

Fitchburg Active Women's Group Meeting Minutes

October 28, 2014

Present: Lindy, Susan R., Joanne, Barbara, Anne, Patti, Mary D., Marina, Sharon, Mavourneen, Judy B., Sharon T., Linda, Jane, Roxann, Carolyn, Karen J., Kay, Maggie W., Saron S., Carol Q., Kathy, Marcia

This is the last meeting before the end of 2014. The next meeting will be the fourth Tuesday of January, 2015 at 2 p.m.

Meeting

Copies of Prime Times News were distributed and various items were discussed. Notice that on page 3, it appears that there will be a meeting of the Active Women's Group in November, but this is incorrect. There are no meetings of AWG in either November or December.

Pickle ball will be demonstrated on Tuesday, November 11 at 6:30 p.m. It is similar to tennis but without placing stress on the knees.

The Pig Roast fundraiser which benefits the Senior Center, will be held on Thursday, November 13 from 4 to 6 p.m. The same day, Dine Around Fitchburg, a fundraiser that benefits the library, is also being held at lunch and dinner. So make your plans to help both worthy causes.

The next movie day is Friday, November 21, at 12:40 p.m. when "Chef" will be shown. Cathy reviewed this film favorably.

Pelvic Floor Disorders will be discussed on Tuesday, November 25 at 10:00 a.m. Dr. Heidi Brown, a uro-gynecologist at U.W. School of Medicine and Public Health. When she spoke a couple of months ago, the room was packed with interested listeners. Marcia was one of them. Dr. Brown promised to return to continue the discussion.

Beginners' Spanish II classes will start soon. It is very likely that Beginners' Spanish I will be offered again in the future.

Recent Activities

No recent activities occurred since the last meeting. Even though the group does not meeting during November and December, members may still plan something, and send an email to gauge interest.

Upcoming Activities

Joanne has sent out an email regarding the holiday gathering which will be held at Benvenuto's in their lower level on Tuesday, December 9, at noon. RSVPs are required by December 1. She invites members to volunteer to plan the event in 2015, as the current committee has done it more than once already.

Sharing

Carolyn advised us that Susan from the Little French Bakery, which several members have visited in the past, will have a cookbook signing on December 11 at the Middleton Airport, beginning at 5 p.m.

Mavourneen circulated Jessica Michna's schedule of upcoming events. A couple of members attended a program at the Madison Senior Center where she portrayed Eleanor Roosevelt.

Marina shared that she'd read an article in the Economist magazine that stated that nothing on your computer is private. On that disturbing piece of information, the group welcomed Jeremy Crosby, the Community Media Services Manager at FACTv.

Jeremy provided information on the local access television channels available to us in Fitchburg. Charter has placed the channels at 987, 988 and 989. AT&T Universe locates them at channel 99, with a drop down menu. The 3 channels cover Media, Community and Government. Government meetings are all recorded and often broadcast live. They attend all ribbon cuttings and ground-breaking events.

People who don't have either Charter or AT&T can go to the city website: www.fitchburgwi.us.gov and find FACTv in the bottom right corner of the site to watch programs. A search feature allows viewers to find a program they've missed, such as a Learning Annex programs, concerts or festivals. There is also a survey online to help to make improvements.

FACTv has the equipment and technology to teach video production and has worked with local schools to encourage young people to work in the industry, producing content for broadcast. It is important to think of FACTv when a local event needs promoting.

Old cartoons are shown on Saturday mornings, and old movies at other times.

Jeremy also presented us with information regarding Cyber Safety. October is national Cyber Security Awareness Month. Some of his suggestions include: backing up our data on external hard drives or in the "cloud" frequently. If a friend sends a link via email, call them to ask if they really sent you a link. Their contact

list may have been hacked. To dispose of a computer, pad or phone, use a hammer to destroy the hard drive. When searching online, don't click on pop-up ads. When shopping online, look for the "s" at the end of http, to insure you are in a secure area before using your credit card. Keep a paper trail and monitor your account after an online purchase.

Jeremy provided two websites to check out for more information:

<http://readywisconsin.wi.gov/cyber/default.asp>

<http://datcp.wi.gov>

Submitted by Marcia Griskavich
Fitchburg Active Women's Group

Fitchburg Active Women's Group Meeting Minutes

Sept. 23, 2014

Present: Mary P., Jeanie, Joanne, Marina, Judy N., Patti, Sharon B., Mavourneen, Linda S., Mary C., Lois, Mary I., Carol Q., Sharon S., Carol T., Phyllis, Maggie, Barb W., Jane, Kathy, Marcia

New attendees this month were Lois and Sharon B.

