersonville Prison. Called the Camp Sumter military prison at Andersonville, it was one of the largest Confederate military prisons during the Civil War. During the 14 months the prison existed, more than 45,000 Union soldiers were confined; almost 13,000 died there. Today, Andersonville is a National Historic Site and a memorial to all American prisoners of war. The site is not far from Plains, Georgia. Jerry's wife's great grandfather was held at Andersonville. Many prisoners, including him, were affected by poor health due to the conditions there. The man who ran the prison was hanged after the war because of how prisoners were treated and housed.

For activities, a group of 15 people enjoyed a Cento Restaurant dinner prior to the Motown stage performance at the Overture Center in downtown Madison. The restaurant is directly across the street from the Center. Both were excellent.

A newspaper article featuring the Promega Art Show was passed around for those who might be interested in western art.

Jim S. shared his experience with Green Light Laser Surgery to correct frequent urination due to an enlarged prostate gland. He went into the hospital in the early morning, 6:30 a.m., and was out and home by lunch. The procedure was done at St. Mary's Hospital. After the procedure, once Jim could urinate, he could go home. Dr. Adam Tierney performed the surgery. Two others have had the TURP technique and spoke favorably of it — one 12 years ago and another who had the procedure twice because the first time didn't "get enough." The biggest risk is the anesthesia.

During the latter half of the meeting, attendees developed a list of activities that the group might enjoy in the coming months (numbers represent the tally of those interested [show of hands] in the activity; names are of those who would head up the event :

1. Broadway Show at the Overture Center (9 — Jim)
2. Hike or a walk (12 — Jim)
3. Visit to a model train layout (7 — Ewing)
4. Babcock Hall tour (9 — Ken)
5. Bike ride on the Military Ridge trail or other (13 —)
6. Yerkes Observatory, Williams Bay, Wis. (9 —Dan)
7. Wisconsin Institute of Discovery (9 — Dan)
8. Lake Mendota pontoon boat cruise (8 —)
9. Harley Davidson Museum in Milwaukee (4 —)
10. Promega tour, Fitchburg (7 —)
11. Hindu and Cambodian temples, Budest temple in Oregon(7 — Dick)
12. National Crane Foundation near Baraboo (7 —)
13. Brewery/distillery (Monroe, Wis or Wollersheim near Baraboo) (10 —)
14. Wisconsin Badgers Kohl Center tour (7 —)
15. Sub-Zero Corporation, makers of kitchen and other appliances (?—)
16. Field of Dreams and National Farm Toy Museum, Dyersville, Iowa (4 —)

17. Munitions plant and/or US Dairy Forage Research Center, Prairie du Sac, Wis. (6 — Ewing)
18. Dr. Evermor's Park and Delaney's Surplus Sales near Baraboo (2 —)
19. Hydroelectric plant at Sauk City, Prairie du Sac (Blue Spoon for lunch (8 —)
20. EAA (Experimental Aircraft Association) Museum at Oshkosh (7 —)
21. Lambeau Field-Museum-Hall of Fame, Green Bay (8 —)
22. Dubuque Mississippi River Aquarium and Museum and Potosi Beer Museum (6 —)
23. Epic tour, Verona, Wis. (9 —)
24. Disk golf (2 — Ewing)
25. Ping pong tournament (2 —)
26. Monroe Cheese Festival (7 —)
27. Stoughton Norwegian Museum (7 —)
28. Veterans Museum in Madison (5 —)
29. Aztalan State Park (Indian mound builder culture) , Aztalan, Wis. (6 —)
30. Breakfast on the Farm during June is Dairy Month (8 —)

In order to lead a tour:
a. Pick a tour
b. Learn details — mileage, hours, meals, possible limits on numbers
c. Pick a date, beginning time, approximate length of event, and meal if needed
d. Determine if event is open to men and spouses or men only
e. Announce a month ahead of time via email and have a regular Men's Group meeting prior to event
f. Sign-up by email, phone or in person
g. Provide car pool information (best if depart from Senior Center) and provide an address and directions (Google Maps)
h. Do not choose the second or fourth Tuesday for outings (Men's and Women's Group regular meeting days

Wrapping up, next month's discussion topic will be politics. Also, don't forget the Pancake Breakfast on March 20, 8:00 a.m. to noon; cost is $6. Also there is a bus tour coming up to Pella, Iowa for the tulip festival with a stop in the Amana Colonies.

Ewing Row

FEBRUARY SUMMARY MEN'S GROUP

Men's Group has great discussions

Fearless leader Jim S. brought the group of 13 under control right on time at the February 9, 2016, regularly scheduled meeting of the Fitchburg Senior Center group. A new member/guest Don B., son of Al B. who is a treasured attendee, joined the discussions. We all look forward to seeing him at future sessions.

As is custom, Jim S. had posted the agenda on the white board; it looked something like this:
Trips/vacations
Entertainment
Activities
Discussion:
Driverless vehicles

Uber and Lyft and others versus cabs
Concussions in sports and all levels
Fracking
Wearable medical alert systems

Lee I. told of his recent trip to Florida to enjoy two Road Scholar trips back to back. A highlight was a day visit to Dry Tortugas National Park consisting of a small group of islands, with Fort Jefferson taking up nearly the entire space on one called Garden Key. Lee and his wife took at 70 mile catamaran ferry ride west of the Florida Keys for their adventure. Ponce de Leon gave the Dry Tortugas their name on his first visit in 1513. The islands were given the name Las Tortugas (The Turtles) due to the 170 sea turtles taken on the islands and shoals by de Leon's men. Soon the word "dry" was added to the name to indicate to others that the islands had no fresh water. The U.S. government never completed Fort Jefferson. The citadel remained in Union hands throughout the Civil War and abandoned in1874. Of note is that Dr. Samuel Mudd, famous for being the doctor who treated John Wilkes Booth was imprisoned here until early 1869. The islands have served in various capacities since that time, including U.S. Naval base and marine biology laboratory.

All present agreed that they were entertained during Super Bowl 50. Most were pleased that The Broncos had won. Many noted that Peyton Manning mentioned twice in two different interviews that was going to go kiss his wife, see his kids and drink a number of Buds. All concurred that the ads during Super Bowl 50 were a disappointment.
Jim S. mentioned a number of movies he'd seen recently and enjoyed, including the first three of the Hunger Games series (he's something like 153 on library's list for the fourth and final one in the series). Other movies mentioned were Brooklyn, Star Wars and The Revenant.

Heading activities for the Men's Group was the Sound of Music enjoyed by number of members and their wives. Coming up is Motown with 15 signed up for the musical. Eight took advantage of Restaurant Week at Delaney's Steak House. Also, Craig's wife Bev reports that 12 couples will dine together at Lilliana's on Tuesday the 16th. The first gourmet gathering was a success at Benvenuito's.

As the group was discussing driverless cars, the same topic was being discussed by the federal highway agency. Importantly for Google and others working on driverless cars, the agency ruled that computers that control cars can be considered drivers just like humans. The redefinition of "driver" by the National Highway Traffic Safety Administration is a break for Google which is developing self-driving cars that get around without steering wheels, pedals or even a person. Those attending the meeting agreed that many of the features that will be part of self-driving cars already are part of the technology in existing vehicles.

Only one member present had ever used Uber or Lyft, the alternative to traditional taxis. His experience was New York City. His trip was considerably less costly than other family members who had taken traditional Taxis. No cash is used, the credit card on is file and , after 15 to 20 minutes, a receipt is sent to your smart phone.

PICNIC — Problem in chair, not in computer. (I don't know where than came in during the conversation, but I thought it was excellent, and I had never heard it before.)

Jim S's dad had seven concussions during his life; he eventually had Alzheimers disease. In a study of 94 former NFL players, 90 of them had CTE (chronic traumatic encephalopathy, a form of tauopathy, a progressive degenerative disease found in people who have suffered a severe blow to

the head). It is frequently found in athletes with a history of repetitive brain injury. The condition formerly believed to exist primarily among boxers and was called dementia pugilistica.

Our subject was concussions. None of really knew what the concussion protocol is for the NFL. The protocol is too extensive to go into here. If interested, Google concussion protocol NFL, and look for NFL Players Association Head, Neck and Spine Committee's Protocols. On the sidelines, the assessment is not entirely conclusive of whether or not a player has a concussion. On game day, per the Madden Rule, a player diagnosed with a concussion must be removed from the game and observed in the locker room by qualified medical personnel. The Madden Rule is intended to protect players by providing a quiet environment, with appropriate medical supervision, to permit the player time to recover without distraction. Of interest is that, once a player is diagnosed with a suspected concussion, he is not permitted to meet or talk to the press until he is medically cleared.

Wearable medical alert systems was a good discussion. John showed a mini info that slipped into a sleeve that he carries in his wallet. Lee H and Jim mentioned that they got an info stick from their lawyer when they did their wills. Several guys talked about systems that their Moms had used.

Our final topic of discussion was another tough one - El Nino that the dictionary defines as "an irregularly occurring and complex series of climatic changes affecting the equatorial Pacific region and beyond every few years, characterized by the appearance of unusually warm, nutrient-poor water off northern Peru and Ecuador, typically in late December."

Craig D. knew more about El Nino and El Nino than the rest of us put together. He gave us a brief seminar on the subject. Basically El Nino, meaning male child (Christ Child because December is when effects begin to be manifested), affects weather around the world. California's wet winter this year and Wisconsin's mild winter are examples. There also is La Nina, meaning female child, that occurs when El Nino weakens and into which El Nino frequently transitions. Again, information on-line is extensive. Just Google El Nino.

John and his wife drove down to Rochelle, Ill., to be put on the list for TSA Approved. There is an office there and in Milwaukee. If you would also like to do the same, take your passport and driver's license. You'll be finger printed and pay $85 apiece to be on the TSA Approved list for five years. Just a note, my wife and I have not paid to be on the TSA Approved list for our last six flights, but we have enjoyed the TSA notation on our boarding passes each time. We think it is an age thing: the older you are the more likely you'll receive TSA Approved status.

Finally John shared with us that he has a new phone carrier, Republic. You purchase the phone through Republic, and it works with WIFA, so you are making calls over the Internet. A recent bill was for only $12.89.

The meeting ended at 3:45 p.m.

Ewing Row

NOTES: January 2016 Men's Group Meeting

We had a discussion on things we did over the holiday that were interesting, unusual, challenging, scary, etc. Jerry told about his sister in-laws visiting cat. Jim talked about New Orleans.

