

Fitchburg Active Women's Group January 28, 2020 Meeting Minutes

The Fitchburg Active Women's Group met on Tuesday, January 28, 2020. A social hour from 1:00 to 2:00 pm preceded the meeting, which began at 2:00 pm. Jean Marie Cohee filled in for Carolyn Hook to lead the meeting. Barbara Rottman substituted for Sandy Ermis as note taker.

Six new members attended the meeting: Judy Nackers, Marlene, Ellen, Laurie, Shari and Kay Sweeney. They introduced themselves to the group and described the many different ways they had heard about FAWG. As always, new members are welcome and encouraged to participate.

More bridge players are needed and encouraged to join the group that meets at 10 am on Mondays. New players don't need a partner; just come and enjoy the fun.

Participants shared their travel experiences. Jean Cohee traveled to Lake Havasu, where the weather was much warmer than predicted. Carolyn Hook has just returned from two weeks in Mexico.

There was a brief discussion of the December holiday party. Lindy offered to help plan and host the party again, but asked for feedback on the location and suggestions for activities. Many expressed their thanks for a well-planned and delightful event and Lindy acknowledged the other members of the committee: Nancy Keeney, Carol Quam, Donna, and Carolyn Hook. Lindy acknowledged the generosity of those who contributed toward the event. After expenses (and donation of supplies from committee members), Lindy turned over \$23 to the FAWG for future events or speakers. A majority agreed that Benevenuto's was the best suited location for the 2020 event. Lindy will book the date. Please contact Lindy to volunteer or offer suggestions for activities.

Jean reminded the group of special events on the FAWG calendar: October pot luck at the Senior Center, November (no meeting due to Thanksgiving holiday) and early December luncheon held in lieu of a December meeting. Regular meetings are the 4th Tuesday of each month with a social hour from 1 to 2:00 pm and a general meeting from 2 to approximately 3:00 pm.

The February 25 meeting will include a program on music of the Doo-Wop period. Fair warning was given encouraging everyone to brush up on the era as prizes will be awarded to quiz contest winners!

Jean invited members to submit suggestions for speakers or programs to Carolyn. There are a couple of months without programs in 2020 and Carolyn will appreciate your suggestions.

Marcia G. asked everyone to save the date for the annual Pancake Breakfast on April 26 from 8 am to noon, at the Senior Center. It is sponsored by the Fitchburg Senior Center Friends, and proceeds go to benefit the Senior Center. Kathy Sosnouski reminded everyone that discounts for group tours expire on January 31, with declining amounts of incentives offered after that date.

Sharon Trimborn mentioned there are several day trips planned; the next day trip departs from the Senior Center on March 18. Watch the *Prime Time News* for travel information, pick up a brochure in the Senior Center or contact Kathy or Sharon if you have questions.

Marcia and Rita celebrated birthdays in January.

Ann Albert, Executive Director of SAIL (Sharing Active Independent Lives), gave a presentation on the organization, its mission and benefits of membership. SAIL (www.sailtoday.org) is a non-profit membership program of AgeBetter Inc., founded 15 years ago in collaboration with Attic Angel Association and Oakwood Village. It is part of the nationwide Village Movement. The goal is to celebrate independence and stewardship in older adults, creating a community of learning, activity, socialization, and support for one another. Ann described the Village Movement, which started in Beacon Hill (Boston) and follows a model of building connections by learning from one another, shared information, services and volunteer opportunities. Annual dues for Full or Associate membership includes all members in the household. Contact SAIL for more information.

The meeting adjourned at 3:00 pm. The next meeting will be February 25, 2020.

Respectfully submitted,
Barbara Rottman

Active Women's Group met on September 24, 2019

with a social hour between 1 - 2 pm and the meeting starting at 2 pm.

There were twenty-one women in attendance.

We had one new member, Judy Rubiel-Perez. She had worked at UW and GHC before retiring. She now works with RSP, as a fostering grandparent. We welcome her to our group.

Birthdays this month were celebrated by Lindy, Karen and Lucy.

Travels had Karen in Door County, Sandy in Glacier National Park in Montana and Yellowstone and the Grand Tetons in Wyoming, Mary Lou was in Milwaukee on the river walk trolley ride. Carol Q. was in Ireland in a small group traveling with OAT company. Jean traveled to the mountains of Montana to a wedding at Paradise. Carol R. went to Branson, Missouri and visited the Titanic Museum.

September 25 was the last Wednesday to receive a 20% discount by dining at the various location each Wednesday.

We will have our Christmas party at Benvenuto's on December 11 this year. This year Lindy, Nancy and Carol Q will be putting this together so you should add this to your calendar.

Our next meeting will be on October 22, which won't be a meeting but our yearly fall potluck luncheon. This year you should think about bringing a salad or appetizer. Dessert has being covered. This will be the last gathering of this year as we do not meet in November or December. Also this will begin at **12:30 and emails will follow.**

Our speaker was Jeannie Sieling, a former AWG member, who shared her experience and knowledge in gathering information on her ancestors. She provided us with an Ancestor Chart to keep track of everything you discover. Things you might find to help are old Bibles, atlases, anything you might find tucked away in a trunk from your parents or grandparents. You can subscribe to Ancestry for a fee and sometimes they have special offers; there is an international subscription as well. The State library at the Historical Society has lots of valuable information as well.

Another suggestion is to write your history. Several people have started this in our group. Talk to your relatives to get as much information as you can. Thank you Jeannie for this informative presentation.

Submitted by
Sandy Ermis

Active Women's Meeting

The August Active Women's meeting was on Tuesday, the 27th. There were twenty members in attendance. We did not have any new members this month.

Three people had birthdays this month, Gail celebrated with five girlfriends. Judy B. and Roxanne had birthdays as well so happy birthday to all.

Monica did a Mediterranean cruise to Barcelona, saw the statue of St. David. Barb traveled to Estonia and was wearing a colorful blouse made by locals. She recommended a DVD, available at the library, titled The Singing Revolution.

Some activities from last month, Jessica Michna as Golda Meir at the Middleton Senior Center. A schedule of her appearances was sent out to everyone if you would like to see one. There was a Bluegrass group at the library for Beyond the Page. Middleton has a Strollin Middleton Jazz Walk and their Good Neighbor Night Fall Wine Walk, September 19th. Their website for activities is www.downtownmiddleton.com.

The Senior Center has agreed to pay for two speakers for the 2020 programs, so thank you for that.

The Fitchburg Senior Center will be celebrating it's 40th anniversary with a party on September 19th from 4-7 PM. There will be music by Red Hot Horn Dawgs and food carts and ice cream. Ice Cream will be served at Epplegarden over the three day Labor Day weekend. The proceeds will be used by the patient advocacy program for help to those who do not have anyone to advocate for them by helping at appointments and medication in place of a family member.

Mandy is looking for a kitchen assistant on Wednesday and Friday.

Next month Jeanie Sieling will share her experience with genealogy and ancestry.

- This month we shared our best health and beauty tips. Carolyn started by sharing a couple of books, Dying to Look Good and Safe Shoppers Bible. Other tips were to keep active, do what you like, learn to be flexible, try line dancing, eat five vegetables and fruits each day, use sunscreen, stay positive, sleep (no alarm clock), take up a hobby, eat two brazil nuts each day, clean your face and moisturize each night, take advantage of exercise programs at the senior center, use an activity tracker and however many steps you can, maybe get a pet, try something new, maybe microabrasion for eyebrows, a massage, eat whole food, not processed. The prize went to Gail who suggested we all

make a written list of people with telephone numbers who should be called in case of an emergency to keep with us at all times.

Our next meeting is September 24th.
Respectfully submitted,
Sandy Ermis

Active Women's Group meeting July 23, 2019

There were 30 women attending this meeting including 3 visitors who knew our speaker for today.

Two people are thinking of becoming members and were checking us out. We welcome Kim and Leslie and look forward to having them in our group.

Kim told us about her recent trip to Peru on a medical mission in Lima, Peru. She spent about 10 days there working as a volunteer. There were about 5000 volunteers from 43 countries. Different people participated in differing activities spreading out over the city. She also had a chance to visit Machu Picchu after the mission was complete.

Kathy, Ruth and Carol Q. all had birthdays this month so hope everyone had a great birthday. Activities this month was a Stoughton Stroll with about 15 attendees. There was a film at Livsreise Norwegian Heritage Center followed by a tour of the center. The stroll included the Norske Nook and lunch at BBG Bar and Grill.

Marcia from Friends of Fitchburg reminded us about the Labor Day Ice Cream over Labor Day weekend at Eplegarden. Donations are accepted and will help fund the Patient Advocacy at the Senior Center. Volunteers will be needed to staff this event. Also restaurant week will begin on Wednesdays in September celebrating National Senior Center Month. Discounts will be available.

Kathy from Friends of Fitchburg let us know there will be four trips for 2020 with information near the front desk. The purpose is to bring people together as well as the Friends receives a commission that helps support the Senior Center.

Our presenter this month was one of our own, Rita Thomas. She shared her passion to educate young female women in Nicaragua to become medical doctors. The organization is Adelante Mujer started by the nuns at Fond du Lac, Wisconsin. Her presentation included pictures of her trips, twice a year, to see the conditions they live in and the medical facilities they work in. She has been working for ten years to help support them with needs such as food and shelter. The number of students has increased from three to forty two in the ten years. Each one has an internship and increases the level of medical care in Nicaragua. If you would like more information, Rita will be glad to share with you.

Our next meeting will be August 27. Come prepared to share your best health tip for "women of a certain age". Carolyn recommended a book, Younger by the Day. See you then,

Respectfully submitted,
Sandra Ermis

Active Women's Meeting, June 25, 2019

There were twenty-four members at this meeting with no new members.

There were three June birthdays, Sandy, Carolyn and Mavoreneen.

A couple were traveling, Gail was in the Southwest, Oklahoma, Tuscon, then proceeded to go on a cruise to Norway. Kathy did a more local trip to Ames, Iowa and Galena, Illinois. She mentioned there is a tour of Generals there as well as all the shops where you can shop til you drop!

Several visited the Holy Wisdom Monastery with an overnight stay. They played a game called Life Stories so they remembered things from their past.

Upcoming activities are the Stoughton Stroll on July 16. There will be tour of the Livsreise, the Norwegian Heritage Center as well as lunch at BBG's. There are exhibits you can select your immigration journey, access genealogy and an auditorium. Carpool will leave the Senior Center at 9 a.m.

The same day is the travel show at the Senior Center at 1 p.m. Details are in the July Prime Time News. Kathy let us know there are 23 people traveling this fall to the New England area. All tours are through the Mayflower travel company. All tours booked through them, the Fitchburg Senior Center receives a 10% commission.

There is a correction noted in the July Prime Time about the date for the Couples Dinner. It is always the third Tuesday of the month.

This month's Madison Magazine featured Peggy Brooks, Ironman woman who has presented her story to this group. Also in Madison Essentials a feature story is about Stoughton.

This month's program was card making. Many had examples of cards they have made and shared with the group. Ruth Paulson was introduced by Jane from her church. She demonstrated several things she uses and offered some tips as well. Versamark's are available at Joanne's and Michaels which are acrylic instead of wood, works better. Another tip was to use glue dots instead of glue. She showed some of the tools. One tip was to use aluminum foil to sharpen your cutter or punch, just use the foil in place of paper. A web site she mentioned was Score-pal and Stamp & Us.

The kitchen is looking for a volunteer for Friday from 9-1. If interested contact Mandy Miller.

Submitted by,

Sandy Ermis

Active Women's Group Meeting, April 23, 2019, 2:00 p.m.

There were twenty-seven members at this meeting. One new member attended. Jane R. recently moved to Fitchburg from Milwaukee to be closer to her daughter and grandchild. She is looking for a golf league to join. Several members made suggestions. Welcome Jane.

Jean Marie celebrated her birthday yesterday. Judy N. and her husband will celebrate their 45th anniversary this weekend.

Mavourneen told the group about a trip she and her husband took, flying to Chile, and sailing to Australia via Tahiti, Bora Bora, and New Zealand. Carolyn was in Georgia and Florida. She really liked Jekyll Island.

The book, The Long Road Home: A Story of War and Family by Martha Raddatz, was recommended by Mavourneen.

Carolyn asked if there was interest in a mini-retreat at Holy Wisdom near Middleton, with a bluebird walk in Governor Nelson State Park. Another idea she had was for a fall trip to Taliesin near Spring Green. Both ideas were met with interest by the group.

Jean Marie reported that she and Carol Q. will organize a "Stroll Stoughton" with lunch as a fun activity. They have a tentative date planned for June, but will report at the May meeting their complete plans.

Rita typed up a petition to ban plastic bags in Fitchburg and circulated it to members for their signatures. HyVee intends to stop using plastic bags in the future. Miller's and Bill's grocery stores have already stopped. We're hoping to convince Pick n Save to stop using them, too.

Restaurants have alternatives to using styrofoam containers to send leftovers home in—some use paper, others have foil available—if you ask. Bringing a carry-out container from home is also being seen more frequently in restaurants.

A global climate change panel discussion on the environmental and the health effects of climate change will be held at the BTC (Promega's BioPharmaceutical Technology Center) building 5445 E. Cheryl Parkway on Tuesday, April 30 at 4:30 PM.

An event called THRIVE After 55 will be held at Madison Marriott West on Friday, May 31, 2019 from 9 a.m. to 4 p.m. Their website is: madisonthriveafter55.com. Tickets are required. Parking is free.

At the conclusion of the meeting, most of the members attended the showing of a documentary called "Plastic Planet."

The topic of next month's meeting is "Life's a Daring Adventure" with Mary Helen Conroy as our speaker. She is a life coach, and will talk about retirement and all it entails. Her website is: lifesadaringadventure.com.

The next meeting will be May 28, which is the day after Memorial Day, so mark your calendars!

Respectfully submitted by Marcia Griskavich

Active Women's Group Meeting, March 26, 2019

There were twenty-three members at this meeting. We were two new members attending and one returning member.

Lori Greenburg came from New York 30 years ago. Joan Graham is a social worker, recently retired. Lucy Gorbachova returned. Welcome to everyone.

Kathy from Fitchburg Friends let us know that Mayflower gives us a percentage of all the travel booked through the Senior Center. Brochures are available in the Senior Center across for the front desk. The river cruise from Lyon, France has extended free airfare if you book before May 31, 2019.

The Pancake Breakfast is April 7.