Next Meeting will be held on Tuesday, October 28, 2014 at 2 p.m. This will be the last meeting before the end of 2014, so as not to conflict with Thanksgiving and Christmas.

Meeting

As attendance has grown, it appears we are about to outgrow the meeting room. If needed, we will be allowed to switch to a larger room. This may occur at the very start of a meeting. We also may switch from using pieces of paper with our names on, to using name tags.

Kathy had obtained a rough draft of the October issue of Prime Time News from which she quickly shared highlights.

The next movie day is Friday, October 10, at 12:40 p.m. when "The Fault of Our Stars" will be shown.

A special movie showing will occur on Halloween, Friday, October 31 at 12:40 p.m. The 1919 silent movie "Sunnyside" starring Charlie Chaplin will be accompanied by a pianist and cellist.

On Wednesday, October 8 at 5:30 p.m., the Fitchburg Senior Center, the Alzheimer's & Dementia Alliance of Wisconsin and the Dane County Sheriff's Office will join together to lead a discussion on "Caring for a Loved One Who May Wander."

Acupuncture is now being offered at the Senior Center on Friday afternoons by Matthew Wagner. Contact the center to make an appointment.

The next Learning Annex will be on Tuesday, October 21, at 2 p.m. Dena Duncan of Three Gaits, Inc. will talk about the therapeutic horsemanship program her organization offers to children and adults with disabilities and special needs.

There are a variety of opportunities for exercise, painting with oil pastels, and card making classes, iPad training, and book clubs available at the Senior Center. See the newsletter for more information.

A Bucky Book coupon swap will occur on Thursday, October 30 at 6:00 p.m.

The quilters are looking for donations of cotton fabric, thread, etc. If you've got a drawer full of sewing supplies that you know you'll never get around to using, consider giving it away. Contact the senior center.

An Energy Task Force Team has been formed. Volunteers are available to make simple changes to your home, such as changing furnace filters, cleaning refrigerator coils, etc.

Looking ahead to November, mark your calendar for Thursday, November 13, 4-6 p.m., when the annual Pig Roast Fundraiser will be held.

Recent Activities

Carolyn organized a trip to Wollersheim Winery, with lunch at the Blue Spoon in Sauk City, and a stop at Gloria's Garden. Judy N. and Mary C. reported that it was a nice day. The winery has changed since Mary last visited, with access to the cave and terraced beds around the winery. Their flowers were spectacular. The restaurant provided many tasty choices.

Upcoming Activities

Mary C. is planning to organize a trip to hike at Indian Lake County Park, with lunch somewhere nearby. She always enjoys hiking there in the fall. She will send an email to everyone when she has chosen a date.

Jane is talking to Donna Weihofen about presenting a program on the Mediterranean diet.

Although the group does not meet on the 4th Tuesday of November or December, members are allowed and encouraged to plan an activity during those months.

Kathy has talked with Jeremy from FACT about providing information on internet safety. He also may speak about FACT, the cable channel that provides information and programming specific to Fitchburg.

The last few years, the group has enjoyed a Christmas gathering at a local restaurant. Volunteers are needed to plan the event this year. Benvenuto's may already have us in their calendar for Tuesday, December 9.

Sharing

Recently, Jessica Michna portrayed Helen Keller at the senior center. Mavourneen circulated Jessica's schedule of upcoming events. She will portray Eleanor Roosevelt on Tuesday, September 30, at the Madison Senior Center.

Jeanie reminded us that the October Friends of the Library Book Sale will be held at the Fitchburg Public Library on October 17 and 18.

Mandi Miller, who is familiar to us through her work with the Fitchburg Senior Center Volunteer Program, joined our meeting to speak about her experiences with meditation. She then led us through a meditation exercise of relaxed, focused breathing.

Submitted by Marcia Griskavich
Fitchburg Active Women's Group

Active Women's Group

The August 26th meeting of the Active Women's Group was called to order by Kathy Sosnouski at 2:05 PM with 20 in attendance.

Carol Tiemann was introduced as a new member. Discussion was held on information about membership in the group.

A Fitchburg Senior Center (FSC) Registration form was sent around to be filled out by members if they had not filled one out in the past. Discussion followed.