Our main discussion item was Social Medium. Better than half of the guys don't or never have used social media so they were more in a listening mode than discussion. We talked about Facebook, Twitter, Linkedin, Instagram, etc. It was recommended that Facebook was great for keeping up with the grandkids. Linked in was more of a professional site were business contacts were maintained and resumes could be posted. Several guys have used it. One concern about social media was that you may post something to a select group but then it may be passed on to others from that group. You could get responses from tons of people you don't even know.

Bob R. is working on a day for "Restaurant Week" for the group. Watch for an email from him soon.
Jim will be sending in the money for "Motown" at the end of the month.
John will be reporting about him getting TSA pre-check when in Milwaukee.

Fitchburg Senior Center
Men's Group
12-08-2015

Right on time the Fitchburg Senior Center Men's Group came to order at the second-Tuesday-of-the month regular meeting; 15 men came for the discussion.

First Jim S. reviewed upcoming events:
December 10, 2015 10 percent of proceeds for HyVee meals purchased goes to the Senior Center
January 7, 2016 Couples dinner group, Benvenutos Italian Grill (normally will be the third Tuesday of each month (check with Craig D.)
February 4, 2016 Sound of Music at the Overture Center (Jim has tickets —sign up)
February 20-21, 2016 49th annual Mad City Model Railroad Show and Sale, Alliant Energy Center

A year-end review showed the group to be an active one:
Participation in Restaurant Week
Overture Center outing
Placon Industries tour
Bike Place tour
Tour of the Kohler plant
EAA (Experimental Aircraft Association yearly gathering in Oshkosh, Wis.)
Overture Center outing — Newsies
Mississippi Museum, Dubuque, Iowa
Corn maze
Certco tour
Veterins museum tour

Discussion topics at regularly scheduled meetings in 2015 included:
January Group Sharing, being happy
February Chrome cost
March Men's support group
April Possible trips
May Possible topics for discussion

June Vouchers and charter schools
July Dementia Friendly Fitchburg
August Scams and how not to be taken in
September Organic Foods
October A visit with the new mayor, Steve Arnold
November Wednesday Night at the Lab and various other topics
December Islamic State, terrorism

Wow. December's topic was a tough one, and, probably, showed how little many of us know of the situation in Iran, Iraq, Syria, Packistan, Afghanistan and surrounding countries.
Jim S. begain by listing nine questions on the white board:
1. Who are they — Islamic State, IDSIS, ISIL, The Talibanm, Al-Quida, Daesh?
2. What do they want?
3. How do they get people to follow them?
4. What is being done about them?
5. Is it effective?
6. What should be done and by whom?
7. What should and can be done with the thousands (millions) of refugees?
8. How do refugees affect the economies of countries they enter?
9. Where will this all lead?

The group agreed that the Islamic State consist s of radical, Sunni Muslims.

From Websters dictionary, I learned that Islam is the religion of Muslims. Founded in the Arabian peninsula in the 7th Century AD, Islam is now the professed faith of more than a billion people worldwide, particularly in North Africa, the Middle East and parts of Asia. The ritual observances and moral code of Islam were said to have been given to Muhammad as a sereis of revelations which were codified in the Koran. Islam is regarded by its adherents as the last of the revealed religions, and Muhammad is seen as the last of the prophets, building on and perfecting the examples and teachings of Abraham, Moses and Jesus. There are two major brances in Islam: Sunni and Shia

A recent newspaper article states that ISIS or ISIL traces its roots back to Al-Qaida in Iraq. In 2006 Al-Qaida declared an Islamic State of Iraq (ISI). The name never really caught on because the militants were never able to seize and hold significant territory.

However, lack of held territory changed when the group expanded into neighboring Syria by exploiting the chaos of the civil war there. In 2013, the leader of Islamic State of Iraq, Abu Bakr al-Baghdadi, renamed it Islamic State of Iraq and al-Sham (ISIS). Al-Sham is an archaic word for a vaguely defined area that includes what is now Syria, Lebanon, Israel, the Palestinian territories and Jordan. The term is translated as Syria (a greater Syria that no longer exists) or Levant (the English term for the territory it describes). Therefore there are three terms that mean essentially the same thing:
Islamic State of Iraq and al-Sham (ISIS)
Islamic State of Iraq and Syria (also ISIS)
Islamic State of Iraq and the Levant (ISIL)

During the summer of 2014, the IS group seized large areas of northern and western Iraq. It declared a caliphate in the territories under it control and dropped Iraq and al-Sham from its name. A caliph is the chief Muslim civil and religious ruler, regarded as the successor of Muhammad. The caliph ruled in Baghdad until 1258 and then in Egypt until the Ottoman conquest of 1517; the title was then held by the Ottoman sultans until it was

abolished in 1924 by Kemal Atatürk, a Turkish general and statesman. As the first president of the Turkish republic, he abolished the caliphate and introduced other policies designed to make Turkey and modern secular state.

Today the Sunni militant group refers to itself as the Islamic State, or simply The Caliphate. It refers to its affiliates in Libya, Egypt and elsewhere as "provinces."

The group believed that the goal of the Sunni militant group was to establish a caliphate world wide using a strict interpretation of the Koran as the method of rule. Unfortunately to reach it goals, IS has turned to terrorism as a method of fighting for what they feel is right. The bombings and shootings in Paris and the shootings in San Bernardino are all too recent examples of what IS is capable using individual recruited through the Internet and other means. It seems leaders of the organization are masters at alluring poor and alienated Muslims to their cause to the point of convincing individual to become suicide bombers.

Unfortunately, the group was unable to answer all the questions. We agreed that the rest of the world must join together to lessen the influence of Islamic State.

Fitchburg Men's Club
Fitchburg Senior Center
Tuesday, October 13, 2015

Meeting began at 2pm
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Activities

- Corn Maze at Schusters Oct 15– if carpooling-leave FSC parking lot at 11:30pm else be at Schusters at 1pm.
- Group visiting the Veteran's Museum, November 11. Leaving and carpooling from the Senior Center at 12:30pm
- Overture SOUND OF MUSIC – Feb 4 at 7:30pm – Sosnouski will send details via Email.
- Overture MOTOWN –March 2 at 7:30pm - Sosnouski will send details via Email
- CERTCO tour – Rydecki will contact

Guest Speaker – Mayor Steve Arnold

- Born in Massachusetts
- Spent his early years in a number of New England States
- After receiving degree taught at UNY and Penn State
- The Arnold Family came to Wisconsin because of job opportunities.
- He was active as alderperson before becoming mayor.
- His view of Fitchburg is that it has an evolutionary ecology. Fitchburg provides agricultural, rural, urban, residential, commercial and manufacturing opportunities.
- The role of local government is to be responsible for offering opportunities to everyone.

- Fitchburg has a variety of landscapes.
- Fitchburg has a variety of people based on economic, racial and residential factors.
- Fitchburg has to properly manage its resources to make it an attractive community.
- The resources include water for recreation, transportation by providing reliable and available bus service, retaining / improving its bike friendly reputation and urban development in which self-contained/complete neighborhoods are created to provide options for housings, living, working, shopping and recreation.
- Infrastructure issues / plans include road replacement, rail service and a sports complex that would also serve as a venue for a variety of entertainment and community events.
- The property tax bill for Fitchburg will show at least a 7% increase over last year. The increase was necessary in order to have the finances to catch up with some for the infrastructure projects (repair and replacement of roads) that have been delayed.
- The taxing of all property in Fitchburg is done on the same rate with the exception of agricultural fields and manufacturing plants.
- Fitchburg's agricultural lands will provide a source for opportunities but not to include residential development.
- The urban areas within Fitchburg will provide the service opportunities.
- The mechanics of a city budget includes identifying projects, considering sources of funding, provision or expansion of services and priorities.
- Fire station 1 (Lacy Road) has some interest in it by a religious organization that will use it as a worship space.
- Fire station 2 (Near McKee Road /Verona Road) will be kept as a city resource.
- A question / answer session followed.

FITCHBURG SENIOR CENTER MEN'S GROUP
SUMMARY FOR SEPTEMBER 8, 2015 MEETING

Call to Order:
Director Jim S. called the meeting to order at 2:00 p.m. with nine other men (Dave S., Vic R., Bob R., Bob D., Lee H., Craig D., Bob H., Jerry K., and Vernon G.) in attendance.

Introductory Remarks:
Today's discussion topic will be "Organic Foods" which was one of the most highly requested topics to be discussed in the survey that was taken at one of our previous meetings.

Vacations/Tours:
- Craig D. recently returned from visiting his daughter in Buffalo, New York. He and his wife came back across Canada and then stopped in Alma, Michigan (about 33 miles north of Lansing) where he used to teach at Alma College (1200 students). He remembered it as being small, but not as small as it appeared to him now when he walked around the campus. A highlight of the time in Alma was staying at the Saravilla Bed and Breakfast, an 11,000 square feet Dutch Colonial home that was built by local lumber baron Ammi W. Wright in 1894 as a "summer cottage" for his daughter Sara. It is now fully restored and is listed on the Michigan Historic Register and has many original and period features throughout.

- Jerry K. recently took a day trip to Oshkosh where they toured the Oshkosh Public Museum. The admission price for seniors (62+) is $5.00. The Museum features more than 10,000 square feet of exhibits showcasing the heritage of Oshkosh and the Lake Winnebago Region. Several galleries are located in the historic Sawyer family home, an English Tudor Revival residence built in 1908-1909 for lumber baron and banker Edgar P. Sawyer. This elegant home has 35 rooms and the interiors were designed by Tiffany Studios of New York. Besides the Sawyer home, Jerry highlighted a temporary exhibit that is on view from July 26 to October 18 entitled "Great War to Great Gatsby 1914 -1929. This exhibition focuses on an era of high prosperity in the U.S. and uses film, photographs, and artifacts to tell the stories of people of this period. Another not-to-miss attraction at the museum, according to Jerry, is the Apostles Clock. This clock was completed in 1895 by Oshkosh resident Mathias Kitz after six years of work and is considered an example of Wisconsin folk art. It is eight feet tall and approximately three feet wide and it is completely mechanical, with the entire performance operated by a system of pulleys, weights, and springs. At the top of each hour, an angel strikes a gong illuminating the clock and starting a spectacle that lasts three minutes. A figure of Jesus emerges from the front and one by one the twelve apostles come from the side and pass before Him as He raises His arms in blessing. During the procession, music is played from the clock's music box which can be fitted with fifty different musical discs.