Carolyn hosted a breakfast and movie carrying forward the Fiends and Friendship theme from our February meeting. The movie was Howard's End.

Jeannie Sealing will be moving to Oakwood East soon and will have an estate sale in the future. She will also tell us about mistakes that can be made when looking into genealogy. That will be at one of our fall meetings.

Our next meeting will be Plastic Planet, on Tuesday, April 23 at 2:45. It is open to the public so get there early to grab a seat. Rita thought it would be a good idea to start a petition to ban plastic bags in Fitchburg and wondered if we would be willing to sign and all were in favor.

Barbara told us again that Good Will accepts old fabric to be up-cycled or reused in some way. The rest of the time was spent shopping for the "Lovely Loot". Any remaining things were donated to St. Vincent's.

The next meeting will be April 23, so mark your calendars!

Respectfully submitted by Sandy Ermis

Active Women's Group February 26, 2019

There were twenty-one members at this meeting. We had four new members attending.

Linda Mattson ran an animal rescue in Indiana. Carol Rodriguez has lived in Fitchburg for forty years and recently retired from the state. Colleen Sokolowski moved here in September from Milwaukee. Joyce Bach retired two years ago. Martha Gassner is rejoining us. Welcome to everyone.

Kathy, Joyce and Marcia recently enjoyed a trip to Panama. There were a total of eight on the trip so everyone got to know everyone.

Kathy reminded us of upcoming travel opportunities. Brochures are available in the Senior Center across for the front desk. Trips are available to Noah's Ark, Toronto with Niagara Falls, New England/Cape Cod, a Mystery tour and a river cruise in the south of France that has free airfare if you book before March 31, 2019.

The Pancake Breakfast is April 7 and volunteers are needed. You can call the Senior Center and talk to Susie and she will give your information to Mandi who will be able to schedule you with a shift and a duty you feel comfortable doing. Five hundred people are expected.

Barbara reminded us of the Knitters Guild event at the Alliance Center on March 16-17. The market will have 30 vendors and classes to knit and crochet.

Discussion was had about when someone would be taken off the list. Currently six unexcused absences is the trigger for one being taken off the list. After some discussion it will be changed to four unexcused absences. If you let Carolyn know you won't be able to attend it will be an excused absence and won't be held against you. So let her know if you cannot attend. You can always come back if you aren't able to attend for awhile. All are welcome to attend.

Another discussion was held about any reimbursement, for example, a speaker, party favors at the Christmas luncheon or October luncheon. This would be only a couple of dollars and not mandatory and it seemed everyone would be able to afford a dollar or two. Most speakers are usually happy with a thank you.

This month's topic was Friends and Friendship. Many good thoughts were presented about what qualities you look for in a friend and how friendship is important to us all. Some thoughts were the person being a good listener, being there what you need them and having a variety of interests. Some had lifelong friends, relatives and newly found friends.

Next month we will again have "Lovely Loot". If you have "loot" you know longer need or want that is in good condition, be sure to bring it to share. Remember one persons (I hate to say trash) is another person's treasure. So start looking around for someone's to be treasure.

The next meeting will be March 26 so mark your calendars!

Respectfully submitted by Sandy Ermis

Active Women's Group, September 24, 2018

There were 27 members present at this meeting with a social hour at 1 pm and meeting at 2 pm. We had two new members welcomed, Patty Barry who had taught in the Oregon school system. Also Donna Cangelosi retired in 2010 and is a reluctant landlord and she wants to have fun. Several people did some travel recently. Kathy and Patti both traveled on a river cruise from Amsterdam to Budapest. During this trip they was a 200 year draught and they had to disembark the boat and be bused to another ship farther on the river doing a ship swap.

Karen traveled for 12 days to Ireland and here trip was better than expected. She saw gorgeous scenery, great pubs and music. Her tip was to be sure you explore the northern part of Ireland. Barb and Mary Lou both were on a coastal Norway cruise, although not at the same time. The coast was gorgeous and spectacular.

A few toured the new Agrace Grief Center. There are programs for all age group and have served over 400 people last year.

Seven people led by Sandy went to Viroqua and toured the Driftless Book store in the old tobacco warehouse, had lunch at the Driftless Cafe and some shops.

Kathy told us about a travel meeting October 4 and 1pm about country travels discovery. There will be a second meeting about Ireland coming up.

Several members had suggestions for the next programs for 2019.

Our October will be a potluck starting at noon. The December Christmas luncheon will be at Benvenutos restaurant. Stay tuned for date and time.

Jane arranged today's program. The barista from Barriques who spoke to us about roasting coffee. He is the brand ambassador for them. The company started in 1998 on Monroe focusing on wine. Through an evolution of stores they now have roasted coffee and also some food.

They sell to UW and cafes. The coffee goes through steps to become roasted coffee. To brew a good cup of coffee, you need 3 things, the grind, water quality and the coffee beans.

Remember potluck October 23.

Submitted by Sandy Ermis

Notes from AWG meeting Aug. 28, 2018

18 in attendance.

Jo Woolever visiting. She's from Cooksville.

Gail S celebrated her birthday in August.

Travels: Jean Marie C took the Mayflower trip that the Senior Center Friends offered of the Pacific Coast. It was a good trip. Mary Lou was in Oslo visiting her son, and also went to

Denmark and Iceland. It was very warm in Norway. Marina was in Germany and it was very hot there too.

Rita joined the Pinnacle Health Club to take advantage of their warm water pool for her arthritis. Really thinks it has helped her keep moving.

Ruth mention activities that she has signed up for with MSCR. She also mention the Institute on Aging colloquium which will be held on Oct. 25. However, it was learned that enrollment has maxed out.

The program committee is looking for suggestions as they plan for 2019. Jane Davis and Carol Quam are the people to contact.

The idea of sending cards to those members who have been ill, etc is still being worked on, as a way to reach out to members.

The October meeting will be a potluck. More information will be coming.

A holiday luncheon is also being planned. Mary D and Barbara R are on the committee.

Sandy is now handling the Brunch at the Egg & I

Sandy is planning to lead a trip to Viroqua in September.

The September program will be a staff member from Barrique's, coffee will be a big part of the presentation. Next meeting is September 25, 2018.

Marcia talked about the Friends events occurring in September which is National Senior Center Month.

Molly Dean (???) from Agrace Hospice was our speaker. She talked about the Hospice and Palliative work that is done in and out of the center. A year ago, the Grief Support Center opened at 2906 Marketplace Drive. Several members went there following the meeting to tour that facility.

Tuesday, July 24, 2018, 2 p.m.

Fitchburg Active Women's Group Minutes

Present were 20 Active Women for this meeting.

There was a social hour from one until two before the meeting.

There were no new members at this meeting.

Badger Prairie Needs Network serves lunch on the first and third Saturday of the month. The food is donated from Epic and afterward, you can take home leftovers if you bring your own containers. A donation is always appreciated.

The following people had birthdays in July, Carol Q, Kathy and Ruth. We wish you a happy birthday.

Some of us have been doing some traveling this last month. Judith was in Washington D.C. with her grandson and had a good time. Karen was in LaCrosse and will be going to Ireland next month. Ruth attended a Hardy Plant garden, Bookworms Gardens at the UW Sheboygan campus. It has areas named after children's books. Rita indicated there are several gardens to be visited through the Hardy Plant Society; she can share information if you are interested.

Kathy visited Lake Michigan area.

Last month several went to visit Lavender Fields around Baraboo. Three farms were visited and lunch was at the Village Cafe. Everyone had a good time.

Carolyn had a facial at KB Salon and recommends others visit Dana at the salon.

Marcia told us about two volunteer opportunities for Friends of Fitchburg. This is an Ice Cream over Labor Day weekend, September 1-3 at Epplegarden. The second is Grandfather's day on September 9. If you are interested you can contact Marcia or Mandy.

Carolyn would like to send cards to people if they are ill or any other reason. If you would like to be included, you can send her your address.

The program was Joanne Berg, the owner of Mystery To Me Bookstore. The store has about 40% mysteries with a mix of other books. She has had the store for five years that is on Monroe street. James Patterson gave her a grant for children's books that are available at the store. She presented a variety of books she has available at the store. Her web site is www.mysterytomes.com for information about the store. You can access an event schedule online.

Next meeting: Tuesday, August 28 at 2 p.m. with social hour from 1-2 p.m. The program will be Molly Dean, Agrace Volunteer Coordinator.

Submitted by Sandy Ermis

Fitchburg Active Women's Group

Tuesday, June 26, 2018, 2 p.m.

Fitchburg Active Women's Group Minutes

Present: Barbara Rotman, Beverly Davis, Carol Quam, Joan Armbrrecht, Judith Hirsch, Judy Nichols, Kathy Sosnouski, Linda Gorchels, Maria Griskavich, Mary Cochems, Mavourneen Kelly, Patti Row, Ruth Hale, Josie Pedons, Kathy Peck, Helen Brown, Lucy Gorbachora, Carolyn Hook and Sandy Ermis

There was a social hour from one until two before the meeting.

Lucy Gorbachora is a new member from Russia. she has been here for four years and has been coming to Madison for many years.

The following people had birthdays in June, Kathy, Carolyn, Mavoureen and Sandy.

Judy traveled to Washington D.C and enjoyed time spent with family at the National Zoo.

Sandy, along with Jean D. Judy B and Sharon T. were all part of a tour of Scandinavia.

Kathy reminded us there will be a travel show July 10 at 1 pm to present the Panama tour and Jekyll Island in Georgia. There will be two more presentations with additional travel opportunities in September or October and another one in January.

Last month some members did a tour of the Flower Factory with a tour by the owner since it rained.

On July 12 there is a lavender fields tour for those who would like to go. We can carpool from the Senior Center, leaving at 9 am.

Today's program was Bev Davis teaching us about how to write our memoirs. Why should we do this? to pass on our stories. This is not an autobiography, but a dialogue to tell a story. Her saying is "show not tell". Several presented their memoirs, all of which were interesting and full of feeling.

Next meeting: Tuesday, July 24 at 2 p.m. with social hour from 1-2 p.m.

Submitted by Sandy Ermis

Fitchburg Active Women's Group

Fitchburg Active Women's Group Minutes - May 22, 2018

Coffee and Social Hour from 1:00 - 2:00 P.M. in Senior Center Dining Room.

First on our agenda was Patrick Ready, President of the Wisconsin Bluebird Restoration Association, who gave a wonderful talk and slide show of backyard birding. Patrick presently can be found at Wild Birds Unlimited on Old Sauk until June. He shared some of his photography of birds with us on beautiful cards. Following his presentation, we had an interesting question and answer period.

After Patrick's presentation, we began our monthly meeting. Eighteen women were present. One new member, Kathy Peck, told us a little about herself, including that she is a Fitchburg resident and has recently retired.

Marcia noted that new members for the Friends Board were being sought. The Friends Board is the fundraising arm of the Center. Interested applicants should contact Jill McHone for an application.

Carol Quam and Carolyn Hook recently returned from two weeks in Israel, and gave a short report on their travels.

Senior Center Newsletters will be available next week.

New Activities were reported with an upcoming trip to The Flower Factory in Stoughton and lunch following at the Sugar River Pizza Company on County M. Interested members will meet in the lower parking lot of the Senior Center on Wednesday, May 30th ready to carpool at 10:00 A.M. There will be a guided tour of the many greenhouses.

Our June program is our very own Bev Davis. Bev will be talking about Memoir Writing, and has asked for volunteers to write a short memoir, with help from her tips on a handout entitled Writing Our Stories. Should be a lot of fun. Our next meeting is Tuesday, June 26th.

The meeting concluded at 3:30 P.M.

Submitted by Carolyn Hook and volunteer Mary DeVaal

Tuesday, April 24 2018, 2 p.m.

Fitchburg Active Women's Group Minutes

Present: Anne Becker, Barbara Rottman, Bev Davis, Carolyn Hook, Jean Cohee, Jean Damrow, Joan Armbrecht, Judith Hirsch, Judy Broad, Judy Nichols, Kathy Sosnowski, Linda Gorchels, Marcia Griskavich, Mary DeVaal, Nancy Keeney, Patti Row, Ruth Hale, Sandy Ermis, Sharon Trimborn and Wendy Wornson.

Program: The program this month was presented by Dr. Laura Konopaki, from Body Wave Chiropractic Wellness. She told us about how she does chiropractic and it is not by "bone cracking". The opening question was "Who wants to be healthy? Who wants to be healthier than last year?" For anyone interested in an introductory session one is first Wednesday of each month at her office at Triverton Pike Drive.

April Birthday(s):

Jean Cohee celebrated during the month.

Recent Activities:

Joan and Ruth did breakaway walking during one of our few nice April days off of Wingra Drive.

New Activites: On Friday in the dining room there will be an origami workshop to sow milkweed seeds to help sustain our Monarch butterfly population. This is the only plant to sustain the Monarchs.

Anyone looking for a volunteer activity, help is needed in the kitchen on Wednesdays.

There is a Jazz concert on Friday.

The travel committee said there is still space available for the Pacific Coast, Albuquerque Balloon Festival, Opryland in December or the Iceland tour. Brochures are available in the hall by the front desk.

The committee for the Christmas luncheon will be on Tuesday, December 4. Some discussion was had about location and collecting money and determined the committee would decide for us.

Next meeting: Tuesday, May 24 at 2 p.m. with social hour from 1-2 p.m. Speaker will be Patrick Ready, President of the Wisconsin Birds Unlimited.

Submitted by Sandy Ermis

Fitchburg Active Women's Group

Tuesday, March 27 2018, 2 p.m.

Fitchburg Active Women's Group Minutes

Present: Ruth Hale, Marcia Griskavich, Judy Nichols, Monica Launder, Karen Hanson, Jean Cohee, Roxann Jensen, Karen Julesberg, Jeanie Sieling, Mavourneen Kelly, Judith Hirsch, Joanne Danielsen, Joan Armbrecht, Gail Schauer Linda Gorchels, Helen Brown, Rita Thomas, Wendy Wornson, and Sandy Ermis

Program: Our program was presented by Khiang Seow, the TaiChi instructor at the Fitchburg Senior Center. He explained the basis of the origin and how it is practiced in China starting at age three and practiced daily in school and life. Several questions were answered followed by a demonstration of the basic standing posture and a silk reeling demonstration.