PAST EVENTS:

Mary DeVaal reported on her Restaurant Week event which was lunch at Bluphies. She explained how she planned the event, emailing members with options and polling the group. She then set the day and place and asked for RSVPs.

Carol Quam organized a trip to Janesville's Rotary Gardens followed by lunch at the Milwaukee Grill. Several members reported on the beautiful gardens and the group meeting the founder and talking with him as he walked the gardens, which he does every day.

Carolyn Hook reported on the trip to the Little French Bakery in New Freedom. They had an extended demonstration of the making of morning buns followed by lunch prepared by the owner. 8 members attended. The owner has published a cookbook which she will be selling and signing at an event in Middleton in December. Carolyn will let the group know the details at a later date.

Kathy Sosnouski had set up a meeting at Lilliana's restaurant for members and spouses for Wine and Tapas special. It was well attended. A jazz musician played during that time.

A movie and lunch outing was planned by Carol Quam and Mary Cochems. 19 members attended the movie "The One Hundred Foot Journey" and then following along the movie's theme, lunched at the Haveli restaurant on McKee Road.

FUTURE EVENTS:

Mavourneen Kelly had expressed interest in attending the ribbon cutting at the Edgewater. Anyone interested in attending with her was asked to sign up at the meeting. She also sent a reminder of Jessica Michna's presentation of Helen Keller on September 18th T 12:40pm at the FSC. She reports her performances are excellent.

A brief review was given on the September issue of "Prime Time News" from the FSC.

Mary Cochems informed members of the Mum Sale being sponsored by the FSC Friends group. It is currently in progress and orders may be placed at the FSC.

Sherry Klinkner announced the Art Guild Tour will be held September 13 and 14. There are 27 artists involved including Sherry. Her display along with two other artists will be at her house. Ten percent of her earnings will go to a program for homeless teenagers.

Carolyn Hook announced the plan for a tour of Wollersheim Winery followed by lunch at the Blue Spoon in Prairie du Sac and then a visit to Gloria's Garden to check out deals on perennials. This will take place on August 27th.

Reminder: Next meeting is September 23rd meeting starting at 2PM. Anyone who has not given Kathy S. an updated email address was asked to please do before leaving.

TRAVEL:

Vicky Ruff reported on her trip to the Pine Ridge Reservation in South Dakota sponsored by Women of Vision of Madison. It was a very heart-felt report of the poverty and negative feedback that these people, especially the women, endure.

Sherry Klinkner is acquainted with the former head of Indian Affairs and will see if she will speak in the future at the FSC. Discussion followed with members relating their experiences.

Kathy Sosnouski told of her trip to East Troy to see the electric railroad and vintage cars in which they were able to ride. She reported that the Elegant Farmer was nearby and a great place to eat.

May Cochems reported on the Road Scholar International program that offers many programs for grand parents and their grandchildren to do together. She told of her great experience with her granddaughter in Portland at the Oregon Museum of Science and Industry.

Judy Nichols told of a language camp in Bimidji that one of her children attended. immersion into the language, no dictionaries or translating permitted.

Meeting was adjourned at 3:35PM.
Submitted by Susan Rossetti

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

July 22, 2014

Present: Mary P., Carolyn, Sharon, Carol Q., Jean C., Karen, Maggie, Barbara, Sharon, Joanne, Judy, Mary D., Anne, Mavourneen, Sandy, Judy N., Ali, Marina, Jeanie S., Kathy, Marcia

New attendees this month were Sandy, Judy N, Sharon and Jeanie S.

Next Meeting will be held on Tuesday, August 26, 2014 at 2 p.m. A substitute is needed to record minutes at that meeting.

Meeting

Jill McHone, Director of the Fitchburg Senior Center, stopped by to share some thoughts with the group. She is looking for a couple of candidates to serve on the Fitchburg Senior Center Friends board. This is a fun group which provides ideas for fund-raising opportunities for the Senior Center so that special purchases can be made to make the senior center even better. Mary D., Joanne, and Mary C. are members and attest to the fact that it is a great way to serve the Senior Center and community. They meet once a month, and it's a 3-year term. Contact Peter Eaton at peter.eaton@att.net or Bob Rottman at robert.rottman@gmail.com for information or to volunteer.

Ten years ago this September, Jill started the REACH Book Club. The idea behind it was to provide Fitchburg residents with a reason to get together even though they don't need the meal program. It's just one of the things that has made the Fitchburg Senior Center extra special. The next gathering will be in September on the 2nd Thursday. Another book club that is available is the I Love a Mystery Book Club.