- Jerry K. also reported on the trip to the National Mississippi River Museum & Aquarium in Dubuque, Iowa on August 18th which he and his wife had planned and organized. This was an activity co-sponsored by our Men's Group and the Active Women's Group to especially view a traveling exhibit entitled "Titanic: the Artifact Exhibition" which is on display until October 11th. This exhibit features real artifacts recovered from the ocean floor along with room recreations and personal stories. The tour is self-guided and each visitor receives a replica boarding pass of an actual passenger aboard the Titanic. They begin a chronological journey through the ship's construction, to life on board, to the ill-fated sinking, and artifact rescue efforts. At the end of the tour, guests take their boarding pass to the memorial wall and discover whether their passenger and traveling companions survived or perished. Jerry said it was a good trip and very informative.

- Besides the special Titanic Exhibit, the National Mississippi River Museum and Aquarium Complex also includes exhibits on the culture and history of America's rivers. There are over a dozen aquariums featuring wildlife representative of that found in the Mississippi River and theGulf of Mexico and other river systems and deltas. There are also outdoor exhibits featuring river otters, a marsh, and large artifacts such as steam boilers, boats, a blacksmith shop, and raptors (including bald eagles).

- Jim S., who also went on the trip, reported that besides the Titanic Exhibition, he also enjoyed the tour through the *William M. Black* which is a steam-powered, sidewheel-propelled, dustpan type hydraulic dredge that is permanently moored at the Museum. The *Black* has been maintained in nearly original condition with the only significant change being that one paddlewheel has been placed ashore for better educational use. She was built in 1934 and was primarily used on the Missouri River. Hydraulic suction dredges are essentially huge movable pumps for dissolved sediments. On the *Black*, a derrick on the bow raises and lowers the suction head assembly, called the ladder, of the dredge to the river bottom. Water is pumped to the suction head and sprays from nozzles along the front edge of the dustpan loosening river sediment. The loose sediment, along with a large volume of water, is then sucked up a 34 inch pipe, through the pump and boat, and is deposited at the channel edge by a long floating pipeline. The *Black* had a crew of 49 and dredged 80,000 cubic yards of material per day.

- Bob R. reported that he and his wife along with his son and daughter-in-law recently spent 10 days in the Manitowish Waters area and it rained seven out of the ten days. Bob highlighted the17 mile Manitowish Waters Paved Bike Trail that is connected to the Heart of Vilas Paved Bike Trail System. All together you can bike over 45 miles from Manitowish Waters to Boulder Junction to Sayner and ending in St. Germain. Bob says the trail is not part of the DNR trail system and there are no trail fees. He highly recommends that if you are in this area to bring your bike along and enjoy this beautiful, scenic trail.

Entertainment:

- Jim S. reported that he and his wife went to see the movie *A Walk in the Woods* starring Robert Redford and Nick Nolte. The movie is based on a book written by Bill Bryson entitled *A Walk in the Woods: Rediscovering America on the Appalachian Trail.* The book describes Bryson's attempt to walk the Appalachian Trail with his friend Stephen Katz. The book is written in a humorous style, interspersed with more serious discussions of matters relating to the trails history, and the surrounding sociology, ecology, trees, plants, animals, and people. Jim reported that he had read the book and thought it was very funny and really enjoyed it so that is why he wanted to see the movie. He highly recommended both the book and the movie but he thought the book was funnier than the movie. The movie is now playing at the Star Cinema in Fitchburg.

- Jim and his wife also recently went to the Wilhelm Tell Festival in New Glarus which has been a Labor Day weekend tradition there since 1938. The reenactment of the Wilhelm Tell story is the highlight event of the weekend long festival and he thought it was well worth the $10.00 admission price. The Festival grounds are located about one mile east of New Glarus on County Highway W. You actually walk down a farmer's lane to the pasture where the program is presented. The actors are amateurs and townspeople of different age groups are involved in singing and in bell choirs. He thought that the performance was very good and he enjoyed the rural setting of an outdoor natural amphitheater with woods on either side of a grassy plain. The actors and their animals (goats, cows, and horses) actually come out of the woods to make their appearances. The climax of the show is Wilhelm shooting an apple off his son's head with an arrow. There is a diversion right at the time of the shooting so the audience does not actually see the arrow enter the apple but it appears that way. Afterwards, they went to downtown New Glarus to enjoy special Festival entertainment and festivities and then they ate at the New Glarus Hotel where they enjoyed savory Swiss food.

Past Activities:

- The group sponsored activity to the Titanic Exhibition in Dubuque has already been presented previously in this summary.
- A tour to the Experimental Aircraft Association (EAA) Air Venture Oshkosh 2015 was arranged by Jerry S. but no one was present who had attended.

Upcoming Activities:

- Overture Center Performances
  - The *Newsies* performance at the Overture Center is coming up.
  - Jim S. is also planning group outings for other upcoming shows at the Overture Center, *The Sound of Music* and *Motown the Musical*, and will email the group when the tickets become available.
- Dick Rydecki is organizing an outing to tour Certco, Inc. (a wholesale distributor to independent supermarkets) in the fall.
- A tour of the Wisconsin Veterans Museum was also suggested as a possible future activity.

Discussion Topic for Today---Organic Foods:

- What is Organic Agriculture?
  - Organic agriculture produces products using methods that preserve the environment and avoid most synthetic materials, such as pesticides and antibiotics. USDA organic standards describe how farmers grow crops and raise livestock and which materials they may use.
  - Organic farmers, ranchers, and food processors follow a defined set of standards to produce organic food and fiber. Congress described general organic principles in the Organic Foods Production Act, and the USDA defines specific organic standards. These standards cover the product from farm to table, including soil and water quality, pest control, livestock practices, and rules for food additives.
  - Organic farms and processors:
    - Preserve natural resources and biodiversity
    - Support animal health and welfare
    - Provide access to the outdoors so that animals can exercise their natural behaviors
    - Only use approved materials

- Do not use genetically modified ingredients
- Receive annual onsite inspections
- Separate organic food from non-organic food

- If you want to buy food that is certified organic, look for the following label:

- Jim S. did some research on this topic online. He searched the Mayo Clinic site and a Stanford study on organic food among others. The Stanford study entitled "Are Organic Foods Safer or Healthier Than Conventional Alternatives: A Systematic Review" was published in the September, 2012 issue of the *Annals of Internal Medicine*. (The entire article can be found at *Ann Intern Med.* 2012;157(5):348-366.) The researchers looked at three main variables: health outcomes, nutrient levels, and levels of contaminants, including pesticide residues. They concluded that "the published literature lacks strong evidence that organic foods are significantly more nutritious than conventional foods," though consuming them "may reduce exposure to pesticide residues and antibiotic-resistant bacteria." However, many other sites, including the Environmental Working Group (EWG), say that the Stanford study is flawed. Jim says that this variety of opinions is what he found to be prevalent in the sites that he researched. There does not seem to be any one right or wrong definitive study.
- As a beginning point for discussion, he passed out three handouts. One was from *Consumer Reports* that listed the amount of pesticides in a variety of fruits and vegetables and rated the amount of pesticide at five levels from very low to very high and also rated the amount of pesticide based upon the country of origin of the foods. This table came from the article "From Crop to Table Pesticide Use in Produce" that came from the Consumers Report Food Safety and Sustainability Center. This article can be accessed by going to the following: http://www.consumerreports.org/content/dam/cro/magazine-articles/2015/May/Consumer%20Reports_From%20Crop%20to%20Table%20Report_March%202015.pdf.

- The other two handouts were from Andrew Weil, M.D. At present, Dr. Weil is Director of the Center for Integrative Medicine of the College of Medicine, University of Arizona, and where he also is Clinical Professor of Medicine and Professor of Public Health. One was entitled "Foods That You Should Always Buy Organic" (which can be accessed at http://www.drweil.com/drw/u/ART02985/Foods-You-Should-Always-Buy-Organic.html) and the other was entitled "Foods That You Don't Have to Buy Organic" (which can be accessed at http://www.drweil.com/drw/u/ART02984/Foods-You-Dont-Have-to-Buy-Organic.html). These articles were written in partnership with the EWG and their research entitled "A Shoppers' Guide to Pesticides in Produce."

- There are some differences in the three articles about which foods to buy organic and which ones are not necessary to buy organic so this again points out that there are many fuzzy areas when considering organic versus non-organic foods.

- Topics covered in the discussion that followed were not limited to organic versus non-organic foods but also included other food-related or environmental topics. Comments that were made included the following:
  - Vernon G. recounted that as a boy growing up on a dairy farm they used to spray an insecticide (that contained DDT) quite frequently to control flies. He wonders how much exposure, time, frequency, dosage, and duration, are necessary before health issues would arise. He wonders if any studies have been done considering these factors.

  - Recently, the safety of the herbicide glyphosate (marketed by Monsanto under the brand name "Roundup") is being questioned. It is a broad-spectrum systemic herbicide used to kill weeds, especially annual broadleaf weeds and grasses known to compete with commercial crops grown around the globe.

  - Jim S.'s said that his physician brother says "that a little dirt won't hurt you" but that "having good genes really helps to stay healthy."

- Craig D. talked about the water supply in Columbus, Ohio. He says that Columbus gets its water from surface water and reservoirs and that recently atrazine is showing up in their water supply. The treatment that is done in municipal water supplies does not routinely test for the presence of agricultural chemicals. He says that a friend in Columbus who is an oncologist specializing in lymphomas told him that he believes ag chemicals are a big cause of non-Hodgkin's lymphoma. (Atrazine is an herbicide that is used to prevent pre- and post-emergence broadleaf weeds in crops such as corn and sugar cane and on turf, such as on golf courses and residential lawns. It is the most common chemical contaminant of ground and surface water in the United States and studies show that it is a potent endocrine disruptor.)

- Very little of US corn is grown organically.

- Food irradiation: It is a food safety technology that was designed to eliminate disease-causing germs from foods. Treating food with ionizing radiation can kill bacteria and parasites that would otherwise cause foodborne disease, can prevent spoilage by destroying bacteria, molds, and yeast which cause food to spoil, can control insect and parasite infestation, and can increase the shelf life by slowing the ripening or sprouting process in fruits and vegetables. Three types of radiation are allowed: Gamma rays, x-rays, and electron beam radiation. The food does not become radioactive. Although irradiation has been approved by the FDA for over 50 years and extensive research and testing have demonstrated that irradiated food is safe, there still remains some public concern about the effects of the irradiation process.