Recent Activities:

Marcia, a member of the Fitchburg Senior Center Friends told us the attendance at the Pancake Breakfast served 580. As a reminder there is an election April 3. Judy inquired about the Easter Egg hunt in the park. Monica teaches Yoga at the Senior Center. Karen J. said there is a library program on April 21 about aging and also Words by Steven Sodheim on April 20. Jeanie said the libraries fundraiser, Books and Bets is April 14. The library has books for sale to purchase on your honor at the foot of the stairs on the first floor. Joanne D. and Sandy both volunteered at the Pancake Breakfast. Jan A. said she enjoys the Egg & I breakfast get together. Linda likes the Mystery Book club. Helen has tried pickleball. Rita was asking for information on the start of the Fitchburg library.

Next meeting: Tuesday, April 24 at 2 p.m. with social hour from 1-2 p.m.

Submitted by Sandy Ermis

Fitchburg Active Women's Group

Tuesday, February 27, 2018, 2 p.m.**Fitchburg Active Women's Group Minutes**

Present: Bev Davis, Bonnie Schmidt, Gail Schauer, Jackie McGough, Jean Cohee, Joan Armbrecht, Kathy Sosnouski, Lindy Bass, Lucy Lasseter, Marcia Griskavich, Marina Simon, Mary Cochem, Monica Launder, Nancy Pizza Company. The men's group arranged a tour to WPT and invited the women's group to attend. They saw the production area, sets and a panel of four newscasters. Keeney, Rita Olin, Wendy Wornson, Sandy Ermis and Carolyn Hook

Meeting:

Mary C. had a birthday in February.

The March issue of the Prime Time was available.

Recent Activities:

Several enjoyed the Chocolate tour to Gail Ambrosia's, the Madison Chocolate Company and the Chocolate Caper with lunch at The Sugar River. The men's group arranged a tour to WPT and invited the women's group to attend. They saw the production area, sets and a panel of four newscasters.

New Activities:

Carolyn asked about travels during the previous month and upcoming trips. Gail had been to Maui, Lindy is going to Australia, Jackie and Mary C. are going to Spain and Kathy has been to Chicago and Minneapolis.

The Pancake Breakfast is March 18. Some volunteer positions are still open. If you are available to volunteer, you can contact Mandi at the Senior Center.

The Madison Knitter's Guild at the Alliance Center March 16-18 with some classes and variety of yarn.

Ladies Must Swing will be March 4 at the Wyndham Hotel from 1-3, Sunday. Cost is \$25.

Program:

Guest: Economic Development Michael Zimmerman Director of Fitchburg

Carolyn will soon be sending information for a tour of chocolate shops in the area for February 15 to include a lunch. Look for an email soon with more information. The February meeting program is with a member of the Fitchburg Development Office, telling us about the past and present Fitchburg.

Program:

Mary Lou introduced Margaret Hutnik, vice president of the The Friendship Force of Wisconsin-Madison chapter, along with Lise Fkofonic. This organization was started in 1977 by Wayne Smith; Madison chapter was started in 1978 and now has 130 members. Local and the international chapters offer exchanges and journeys to meet people and make friends of differing cultures. Exchanges are about a week and can be booked with other clubs to extend your travel.

Madison activities include a book club and workshops on exchanges. The International Festival will be held in February this year at the Overture. Membership is \$30 and year with an international fee of \$165 if you choose. Your stay is free with your host and some meals. Activities are planned. The daily cost may be \$150 plus your travel to the site.

Submitted by Sandy Ermis
Fitchburg Active Women's Group

**Fitchburg Active Women's Group
Meeting Minutes**

Tuesday, October 24, 2017, 1:00 p.m.

Present: Over 20 members

Next meeting: Tuesday, January 23, 2018 at 2 p.m. Social time at 1 p.m. in the dining room.

Meeting

Instead of a monthly meeting, over 20 members enjoyed a potluck luncheon. No regular meetings are held in November and December.

On Tuesday, December 5, a Christmas luncheon will be held at Babe's on Schroeder Road, beginning at 11:30 a.m. Thanks are extended to the planning committee.

Reminder

A person is needed to take notes of the Active Women's Group meetings beginning in January 2018. Any questions about this important volunteer activity can be directed to Marcia G.

Submitted by Marcia Griskavich
Fitchburg Active Women's Group

Fitchburg Active Women's Group Meeting Minutes

Tuesday, September 26, 2017, 2 p.m.

Present: Carol T., Jeanie S., Rita O., Barbara R., Kathy, Patti, Ruby, Joan, Gail, Nancy, Sandy, Mary D., Sharon T., Mary Lou, Martha, Sharron H., Barb V., Susan, Jane, Inge, Carol, Mavourneen, Lindy, Judy B., Ruth, Linda, Wendy, Marcia

Guest: Diane Fronek

Next meeting: Tuesday, October 26, 2017, at 12:30 p.m. for set up. This will be a potluck luncheon, which will be enjoyed at 1 p.m. Watch for an email from the planning committee. There will be no business meeting.

Meeting

New members included: Martha, Ruby, Rita O., Sharron H., Barb V. and Inge. Welcome to them all.

Several birthdays were celebrated in September.

The September issue of the Prime Time News was available.

There was some discussion about the email which Carolyn sent out recently in which she encouraged members to design and print business cards which could be passed out at the October gathering. Since there was some confusion, members were advised to watch for further emails from Carolyn.

The holiday luncheon will be held on December 5 at Babe's on Schroeder Road. Watch for more information to be issued about this.

Regular meetings of the Active Women's Group are not held during November or December, due to the holidays. The first meeting of 2018 will be held on Tuesday, January 23, 2018 at 2 p.m.

Recent Activities

The Horicon Marsh adventure was organized by Rita T. Those who attended enjoyed their day, although the wildlife was missing. Only one bald eagle was seen. The water

was smooth and the tour guide was very good. More wild life could be seen if people visit around Mother's Day weekend. Lunch at Ginger's was enjoyed by all.

Upcoming Activities

Carolyn is organizing a trip to the Little French Bakery scheduled for Wednesday, November 8. The number of people who can be accommodated is limited, so send Carolyn an email soon: chook@charter.net

Sharing

Several events occurring at the Senior Center were discussed. The Annual Travel Show will be held at 2 p.m. on Wednesday, September 27. The Fitchburg Senior Center Friends works with travel companies to encourage travel among community members. Five tours will be offered in 2018. Door prizes will be awarded.

Also on September 27, members can take advantage of the final Restaurant Wednesday at HyVee Market Grill, which is offering a 20% discount on breakfast, lunch or dinner. A coupon is available at the front desk. This is not a fund raiser. The restaurants are merely showing their support of Fitchburg seniors by offering this discount in celebration of National Senior Center Month.

Thursday, September 28, the Meet, Greet & Eat Senior Social will begin at 4 p.m. Food, beverages and prizes will be available. Stay to watch the Packer vs. Bears football game at 7:25 p.m. on the new wide-screen TV.

Jeanie S. announced that the Friends of the Fitchburg Public Library will be holding their fall book sale on October 20 and 21. If you have books to donate, take them to the front desk; do not put them in the book drop. If you have a lot of books, park in the garage under the library and get a cart to roll them to the desk. Encyclopedias, textbooks and magazines are not accepted.

A person is needed to take over in January 2018 to take notes of the Active Women's Group meetings. Any questions about this important volunteer activity can be directed to Marcia G.

Program

Aerobics teacher, Diane Fronek, spoke to the group about Balance. The fear of falling leads to a loss of confidence. Poor posture can increase the chance of falling. Walking is good, but it's not enough. A total body workout will improve a person's body strength. Together the group performed three simple exercises: Ankle exercises, squats and curtsy-type lunges.

Yoga and Tai Chi are good activities to improve balance. A person needs to find an activity that she will enjoy, and do regularly. Regularity is essential to maintaining strength.

Diane distributed a brochure titled: "Take Action and Prevent a Fall" which recommended that we 1. Begin regular exercise; 2. Have our vision checked; 3. Review our medication; 4. Make our home safer.

She suggested calling 211, which is the number for United Way, who can refer you to organizations which can assess the safety of your home. Independent Living and Project Home are two organizations that can help you do things such as put up hand rails and grab bars.

If you need equipment in your home such as a walker, commode, cane, etc., the Fitchburg Senior Center can help fill that need.

Diane recommended signing up for exercise classes offered by the Senior Center each week. See the Prime Time News for details about these classes.

Submitted by Marcia Griskavich
Fitchburg Active Women's Group

Fitchburg Active Women's Group Meeting Minutes

Tuesday, August 22, 2017, 2 p.m.

Present: Paula, Nancy, Jane, Barbara R., Sandy, Judy N., Mary C., Joanne, Joan, Mary M., Barb, Bonnie, Jackie, Susan, Carol Q., Carol T., Mavourneen, Ruth, Jo, Carolyn, Marcia

Next meeting: Tuesday, September 26, 2017, at 2 p.m., preceded by a social at 1 p.m.

Meeting

New members, Paula and Jo introduced themselves. Both are retired teachers.

No birthdays were celebrated in August, but Susan and her husband will celebrate their 50th anniversary in a few days.

The September issue of the Prime Time News was not available.

Diane Fronck, who leads exercise classes here at the Senior Center, will give a presentation at the September meeting.

Recent Activities

None occurred recently.

Upcoming Activities

Rita has invited members to join her on a pontoon boat ride on Horicon Marsh on Thursday, September 21, with a rain date of Friday, September 22, from 12:30 to 2 p.m. Horicon Marsh is the largest fresh water cattail marsh in America. The cost is \$12, payable on the day. Carpool transportation and lunch arrangements will be made soon. Departure will be from the Senior Center parking lot. Quite a few people have signed up already, but there doesn't seem to be a limit. Contact Rita, if interested. Mosquito spray may be needed.

Sharing

Mary C. asked for volunteers to sign up to help the Fitchburg Senior Center Friends over the Labor Day weekend at Eplegaarden serving ice cream cones and on Grandparents' Day serving food at their snack stand. Both are fund raisers for the Friends, and the shifts are for only a couple of hours each.

Marcia reminded members that the Mayflower Value Tour which departs on April 14, 2018 for Natchez and other historical cities offers a \$150 discount per person if you sign up before August 31st. . The stops include St. Louis, Springfield and Vicksburg, and will be of special interest to anyone who loves blues music. Brochures can be found in the racks near the Senior Center office.

The September issue of Prime Time News will have an insert describing all the events celebrating National Senior Center Month.

According to the August Prime Time News, a meditation class will be offered. There is curiosity about this class, but no one has heard any details. So we will all have to pick up the September issue of PTN to learn about it.

Program

Laughter is the best medicine. A video snippet was shown of the "I Love Lucy" episode when Lucy and Ethel are working in a candy factory. They can't keep up with the conveyor belt which leads to mayhem. Everyone recalled the episode, but laughed at it again.

Following that, most members shared one or two jokes. Several jokes were about going to heaven, others about a baby named Violet, the pastor's donkey, a Scotsman, Ole & Lena, Ole & Lars, an engineer, a lawyer, Sherlock & Watson, a priest & a rabbi, a banana & a pill, an elderly man & his young date, a grandpa croaking... The winning joke was Jane's as follows:

Two very active seniors, Jacob, age 92, and Mary, age 89, living in Fitchburg, are very excited about their decision to get married. While on a stroll in the neighborhood, they discuss their wedding. Along the way, they pass Walgreen's. Jacob suggests that they go in as he has some questions. Jacob asks the man behind the counter, "Are you the owner?"

The pharmacist answers, "Yes, what can I help you with?"

Jacob replies, "We live in the area and are about to be married. I'm just wondering if you sell heart medication?"

Pharmacist: "Of course we do."

Jacob: How about medicine for circulation?"

Pharmacist: "All kinds."

Jacob: "Medicine for rheumatism?"

Pharmacist: "Definitely."

Jacob: "How about suppositories and medicine for impotence?"

Pharmacist: "You bet."

Jacob: "Medicine for memory problems, arthritis, and Alzheimer's?"

Pharmacist: "Yes, a large variety. The works."

Jacob: What about vitamins, sleeping pills, Geritol, antidotes for Parkinson's disease?"

Pharmacist: "Absolutely."

Jacob: "Everything for heartburn and indigestion?"

Pharmacist: "We sure do."

Jacob: "You sell wheelchairs and walkers and canes?"

Pharmacist: "All speeds and sizes."

Jacob: "Adult diapers?"

Pharmacist; "Sure...how can I help you?"

"Well," Jacob replies, "We'd like to use your store as our Bridal Registry."

Submitted by Marcia Griskavich
Fitchburg Active Women's Group

Fitchburg Active Women's Group Meeting Minutes

Tuesday, July 25, 2017, 2 p.m.

Present: Jackie, Jane D., Jane, Kathy, Mary C., Jacqueline, Rita, Lindy, Jean D., Phyllis, Sandy, Carol Q., Joanne, Joan, Susan, Barbara R., Carol T., Jean C., Mavourneen, Nancy, Bonnie, Carolyn, Marcia

Guests: Terri, Jean, Carol, Jackie

Special Attendee: Jill McHone, Fitchburg Senior Center Director

Speaker: Peggy Brooks

Next meeting: Tuesday, August 22, 2017 at 2 p.m., preceded by a social at 1 p.m.

The topic of the next meeting will be "Laughter is the Best Medicine."

Meeting

New members, Gail and Bonnie were welcomed.

Jill McHone, Director of the Fitchburg Senior Center, introduced herself to everyone. She received a well-deserved round of applause.

Kathy, Carol Q. and Jean celebrated birthdays in July.

The August issue of the Prime Time News was available.

Recent Activities

Rita hosted a brunch in her garden on a nice sunny day. Twelve members attended and enjoyed her garden and the brunch foods that attendees brought.

Carolyn entertained nine members in her gazebo, serving cookies and lemonade. They had to huddle in the middle of the gazebo as the rains came down.

Upcoming Activities

Jean C. and Karen are planning the holiday party. Mark your calendar for Tuesday, December 5 for this luncheon which will take place at Babe's Bar & Grill on Schroeder Road. More information will be forthcoming.

Sharing

Mary C. informed the group that there are several upcoming Fitchburg Senior Center Friends events which will require volunteers to help with. September is National Senior Center Month. She passed around sign-up sheets for the Ice Cream Social at Eplegaarden on all three days of Labor Day Weekend, when volunteers will scoop ice cream to visitors; Grandparents Day at Eplegaarden on Sunday, September 10, when volunteers will serve food at the Snack Shack, and the Meet, Greet & Eat Senior Social on Thursday, September 28 at the Senior Center from 4 to 7 p.m. Look at your calendar to see when you can volunteer.