Bev and Jill recently decided to offer an "As We Age...Women Supporting Women" program. A small group will meet on Wednesdays beginning September 17th, from 3:30 to 5 p.m. in the fireplace room, to share what it's like to age: the changes that occur, the good things, the joyful, the difficult. It will be confidential. Bev has led other discussion groups in the past. This idea grew out of the grief recovery group that she led last year. The size of the group will be limited to 10, and sign-up will be through the front desk. If necessary, a waiting list can be developed. Bev intends to let the group take on a life of its own, without established topics at each gathering. The door will remain unlocked until 5:30 p.m. on Wednesdays.

Kathy circulated a map of bike paths and a map of Fitchburg both of which were available in the lobbies of the library and city hall. She suggests studying the city map to figure out how to get around during the rebuilding of McKee Road/PD, which begins next week. During construction, there will be limited left turns. The

speed limit will be 25 miles per hour. It should be finished at the end of October. The road west of Seminole Highway will be redone in 2016.

Kathy had obtained a rough draft of the August issue of Prime Time News from which she shared highlights.

Register with David for the Indoor Mini Sprint Triathlon which will be held on Sunday, October 26th in partnership with Pinnacle Health & Fitness and Race Day Events. The cost is \$20.

The Writers Group will resume meeting on Wednesday, August 13th, at 1 p.m..

The second concert was held the night before our meeting. Joanne worked serving beer, and stated that the concert was well attended. Beer sales benefit the Senior Center.

The third and final concert will be on Monday, August 18th at 7 p.m., when The Kissers will perform. Food and beverages will be available at 6 p.m. A youth band will perform before The Kissers. Bring your lawn chairs or blankets to sit on.

Mary McCormick-Wixon is a wonderful teacher for anyone interested in learning to paint with oil paints. Classes begin on Tuesday, September 9th. Cost is \$30. For more information, see her email address is in the newsletter.

Other classes being held at the Fitchburg Senior Center include beginning Spanish, Kindle and iPad training. See the newsletter for days and times.

The next Learning Annex will be on Tuesday, August 19th, at 2 p.m. It will be a presentation on the architecture of Frank Lloyd Wright especially as it relates to the Monona Terrace.

The next movie day is Friday, August 22nd, at 12:40 p.m. when "Her" starring Joaquin Phoenix, will be shown.

Come learn about PLATO on Thursday, August 28th at 10 a.m. PLATO is open to anyone who wishes to expand their horizons and to meet people who feel the same way.

There are many volunteer opportunities available through the Senior Center. See the newsletter to find the right fit for you.

The biking club that began in June continues to take a bike ride on Wednesday mornings starting from Fitchburg Cycles. So far, only one woman, Susan, has been riding with the group and she hopes other women will join her.

There are a variety of exercise opportunities at the Senior Center. There's Aerobics with Diane Fronek, Tai Chi, and Zumba Gold. As members agreed, we are fortunate to have these activities held locally, and led by wonderful instructors who want us all to stay active.

A tour of the International Crane Foundation is planned for Tuesday, September 9th, departing at 8:30 a.m. The cost is \$15 which covers the transportation and entrance fee. Everyone needs to bring a sack lunch.

On Thursday, September 18th, Jessica Michna will portray Helen Keller. The program will follow the noon lunch. Mavourneen has seen her portray other famous historical women and recommends seeing her. If you are interested in eating lunch at the center that day, you must call before noon the day before.

Recent Activities

Carolyn organized a group to gather for dinner and attend a comedy called "Leaving Iowa" at City Church on Buckeye Road. Everyone had a good time, even if the evening didn't go as smoothly as she'd hoped. She wrote a story about the week leading up to the night that left our group chuckling. It included chiropractors and carry-out boxes.

Upcoming Activities

A group is getting together to celebrate Restaurant Week on July 24th. The reservations have been made by Mary D. to go to Bluphies.

Carol Q. and Mary C. are leading a group to the Rotary Gardens in Janesville on Friday, July 25th, with lunch at Milwaukee Grill. They have room for a couple more people.

Mary C. and Carol Q. are organizing an outing to see the movie "The Hundred-Foot Journey" which is opening in August, and having lunch at the Indian restaurant, Haveli. The date initially chosen is also the primary election day, at which a couple of members work. Mary and Carol will discuss whether another date would work better and send out an email.

Sharing

Judy N. told us about her shoulder surgery.