- Genetically Modified Organism (GMO): This is a controversial area. Some believe GMO foods should be OK because this is just really natural selection that occurs over time in nature. According to Craig D., researchers at The Ohio State University think that GMO foods are basically safe. It was said that some presenters at a recent program at "Wednesday Nite at the Lab" did not seem to be too concerned about GMO foods. However, Warren Porter who is a professor and researcher in the Department of Zoology and the Molecular and Environmental Toxicology Center at the UW Madison discussed impacts of pesticide resistant crops and pesticide producing crops (two types of GMOs) on neurological, immune, hormonal, and genetic processes in animals and humans in a lecture that he presented 2/25/2015 at "Wednesday Nite at the Lab." (This program can be viewed from the Archives site of "Wednesday Nite at the Lab.")

- Cashew nuts: Although a nut in the culinary sense, in the botanical sense the nut of the cashew is a seed. The seed is surrounded by a double shell containing allergenic phenolic resin, anacardic acid, a potent skin irritant chemically related to the better-known allergenic oil urushiol which is also a toxin found in the related poison ivy. Properly roasting cashews destroys the toxin, but this must be done outdoors as the smoke (not unlike that from burning poison ivy) contains urushiol droplets which can cause severe, sometimes life-threatening, reactions by irritating the lungs. People who are allergic to cashew (or poison ivy) urushiols may cross-react to mango or pistachio which are also in the Anacardiaceae family.

- "Locally grown" or "natural" does not mean "organic." The Dane County Farmers' Market has a requirement that all of the agriculturally related items sold there have to be produced in Wisconsin but this does not mean that they have to be organic.

- A question was raised as to whether it is safe to use treated human waste (like the product Milorganite) on fields used to grow food crops. Other places in the world still use untreated raw sewage as fertilizer and/or dispose of untreated waste by dumping them into rivers, lakes, or other sources of drinking water. Milorganite is sold as a fertilizer product manufactured from treated sewage sludge (also known as "biosolids") from wastewater treatment plants from the Milwaukee Metropolitan Sewerage District. It is marketed for turf, ornamentals, shrubs, and the home garden. Sewage sludges are a semi-solid residue of organic matter generated as a byproduct of wastewater treatment. Milorganite and some other sludge products meeting certain criteria are approved by the US Environmental Protection Agency (USEPA) for distribution for any use, including home gardens. However, Milorganite is not allowed for use in certified organic agricultural production

according to USDA regulations. Some people remain concerned about the safety and environmental impacts of possible contaminants, many of which are not tested. In particular, pharmaceuticals and many toxic organic chemicals are present in sludges but are not regulated or monitored.

- The Conscious Carnivore, a butcher shop at 3236 University Ave, Madison, WI 53705, was highly recommended as a place to buy grass-fed, humanely-handled, and hormone and antibiotic-free meats. They work with Wisconsin farmers to provide ethically sourced and humanely-slaughtered animals.

- Hy-Vee gives a 10% discount on organic foods on Wednesdays.

- A question was raised about the arsenic content of foods, particularly rice.
  - Arsenic is a chemical element present in the environment from both natural and human sources, including erosion of arsenic-containing rocks, volcanic eruptions, contamination from mining and smelting ores, and previous or current use of arsenic-containing pesticides.
  - There are two types of arsenic compounds in water, food, air, and soil: organic and inorganic (these together are referred to as "total arsenic"). The inorganic forms of arsenic are the forms that have been associated with long term health effects. Because both forms of arsenic have been found in soil and ground water for many years, some arsenic may be found in certain food and beverage products, including rice, fruit juices and juice concentrates.
  - Arsenic may be present in many foods including grains, fruits, and vegetables where it is present due to absorption through the soil and water. While most crops don't readily take up much arsenic from the ground, rice is different because it takes up arsenic from soil and water more readily than other grains. In addition, some seafood has high levels of less toxic organic arsenic.
  - Because arsenic is naturally found in the soil and water, it is absorbed by plants regardless of whether they are grown under conventional or organic farming practices.
  - Long-term exposure to high levels of arsenic is associated with higher rates of skin, bladder, and lung cancers, as well as heart disease. The FDA is currently examining these and other long-term effects. The FDA has been testing for total arsenic in a variety of foods, including rice and juices, through its Total Diet Study program since 1991.

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- Wild caught versus farm-raised fish: Farm-raised fish are given antibiotics and just the fact that there are so many fish in a crowded environment leads to more disease problems in the fish. The fish manager at Hy-Vee is willing to answer questions about fish and rates fish based upon things such as mercury content.

- Several people commented that the flavor of antibiotic-free chicken is better.

- It was mentioned that there may be something developed in the future to have "good bacteria" or some other good organism that will eat or disrupt the bad bugs so that there will not need to be chemicals used to get rid of the bad bugs.

- Restaurants: Some are now serving only locally grown ingredients. That does not necessarily mean only organic ingredients. Are there any "organic only" restaurants in the Madison area?

- Safety of foods may depend upon who is eating them. For example, pregnant women and young children are not supposed to eat certain foods or to restrict the amount of those foods.

- Most people do not want to purposely do something that will shorten their life. However, people continue to smoke even though the evidence strongly indicates that smoking is not good for you.

- Cost of organic versus non-organic: Organic is much more expensive.

- Yield of crops grown organically versus those grown non-organically: The non-organic crops have a much higher yield which may be important in feeding the world's hungry populations.

- After the discussion, it was concluded that there are so many conflicting opinions concerning what is good or bad for you in terms of what we eat that it is difficult to know what to do. When you read a study, consider who is paying for it because this may have an influence on the conclusions presented. There is a lot of fuzziness in this whole topic of organic versus non-organic. It may come down to a matter of taste, cost, and personal beliefs (depending upon the studies that you review) whether you buy something organic or not.

Next Meeting:
Our next meeting is scheduled for Tuesday, October 13th at 2:00 p.m. Jim S. has arranged for Mayor Steve Arnold to be at this meeting. Jim S. would like to have some questions to ask the Mayor to discuss. Examples would be bike lanes, sidewalks, etc. If anyone has any questions that they would like to ask the Mayor, please let Jim S. know in advance so that he can inform the Mayor ahead of time.

Adjournment:
The meeting was concluded at 3:26 p.m.

Respectfully submitted,
Bob Davis

Fitchburg Men's Club
Fitchburg Senior Center
Tuesday, August 11, 2015

Meeting began at 2pm
12 members in attendance

Kelly - trip to Hawaii
- Traveled with friend from Seattle
- Duration was one month
- Visited big island of Hawaii
- Temperature was hot because of lack of winds
- Visited volcano area
- Visited high altitude rain forest

Sosnouski – trip to Alaska
- Traveled with brother's family
- A lot of fishing
- It was an experience getting exposed to the Native American culture of the state
- A large number of animals were seen…grizzly bear, mountain goat, antelope, humpback whale, sea lions, fox (coloring of calico cat) and sea otter.
- Did most fishing in Denali
- White water rafting required wearing dry-suits
- Mt McKinley was visible

Sosnouski – trip to Platteville
- Visited mining museum
- Viewed many artifacts of mining
- Went into mine

Suplinski – Edgewater experience

- Boat taxi between Edgewater Pier and Memorial Union
- The boat used as taxi is a restored craft
- The ride provides a good view of the twin towers of the new Edgewater

Activities

- Titanic Tour in Dubuque has six people signed up
- Certco tour planned for October
- Aug 29 – Black Earth – antique / beer tasting festival
- Lands' End end-of-season sale this weekend between 7am and 7pm
- Gandy dancer event in Mazomanie. Blue grass music – free.
- Art Fair – Agora – Saturday
- Fitchburg Friends and Eplegarden host an ice cream social Labor Day weekend.

Scams

- Experiences include having credit card number hijacked and used many times in many cities. Bank either stops use of card or notifies valid owner of problem. New cards with new numbers are issued.
- Credit card numbers can be generated via computers and sold for illegal use.
- Staff at businesses can retain copies of number when bill is paid.
- It is a good practice to notify issuer of credit card your travel itinerary when vacationing
- Robocalls should be ignored if Caller ID indicates a strange or unknown number
- A temporary fix may be to sign up for service to block calls
- Do not open emails from unknown people or if known, if message strange for person you know, do not open any attachments. Erase email.

Future Topic

- WI-FI access

FITCHBURG SENIOR CENTER MEN'S GROUP

SUMMARY FOR July 14, 2015 MEETING

Call to Order:

Director Jim S. called the meeting to order at 2:01 p.m. with 12 other men (Denny O., Bob R., Bob D., Lee H., Lee I., Dick R., Craig D., John H., Bob H., Jerry S., Jim E., and Vernon G.) in attendance.

Introductory Remarks:

- Jim S. just returned about two hours ago from a trip to Alaska and has not had sleep for about 30 hours. He said that it was a good trip and they saw lots of animals but he will delay describing the trip in more detail until an upcoming meeting.
- The scheduled program for today is "Dementia Friendly Fitchburg" and this was to be presented by Mandi Miller. However, Mandi is ill today so Jill McHone will fill in for her.

Past Activities:

The Kohler Company Tour:

- This was done on June 11 and it was a good trip with an excellent and very informative tour.
- What John Michael Kohler saw in 1873 when he looked at a cast iron horse trough was the bathtub that launched today's global plumbing company.
- Today not only is Kohler a leader in kitchen and bath plumbing fixtures, but it is also a leader in furniture and tile, engines and generators, and golf and resort.
- The three hour factory tour told us the history of the Kohler Company and took us through numerous buildings - pottery, brass, and foundry - that create everything from vitreous china bathroom sinks to enameled cast iron bathtubs, sinks, and urinals.
- Several attendees said one of the highlights of the tour was the Arts/Industry Program that Kohler Co. started in 1974. Artists-in-residence work in pottery, the iron and brass foundries, and the enamel shop to develop a wide variety of work in clay, enameled cast iron, and brass including but not limited to murals and reliefs, temporary or permanent site-specific installations, and functional and sculptural forms. Examples of their sculptures were seen as we walked through the grounds.
- The lunch at Blackwolf Run was also very good.
- Big thanks were given to John H. for a great job in arranging this trip.

Future Activities:

- Certgo Tour:
  Certgo, Inc. is a wholesale distributor to independent supermarkets. Dick R. will have more to report about arrangements for a tour at our August meeting.