Marcia played a short video of the Mayflower Value Tour which departs on April 14, 2018 for Natchez and other historical cities. The stops include St. Louis, Springfield and Vicksburg, and will be of special interest to anyone who loves blues music. Sign up before August 31, 2017, to receive a discount of \$150. Brochures can be found in the racks near the Senior Center office.

Program

Peggy Brooks, a friend and neighbor of Jane D., was introduced by Jane. Peggy shared her experiences of getting into condition to take part in marathons, including the Ironman. She began by just walking, then doing a walk-run routine, and finally running. After completing her first 5K race, she joined a marathon training group. Her first marathon was in 1994, and has now completed 70 of them. Her goal has been to run a marathon in all 50 states. She still needs to compete in eight of them. Entry fees have gone from \$500 to \$800 per race since she's been involved.

The first part of a marathon requires wearing a wetsuit which gives the swimmer buoyancy. Peggy described how to get into a wetsuit. A swim cap and goggles complete the outfit. The swimmer must swim 2.4 miles, around a course marked by buoys. At the end, there are people who help a swimmer get out of their wetsuit.

Peggy then quickly gets into a biking outfit. She powders the inside of her bike shoes, wears padded bike shorts, a shirt, a bike helmet to protect her head, sunglasses to protect her eyes, and gloves to protect her hands. Riders eat while riding—snack bars, energy bars, banana, etc., and drink Gatorade. The biking portion of a race is 112 miles long. Riders must be finished biking by 5:30 p.m. or else they are eliminated. There are lots of rules, and referees ride motorcycles near the riders watching. To get a penalty, a rider may have littered, swore at or were rude toward a volunteer, or incurred some other infraction. A rider may be required to spend time in a penalty tent, which serves as a bit of a rest, too. But they can not use the port-a-potty. This lost time is added to the contestant's final time. Every 15 miles, there is an aid station. And there is a medical tent at the end.

The running portion of the race requires a change of shoes. She might change other clothes after the biking, but may only change her socks. She also wears a cap. She puts on a race bib, but also has her number written on each arm and each leg. Also on her leg, they write her age. She gets a "special needs bag" at the 56th mile which contains food and beverages, but often by that time nothing tastes good.

Peggy has had a couple of calamities during her training. One time, she fell in front of Jane's house, breaking her leg. It was January. After that, she resolved to never run outdoors in winter. Last summer, while training for the Wisconsin Ironman, she had a bad bike accident where she went over the handlebars and landed very hard—her upper body receiving most of the injuries. She was lucky that an ER nurse was riding with her that day. She was glad she was wearing her road I.D. bracelet. She wasn't able to compete in that Ironman. After each of her accidents, she has had to start her training over from the beginning. She's done a couple of half marathons since her last accident.

Weather conditions play a big roll in a marathon—especially heat, rain or wind. Peggy showed the group some of the medals she's accumulated. Those and the sense of satisfaction in completing a marathon are the "payment" the competitors receive.

Submitted by Marcia Griskavich
Fitchburg Active Women's Group

June 27, 2017
Tuesday, AWG Minutes

Carolyn Hook called the meeting to order at 2:00 p.m.

Welcome to the 3 new women that joined the group. Happy Birthday to Sandy, Mavourneen, and Carolyn, all celebrating June Birthdays.

Activities: Driftless Historium was visited in Mt Horeb during the month. Although it is not finished they welcomed visitors and gladly showed them around. They had great exhibits.

Couples Dinner Club met at Mariner's Inn. Bev Davis is working on setting up the restaurant for the July Couples Dinner Club. Please watch for her announcement.

Women's Brunch meets at the Egg & I on the second Monday of every month at 10:00 a.m. Those that would like to join should email Bev Davis at bevdavis@aol.com or call 608/467-3990.

Lela McGee will be at the Verona Public Library on July 13, 6:30 p.m. to introduce you to Essential Oils. All are welcome.

Beginning Wednesday, July 19th, for six weeks, Think Divinely Women's Summer Devotional Study at City Church on E. Buckeye Road. Call 221-1528 or Carolyn Hook for additional information.

You may have noticed the name Dr. Laura Konopacki, a chiropractor, listed in /the Prime Time. A person that has seen Dr. Konopacki, describes her as gentle, and she does not use a lot of force while working on you. They have been pleased.

Almond Milk" class? Carolyn Hook will be sending out an email with more information and asking if there are persons interested in learning how to make Almond Milk.

For the June meeting, we were asked to bring a picture of ourselves as a child. The pictures were displayed on a table with a number below the picture and the members tried to match the child picture with the adult that brought the picture. We had lots of good laughs. This was not an easy task.

July 25, is the date of the next AWG meeting. Remember we meet the 4th Tuesday of the month. Social hour from 1:00 – 2:00 p.m. before meeting.

July meeting, Peggy Brooks, friend of Jane Davis, will talk to us about her participation in the Ironman.

Immediately following the meeting, Marcia Griskavish will be showing a six minute video on a Mayflower bus trip on an April 2018 Mayflower bus trip, which includes Natchez, Vicksburg, Springfield, IL and St. Louis. Marcia will have all the detail about the trip.

Marcia Griskavich's (who is the current AWG recording secretary) tenure will be ending in August. Please seriously consider this three year position. Let Carolyn Hook know immediately if you are interested.

Submitted by:

Mary K. DeVaal

Fitchburg Active Women's Group Meeting Minutes

Tuesday, May 23, 2017, 2 p.m.

Present: Jane, Kathy, Mary C., Mary D., Roxann, Karen, Jean, Phyllis, Sandy, Carol, Joanne, Joan, Karen, Marina, Barbara R., Vicki, Linda, Mavourneen, Bev, Ruth, Carolyn, Marcia

Next meeting: Tuesday, June 27, 2017 at 2 p.m., preceded by a social at 1 p.m.

The topic of the next meeting will be "When you were young." Please bring a photo of yourself when you were less than 6 years old. Members will try to guess who is who.

Meeting

New members, Joan and Vicki were welcomed. Vicki is part of the Uke group, but decided to attend our meeting once a month.

The June issue of the Prime Time News was available.

Recent Activities

Mary C. organized a group to attend a detective dinner event which was held at the Doubletree Hotel. Eight members attended, but the dinner event was open to about 100 people. The dinner included three courses during which attendees were given more clues. Phyllis and Jane also attended. Mary correctly guessed who the murderer was.

Bev has organized a monthly brunch for Active Women's Group members. These gatherings occur on the second Monday of the month at 10 a.m. at the Egg & I. Contact Bev to reserve a spot for June 12. She makes a reservation ahead of time.

Bev also reported that the couples' dinner group went to New Glare's recently.

Upcoming Activities

Carolyn passed around brochures announcing the Mount Horeb Area Arts Association Spring Art Tour, June 2-4. For more information and a map, go to: mhaaa.org

Sharing

Mary C. and Kathy advised the group that there are mini-travel shows coming up in June. The first is on June 8. The Travel Committee of the Fitchburg Senior Center Friends is also considering sponsoring a holiday trip in November or early December to either Nashville or San Antonio. Several members expressed interest in learning more.

Program

Virginia Thain and Kelly Jacobson of the Fitchburg Police Department answered questions and made many suggestions about how to be safe. If a woman is going out at night, be sure to park in a well-lit area. Do not leave your car unlocked, even when parked in your garage. Don't leave valuables visible in your car. Perpetrators do not want to bring attention to themselves, not even to break a window in a car. Avoid walking on trails alone. Be sure to tell someone where you're going and when you'll return. Leave your valuables at home. Should a person fight back? It depends on the situation. Scream—use whatever you have available to scare off a bad person.

Bev has a small siren which has a piercing sound. Jane says a dog poop bag can be used as a weapon.

Never give credit card information to someone who calls you on the phone, even if they say your grandchild needs it.

Malls are getting scarier. There is gang activity on the weekends, sometimes involving guns. Don't go in the evening. Some crime has been committed around the Apple store.

Packages left on a person's doorstep are not being stolen in Fitchburg. Door-to-door solicitors are required to have permits in the city.

A car fob panic button can be used as an alarm, even from inside your home.

Robbers are usually looking for cash, jewelry and drugs, going through master bedrooms and bathrooms. Heroin addiction has become a major problem. Addicts need cash to support their habits.

What (crime) Madison has, Fitchburg also has. Shootings are usually targeted. There are gangs at West High School, and there are gangs at Verona Area High School. Gangs start recruiting at the middle school level. The location of most crime in Fitchburg is in the Greenway Cross and Anton/Jamestown areas where there are many apartment buildings.

To get police attention if driving, flag them with your arm, or turn on you flashers.

When your car is in a parking lot, check under it before approaching it, check the back seat, and avoid parking next to a van. Garage doors close at their own pace, so check to make sure no one came into the garage with you. This is especially true in underground parking lots.

Contact the Fitchburg Police Department when you're going to be gone for an extended time. There is an online form that can be filled out. The police officer will walk around your home, checking to see if things look normal. They don't check the doors, but look for broken windows and anything unusual. This is an intermittent check, not a scheduled one. But the officer will log the check. Also, inform your neighbors.

We can help by being willing to volunteer at schools such as Leopold School, where after school and summer programs are held. The Boys & Girls Club is also helping children keep busy. Talk to your alders about your concerns about crime.

Submitted by Marcia Griskavich
Fitchburg Active Women's Group

**Fitchburg Active Women's Group
Meeting Minutes**

Tuesday, April 25, 2017, 2 p.m.

Present: Jane, Mavourneen, Barb K., Karen, Judy N., Kathy, Mary Lou, Patti, Barbara R., Lindy, Mary D., Mary C., Mary R., Jean, Sandy, Ruth, Nancy, Jacqueline, Wendy, Lela, Carolyn, Marcia

Next meeting: Tuesday, May 23, 2017 at 2 p.m., preceded by a social at 1 p.m.

The topic of the next meeting will be "Self-Defense for Women."

Meeting

No new members were in attendance, but a visitor from Ottawa, Canada joined us. We wished Jean Marie a happy birthday which occurred this month.

Carolyn thanked Wendy for conducting the meeting last month.

The May issue of the Prime Time News was available for pickup.

Recent Activities

Kathy took a day trip to Milwaukee with a "LaVerne and Shirley" theme, sponsored by the Fitchburg Senior Center Friends. It was a lot of fun. She recommended checking out the day trips. Flyers are available near the office.

Upcoming Activities

Beyond the Pages is a program sponsored by the Fitchburg Public Library which several members have enjoyed. On Thursday, April 27th, at 6 p.m. at the BTC Auditorium, 5445 E. Cheryl Parkway, a program based on the book: Born Survivors will be presented. This program is being co-sponsored by the Fitchburg Senior Center. Copies of the book are available at the library or at the Senior Center.

Madison City Tours will be offered beginning in June, between 9 a.m. and 5 p.m. Carolyn encouraged members to plan this as an activity. It could be a couple's activity. Contact Carolyn for more information and to plan this as an activity.

Mary C. will be taking a group to a detective dinner event this coming Saturday. She'll report back next month.

Sharing

Concerts at McGee will begin on June 19 at 6 p.m. Members may pick up a magnet at City Hall with all the concerts listed, to serve as a reminder.

"Fiddler on the Roof" will be performed at City Church, 4909 E. Buckeye Road, April 28-29, and in early May. Most performances are at 7:30 p.m. The cost is only \$10. There is a website—just google Fiddler on the Roof Madison.

Carolyn shared a flyer for a trip to Israel in May 2018.

Several members recommended the movie, "Hidden Figures," which will be shown by the Senior Center on Friday, May 26 at 12:40 p.m.

The City of Fitchburg is offering a Fitchburg Agricultural Route (FAR) Bike Tour on Saturday, May 20, 2017 beginning at 10 a.m. at Marketplace Drive and the Badger State Trail. Registration is required, as is a trail pass. Helmets and water are recommended. This will be a start and stop type of bike ride, so would not be considered exercise for more avid bikers.

The Arboretum is showing its colors, with magnolias blooming. The lilacs are just starting to bloom. Now is a good time to see the beauty of the Arboretum.

Rita Thomas and friends hold a plant sale in May at her house on Cheryl Drive, a block west of Fish Hatchery Road.

On Saturday, May 20, at 1 p.m., Dr. Lucas Graves will present a "Brief History of Fact-Checking" at the Fitchburg Public Library, based on his book Deciding What's True: The Rise of Political Fact-Checking in American Journalism.

Lela invited members to come to her house to learn about natural bug repellants on Tuesday, May 16 at 2 p.m. She lives at 5701 Modenaire St. Call her at 332-0996 for more information. This will be a bad year for ticks.

A program on growing tomatoes in Dane County will be presented at Sequoya Branch Library tomorrow night. Other gardening programs will be presented on other dates. Registration is required.

Program

The theme for this meeting was "Lovely Loot." Members brought in their excess books, jewelry, dishes, scarves, etc., to allow others to take home. Anything left over will be donated to St. Vincent de Paul. Refreshments were served.

Submitted by Marcia Griskavich
Fitchburg Active Women's Group

Fitchburg Active Women's Group Meeting Minutes

Tuesday, March 28, 2017, 2 p.m.

Present: Jane, Mavourneen, Susie, Kathy, Mary Lou, Beth, Patti, Sharon, Judy B., Marina, Barbara R., Susan, Jean, Sandy, Ruth, Wendy, Marcia

Next meeting: Tuesday, April 25, 2017 at 2 p.m., preceded by a social at 1 p.m.

The theme for the next meeting is "Lovely Loot." Everyone is invited to bring their excess books, jewelry, dishes, scarves, etc., that you are ready to pass on to someone else who will love what you no longer want. Anything left over will be donated to charity. The Agrace Thrift Store was mentioned as a possibility, since it is a Dane Buy Local member business. Refreshments will be served.

Meeting

In Carolyn's absence, Wendy conducted the meeting.

The April issue of the Prime Time News was available.

Two new members were welcomed. Susie is a life-long resident, but recently cut back her work hours, so will have more time to be involved. Beth moved from Stevens Point about a year and a half ago.

An interesting program on Thursday, April 27th, at 6 p.m. will be presented at the BTC Auditorium, 5445 E. Cheryl Parkway based on a book: Born Survivors. Copies of the book are available at the library or at the Senior Center. More details can be found in the Prime Time News on the first page.

Remember to vote on Tuesday, April 4th.