Barbara invited interested members to join the Madison Knitters Guild. Membership dues are \$25. A special meeting will be held on Monday, August 11th at Promega's Bio-Pharmaceutical Training Center here in Fitchburg. Non-members are allowed to attend one meeting as a guest. Their monthly meetings always have good speakers.

Flowers were the topic for this month. Several members are also members of the Fitchburg Garden Club. They meet either at the library or at Panera. Membership is only \$5, and expertise in gardening is not required.

Jeanie and her husband turned their front yard into a terraced rock garden. Mavourneen has friends in Minneapolis whose house is referred to as the "hosta house." She also has learned that either during June or July, Hyvee has a \$1 rose sale. Several members related that the Flower Factory, located on Highway 14, sells lots of Hostas and other perennials. It's a great place to visit to get your "flower fix." Kathy used to have a huge garden, but now lives in a condo. She showed a photo of the lupine field she saw at Governor Dodge State Park. Allen Gardens is a great place to visit. Karen Watson-Newlin has beautiful gardens.

The sale of day lilies by the Wisconsin Day Lily Association will be held at Olbrich Gardens on Saturday and Sunday, August 16-17.

Judy N. was in Holland during tulip season years ago and ordered 100 tulip bulbs to be shipped home that were as big as a cereal bowl. She awaited their arrival excitedly imagining how beautiful their yard would be. When they arrived, a note inside indicated that smaller substitute bulbs had been sent instead. She was quite disappointed.

Marina was in Europe and placed seed packets inside a ziplock bag, tucked into a blouse in the center of her suitcase. Bringing seeds is allowed. When she arrived home, they were not where she'd put them. Instead they were found in the outside pocket of her suitcase with a note from TSA indicating that they'd inspected her seeds, found them to be OK, and hoped she enjoyed planting them. She also had a travel experience involving a dog at the airport who smelled the empty apple bag that she had re-used as a shoe bag.

Marina has offered her perennials free to members because she can't take care of them any longer. She will be having her beds re-landscaped in late September. If interested in getting some free plants, call her or email her, to agree to a convenient time, as she needs to be there.

Several members are having trouble with rabbits, ground hogs and chipmunks. As the meeting was coming to a close, each member shared her favorite flower.

Submitted by Marcia Griskavich
Fitchburg Active Women's Group

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

June 24, 2014

Present: Kathy, Susan, Carolyn, Sharon, Carol, Jane, Anne, Phyllis, Karen, Joanne, Mary C., Bette, Lindy, Mavourneen, Jackie, Marcia

Next Meeting will be held on Tuesday, July 22, 2014 at 2 p.m.

Meeting

The July issue of Prime Time News was distributed and discussed.

The summer's first concert at McKee was held on June 16. There was a greater variety of food for sale including kabobs, ribs, sliders, pot stickers, cupcakes and ice cream. The food was located in a different location than in the past. A lot of beer was sold, which benefits the Senior Center. Music was performed by The Big PayBack. They were preceded by a young band which was also very good. It was hard to tell if there were more people attending the concert than in past years because there were families with children enjoying the splash pad and the play ground. Parking was tight.

The second concert will be on Monday, July 21, when Count This Penny will perform at 7 p.m. Food and beverages will be available at 6 p.m. Bring your lawn chairs or blankets to sit on.

Members discussed the Flea Market which occurs on Sundays. It is set up much like a garage sale. Bring your merchandise, new or used, and a table, pay a fee for the day, if you have stuff to sell. Parking is good.

The July Learning Annex is a presentation by the director of Olbrich Botanical Gardens on Tuesday, July 15, at 2 p.m. Looking ahead, on August 19, there will be a presentation on the History of Frank Lloyd Wright and the Monona Terrace.

The next movie day is Friday, July 18, at 12:40 p.m. when "The Grand Budapest Hotel" will be shown. Several members have seen the movie and were somewhat disappointed.

There are many volunteer opportunities available through the Senior Center. See page 2 of Prime Time News. This includes orchard volunteering. The recently planted orchard is located near the parking lot.

On June 26, Fitchburg Cycles is hosting a workshop on bicycle maintenance. The Bike Club will kick off that day at the cycle shop. Members are encouraged to bring their bikes, although a ride is not scheduled.

Recent Activities

Kathy organized a walking tour of Bascom Hill through the Historic Architecture Tours program. The tour went on longer than expected, but the pay-off was a free Babcock ice cream cone at Memorial Union.