- Experimental Aircraft Association (EAA) AirVenture Oshkosh 2015:
- Jerry S. reports that the EAA Fly-In runs from Sunday, July 19th to Sunday, July 26th.
- He generally goes mid-week; a Tuesday or a Wednesday depending upon the weather forecast.
- Jerry will drive and in the past attendees met at the FSC at 6:30 a.m. and then had one stop for breakfast.
- Jerry will send an email with more information and to ask people who are interested to sign-up.

- Overture Center Events:
- Jim S. reported that all the tickets have been taken for *Newsies*.
- He will have ten reservations available for *The Sound of Music*.
- He will have 18 reservations for *Motown the Musical*.
- The Overture Center is changing their group ticket policy and will require non-refundable money down at the time of the ticket order. Jim is not sure how he will handle this at this time.

Trips:

Lee I. recently returned from a 10 day trip to Iceland and among the things that he related were the following:

- Iceland truly is a place of fire and ice including volcanoes and glaciers and lots of lava.
- Abundant geothermal and hydroelectric power allows the country to be a large producer of electricity from renewable sources so it is a clean country with little pollution.
- The number one industry is tourism, two is fishing, and three is the production of electricity.
- Another growing industry is the converting of bauxite into aluminum. The smelting companies import bauxite, the raw material for aluminum. Smelting it in Iceland allows the aluminum companies to be supplied with hydropower and geothermal energy at competitive prices. It provides a market for the clean energy that Iceland is capable of producing. The aluminum is then exported with a lot of it going to Great Britain.
- Iceland is a great place to watch the Northern lights.
- They have a lot of greenhouses with tomatoes grown in hot houses; potatoes only reach the size of fingerlings. Fresh flowers are plentiful and they have beautiful long stem roses. They get plugs for their flowers from the Netherlands and they plant these in pots filled with newspapers and these are placed over hot water pipes. They have to introduce CO_2 into the greenhouses at night because there is not enough in the regular atmosphere for the plants to do well.
- Every town has a heated swimming pool because they have so much hot water. They have a lot of steam under pressure because of the volcanic activity and they use this to make electricity. The water that is the runoff from the making of electricity is used for the heated pools.
- They have a lot of mud baths that are popular with the women.
- They also have wet and dry saunas.
- Downtown streets and sidewalks have hot water piped through them so they never have to be shoveled.
- The Blue Lagoon is one of Iceland's most popular attractions. It is a geothermal spa that is fed by a mixture of seawater and freshwater originating from a lava flow that is approximately 6,000 feet below ground. The water is about 100 degrees Fahrenheit and is contains silica, algae, and minerals.

- Lee ate some shark and said that it was terrible. The fishermen catch sharks in their nets and if they get one that is more than 10 feet long they process it into food.
- They have a lot of fish soup and meat soup; lamb is very plentiful and beef is very expensive ($50.00 to $60.00 a meal).
- Lee ate some horsemeat and liked it, saying that it was very tender. Iceland has one horse for every three people - 320,000 people and 100,000 horses. Icelandic horses are small, at times pony-sized, that are long-lived and hardy. Icelandic law prevents horses from being imported into the country and exported animals are not allowed to return.
- Iceland has very strict procedures for animals that are coming into or reentering the country. Import of live animals is subject to a permit from the Ministry of Agriculture and regulations on quarantine must be adhered to. If animals are imported without permission, they shall be destroyed. If an animal has the proper permit, it is then sent to a lengthy quarantine on one of two islands.
- Sheep are branded by cutting a notch in their ear and they run wild. There is a roundup in September/October and they shear them before winter. There are lots of islands in Iceland and the sheep farmers get rights to have their sheep on an island during the summer and they just leave them there. They have both black and white sheep and they have some that are part white and part black.
- Icelandic wool sweaters are very nice and sell for about $100.00.
- There are lots of glacier fields that are covered with ash from the volcanic activity and look black. After a rain they look white or striped. He got a sample of 700 year old ice from one of the glaciers.
- There are many waterfalls, including some that you can walk behind.

- From geysers to volcanic eruptions, Iceland's geological activity is abundant and sensational. The country owes its very existence to its unique volcanic prone position on the Mid-Atlantic Ridge. This is where the North American and the Eurasian plates meet and are separating about one inch per year. Tectonic movements and mounting pressure causes the thin crust to crack, forming swarms of fissures below and at the surface. Magma enters the fissures and when it reaches the surface, it causes a volcanic eruption. Lee says that when these erupt it is like a firewall. Almost all types of volcanic activity found on earth occur in Iceland but fissure eruptions are very common and are responsible for most of the crater rows that dot the landscape within the volcano zone. Rows of cindery lava craters form when lava fountains concentrate activity at several vents along a fissure and the material builds up around the vent. These are usually not very high. The longest crater row in Iceland is along a 25 km long fissure.
- When large eruptions occur from Icelandic volcanoes, as happened in 2010, air travel in Europe and North America can be disrupted for days because of the ash that is blown into the atmosphere and dispersed over a large geographic area.
- Thingvellir National Park is an UNESCO World Heritage Center and has a rift valley (a large elongated depression with steep walls formed by the downward displacement of a block of the earth's surface between nearly parallel faults or fault systems).
- Their trip was 10 days and he would recommend it, but it was expensive. They flew American Airlines from Chicago O'Hare to Boston and then Icelandic Air from Boston to Keflavik International Airport about 40 miles from Reykjavik, the capital. Lee said that outside of some problems that they had with American Airlines, the trip went smoothly. The flight from Boston to Keflavik takes about $5^{1/2}$ hours.

Dementia Friendly Fitchburg (DFF):
FSC Director Jill McHone's presentation included the following remarks:

- History:
- Several European countries and Australia started programs similar to this a long time ago.
- The programs are mainly educational.
- Watertown, WI was one of the first communities in the Wisconsin to get involved with this.

- Two groups:
- Alzheimer's & Dementia Alliance of Wisconsin
- ✓ To get more information and details about this group they have an excellent website (www.alzwisc.org).
- ✓ The first Dementia Friendly Community (DFC) in Dane County was Middleton and they then asked Janesville and Fitchburg to participate.
- Alzheimer's Association (AA)-South Central Wisconsin Chapter
- ✓ Their website is www.alz.org.
- ✓ This is the group that Fitchburg is working with.
- ✓ Every DFC does it its own way. There is no standardized procedure.
- ✓ There is now a statewide initiative so a lot of communities are doing it.

- The Kickoff Event in Fitchburg was the showing of the movie "Still Alice."

- Now the Alzheimer's Association is presenting an educational series of programs at the FSC:
- July 13 – Basics: Memory Loss, Dementia & Alzheimer's
- Jul 27 – Know the 10 Warning Signs of Alzheimer's

- August 3 – Conversations about Dementia: Tips to Help
- August 17 – Living with Alzheimer's: For Caregivers

- Mandi has already trained some of the City Staff and this is ongoing. EMS and the Firefighters were the second group and the Police are to be trained in August.

- The first business to be trained was Hometown Pharmacy. To be certified as a Dementia Friendly Business, 50% of the business's employees have to be trained.
  - Examples of how this is projected to work;
    Both Hy-Vee and Associated Bank have had recent incidents. Employees need to keep an open mind with confused clients and be patient. They need to recognize the signs and then know whom to call to make a referral. For example, a customer came in to Hy-Vee and asked for milk and when the employee got them milk, the customer said that no, that's not what he wanted. The customer was identified as being confused and a referral to the FSC was made.

- Neighborhood Associations can become involved by noticing unusual behaviors like people not picking up newspapers, not mowing the lawn, not shoveling their sidewalks, screaming obscenities, etc. If it is not a crisis situation, the neighbor should be directed to call the FSC to ask for help.

- The hope is to train a task force that can go to businesses to train them. This is not going to happen overnight but will be a slow process. The educational programs being presented are intended to increase the level of caring and understanding in the community.

- The Dementia Friendly Logo is used throughout the world. DFF uses the logo with wording added.

The purple angel symbol was designed by Norman McNamara of Devon, UK together with Jane Moore, a caregiver from Cornwall. The emblem is being recognized globally as a symbol of hope with a purpose of bringing awareness of dementia and ending the stigma. Businesses that display this logo make it easier on family and spouses as well as on patients.

- Dementia challenged patients have business sized cards that they can give to people that they are dealing with to let them know that they have cognitive issues. Hopefully, this will help people to be nice to the patients, to be kind to them, and to show them respect.

- Fitchburg Spry Society:
  - This will be a joint venture with the Alzheimer's Association-South Central Wisconsin Chapter (AA), the FSC, and the Fitchburg Library. To qualify for this program, each person must undergo an assessment which will be done by a representative of AA. The group will be limited to those with mild cognitive impairment. Those people with more severe forms of dementia will not qualify. The FSC's role will be to help identify persons who may benefit from this program, the Library will provide a room for the meetings, and the meetings will be facilitated by Bonnie Nutt, Program Specialist with the AA. The group will meet at the Fitchburg Library from 10:30 a.m. to 12:30 p.m. beginning September 11th and continuing to November 20th. The goal is to offer a comfortable way to socialize with others of similar cognitive impairment while engaging in a variety of activities. The environment is to be non-judgmental. The Library was chosen as the meeting place because it is felt to be less intimidating than meeting at the FSC where there would be more likelihood of encountering someone that they know. It is not "Memory Café" although there are some similarities. Spouses are welcome but are not mandatory. The program plans to be ongoing but each session will be limited to six weeks.
  - If a person desires to continue with the next session, he or she must requalify by being reassessed. A question that remains to be answered is what happens to the person whose memory loss has progressed beyond the mild stage and therefore would not qualify for another session with this program.

- The AA, the FSC, and the Library will work with the Police and medical providers to get this program rolling. However, the medical providers have to consider HIPAA regulations while the FSC is not bound by HIPAA laws.

- In the past, the FSC has offered basic memory tests conducted by Dean Clinic and Jill says that they may do this again.

- There are all kinds of reasons for a person to be confused such as bladder infections, medication reactions, stroke, hypoglycemic reactions, etc. This can make it difficult to know whom to call. Some acute episodes may require calling 911 and requesting the paramedics. Denny O., who has type II diabetes, related a hypoglycemic incident of his own in which he became very confused and disoriented. He also related a story about a lady at a Lenten meal at All Saints Lutheran Church who became very confused and they had to call the paramedics.