Recent Activities

None reported.

Upcoming Activities

Members discussed and shared what they knew about the Senior Center's bicycle club. David has set this up in the past and communicated the arrangements. See page 4 of the Prime Time News and contact David with questions.

Bev Davis is sending an email regarding forming a women's breakfast group. She has decided it will be held monthly on the second Monday of the month at 10 a.m. at the Egg & I, who will reserve a room for the group. This idea originated with the Men's Group.

Sharing

Judy B. reminded the group that there are travel opportunities sponsored by the Fitchburg Senior Center Friends. One does not have to be a regular Fitchburg Senior Center visitor to take advantage of these trips. Sign up with your whole family, if you'd like. A shorter trip to the Wisconsin Northwoods in mid-August needs travelers to sign up soon or it will be cancelled.

Sharon informed members that there are also day trips to sign up for. More day trips will be announced soon.

Program

Colin Murray, the Executive Director of Dane Buy Local, described what the organization is, what it does, and who their members are. With 600 members, Dane Buy Local is one of the largest "buy local" groups in the country. The organization's footprint includes Dane County plus all the counties contiguous to Dane County. Milwaukee County has a similar organization, but Dane has been around longer—since 2004. The mission includes: collaboration, education and promotion between smaller businesses. He named several local companies in Fitchburg who are members, as is the City of Fitchburg. One of their activities that we've all heard of is Small Business Saturday, the Saturday after Thanksgiving, the day after Black Friday. Colin distributed to the attendees their annual guide. A new one will be available in May. They have a website which can be used to find a business to meet a buyer's needs—danebuylocal.com Dane Buy Local derives income through memberships which are based on a sliding scale. Sixty-five percent of their members have 5 or less employees.

There are many reasons to buy local: You want a business to stay in business; Cuts down on the transportation cost of products; Keeps the Madison area unique; Having unique businesses improves the quality of life; Keeps the money here in the community which affects the tax base; Supports local jobs. The perception that a product will cost more than if you buy it from a big box store is not necessarily true. Look for the Dane Buy Local sign in store windows.

Submitted by Marcia Griskavich
Fitchburg Active Women's Group

**Fitchburg Active Women's Group
Meeting Minutes**

Tuesday, February 28, 2017, 2 p.m.

Present: Mary C., Mavourneen, Bev, Judy N., Nancy, Wendy, Jane, Ann, Barbara R., Karen, Lindy, Rita, Sandy, Roxann, Jean, Ruth, Carolyn, Marcia

Next meeting: Tuesday, March 28, 2017 at 2 p.m., preceded by a social at 1 p.m.

Meeting

At the next meeting, the program will be a presentation on "Dane Buy Local." Come to learn how to better support our community.

In preparation for the April meeting, members are encouraged to think ahead about the program which is being called "Lovely Loot." Everyone is invited to bring their excess books, jewelry, dishes, scarves, etc., that you are ready to pass on to someone else who will love what you no longer want.

No new members attended this month.

The March issue of Prime Time News was available for pick-up.

Recent Activities

A number of members joined Carolyn at Penzey's Spices to tour the store and make purchases. Lunch was enjoyed at La Brioche.

Upcoming Activities

Mary C. has organized a group to attend the Dinner Detective (interactive Murder Mystery Dinner Show) at the DoubleTree by Hilton Madison, 525 W. Johnson St., Madison, WI 53703 on April 29th. It includes a 5-course meal. People will receive assignments to play a part in solving a mystery and are encouraged to dress accordingly.

Sharing

Barbara R. informed the group that the Madison Knitters' Guild will be holding its annual gathering at the Alliant Center March 17-19.

Mary C. was asked by Judy B. to remind the group that there are travel opportunities coming up, sponsored by the Fitchburg Senior Center Friends. However the number of available seats is dwindling. A couple of the travel companies are returning to visit the Fitchburg Senior Center to talk about the scheduled trips and answer questions, especially the short trip to the Wisconsin Northwoods in mid-August. The company conducting this tour takes people to interesting out-of-the-way places. This one will include a visit to a Finnish heritage site where everyone will be served a Finnish meal. The other tours are the California Rail Discovery in September and the Cuba tour in late

October. More information is available in the Prime Time News. There are also day trips to sign up for. See the special insert in the March issue of Prime Time News.

The Fitchburg Public Library Book Sale will take place on Friday and Saturday, March 17-18.

The Fitchburg Senior Center Friends will hold its Pancake Breakfast on Sunday, March 19 from 8 a.m. to noon at the Fitchburg Senior Center.

The Charlie Parker event which was to be held at the Library last Saturday had to be cancelled due to illness. It has not been re-scheduled yet.

A science rally will be held in downtown Madison on Saturday, April 22nd for those who want to be actively involved. Last Saturday, there was a health care justice rally.

Program

Many of the members in attendance shared a story about a first love. This occurred anywhere from 5th grade through college. These crushes included: passing notes in school, being stared at when actually he was looking at the girl next to you, smiling at each other without exchanging words, being driven to the movies by a parent, a motorcycle man, being younger than he thought you were because of a college sweatshirt, stealing a first kiss, ice skating, sledding, Sadie Hawkins dance partners, auburn hair, Rob Orbison, walking home from school together, holding hands for the first time, skipping classes, being taller than most of the boys, and having nicknames for each other. The members enjoyed strolling down memory lane, after which we all ate cakes provided by Roxann and Carolyn continuing the celebration of Valentine's Day.

Submitted by Marcia Griskavich
Fitchburg Active Women's Group

Fitchburg Active Women's Group Meeting Minutes

Tuesday, January 24, 2017, 2 p.m.

Present: Terry, Sharon T., Karen, Mary Lou, Mavourneen, Linda, Marsha, Barb P., Wendy, Roxann, Nancy, Barbara R., Kathy, Jane D., Wanda, Evelyn, Joanne, Judy B. Carol Q., Sharon, Susan, Sandy, Mary C., Mary D., Lela, Carolyn, Marcia

Guests: Mandi Miller from the Fitchburg Senior Center; Meg Sirchio, co-owner of Perennial Yoga

Next meeting: Tuesday, February 28 , 2017 at 2 p.m., preceded by a social at 1 p.m.

**The group activity for the February meeting, since it is the month of Valentine's Day, is to write a paragraph about your first love. Please come prepared to share.

Meeting

New leader, Carolyn Hook, introduced the Active Women's Group Program Committee: Carol Q. Jane, Sharon T., Judy Broad and Mavourneen.

Mandi Miller spoke to the group about needing volunteers for a couple of essential services provided at the Senior Center. She needs to find a nurse to perform blood pressure checks on Thursdays, from 10:30 a.m. until noon. She would like this to be a weekly service. More than one person may take turns. Contact Mandi if you are interested at 270-4293.

Mandi also needs a diabetic foot care volunteer. This person helps the nurse who actually performs the foot care service. This service is offered one time a month, on the third Friday, from 8 a.m. until noon. Contact Mandi if you are interested.

Carolyn advised the group that members will be very active this year, distributing a list of ideas for activities. To schedule an activity, big or small, members may use the membership email list to announce plans.

New name tags, some with pins, others with lanyards, were available. Having the paper name sheets placed on the table in front of each member helps Marcia to record the minutes correctly.

New and newer members were welcomed: Wanda, Evelyn, Terry, Mary Lou, Linda and Marsha.

The February issue of Prime Time News is not available yet, although it is available online.

Recent Activities

The Christmas luncheon was held in early December at Benvenuto's. About 25 members attended. A Christmas carol game, provided by Mavourneen, was played.

Eight members attended a U.W. women's hockey game organized by Kathy. The team won their game.

Upcoming Activities

Mavourneen asked the members whether there was interest in learning more about tick borne illnesses. Much interest was shown. She will make the arrangements and inform everyone of the date and time, probably sometime during the spring.

Jessica Michna has a new schedule of appearances, and these will be shared with the group as they come up. She is already scheduled to appear as Laura Ingalls Wilder at the Senior Center on Friday, February 17 at 12:40 p.m.

Sharing

Sandy informed the members of a volunteer opportunity that she has gotten involved in, and one that is looking for more volunteers. LEEPS is the acronym for Language Enriched Exercise Plus Socialization. A volunteer receives training to work with individuals with memory loss or dementia on a one-to-one basis. The activities include strengthening exercises, verbal exercises and mental activities. To have your name included on a list of possible volunteers to contact, call 608-649-5795. Sandy's commitment is once a week for about an hour.

The Travel Committee of the Fitchburg Senior Center Friends has scheduled a short trip to the Wisconsin Northwoods in mid-August. Judy Broad wanted the members of Active Women's Group to know that anyone who makes their downpayment for that trip by March 15 will receive a \$50 discount on the cost of the trip. This trip was especially designed for us, and 25 people are needed, or the trip will have to be cancelled.

Judy also informed members that several mini-travel shows will be scheduled soon. Keep an eye out for this announcement. Brochures describing the day trips are available across the hallway from the extended trip brochures. If someone knows of an individual who would like to take one of the day trips, but doesn't have the means, that person may apply for a scholarship which will cover half the cost of a day trip.

Rita (who was absent) and Jane want people to know that if the Spanish class is to be offered, six students need to be enrolled. Sign up now.

Program

Kathy explained how she came to embrace yoga and introduced Meg Sirchio, co-owner and manager of Perennial Yoga located in the Agora Center.

Meg explained that she chose the name Perennial because she finds that working in her garden to be meditative and serene. Yoga, which means yoke or union, allows one to return to wholeness, get quiet and remember, focused on the real source within oneself. The goal of yoga is equanimity and achieving peace.

Classes are 60 to 75 minutes long. Beginning classes are offered, as are Yin classes. A new student package is available: 30 days for \$45. Their website is: perennial-yoga.com or call 608-288-8448.

An Easy Yoga Plus class will be offered at the Fitchburg Senior Center beginning in February on Tuesdays. See the Prime Time News for details.

Submitted by Marcia Griskavich
Fitchburg Active Women's Group

Fitchburg Active Women's Group Meeting Minutes

Tuesday, October 25, 2016, 1 p.m.

Present: 32 members

Next meeting: Tuesday, January 24, 2017 at 2 p.m., preceded by a social at 1 p.m.

Meeting

In lieu of a meeting, a potluck luncheon was held to honor and thank Kathy for over seven years of leadership. Kathy was surprised by the outpouring of good cheer, with a lovely fall floral arrangement, being serenaded by the ukulele players and singers, and other gifts.

New member, Evelyn, was welcomed.

Copies of the November issue of Prime Time News were available.

Recent Activities

None reported this past month.

Upcoming Activities

An email will be sent to all members soon regarding the Holiday Luncheon on Monday, December 5 at Benvenuto's. The room size is limited to 30. Those attending should arrive at 11:30 a.m., menu orders will be taken at noon.

Remember: Active Women's Group does not meet in either November or December because they would fall too close to the holidays.

Sharing

None reported this month.

Program

None this month.

Submitted by Marcia Griskavich
Fitchburg Active Women's Group

Fitchburg Active Women's Group Meeting Minutes

Tuesday, September 27, 2016, 2 p.m.

Present: Bev, Mary Lou, Wendy, Joanne, Ruthann, Mary C. Judy N., Lindy, Susan, Rita, Carol Q., Roxann, Barbara R., Sharon, Marina, Nancy, Judy B., Jeanie, Anne, Karen, Amy, Kathy, Marcia

Next meeting: Tuesday, October 25, 2016 at 2 p.m., preceded by a pot luck luncheon at 1 p.m.

Meeting

New members, Mary Lou and Ruthann, were welcomed.

At last month's meeting, the new coordinator of the Active Women's Group, Carolyn Hook, had asked for a volunteer to serve as back-up when she is out of town. Wendy has volunteered to serve in that capacity. Thank you, Wendy.

Jane Davis has volunteered to join the program committee. Thank you, Jane.

Copies of the October issue of Prime Time News were available, and a number of upcoming events were noted.

A Core Class will be offered on Thursdays beginning in late October. See page 2 of the newsletter for more information.

Zumba Gold is moving to Thursdays in late October. More information can be found on page 2 as well.

The next Learning Annex will be on Tuesday, October 18 at 2 p.m. The topic will be the History of the Badger Army Ammunition Plant near Baraboo. This should answer any questions about the expansive property visible from US Highway 12. See p. 2 of the newsletter.

Jeremy and his staff from FACT will present a workshop on the Apple iPad on Wednesday, October 26 at 10:30 a.m. Call the center to register as space is limited.

The movie to be shown on Friday, October 21 at 1 p.m. will be "Hunt of the Wilderpeople." Amy has seen this movie and was touched by it. It is set in New Zealand. Some members have seen "Sully" in the theater and recommend it.

Judy B. talked about the Travel Show which will be presented on Thursday, September 29 from 2 to 4 p.m. in the dining room. The travel committee is working with three travel companies to provide trips of varying lengths, and to interesting places in the U.S., and one to Cuba. If you miss the show, brochures are available near the center's front desk.

Four members of the Friends of the Fitchburg Senior Center Board of Directors are completing their terms—all of them members of the Active Women's Group. Four new members will begin their three-year term in October. They include three members of the Active Women's Group.

The recently held "Meet, Greet & Eat" event sponsored by the Friends of the Fitchburg Senior Center was enthusiastically praised for bringing in people new to the center, and for thanking everyone who already utilizes the senior center.

Recent Activities

Lindy explained how she organized a trip this month to see a play at American Players Theatre, ordering the tickets back in February in order to take advantage of the early-purchase discount. Attendees saw Oscar Wilde's "An Ideal Husband."

Carol Q. organized a trip to the Stoughton Opera House to see a musical group similar to Peter, Paul and Mary, called Small Potatoes. Tickets were only \$15. They ate dinner at Halverson's, and noted that they take reservations on Friday night for any size group. She commented that the seats at the Stoughton Opera House are quite hard, so it's suggested you bring a pillow. This activity was planned more at the last minute than Lindy's, which also works well when planning activities for the group.

Upcoming Activities

Carol Q. sent an email shortly before this meeting, but reminded us, that prior to the October 25th meeting, we will have a pot luck Harvest Luncheon, at 1 p.m. in the usual meeting room. A sheet was passed around asking members to indicate what (other than dessert) each would like to bring to the pot luck.

An email will be sent to all members soon regarding the Holiday Luncheon on Monday, December 5 at Benvenuto's. The room size is limited to 30, so watch for that email to arrive.