- What do you do if you witness an episode in Fitchburg?
  For example, it could be a neighbor. Ask the person if he has any support. There are lots of people without any family members close by, or their family may be working and not available, or the family could be tied up with child care duties, etc. If it is a crisis situation, call 911. If it is not a crisis situation, the Social Workers at the FSC can probably help. Ask him/her if he/she would mind if you call the FSC or ask would he/she mind if the FSC would contact them. Not everyone wants help. When someone calls the FSC with a referral, they should ask first for one of the Social Workers, Amy Jordan or Sarah Folkers. If they are not available, then ask for Jill. The referrals to the FSC are confidential. The FSC staff has multiple ways that they can reach out to help and in ways that are not going to break any laws. Often times, the person may already be known to the FSC staff as was the case of a recent referral from an incident at the City Hall.

Current Events

- Candidates for Presidential Nominations:
  - Governor Scott Walker has officially announced his candidacy for the Republican Presidential Nomination. Fundraising issues were mentioned.
  - Ted Cruz, a Senator from Texas, is one of the Republican candidates and the fact that he was born in Canada was mentioned and there was a question about how he could run for president based upon that fact. It was mentioned that Barry Goldwater was born in Arizona before it became a state and that John McCain was born in Panama. Dual citizenship is probably the reason that Cruz is eligible for the nomination.

- Verona Road Project:
  - This is likely to be put on hold (rumor is for three years) due to lack of funding.
  - They do have to finish what is going on now.
  - The PD-Verona Road part of the project is probably not going to happen now with the lack of funding.
  - A good thing for Fitchburg residents is that the County may have to continue maintenance on PD as the agreement was that the City would have to take over this after the construction was completed.

- New Scholarship Program Funded by the Fitchburg Senior Center Friends (FSCF):
  - Bob H. reported that the FSCF is sponsoring a new program to pay for the cost of programs sponsored or endorsed by the FSC for those seniors who cannot afford these on their own.
  - Persons applying have to certify that their income is below a certain threshold to be eligible.

- For more details, the group was referred to an article which will appear in the August issue of the *Prime Time News*.

- Restaurant Week:
- Bob R. reported that Restaurant Week is scheduled from Sunday, July 19th to Sunday, July 26th.
- At this time, there are no plans for the Men's Group to go as an organized activity but we have done these in the past with very favorable responses. To find out more information, one should Google "Restaurant Week" or "*Madison Magazine*" (the sponsor).

- Books and Brews Fundraiser by the Friends of the Fitchburg Library (FOFL):
- Jerry S. reported that this event was held on Saturday, July 11th and it was an outstanding success.
- They raised approximately $17,000.00.

- Fitchburg Cycles:
- This relatively new Fitchburg business was highly recommended by John H. as they fixed up his bikes with appropriate kinds of tires for the different kinds of riding that he does with his various bikes. He was very happy with the service that he received.
- Other members of the group also expressed their satisfaction with the business and pointed out that their location is very convenient to the Capital City Bike Trail.

Adjournment:
The meeting was closed at 3:07 p.m.

Respectfully submitted,
Bob Davis

Fitchburg Senior Center Men's Group, June 9, 2015

Jim called the regularly scheduled meeting of the Fitchburg Senior Center Men's Group to a semblence of order at precisely at 2:00 p.m. on June 9, 2015. It took a few minutes to bring the group of 16 to some degree of quiet.

Jim announced that Craig is a new member of the Friends of the Senior Center. He also urged all of us to fill out the travel survey even if we don't plan to use the service. Jim then highlighted programs coming up at the Senior Center. See the June 2015 Prime Time News.

For travel discussings, Ewing told of recent trips to Barcelona and a Mediterrean cruise and a drive to Omaha for the Union Pacific Historical Society annual meeting.

Jim told of visiting his mother in Florida and, while on the beach, seeing part of a paddle board race along the beach. It was quite long; he was surprised at how many laps contestents made.

John discussed the upcoming trip to Kohler. Thus far, 14 people have signed up — four couples and six individuals. It appears that all but two will not be spending the night in the Kohler area prior to the tour.

John then showed pictures of birds he had seen while on a Road Scholar trip to New Mexico. He spent time with the group in the Basquie del Apache National Wildlife Refuge. Among finds the group saw were cougar tracks (a number are collared and infrequently seen in the refuge), road runner, vermillion fly catchers, elf owl, Montezuma and gambel quails, advocets, Mexican Jay, bullock oreol, and a rare elegant trogon and more robins than you can focus your binoculars on. There were two guides with the group.

A couple of Jerrys with the Men's Group are planning a couple of outings: one to Dubuque and the Titanic exhibit and the other to the Experimental Aircraft Association annual gathering in Oshkosh.

The major discussion topic was school vouchers, officially called Wisconsin Parental Choice Program (WPCP) or Wisconsin Statewide Voucher Program. From what I gathered from the Internet, statewide, there were 31 private schools participating in WPCP in January 2015. There was a total enrollment of 1,012 students, or 996 full-time equivalent (FTE) in the program.

During the 2014-2015 school year, the WPCP aid for a student enrolled full-time in kindergarten through eighth grade was $7,210 and $7,856 for a student enrolled in grades nine through twelve. The program is estimated to cost $7.384 million in 2014-2015. WPCP is fully funded from state general purpose revenue.

The program is limited to 1,000 full-time equivalent students. There really are three programs: Milwaukee, Racine and the rest of the state. There are income limits for participants; in Milwaukee and Racine, the maxiumum yearly income for a family with one child is $35,571. It rises to $97,446 for a family with six children (add $12,375 for each additional child).

Income levels for the 2015-2016 school year for the rest of the state go from $21,935 for a family with one child up to $60,090 for six children (add $7,631 for each additional child).

In addition to st ate aid a private school receives, it may charge a choice student tuition in an amount determined by the school. There are a couple of criteria: 1, the student is in grades 9 through 12 and the family income of the student excees 220 percent of the federal poverty level. Those levels range from $26,085 for a one-child family up to $71,460 for a six child family. Again, for additional children over six add $9,075 for each additional child.

The table below shows participation the second Friday in January 2015:

Grade Level Headcount FTE (full time equivalent)
four-year-old kindergarten 30 15
five-year-old kindergarten 78 78
1st grade 67 67
2nd grade 85 85
3rd grade 87 87
4th grade 80 80
5th grade 99 99
6th grade 77 77
7th grade 71 71
8th grade 67 67
9th grade 82 82
10th grade 81 81

11th grade	55	55
12th grade	52	52
Totals	**1,011**	**996**

The Men's Group also discussed the Walker Budget briefly and the effect the $250 million cut would have on the system that has a total budget in the neighborhood of $6,000 million.

Ewing Row

Fitchburg Men's Club Fitchburg Senior Center Tuesday, May 12, 2015

Meeting began at 2pm 14 members in attendance . Announcements • Pat Richter, former UW Athletic Director, will honor Older Americans in the City Hall council chambers on Thursday, May 14, at 12:40pm • Dementia Friendly Fitchburg will have introductory meeting with a showing of the movie, STILL ALICE, on Friday, May 15, 6pm at the BioPharmaceutical Technology Center, 5445 East Cheryl Parkway. • Back Pain: Causes and Solutions with Matt Wagner, Tuesday, May 19, 11am. • Gilda's Club information Tuesday, May 19, 2pm. • Various Tech Topics • FSC Energy Task Force provides seniors with energy-saving measures. Make appointment at 270-4292. • (Reference the May issue of Prime Time for more details about above announcements) • Topic that may be of interest - Denny Olin – sharing the names of favorite authors among the membership. • Recent experiences with auto repair. Denny Olin – American Family Insurance and Gates Automotive repair experience was positive. Jerry Sieling's experience with Gates was not positive. • Hy-Vee-Fitchburg is offering a percentage of purchases of buffets as a donation to the Friends of the Fitchburg Senior Center on June 4 and June 18. Tickets can be picked up at Senior Center and must be presented to Hy-Vee staff at time of order. Vacations and Trips • John Heinrichs completed a Birding Tour in Arizona in early May. He described the features and points of interest along the itinerary he followed. Activities • Bob Hilner was acknowledged for his efforts in arranging and scheduling the tour of the SARIS facilities. • Tour of Kohler Design Center on June 11– Interested people must register with Kohler staff person, Debbie, at 920-457-3699 before June 4. John Heinrichs will email FMC membership with final details of tour. • Tour of Dubuque Mississippi Museum and Aquarium – Jerry Kelly will email FMC membership with details of tour. The tour will probably be scheduled in August. List of Upcoming Discussion Topics (Number in parenthesis indicates number of members interested in discussing topic) • (11) Professional sports players/teams and disciplinary actions that should be taken against them for game or "on-field" infractions of league/association laws. • (11) Professional sports players/teams and disciplinary actions that should be taken against them for "off-field" infractions of civil laws. • (2) Identify authors that may be of interest to membership. • (11) The effect of the school voucher system on education and the public school system in Wisconsin. • (12) Effects of state 2015-17 budget on state parks, UW System, Wisconsin public schools. • (8) Driverless vehicles • (8) Social Media • (13) Scams, Pass words, Computer security, Computer operating systems • UBER / LYFT services versus convention cab services • (12) Organic foods • (8) Importance of education versus athletics in college sports programs. The "One and Done" philosophies of various college sports programs • (5) Concussions and other injuries in school sports • (3) Dealing with the $300M state budget cut for UW System. • (8) Fracking • (13) Have Mayor Arnold speak to the

membership on the direction, development and planning for Fitchburg. • (0) Grandparenting roles • (8) Wearable alert systems that identify medical conditions of wearer. • (-) Alzheimer Friendly Fitchburg • (-) Gun violence

Fitchburg Senior Center Men's Group, April 14, 2015

John H. took his big camera to Florida for about 10 days. He has an 80 - 400 millimeter lens that allows him to get pretty close and personal to whatever he wants to shoot. He likes photographing birds, all kinds of birds. On this trip egrits, spoonbills and wood storks found a home on his SD card. In one particular incident, a flock of wood storks flew away, each taking off at what seemed like 20 second intervals. Instead of flying away from him, they showed their best side just for him and his camera.