Remember: There are no regular meetings of the Active Women's Group in either November or December because they would fall too close to the holidays.

Sharing

Jeanie announced that the Friends of the Fitchburg Public Library will hold its fall Book Sale on Friday and Saturday, October 21 and 22. They received a significant donation of military history books in excellent condition, which may be of special interest to fans of military history. Someone asked how to donate books to the library: Donations should be brought to the circulation desk at the library.

Another event at the library will be held on Saturday, October 8 at 1:30 p.m. The topic is: All That Glitters: A Sparkling Romp through 100+ Years of Costume Jewelry by Ann Koski. This is a fundraiser for the library. The admission charge is \$10.

Lindy thought she saw that Jessica Michna will be coming in December to the library to give a presentation.

Lindy passed around flyers about a fundraiser for the families affected by the explosion in Fitchburg near the corner of Cheryl Drive and Fish Hatchery. There will be a pig roast by Larry, who has done pig roasts for the Senior Center in the past. This will take place on Saturday, October 22 at Tower Hill Park Shelter, from noon to 2:30 p.m. The cost is \$10 for adults, \$5 for ages 10 and under. All proceeds will go to benefit the fund that's been established at Summit Credit Union for the Fitchburg Explosion Fund.

Nancy mentioned that the Stoughton Public Library will have a fundraiser with Elvis Presley tribute artist Tony Rocker performing on Saturday, October 15 at BBG's, 800 Nygaard St. Tickets are \$30 if purchased ahead of time, \$40 at the door. It starts at 4:30 p.m. with a social hour, followed by a buffet dinner and performance by Tony Rocker.

Program

Bev described how she got into memoir writing. It all started 21 years ago, when she realized that as she was getting older, there were stories about her life that she wanted to share with her children and grandchildren. Through her church, a group of 8 women started meeting in each other's homes to share what each had recently written. She has used several books to teach herself about memoir writing, which along with others are available at the public library: Writing Life Stories by Bill Roorbach (1st and 2nd editions); Writing from Within by Bernard Selling; The Story of Your Life by Dan Wakefield. About 12 years ago, they started attending the Chautauqua Institution in Chautauqua, New York, for a week of writing. Over the years, they've met many famous authors including Amy Tan, Joyce Carol Oates, Jane Pauley and her husband, Garry Trudeau, and Ann Patchett.

Different people have different motivations for writing their memoirs. Some intend from the outset to publish their memoirs, while others see it as therapeutic, and others simply want to pass on their stories to future generations.

Some writers work chronologically in their memoirs, but that doesn't work for Bev, who is currently trying to organize her 21 years of writing by theme. She recommends that a

person find a comfortable place to write on a regular basis. When she starts a new topic, she doesn't concern herself with good grammar or punctuation, which will get cleaned up in a final draft. She wants to tell a story with enthusiasm and colorfully. She likes to include conversation, recalling it as best she can, writing it in the nature of the person who's speaking. She uses poetry at times to tell her story.

Bev advises writers to put their name and the date on their work, so if anyone finds it, it will be attributed to the correct person. Bev eventually prints what she's written, on single pages and slips the sheets into protective sleeves. She has several 3-ring binders of her writing.

Bev recommends joining a group to get feedback and to hear each other's stories. In a group of writers, a prompt is often used to get everyone writing. However, while writing about one thing, other memories come back, so she keeps a note pad handy to jot down that new idea.

Bev read her story of a Spanish Dancer doll, Cynthia, which she received as a Christmas gift many years ago. Her friend, Mary Lou, read her story called "Blind Date." Bev also read a story about her 95-year-old father and his great grandson, called "Gardening."

Submitted by Marcia Griskavich
Fitchburg Active Women's Group

Fitchburg Active Women's Group Meeting Minutes

Tuesday, August 23, 2016, 2 p.m.

Present: Ruth, Lindy, Joanne, Bev, Judy B., Sharon, Karen, Jean, Amy, Judy B., Carol Q., Lela, Laurelle, Martha, Jane, Mary D., Sandy, Carolyn, Sue, Mary C., Carol T. Mary R., Nancy, Wendy, Kathy, Marcia

Guest speaker: Tegan Stringfield, Fitchburg Public Library Electronic Services Librarian

Next meeting: Tuesday, September 27, 2016 at 2 p.m., preceded by a coffee social at 1 p.m.

Meeting

New members, Nancy, Martha, and Laurelle, were welcomed. Martha and Laurel came to the meeting with Ruth. Nancy is a member of a local book club.

Copies of the September issue of Prime Time News were not available in paper form, but will be soon. However, the online version is available today. A number of upcoming events were noted.

An AARP Driver Safety class will be offered in October. Some insurance companies give a discount to seniors who have taken this class. Check with your insurance company. Contact the senior center to register. AARP members pay only \$15 for the class. Non-members are charged \$20. See page 4 of the newsletter for details.

An Easy Yoga Plus class will be offered starting Tuesday, September 13. See page 2 of the newsletter for complete information. Ruth recommends this class to all.

The next Learning Annex will be on Tuesday, September 20 at 2 p.m. The executive director of the Henry Vilas Zoo will be the guest speaker.

David Hill will teach a workshop on how to record over-the-air TV programs on Wednesday, September 28 at 10:30 a.m. Be sure to register for this class.

Over Labor Day weekend, volunteers of the Friends of the Fitchburg Senior Center will be serving ice cream at Eplegaarden. Donations will be accepted. A sign-up sheet was passed around to solicit volunteers.

To celebrate National Senior Center Month, come to the center on Thursday, September 22 from 4 to 6:30 p.m. The Fitchburg Senior Center Friends invite everyone to attend the "Meet, Greet & Eat" event, highlighting the activities that go on at the Senior Center. Hors d'oeuvres & beverages will be provided. This event is intended to encourage new people to visit the center, and to give back to all the people who already participate.

The annual Travel Show will be presented on Thursday, September 29 from 2 to 4 p.m. in the dining room. The travel committee is working with three travel companies. If travel arrangements are made for any tours with these companies, it is acceptable to mention Fitchburg Senior Center so that a percentage of your travel dollars will come back to support the Friends of the Fitchburg Senior Center.

Sharon informed the group that she is in the process of planning six one-day trips for 2017. Stay tuned for further details.

Bev reported that the Couples Dinner Group will not be dining at Charlie's as named in the newsletter, but rather at the Gastropub on Monroe Street. She will email all members.

The AWG Program Committee will be meeting soon to finalize plans for future meetings. They intend to keep us busy. Next month, Bev will lead us in a memoir writing exercise, something she has enjoyed for many years.

Kathy announced that starting in January 2017, Carolyn Hook will facilitate the Active Women's Group. She would like some one or more than one to assist and fill in when she is unable to be at a meeting. Contact Jill McHone if interested. It has been decided that the facilitator shall have a 3-year term limit.

Recent Activities

No activities were planned for August. Kathy related that in past years, AWG has had upwards of 20 activities per year. In 2016, there have been only 4.

Upcoming Activities

Lindy has organized a trip to see a play at American Players Theatre in September. She will be emailing all those who purchased tickets with final arrangements.

Sharing

Jane displayed her recent finds at the newly opened craft shop called Wayward Apple Gifts. It is located near Laredo's and Rolling Pin Bakery. She purchased doll clothing that will fit American girl dolls with Badger and Packer themes, and other nifty things. The merchandise changes constantly. Their website is: www.waywardapplegifts.com

Related to that, Kathy mentioned that the speaker from Dane Buy Local at the last Learning Annex advised attendees to stop frequently at local shops, because they need our business to stay in business.

Our guest, Tegan Stringfield, from the Fitchburg Public Library, provided everyone with a handout covering various social media apps: Facebook, Twitter, Instagram, Pinterest, Snapchat, including some of the vocabulary terms used with each.

Facebook is great for keeping up with friends and family. You can post personal photos and videos.

Twitter allows people to comment on current events and follow topics or people that are of interest to you. The message is called a Tweet. Hashtags (#) mark keywords or topics in a Tweet. A Handle (@) is used before a user's name to direct a Tweet or Retweet at that user.

Instagram allows a person to post photos with comments or comment on others' photos. One must be using a smart phone or tablet, not a computer. It too uses @ and #. You can connect your Instagram to Facebook. Once posted to Instagram, you can not edit a photo; you must do that before posting. Instagram has fewer ads than Facebook.

Using Pinterest, you create boards of things that interest you, such as crafts or recipes, captured as pictures from websites. You can remove them later. You can send pins to others, or have a private board.

Snapchat allows you to send photos or videos to others that last 10 seconds or less. It is an app you can only use on a smart phone or a tablet.

Tegan was asked about WhatsApp, which is a way of sending text messages over the internet without phone service. This could be of use in traveling in foreign countries.

As far as safety, privacy and security, Tegan recommended having strong passwords, such as 4 random words, and to think before you share anything. Review the privacy policy at each site. With some apps, when you first register, your personal info is public. You need to change the settings so make it private or to limit access to friends only.

Tegan walked us through some of the features of the online library services, such as downloading a book to your device. Located under “eLibrary” at the library’s website, you can download audio books, eBooks and eMagazines. You can also perform research by selecting “databases by subject”. Some eMagazines don’t post every article. To read an entire issue, go to EBSCOHost. To search Ancestry, you must be in the library.

Mango allows you to learn a foreign language while sitting at your computer or device. There are 72 languages currently available.

Tegan frequently holds technology workshops at the library. Check the library calendar, or sign up at the city website for receiving email reminders from the library of adult programming. Tegan will also provide free one-hour one-on-one instructions on any of these technology topics, as well.

Submitted by Marcia Griskavich
Fitchburg Active Women’s Group

Fitchburg Active Women’s Group Meeting Minutes

Tuesday, July 26, 2016, 2 p.m.

Present: Judy N., Joanne, Carolyn, Mary C., Judy B., Sharon, Barb V., Marina, Barbara R., Sandy, Amy, Rita, Ruth, Jean C., Roxann, Carol Q., Judy B., Mary D., Anne, Lois, Lela, Kathy, Marcia

Next meeting: Tuesday, August 23, 2016 at 2 p.m., preceded by a coffee social at 1 p.m. (Reminder: AWG meets on the fourth Tuesday)

Meeting

New member, Lois, was welcomed. Kathy encouraged all members to invite new women to attend our meetings, just as Lois was invited.

The anticipated speaker for today's meeting from Dr. Robertson's office had to cancel. Skin care was one of the topics requested in the member survey taken several months ago. Hopefully, this program will be rescheduled sometime in the future.

Carolyn came up with an alternate activity for us to enjoy at the end of the meeting.

Copies of the August issue of Prime Time News were available for pick-up. A number of upcoming events were noted.

The next Learning Annex lecture will be on Tuesday, August 16 at 2 p.m. The topic is Dane Buy Local.

The Retiree Rebels will discuss Reinventing Your Life in Retirement on Tuesday, August 9 at 10:30 a.m.

If you are interested in volunteering for the LEEPS program, which stands for Language Enriched Exercise Plus Socialization, see page 3 of Prime Time News.

The Aging Mastery Program will be offered again, this time at the Oregon Area Senior Center. Ruth took the classes previously held in Fitchburg and enjoyed the many interesting speakers on various topics related to aging—finances, health, etc. It is a 10-week series of classes and begins on Wednesday, September 7 from 5:30 to 7:30 p.m. There is a cost, but it is reasonable at \$25. A light supper is provided. If interested, sign up soon, as the number of attendees is limited. A special handout describing the program is available with the online newsletter or at the front desk of the Fitchburg Senior Center.

A group of people who enjoy the craft of traditional rug hooking is inviting new members to join them on the 2nd and 4th Tuesday of each month. See page 9 of the newsletter.

The Friends of the Fitchburg Senior Center have several events coming up this fall. Over Labor Day weekend, volunteers will be serving ice cream at Eplegaarden on all three days. Donations will be accepted.

The following weekend, to celebrate National Grandparents Day, volunteers are needed to work at the snack bar. Proceeds from these two events will be earmarked for scholarships so local needy residents can attend programs that have a cost associated with them. Contact Mary Cochem to volunteer to work a shift or two.

On Thursday, September 22 from 4 to 6 p.m., the Friends invite us all to attend the "Meet, Greet & Eat" event, highlighting the activities that go on at the Senior Center. Hors d'oeuvres & beverages will be provided. This event is intended to invite new

people to the Senior Center, and to give back to all the people who already participate. Volunteer to be a greeter at this event.

If only a couple more people sign up for the Arkansas Autumn Foliage bus tour scheduled for October 4-9, the bus will stop for pick up at the Senior Center. The tour is getting full, so make plans now to travel to this lovely fall location.

The annual Travel Show will be presented on Thursday, September 29 from 2 to 4 p.m. in the dining room. Six exciting and interesting tours are being scheduled for next year, including baseball spring training in Arizona, a tour of cities with historical significance, the California coast by rail, Nova Scotia in summer, and a "people to people" tour of Cuba in fall. A tour of the Apostle Islands will be a shorter trip of only 3 nights. The travel committee is working with three travel companies. If travel arrangements are made with these companies for tours other than the ones sponsored by the Senior Center, it is acceptable to mention Fitchburg Senior Center so that a small amount of your travel dollars would come back to the Senior Center.

The speaker at the next Active Women's Group meeting will be Tegan Stringfield from the Fitchburg Public Library who will speak on the various types of Social Media including Facebook, Twitter, Snap Chat. She will go into digital resources, also. This was a topic that was suggested through the member survey taken several months ago. David Hill and Lisa Sanford will also talk about Facebook at a program presented at the Senior Center on Monday, August 29 at 10:30 a.m. You must register for David's program.

Recent Activities

Rita invited members to tour her lovely gardens, and many did. The flowers were really showing off that day.

Mary C. arranged for members to attend one of two performances of "Kinky Boots" at the Overture Center. It was a fun show to see.

Upcoming Activities

No activities have been scheduled for August as yet. Members are encouraged to plan something by simply picking a day and sending an email to all members.

Sharing

Barb V. encouraged members to visit the Blooming Butterflies exhibit currently at Olbrich Gardens. She had a few tickets to give away.

Ruth is planning to take a bi-plane ride. She will let us know if she recommends it.

Marcia reminded members that Tuesday, August 9, is a primary election day. Absentee balloting is available at City Hall now. A photo ID will still be required to vote.

The sunflowers are in bloom at Pope Farm. The location is on Old Sauk Road several miles west of Madison. Amy advised the group that there is more to see than just flowers. The grounds are open from dawn to dusk. Bring your own water bottle.

As a group activity, Carolyn challenged members to identify wild flowers, passing around photocopies of about 35 of them. The winner got to take home a vase of wild flowers that Carolyn had brought in. Most of us were able to identify less than a third of them. Sounds like we need to get out into the wild more with a flower identification book.

Submitted by Marcia Griskavich
Fitchburg Active Women's Group

Fitchburg Active Women's Group Meeting Minutes June 28, 2016, 2 p.m.

Present: 23 Members and Guest speakers from RSVP, Retired Seniors Volunteer Program.

Mary Schmelzer, Driver Services Volunteer Recruiter and Group Projects & Homeworkers Coordinator

Diana Jost, Intergenerational Program Coordinator

Next meeting: Tuesday, Jul 26, 2016 at 2 p.m., preceded by a coffee social at 1 p.m

Meeting Copies of the July issue of Prime Time News were available for pick-up. Kathy welcomed new members, Sandy Turk and Lyn O'Brien, and asked the group if there were any questions pertaining to the July issue. As there were no questions **Other Area Events** were discussed. Kathy mentioned that the Friends of the Library reported a successful book sale. Friday, the first day of the sale provides the best selection but the bag sale on Saturday would be a great idea for gifts. Other events were Jazz Fest, Make Music Madison and Concerts at McKee. The next McKee concert is Monday, July 18th. Oregon summer concert series starts Tuesday July 12 and runs most Tuesday's through August

Past Events: June 8th trip to Governor Dodge State Park to see the lupines and waterfall followed by lunch at Bob's Bitchin BBQ in Dodgeville.

Future Events: Rita's Garden Party June 29th 4:00 PM to dark,
Overture "Kinky Boots" with Mary Cochems July 12th and July 16th
American Players Theater "The Ideal Husband" with Lindy September 11
Madison Restaurant Week July 17-22 includes many reasonably priced lunch options.
Kathy thought this may present a good opportunity to organize an AWG outing.

Today's Program: Mary and Diana spoke to the group about RSVP volunteer opportunities in the Madison area and brought many informative handouts. RSVP is a nonprofit organization that matches volunteers with community service opportunities. Their vision statement describes the organization.

“Build and expand a community-wide network of volunteers and organizations that unite compassionate, experienced adults with meaningful and fulfilling service opportunities which enrich the lives of the volunteers while enhancing support for people in need”

Mary and Diana described volunteer opportunities in RSVP's many programs, Community Connections, Driver Escorts, Home-Delivered Meals and Vets Helping Vets Drivers, Intergenerational (older adults with children and youth), Foster Grandparents, Triad (crime prevention and safety for senior), Bus Buddy & Bus Buddy Tours, and Group Projects/HomeWorkers.

RSVP contacts
Phone: 608-238-7931
Email: Info@rsvpdane.org
Web: www.Rsvpdane.org
Facebook: RSVP of Dane County

Kathy asked the group if they wanted to share any volunteer experiences. Sandy and Sharon talked briefly about volunteer driving and how rewarding they found it to be.

Group News: Kathy announced she will be ending her leadership with the October meeting but remain an active member.

submitted by Wendy Wornson

Fitchburg Active Women's Group Meeting Minutes

May 24, 2016, 2 p.m.

Present: Carolyn, Sue S., Mary C., Barbara R., Barb K., Lynn, Marina, Mary R., Mavourneen, Sharon, Judy B., Lindy, Patti, Amy, Jean D., Mary D., Carol T., Phyllis, Judy N., Roxann, Sandy, Rita T., Carol Q., Wendy, Lela, Kathy, Marcia

Guest speaker: Marianne Jensen, bluebird rescuer and volunteer at Governor Nelson State Park

Next meeting: Tuesday, June 28, 2016 at 2 p.m., preceded by a coffee social at 1 p.m. (Marcia will be absent, so a volunteer is needed to take notes. She'll help this person, if needed, to get the notes ready and posted to the website. Thanks!)

Meeting

Copies of the April issue of Prime Time News were available for pick-up. Kathy called our attention to several things coming up.

David Hill is offering another informative workshop on Wednesday, June 29 at 10:30 a.m. Learn how to record over-the-air television programs using Channel Master Hard Drive.

Dave St. Amant will explain how to use several social networks, like Facebook, Twitter, etc. on Wednesday, June 22 at 1 p.m.

The next Learning Annex lecture will be on Tuesday, June 21 at 2 p.m. Lynne and Bob Diebel of Stoughton will share their experiences of their canoe trip through the Driftless region of Wisconsin.

Although she was absent, Bev wanted to remind anyone interested in joining the Couples Dinner Group, that the next dinner will be on Tuesday, June 21 at 5 p.m. The newly opened Me and Julio's will be the location of that gathering. Contact Bev to get on her list and to make a reservation.

Carolyn said she tried the Zumba Gold class being offered on Friday mornings. Call the instructor for more information. Marcia took the swing classes in April being offered on Friday afternoons. She encouraged others to try the waltz class that will be offered beginning in late September.

Kathy circulated a brochure of Historic Architecture Walking Tours which will begin on June 4. Search online at www.madisonpreservation.org. Organizing an event like this is quite easy to do—simply send out an email to all AWG members after picking a date and a tour to join. The cost is only \$10.

The Verona Area Community Theater will present "Mary Poppins" in June. Search www.vact.org for performance times and ticket prices. Only \$10 for seniors and children.

Current members of the Fitchburg Senior Center Friends, Mary D, Sue S. and Mary C. described the many ways that the senior center benefits from the work of the Friends including raising funds through the pancake breakfast, organizing the recent Pella/Amana trip, and other trips, serving ice cream at Eplegaarden, etc. All funds raised are used to benefit the senior center and the people it serves. It's a 3-year commitment, but a wonderful way to be involved in the community. See page 2 of the June issue of Prime Times News to find out how to apply.

Recent Activities

Sue S. reported on the recent trip enjoyed by 25 people to the Pella tulip festival and the Amana Colonies in Iowa. Stops were also made at the Dubuque Arboretum, Trappist Monastery where wooden caskets are made and shipped around the world and a farm where Shetland sheep are raised. Pella was settled by Dutch immigrants, and their descendants each year display their traditions in their dress, dance and celebrations. There are actually seven Amana Colonies, where they learned about the founding of the colonies and their customs. This tour was organized by Country Travel Discoveries, which was formed by the same company that publishes "Taste of Home" magazine.

Mary C. and others volunteers from the Senior Center have been picking asparagus at Eplegaarden on Mondays and Wednesdays. The crop has really come in, with 125 pounds having been picked the day before this meeting. Eplegaarden has donated its crop this year.

Upcoming Activities

Mary C. sent an email regarding the purchase of tickets to see "Kinky Boots" in July. She needs to get commitments by Friday.

Interested in joining the fall trip to Arkansas and Branson, Missouri in early October? Anyone signing up before June 15 gets \$75 savings toward the cost. See the Prime Time News, page 4, for details.

At the June meeting of the Active Women's Group, we will hear about the RSVP program. Retired and Senior Volunteer Program provides many services in the area. It is a great way to give of your time and talents to help others of all ages. At the July meeting, Dr. Robertson will speak to us.

Save the date for the annual Travel Show scheduled for September 29, from 2 to 4 p.m. in the Fitchburg Senior Center dining room. Judy B. reminded everyone that if you register for a trip with any of the travel companies whose pamphlets are located at the center, please mention the Fitchburg Senior Center, because the Fitchburg Senior Center Friends will benefit from your travels. The companies currently offering this include Mayflower, Collette and Premier.

Sharing

Marianne Jensen, a retired teacher, has volunteered her time for 16 years at Governor Nelson State Park in a program to rescue Eastern bluebirds. This park is for day use only; no camping is allowed. Most visitors are there to enjoy a quiet walk. Marianne passed around a booklet of nature walks and experiences available in all parts of Wisconsin. Her walk is number 54 in the booklet, a copy of which can be found at the senior center. To obtain the information online, visit www.wisconservation.org. The

website for the North American Bluebird Society is nabluebirdsociety.org where you can locate bird nest plans and learn about the effort to bring back these beautiful birds.

Bluebirds are small song birds that use cavity nests. Their season in this part of Wisconsin is from April through September. The males arrive first to pick a nesting place. The female arrives and builds the nest. They feed each other, but after the female lays the eggs and begins to incubate them, he feeds her while guarding the area. They both feed the babies which when born are totally dependent on their parents. In less than 3 weeks, the fledglings are out of the nest. The day of fledging, the parents don't feed them, so the babies are forced to climb out of the nest. Over the next two weeks, the parents teach them how to find food.

After the first batch of fledglings, there may be a second and occasionally a third batch. A new nest must be made of pine needles and grass, so Marianne helps by cleaning out the old debris. Surprisingly, the first brood will help feed the second. When the weather is very cold and might kill the young, Marianne has opened the nest, and using a pancake spatula, inserted a hand warmer under them. That will get them safely through a cold night. Unlike some animals, the birds are not affected by her human smell. The description of how the birds keep the nests clean was quite interesting.

House sparrows, which were brought from England, are quite aggressive and will usurp bluebird cavity nests. Bluebirds need one to three acres to forage for insects. They especially like open spaces—golf courses or your back yard. When Marianne first began volunteering at Gov. Nelson, there were about 60 cavity nests built for bluebirds, which was too many. Last year, there were 26 boxes, with 55 fledglings. Bluebirds live only two to three years, which means that the number of fledglings a female will produce in her lifetime is limited. Bluebirds and chickadees are monogamous, seeking a new mate only if one dies. Other birds, such as swallows, are polygamous.

Everyone enjoyed Marianne's presentation, which included photos, posted and examples of nest boxes.

Submitted by Marcia Griskavich
Fitchburg Active Women's Group

Fitchburg Active Women's Group Meeting Minutes

April 26, 2016, 2 p.m.

Present: Jean, Anne, Mary, Joanne, Jackie, Sandy, Wendy, Barbara R., Barb V., Bev T., Patti, Mavourneen, Lindy, Amy, Mary C., Ruth, Lynn, Marian, Carol Q., Carolyn, Marcia

Guest speaker: Anna Healy, Fitchburg Urban Forester and Naturalist

Next meeting: Tuesday, May 24, 2016 at 2 p.m., preceded by a coffee social at 1 p.m.
Note: This is the 4th Tuesday.

Meeting

In Kathy's absence, Carolyn conducted the meeting. Kathy is traveling in Portugal.

New members: Bev T. and Marian were welcomed.

Barb V. and Jean had April birthdays.

Copies of the April issue of Prime Time News were available for pick-up.

The Couples Group has grown quite large. There might be members who would like to do lunch without their spouses during the year. Perhaps the Tuesday of the week when the Men's Group meets for their monthly meeting would be a good day to schedule a luncheon. Is there a volunteer or two who would like to co-ordinate it???

One of our members has a photo display at the Fitchburg Public Library. Be sure to check it out.

Recent Activities

No activities occurred this past month.

Upcoming Activities

Mary C. asked if there were volunteers interested in harvesting asparagus at Eplegaarden next Monday, May 2, at 9:30 a.m. The owner wishes to donate the crop to the senior center. Harvesters will also get to take some home. Mary will contact those who raised their hands.

Next month, Mary Ann Jensen will speak at the meeting. She will talk about blue birds at Governor Nelson State Park on Co. Highway M north of Middleton. The day after the meeting, she will lead a walking tour at the park. Lunch will follow at the Prairie Cafe.

Sharing

There are several trips coming up that Mary C. reminded members about. A good-sized group is off to Pella, Iowa next week for the tulip festival. The trip to the Canadian Rockies this summer is full. A brochure describing the Mayflower bus tour of Arkansas Autumn Foliage is available in the hall. It departs on October 4, 2016. It includes a scenic ride on a railroad and a dinner cruise among other things. On the return, there will be a stopover in Branson, Missouri for a couple of shows. If 10 people from Fitchburg sign up to go, the bus will pick them up at the Senior Center.

On Saturday, May 21, 2016, there is a bike ride that starts at the Badger Trail at 10 a.m. and makes stops at several historic Fitchburg locales including a local farm, an old mill and old Fitchburg. It is limited to 40 people. (Marcia could not verify this information. Perhaps someone could provide more information.)

If you are frustrated with the political scene since the U.S. Supreme Court ruled that corporations are people and money is speech, contact Ruth at: hale.ruthmarie920@gmail.com for more information. Ruth said she was, so she joined a group called Wisconsin United to Amend. They have a website.

Carolyn alerted members that Rodgers and Hammerstein's "Cinderella" will be performed by her favorite performance group at City Church on Buckeye Road on April 28, 29 and 30. All performances will be at 7:30 p.m., with a matinee on the 30th at 2:30 p.m. Tickets may be purchased online (Google: Cinderella at City Church). Bunky's is not open for dining any longer, as they've limited their business to catering. So Bunky's is not an option if you want to eat before attending the show.

Guest speaker, Anna Healy, Fitchburg Urban Forester and Naturalist, began working for the city of Fitchburg in February. She is currently busy with spring tree planting. Some trees are being moved from Verona Road to McGaw Park where there are older trees that need to be replaced. Park volunteering is an activity that lost momentum over the years. She is trying to revive it, and suggested contacting her if interested at annahealy@fitchburgwi.gov or by phone at 270-4289 on Mondays, Tuesdays and Thursdays. Members can subscribe to Green E-News Blast, a monthly newsletter with upcoming events and sustainability information. Search the city website for past issues of this newsletter.

As residents of Fitchburg, Anna suggested members could help by watering a city tree during a dry spell, putting some mulch around it (which is free at the maintenance facility), contacting her if there is a tree that seems to be in trouble, and by keeping leaves from going down drains in the fall so as to keep phosphorus out of the lakes.

Anna passed around a book titled: Enact: Steps to Greener Living by Sonya Newenhouse. Multiple copies are available at the library. It contains tons of good ideas.

The group was surprised to learn that people dump yard waste into parks, which could spread invasive plants into the parks and woods. Someone asked what she could do with a large rock that is in her yard. Other members suggested putting it on the "Curb Alert" on Craig's List (Google: Craigslist Madison free stuff or curb alert) or use the Freecycle website (Google: freecycle Madison WI)

Anna advised us to be careful what we plant in our yards as some plants may get out of control. She suggested looking at the list posted on the Wisconsin Department of Natural Resources website (wi.dnr.gov look under Education for Invasive Species), also Wild Ones (wildone.org Madison has a chapter) or IPAW (ipaw.org stands for Invasive

Plants Association of Wisconsin). Laura Jull at U.W. Madison, Dept. of Horticulture and Wisconsin State Extension Specialist of Woody Ornamental Horticulture recommends talking to one's County Extension office or Master Gardener volunteer program about home gardening issues.