Left to right: wood stork, egrit, and spoonbill

Besides seeking birds, John also visited Cape Canaveral, a town of about 9,000 and home for the Kennedy Space Center. Entry prices are $50 for adults and $40 for kids. From the web site, I learned that the next launch is T-minus: 9D: 07: 17 and counting. John said that, on the day he was there, a 40 to 50 acre parking lot was about half full. The place was busy, but it didn't seem crouded when looking around. His guide was excellent and the exhibits well done.

John also spent time in Fort Myers, Florida. Again his camera took precedence. He found night herons in his lens He didn't say if they were black-crowned or yellow-crowned (that's a black-crowned night heron in the picture).

"Florida is a mob scene," John said. "but you can find plenty of out of the way places off the main drag to get away from people and enjoy seeing wildlife and "shooting" birds.

Jerry S. spent two months in the Fort Meyers area, visiting the Fort Myers Slough and the Preserve at Cork Screw. He, too, enjoyed seeing the wildlife both had to offer, as well as the terrific weather.

Huntsville, Ala. also was on John's itinerary. He enjoyed visiting the U.S. Space & Rocket Center which serves as the Official NASA Visitor Center.

Dr. Wernher Von Braun workd on rockets there.
He is the WW II German rocket genius brought

to the U.S to direct Huntsville's Marshall Space Flight Center. Vernon commented that , when he was in the service, he spent time in Huntsville while Von Braun was there. He worked on missels that would go about 100 miles.

Jim S. told about a trip his bank sponsored to Rockford. There he visited the Midway Village Museum (6799 Guilford Rd., Rockford, IL 61107 (815) 3978-9112). The grounds have a Victorian village and a number of exhibits. In Rockford was the Nelson Knitting Company was the first to make socks with no seams. The red heeled socks can be made into sock monkeys, and Rockford is the home of the sock monkeys.

The museum also featured The Rockford Peaches who were part of the All-American Girls Professional Baseball League that began during WW II. The Peaches were one of only two teas

that played all 12 seasons the league was in existence. Other teams were from Battle Creek, Chicago, Fort Wayne, Grand Rapids, Kalamazoo, Kenosha, Milwaukee, Minneapolis, Muskegon (two teams), Peoria, Racine, South Bend, and Springfield.

A total of 13 toured Placon. The company recycles plastic and makes plastic containers for Trader Joes and Jello as well as a wide range of food and medical packaging. Plastic is in rolls and is fed into stamping machines which form the containers. After stamping, that part that is not used is remelted and used to make additional containers. Bob D. pointed out that the tolerance is very small and that a number of containers are rejected because they do not meet specifications. The group thankesd Bob H. for arranging the tour.

Jim S. listed upcoming events in which the Men's Group could participate: UW Spring Football Game — April 25, Saris Tour — April 28, Kohler tour — June 11, Frankie Vall Overture show — August 9, Newesies Overture show — September 16 or 17, Sound of Music Over ture show, February 3 or 4, 2016, and Motown Musical Overeture show March 2 or 3, 2016. Additional ideas include a Cerco Company tour, Veterans Museum, Pontoon boat rides, and EAA.

John H. provided the details for the June 11 Kohler tour. He has spent a considerable amount of time arranging the details. Final plans will be detailed at the next Men's Group meetings.

Fitchburg Senior Center
Men's Group, 3-10-15

Our leader, Jim S., brought the Sweet Sixteen (there were actuallty 17, but it's March Madness time), to order precisely at 2:00 p.m on March 10, 2015, for the regularly scheduled Men's Group monthly meeting, the second Tuesday of the month.

Announcements:

Sandy: Pancake Breakfast March 22, 2015, Fitchburg Senior Center, 8:00 a.m. to noon, $6 adults and $3 per child up to 10 years of age.

Jim S.: Corn beef and cabbage at the Senior Center, 11:00 a.m. (call ahead for meal reservations), meal followed by an historical talk on the Irish in Fitchburg.

Jim S.: UW Science Expeditions, March 20, 21 and 22, 2015 (see www.science.wisc.edu for a detailed program)

Jim S. and Bob D.: Computer application Flipster, with Flipster, you have access from the library (south central library system) digital copies of 343 magazines you can read on line.

Jim S.: Green Bay trip to Titletown to see a Packer practice on August 13, 2015 through the Senior Center.

Jim S.: Any interest in a Drone Club? Denny Olean has one he paid $45 for — prices can go up considerably, David Hill also has a drone, as does Jim Hermes. (Jim passed a couple of small drones around for the group to see; one wasn't much larger than a silver dollar)

Bob: Placon tour is at 2:30 on March 31 (participants must sign a confidentiality

agreement)

John H. (via Jim S.): Kohler tour is on, dates and times later, means an early start.

Jim S.: Ten are going to the Overture McCartney program.

Trips:

Jerry K.: 3,100-mile trip to Florida, stuck in an southern Illinois snow storm on the return, visited friends in Punta Gorda, saw Andersonville, the Confederate prison than had as many as 30,000 union soldier prisoners — conditions were worse than horrible.

Sandy: this June Sandy will get together in San Antonio with five high school classmates who have been getting together every years since they were 50 years old, the 17th straight year is coming up. He reports that after being together for five minutes, it is like being back in high school again. He differentiated between men and guys: Men must win, be in first place, have Type A personalities; guys just want to go out, have a beer and talk sports (his group consists of "guys")

Dave S.: Florida, Fort Lauderdale, was his destination, he visited the Navy Seal Museum in Fort Pierce and recommended it as a good stop. He also went to Orlando and Universal Studios for the Harry Potter themed area (You can buy quidich supplies, wands [$50] , robes [$150], and more. If you wave the wand correctly at various stations, you obtain a response.

Ewing R.: his brief DVD worked in the DVD player and large screen TV; the DVD, a combination of still photos and movies, was of two exhibits by the same artist at the LACMA (Los Angeles County Museum of Art).

Marty Zupan, a licensed counselor, moved to Fitchburg from Monona. He is still works part time, about 20 hours a week. He works mostly with people who have or have had opiate addiction. He loves to bike and did so the day prior to the Men's Group meeting.

Marty is interested in a men's support group, the purpose of which would be different from the present Men's Group. It would consist of only four to six people. Sessions would involve the group. What is said would be kept confidential. Sessions would run for four to six weeks. Participants could sign up for additional meetings. They would be about an hour long and have no particular topic.

Marty has found that, by sharing, people feel better about themselves, the goal of the support group. "People, especially men, keep things inside," Marty said. "The sessions can help people share and to find out that others have similar feelings."

If such sessions are of interest, email Marty at marty.zupan48@gmail.com.

Ewing Row

February 10, 2015 Men's Group

Jim S. called the rowdy, dirty dozen (there were actually 13 present, but "dirty dozen" sounded so cool) to order at 2:00 p.m. sharp on February 10, 2015 at the Fitchburg Senior Center.

Ewing R. reported to his three-week trip to California and specifically LACMA (Los Angeles County Museum of Art). A huge complex with varied art; he had a video that could not be shown

with the equipment on hand. See one of the outdoor exhibits just to the left. Those are old Los Angeles street lights. To the right is a Portrait of Jacob Gerard Koch by Rembrandt

Lee E. told of his recent trip to Florida and the biking he did there. Also, in Naples, he visited an art studio of Clyde Butcher, a black and white film photographer who uses a huge box camera to frame his images. (There also is a Dave Butcher from the United Kingdom who works with black and white film, so don't confuse the two.) Dave Butcher's Venice Gallery & Stuidio is open Tuesday thru Friday from 10:00 a.m. to 4:00 p.m. The address is 237 Warfield Ave., Venice

FL (near Sarasota) Phone is (941) 486-0811. (There also is a Big Cypress Gallery in Ochopee, Florida; it is open seven days a week 10:00 a.m. to 5:00 p.m.) Above are a couple examples stolen from Clyde's web page (clydebutcher.com).

Lee also told of how some people sift the sand on the beach in Venice (south of Sarasota which is south of Tampa/St. Pete on the Gulf of Mexico) for shark teeth. Teeth can range in size from 1/4-

inch to 2 inches or more. There are complete web sites dedicated to Venice shark teeth, and Venice is called the "Shark tooth capital of the world." Some examples of what you might find are included with this report.

Another highlight of Lee's trip was to see Herrmanns' Original Liqizzan Stallions of Austriza. He saw one of training sessions which occur three times a week, Thursdays and Fridays at 3:00 p.m. and Saturdays at 10:00 a.m. Hermanns' is located at 32755 Singeltary Rd., Myakka City, Fl. 34521.

Past activity by the Men's Group included taking advantage of Restaurant Week in Madison. Four members and their wives enjoyed a meal out together.

Jim S. reported that he had some tickets left for the McCartney Years on April 9 at the Overture Center. Seats are excellent in Rows D and E on the main floor. Cost is $37 per ticket. He has enough tickets sold to take advantage of the group discount, but still has some available. Let Jim know and get your money to him by March 1.

Marty Zupan is a recently retired counselor who has moved to Fitchburg. Jim S. will invite him to a future Men's Group meetiong.

Future tours may involve Placon Industries, The Kohler Company, Bill Webers huge HO-scale layout and more.

Dave Hill, Assistant Director of the City of Fitchburg Senior Center, showed the group how Google Chromecast can work for you at home with WIFI and the Chromecast plug-in ($35 seems to be the going rate). You plug it into your high definition television with HDMI input. It is the easiest way to enjoy onlinevideo and music on your TV. You can control it with your existing smartphone, tablet or laptop. You Tube videos can help you with installation. Dave showed us one, but the speaker spoke way too fast.

Jim S. showed us two game sites he frequents with his iPad: jigzone.com and razzlepuzzles.com.

The group headed out the door at about 3:30.

FITCHBURG SENIOR CENTER MEN'S GROUP SUMMARY FOR JANUARY 13, 2015 MEETING

Director Jim S. called the meeting to order at 2:00 p.m. with 12 other men (Bob R., Dennis D., Bob D., Lee H., Vic R., Dick R., Craig D., John H., Roger D., Bob H., Jerry K., and Vernon G.) in attendance.
Introductory Remarks:

- • Jim S. wanted to wish everyone a Happy New Year and hoped that everyone had a joyous Holiday Season.
- • Jim S. mentioned that the Fitchburg Parks, Recreation & Forestry Department is updating the Urban Forest Strategic Management Plan and developing a cohesive strategy to optimize the benefits that a well-managed urban forest can provide to residents, businesses, and other stakeholders. To help them do this, they are requesting Fitchburg residents to fill out the "2015 Fitchburg Urban

Forest Survey" which is available online by Googling "2015 Fitchburg Urban Forest Survey" or Jim S. has a few copies available with him today. Fitchburg has a City Forester & Naturalist, Ed Bartell, who can be reached at 270-4289. A big concern presently is the emerald ash borer. A high percentage of City trees are ash trees so the question is what to do about them--to treat or not to treat? The Survey covers a variety of questions including what kinds of trees should they plant? Should edible trees (i.e. edible fruit or nut trees) be planted which could provide food for needy people? The survey also includes questions about weeds and invasive species. The completed four page survey should be returned to the front desk of City Hall or to the Utilities Dropbox in the entry way of City Hall by Friday, February 6th.

Trips:

Roger D. reported that he and his wife took a Christmas related auto trip to the East Coast with a stopover at Niagara Falls. The day they were at the falls, even though it was bright and sunny, the heavy mist from the falls allowed a rainbow to form that arched completely across the falls--very beautiful and very impressive. The surprising part was that the end of the rainbow was right at the spot where they were standing. Roger looked but could not find a pot of gold.

Past Activities:

There have been no group activities since our last meeting.

Future Activities:

• Restaurant Week 2015 sponsored by Madison Magazine:
Bob R. says that next week, Sunday January 18th through Friday, January 23rd, is Restaurant Week. He reported that he and his wife (for the Active Women's Group) are willing to make reservations for such an outing. He is thinking that Wednesday or Thursday evening would be better because there is a home Badgers men's basketball game on Tuesday night. He has a list of approximately 35 restaurants that are participating. The menu prices vary from $25.00 to $30.00 to a high of $35.00. Each participating restaurant offers a fixed price menu with three courses and three options for each course. In previous years, we have gone to several places including Smoky's, Delaney's, and Veranda. Bob R. asked for input as to times and restaurant choices. Discussion followed.
o A steak house type restaurant seemed to have been more popular in the past.
o Specialty type restaurants, like Chinese or Mexican, etc., would probably not appeal to as many
people.
o Restaurants mentioned included Johnny Delmonico's and the Samba Brazilian Grill.
o Parking could be an issue, especially for downtown restaurants, so it might be wise to consider a

place with adequate parking.
o A suggestion was made to have the women decide where to go.
No definite choices were made so Bob R. said that he would confer with his wife, on behalf of the Active Women's Group, and they would decide on a restaurant and choose either Wednesday or Thursday. He will let us know by email and we will need to respond back to him if we want to go so that they can make reservations. Details will be included in the email.

- • Bob H. volunteered to organize a trip to the Placon Company whose corporate headquarters are located at 6096 McKee Road in Fitchburg. Placon is a leading North American designer and manufacturer of custom and stock thin gauge thermoformed plastic clamshells, trays, and blisters with an environmentally-responsible line of recycled PET roll stock materials. Located nearby at 6124 McKee Road is a division of Placon Company named EcoStar. EcoStar has over one billion discarded consumer PET soda bottles, water bottles, and plastic retail and food containers carrying the #1 symbol go through its recycling facility each year. These containers are ground, washed, and then extruded into the EcoStar brand of PET sheet which is thermoformed back into consumer packaging helping conserve valuable natural resources. Bob says that it would be possible to tour both facilities on the same day. He suggests that this could be arranged for a Tuesday afternoon in February. He asked for a show of hands as to who would be interested in such an outing and quite a few were. He said he would proceed with making the arrangements for February and then would send an email telling the details and requesting those who are interested to sign up. Carpooling could be arranged from the Senior Center.
- • Bob H. also suggested a tour of the Saris Cycling Group located at 5253Verona Road in Fitchburg. Products this company produces include the following: bike racks for vehicles and for home storage; commercial bike parking solutions; indoor trainers, rollers, and indoor cycles under the brand name Cycleops; and power meters, wheelsets, and complete power training systems under the brand name PowerTap. This tour would take 30 to 45 minutes and could be arranged for March. He will look into this.
- • Jim S. says that he has a block of tickets for the April 9th performance of "The McCartney Years" at the Overture Center. He will need the money four weeks in advance of this performance. He will send an email notice with all the details in February and it will be first come, first served as to who gets the tickets.
- • A suggestion was made for a possible tour of the Lands' End facility in Dodgeville. They used to give tours but no one is sure if they still do. Bob D. volunteered to check into this.
- • Epic was also mentioned as a possible tour but it was mentioned that they may only have self-guided tours available now.
- • Jim S. reported that he still has a list of possible activities that we came up with in the past and he can make this available to anyone who would like to arrange an activity in the future.
- • John H. updated the progress on a possible tour of the Kohler Company in Kohler, WI. He is going again in mid-February and he will get more information at

that time. The trip is approximately 120 miles one way. Road construction and a place for a bathroom break are things he wants to pursue. The “Industry in Action” factory tour is offered every weekday morning and offers guests an intimate glimpse of everything from vitreous china lavatories to the production of massive six-foot cast iron tubs. Guests make their way through several Kohler buildings and learn about Kohler’s innovative Arts/Industry Program. The tour starts at 8:30 a.m. and lasts for approximately three hours. The Kohler Design Center, a three-level showcase of innovative product design and technology, is also free and open to the public from 8:00 a.m. to 5:00 p.m. weekdays.

Group Sharing Activity:

With his teacher’s background, Jim S. has had some experience with “ice breaking” activities so he proposed that we do what Jim’s wife calls a “cutesy” exercise to get to know each other better.

- Topic One: “What is something that you worry about that you are willing to share?”

As most people are more comfortable sharing in a one on one basis, the group was split into two groups of ones and twos by counting off. Then the ones were supposed to move to the right so that they would have sessions with each of the twos one at a time. After a specific time, the ones would rotate to the next two so that eventually a one would have had a one on one session with each two. As each one on one session was different, no summaries of these conversations are included. At the conclusion of the first topic’s discussion, Jim played the song “Don’t Worry, Be Happy” which was a segway onto the second topic for sharing.

- Topic Two: “What is something that makes you happy?”

Jim S. said it would be interesting to hear those things that really make you feel that way. When you’re down, looking at all the things that make you happy can really make a difference. For example, “A spoonful of sugar helps the medicine go down.”

A suggestion was made that we do this exercise as a group because in the previous format the ones did not get to interchange with the other ones and the twos did not get to interact with the other twos. Therefore, this question was answered by going around the room and one person at a time gave his response to the group as a whole. Among the things mentioned as making one happy were the following:

o Being around your grandchildren and being able to share in their successes
o Having your favorite sports team win an important game (for example, The Ohio State University
winning the College Football Championship)
o Having someone from your hometown become widely acknowledged as being highly successful and
knowing the background that he came from
o Being satisfied with what you have and not always wanting more
o Being able to be independent and to have control over making decisions for yourself
o Having a long and happy marriage
o Just being here and able to enjoy life
o Having good health

o Having good, loving relationships with your grown children
o Having various group members willing to help plan and coordinate activities
o Being able to enjoy successful seasons for your team and your favorite players (for example, the Badgers
and Melvin Gordon)
o Having so many things now which we take for granted, like central heating and electricity, which he did
not have while he was growing up
o Being able to enjoy life's little things without having significant financial worries
o Enjoying what you do in both work and retirement
o Being able to stay busy with fulfilling and worthwhile activities
o Watching how young grandchildren grow and develop and being able to share things through a child's
perspectives and innocence
o Being able to be active and to exercise in activities that you enjoy (for example, golfing, bicycling, or
cross country skiing)
o Being able to enjoy the beauty of nature and being outdoors
o Having flannel lined pants that keep you warm
o Getting an unexpected special treat for your birthday (for example, a jar of jelly beans)
o Learning about new things (for example, learning about organic vegetarians)
o Having a hobby that you really enjoy (for example, photography)

- Topic Three: Resolutions for 2015

This was an open forum where those who wanted to share, shared with the group as a whole. Among resolutions mentioned were the following:
o Be a more attentive listener and not interrupt so much
o Complete a project the you have started and have been procrastinating about; one example was to finish a
book that he had about a third done but had been working on for years
o Lose weight; one had a goal of losing a pound per month
o Eat better to help maintain a healthy weight; for example, to burn off the calories from eating two
chocolate chip cookies would require briskly walking two miles so maybe it would be beneficial to not
eat so many cookies
o Maintain an exercise program

Meeting Conclusion:
The meeting was concluded at 3:15 p.m. with the Finance Subgroup to meet immediately following for those who wanted to attend.
Respectfully submitted, Bob Davis

Fitchburg Senior Center
Men's Group
Nov. 10, 2015

Eleven hearty soles attended the Fitchburg Senior Center Men's Group regularly scheduled second-Tuesday-of-the-month gathering. Bob R. skillfully led the group's discussions.

Under "Activities," someone mentioned that the Plattville Mining Museum was well worth the journey to the southwestern corner of the state. Dick R. pointed out that Wednesday Night at the Lab would be covering the Edmund Fitzgerald and the song Gordon Lightfoot made famous. He suggested "Googling" WNATL for additional information.

Also, from the Uiversity of Wisconsin, a researcher who had spent time in South Africa in the caves where "perhaps missing link" humanoid remains were found will speak of the experience on November 18, 2015.

Jerry, Jim and Bob, the exploratory three, enjoyed the challenge of the corn maze again this year. "It was windy," Jerry said, "But once you were down amongst the corn stalks, it was not so bad. The day was gorgeous," he concluded.

The Certco tour was tremendous and enjoyed by six stalwarts. At McKee and Verona Road, the distribution center serves the SureFine brand for a 250-mile radius of the center. Personnel receive orders for the day at 5:30 a.m. The stocking crew begins at 7:00 a.m. They use fork lifts, hand packing and lifting to process orders using a series of codes. All equipment is owned by the company including over-the-road trucks, buildings and equipment. Fork lifts have as much as a 36-foot vertical lift. There are 450 employee in Madison; there are two other distribution centers. Customers include independent grocers including Woodman's, Miller's and others. Computers track inventory and location of particular items.

The next day following the Men's Group assembly was the tour of the Wisconson Veterans Museum with Roger D. leading the pack. He suggested either meeting inside the museum for the 1:00 p.m. tour or carpooling: meet at 12:30, depart 12:40. The event can accommodate up to 15 bodies.

John enjoyed a trip to Pecks market and wildlife park in Spring Green. As usual, he had his camera with him and enjoyed digitalizing cranes and elk. He mentioned the popcorn too.

Ewing Row