Anna said the best way to dispose of invasive plants such as garlic mustard is to place them into clear garbage bags, so the plants are heated and killed by the sun. Place the bag in the regular garbage can, not in a compost pile. Dark plastic bags actually promote growth.

Milkweed planting is being promoted city-wide. A group called Monarch Rising (Marcia could not verify this group, but did locate monarchwatch.org) is encouraging monarch butterfly hatching.

On Saturday, May 7, 2016 at Swan Creek Park, the city will celebrate Arbor Day/International Migratory Bird Day beginning at 8:30 a.m. with a bird walk, tree planting with the mayor at 10 a.m., and other activities. The Bird and Tree City recognition will take place at 9:30 a.m. and at 11:30, the monarch wayside installation will occur. Contact Anna for more information.

Olbrich Garden (www.olbrich.org/events/documents/ButterflyPlantList2016.pdf) has a list of plants that are either larval host plants for butterflies or provide nectar for them.

Everyone is familiar with the destructiveness of the emerald ash borer. Fitchburg has about 600 ash trees which are being removed and replaced with a variety of new trees including honey locust, Japanese tree lilac, hackberry, some oaks, plane tree, etc. Anna said that by the time we realize a tree is in trouble, it's really in trouble. This insect is being transported by human activity.

There are invasive jumping worms which eat all the fallen leaves on a forest floor, which is hard on the native plants in the woods. These worms were probably brought into an area when fishing bait was dumped. Mustard mixed with water will tell you if you have jumping worms in your area because they hate mustard.

If you need a tree trimmer, search online at Wisconsin Arborist Association (www.waa-isa.org) for a reputable provider. Searching can be narrowed by county. Oaks need to be trimmed in winter months because oak wilt is carried by beetles attracted to exposed cuts. Be careful of people who stop at your residence and offer to trim your trees.

People are concerned about mosquitos breeding in standing water. It was mentioned that purple martins eat lots of mosquitos, as do bats. People can erect purple martin houses to encourage them to nest in your area.

At the conclusion of Anna's presentation, members shared some ideas for reusing and recycling as follows:

- Use empty toilet paper tubes to clamp around rolls of wrapping paper or for electrical cords.
- Reuse plastic grocery bags in a variety of ways, such as giving them to the local food bank to be reused. Recycle them by placing a bunch of them into another bag and putting them into your recycle bin or into the container at the entrance of a grocery store.
- Use the plastic bags that newspapers come in for dog doo-doo. The Sunday one is larger and often a colored plastic. This can be used as a gift bag if tissue paper is placed inside. Tie with a pretty ribbon.
- Use a fabric sleeve as a plastic bag holder and keep it in a handy place.
- Keep rain gardens doing what they were intended to do by clearing out invasive plants.
- Share plants if you have an over-grown garden.
- Compost more. Keep a small compost bin in the kitchen.
- When in a natural area, be sure to take your trash out with you.
- Take large styrofoam and plastic to the recycling area near the Fitchburg Maintenance Building.
- Packing peanuts can be dropped off at the UPS store. They can also be used in the bottom of a planter, so less potting soil is needed to fill it.
- Packaged air and bubble wrap can be dropped at the Post Office in the Hallmark store to be reused.
- Build a bat house.
- Bike more, drive your car less.
- Fire pit ash when mixed with sand can be used in beds around the cabin up north.
- Goodwill will recycle fabric. When dropping a bag off, just tell them that it is "fabric for recycling." Rather than donating something that would only get thrown out because it is clothing that is not reusable, separate it so it can be recycled more easily.
- Old mattress pads and blankets are good for quilting. Sheets as well.
- Using the reverse osmosis water machine in the grocery store to refill large jugs will cut down on the number of plastic water bottles in our environment.
- Reuse empty cereal or cracker plastic bags like you would use waxed paper.
- Wash your laundry using cold water. Dry for 5 minutes, then shake and hang the clothing to dry completely.
- Collect plastic spoons, especially Culver's blue spoons, and donate them to a food pantry.

The door prize of a fabric bag to keep your plastic bags more organized was awarded to one of our new members, Marian.

Carolyn has a video titled "Plastic Planet" which she will show at her home. She will be contacting everyone regarding a date and time.

Submitted by Marcia Griskavich
Fitchburg Active Women's Group

Fitchburg Active Women's Group Meeting Minutes

March 22, 2016, 2 p.m.

Present: Mary P., Jeanie S., Sue S., Mavourneen, Carolyn, Rita, Joanne, Mary C., Wendy, Barb K., Barb V., Bev, Mary D., Sandy, Lynn, Sharon, Judy B., Anne, Jean C., Ruth, Kathy, Marcia

Next meeting: Tuesday, April 26, 2016 at 2 p.m., preceded by a coffee social at 1 p.m.

Meeting

Copies of the April issue of Prime Time News were not available.

As a reminder, Kathy advised members to mark their calendars for future meetings which always occur on the fourth Tuesday of the month, which is not necessarily the last Tuesday. March has five Tuesdays, for example.

Since our activity today is a coloring contest, Kathy passed around a flyer describing the coloring for adults activity to be held at the Fitchburg Public Library on Thursday, March 31 at 6:30 p.m. Members who enjoy coloring should check this out. All supplies will be provided.

Several members saw Barbara R.'s photo in the Wisconsin State Journal recently. She is currently president of the Madison Knitters' Guild which held it's convention recently.

Recent Activities

No activities occurred this past month.

All members are encouraged to plan an activity. It can be done on short notice, or something planned months in advance. Just send out an email to all members with a date and time of the event, and a deadline for responding.

Upcoming Activities

Lindy sent an email that she is organizing another trip to American Players Theatre near Spring Green to see the Oscar Wilde play "An Ideal Husband." The date she has chosen is Sunday, September 11, 2016. The performance is at 6 p.m., so departure from Fitchburg will occur around 4 p.m. Contact her no later than April 1 if interested at lindymb@aol.com. The cost is \$30.60.

Mary C. asked if there is interest in getting a group to attend Kinky Boots which will be at the Overture Center on July 12-17. The music is by Cindy Lauper who wrote "Girls just want to have fun." She will send an email to all members.

Sharing

The Friends of the Fitchburg Senior Center who have planned a 2-night bus trip to the tulip festival in Pella, Iowa have only a few seats left. In addition to the tulip festival, there will be several side trips, including to the Amana Colonies, a botanical gardens, the monks' coffin factory, a farm, and two nights in Grinnell, Iowa.

Judy B. indicated that in past years, the senior centers from Oregon, Verona and Fitchburg have taken turns planning a couple of day trips, which some seniors prefer. She asked for suggestions, and the list provided by the members was long. It included: Circus World in Baraboo, International Crane Foundation, Penzeys in Milwaukee, Villa Louis in Prairie du Chien, Art in Bloom in Milwaukee, Johnny's Steak House which will demonstrate cooking for 20 people, Underground Railroad in Milton, Rotary Gardens in Janesville, Pendarvis in Mineral Point, Shrine of Our Lady of Guadalupe in LaCrosse, Old World Wisconsin in Eagle. Other ideas may be emailed to Judy at jbst@charter.net

In April, the city forester will speak at our meeting. The April activity will be to share a recycling tip.

As members colored with crayons, markers or colored pencils, we learned that coloring is meditative, creative and centering. In 2014, one million coloring books were sold. In 2015, twelve million were sold. The coloring book was the book of the year. The precipitating event that is believed to have caused of the resurgence of coloring especially by adults is the book, Secret Garden: An Inky Treasure Hunt and Coloring Book by Johanna Basford. Kathy recalled that her husband showed a video in his sciences classes called "Why Man Creates." It was an Oscar winning short documentary and is available for viewing online.

After a half hour of coloring, members voted on their favorite. The prize of chocolate shaped like crayons was awarded to Kathy.

Submitted by Marcia Griskavich
Fitchburg Active Women's Group

Fitchburg Active Women's Group Meeting Minutes

February 23, 2016, 2 p.m.

Present: Robin, Nedra, Jane, Barb V., Carolyn, Barbara R., Wendy, Amy, Barb K., Judy N. Bev, Jackie, Mavourneen, Lindy, Patti, Susan, Sandy, Jean C., Jean D., Anne, Karen, Kathy, Marcia

New members: Barb V., Barb K., Robin and Nedra were welcomed.

Next meeting: Tuesday, March 22, 2016 at 2 p.m., preceded by a coffee social at 1 p.m. Be sure to bring Crayons or colored pencils for the coloring contest.

Meeting

Copies of the February issue of Prime Time News were available.

Kathy pointed out that the Pancake Breakfast which benefits Friends of the Senior Center will be held on Sunday, March 20 from 8 a.m. to noon at the Fitchburg Senior Center.

The Stoughton Norwegian Dancers will perform on Wednesday, March 9 at 10:15 a.m. They are very entertaining.

Bev indicated that couples who wish to join the Couples Dinner Group should contact her. They will be dining at Quivey's Grove Stone House soon.

Mavourneen informed the group that the next movie to be shown at the Senior Center on Friday, March 18, at 12:40 p.m. will be "I'll See You in My Dreams." It stars Blythe Danner, Sam Elliott, Rhea Perlman and Mary Kay Place, and has gotten good reviews.

Marcia recommended signing up for the ballroom dance classes with instructors, Mike and Deb Moe. The classes begin on Friday, April 1, at 1 p.m., and will run through that month for five Fridays. The cost is a very reasonable \$25.

Barbara R. suggests attending the Madison Knitters' Guild "Knit-In 2016" at the Alliant Energy Center the weekend of March 18-20. More information is available at madisonknittersguild.org

The Used Book Sale at the Fitchburg Public Library will be held on Friday, March 18 beginning at 12 noon, and continuing on Saturday, March 19 at 10 a.m.

The Spring Flower Show at Olbrich Gardens begins Saturday, March 5 and runs through Sunday, March 20. It's a wonderful way to anticipate the arrival of spring.

Patti brought in a newspaper article explaining that the owner of the Casa del Sol restaurant is planning to reopen it as a sports bar or something similar. So stay tuned for developments there.

Recent Activities

Kathy arranged for a group to have lunch at the Marigold Kitchen and attend a lecture at the State Historical Museum by author, Kathleen Ernst. She was discussing her recent book titled: [A Settler's Year: Pioneer Life Through the Seasons](#). Kathleen has a blog at:

www.sitesandstories.wordpress.com which explores historic sites—the stories they tell and the stories they inspire.

Upcoming Activities

Mavourneen asked members if there was interest in visiting Ten Chimneys, which was the estate of Alfred Lunt and Lynn Fontanne. The Men's Group had discussed it as a possible place to visit. Quite a few people indicated they were interested. It's located near Genesee Depot, Wisconsin. Their tour season runs from May 3 to December 4. Group rates are available. To learn more about Ten Chimneys visit their website: www.tenchimneys.org There are a number of places to have lunch or dinner nearby.

According to Jane, an ornithologist working at Wild Birds Unlimited might be available to speak to our group. She will coordinate her idea with Carolyn.

Lindy is willing to organize another trip to American Players Theatre near Spring Green. The list of plays being performed this season, as well as the theater in which each will be performed, will be coming out soon. Discounted tickets are available if purchased well in advance.

Sharing

Carolyn shared the results from the survey that the planning committee gathered at last month's meeting. They are:

Talents, Hobbies, Interests: Gardening (3), Writing, Reading (13), Entertaining/
Socializing (2), Musical Theatre, Memoirs, Nature/Walking (8), Bird Watching (2),
Tutoring (2), Sports, Knitting (5), Quilting, Travel (6), Piano, Genealogy,
Flower Arranging, Playing Cards (especially Bridge) (5), Mahjong, Baking,
Exercise (including water exercise & yoga), movies, dogs, local current
events, biking (3), cooking, music, plays, foreign languages, line dancing,
photography, coloring for adults.

Past careers that might benefit the group and a willingness by members to do a program: counseling, teaching, medical, nursing, research, interior decoration, raw food preparation.

Would like to learn more about: Gardening, painting, clay arts, cooking, baking, holiday meal making, cooking with spices, slow cooker recipes, local authors and their books, genealogy, volunteer opportunities in the area, Friendship Force, personal style mistakes, beauty tips, care of aging skin, pedestrian safety, operating Craig's List.

Hearing about travels: The consensus was that it was a good idea, if the talk wasn't too long and was of a place of interest to members.

How long in Fitchburg: Ranges from 2 1/2 years to 44 years (quite diverse!)

More about Fitchburg: New shops, new restaurants, tours, Chasen Museum of Art, Discovery World, local history (Roger Cohee's name was mentioned as good source), business in Fitchburg—old and new, MG&E Training Facility, new buildings south of Library, computer/electronics services, derivation of street names, local points of interest.

Anyone who wishes to offer other ideas for programs may contact the planning committee.

Lindy recalled being involved in ethnic dinners with friends, each preparing a dish to share. Some dinners were Greek, Mexican, etc.

Mavourneen attended two performances by Jessica Michna. In one performance, she portrayed Mary Todd Lincoln; In the other, she portrayed Dolly Madison. It turns out that the two women were related to each other through the Todd family.

The group activity this month of February was a Valentine activity where members shared a Valentine or a Valentine story. A few of them were: Patti brought in her collection of antique Valentines which were originally sent between her grandmother and great-aunts in the early 1900s. Barbara R. had sent members a link to the State Historical Society's online Valentine collection prior to the meeting. Kathy shared a poem by author, Kathleen Ernst, the gist of which was that love between a husband and a wife is often expressed in the ways a spouse makes life better or easier for the other by the things he/she does. Jackie made chocolate covered strawberries and candy hearts, and brought small candy bars for attendees to enjoy. Bev passed around copies of several Suffragette Valentines she located online, from the days before women were allowed to vote. Carolyn brought in and shared the pattern for a Valentine bookmark made from cotton fabric. It could be attached to the corner of a page.

The March activity will be a coloring contest. Everyone is to bring Crayons or colored pencils. A sheet will be distributed to decorate, and someone will win a prize.

Submitted by Marcia Griskavich
Fitchburg Active Women's Group