Joanne organized a tour of Channel 3 TV station with Susan Siman's. Almost twenty members attended and got front-row seats for the noon news broadcast. We learned how to do the weather in front of a green screen. We saw the area where reporters work as well as where the producers are. A photo of the group was taken, and it will be posted on Channel 3's Facebook page, if anyone wants to "like" it!

Upcoming Activities

Restaurant Week is July 20-25, a couple of people will be organizing a lunch and/or dinner. Watch for emails.

Mary C. is planning to organize an outing to see the movie "The Hundred-Foot Journey" which is opening on August 8. It tells the story of an Indian boy living in France who becomes the culinary apprentice to his father's rival. It stars Helen Mirren. Mary suggested it would be fun to attend the movie and then eat at the Indian restaurant, Haveli. Their lunch buffet costs \$8.95. Ten percent is deducted if you pay in cash.

Carolyn is organizing a return trip to The Little French Bakery for Wednesday, July 30. She recently sent an email to everyone. There are only a couple of spots left and the cost is \$50.

Carolyn asked if there was interest in visiting Wollersheim Winery, followed by lunch at the Blue Spoon, and a stop at Gloria's Garden, all near Sauk City. She will send an email with more information.

Carolyn invited members to consider attending a production of the comedy "Leaving Iowa" which will be performed in the church sanctuary at City Church at 4909 E. Buckeye Road on July 17, 18 and 19 at 7:30 p.m. Tickets go on sale June 29 at \$10 for adults and \$5 for youth. Previous productions by the theatre group have been outstanding. City Church can be reached at 221-1528.

Sharing

Mavourneen briefly described how she broke a bone in her left foot 5 weeks ago.

New attendee, Jackie, is relocating from Ohio to live closer to her daughter and grandchildren. She is trying to find a place she wants to live, but is currently staying at her daughter's. Lindy has been helping with child care of her twin

grandchildren, but now that they will be starting school, she is looking to expand her activities. She and her husband love to bike.

Members were asked what TV programs they like to watch. Most enjoy PBS series. Others enjoy sports. Lindy described using Roku and NetFlix to watch TV on your own schedule.

Submitted by Marcia Griskavich
Fitchburg Active Women's Group

Fitchburg Active Women's Group Meeting Minutes

May 27, 2014

Present: Kathy, Mary P., Joanne, Carol Q., Mary C., Judy B., Karen J., Karen H., Bev, Susan, Patti, Jean C., Kay H., Marcia

Next Meeting will be held on Tuesday, June 24, 2014 at 2 p.m.

Meeting

Preceding the meeting, at 1:00 p.m., Thad Schumacher from Hometown Pharmacy talked about bone health. He recommended that older adults stay active, perform weight-bearing exercise, consume sufficient vitamin D and calcium, and avoid falling. Drugs are available that work to help the body retain the calcium it has, but there are possible side effects. Women over 50 need 1200 mg. of calcium. Thad provided suggestions for preventing falls in and outside our homes.

Thad invited everyone to the spa party at Hometown Pharmacy on Friday, May 30, 2014, from 4-7 p.m. Other merchants at Hatchery Hill are also participating in a celebration.

The June issue of Prime Time News was distributed and discussed.

Zumba Gold is running a summer special.

On June 26, Fitchburg Cycles will host a workshop on bicycle maintenance. The Bike Club will kick off that day at the cycle shop.

Skin Checks will be performed on June 26. Sign up is required.

The next movie day is Friday, June 20, at 12:40 p.m. when "The Book Thief" will be shown. Several members have seen the movie and recommend it.

The summer's first concert at McKee will be held June 16 with food and drink carts opening at 6 p.m. The Big PayBack will perform at 7 p.m. This summer, the concerts are being organized and sponsored by the Chamber of Commerce.

Recent Activities

Kathy led a small group on a walk along Lake Wingra.

The tour of Channel 3 TV station had to be cancelled due to a conflict in Susan Siman's schedule. Joanne will try to reschedule the tour for June and will email members when a date is agreed upon.

Upcoming Activities

On June 5, Kathy wants to organize a tour of Bascom Hill through the Historic Architecture Tours program. She will send an email to members. The cost is \$5 for seniors, but includes a free ice cream cone at the Memorial Union. She encouraged members to consider organizing tours of other Madison neighborhoods that are led by members of the Madison Trust for Historic Preservation as an easy activity to organize.

Sharing

Kathy shared that Mavourneen broke her foot recently as a result of falling off a curb. Patti shared her broken foot experience and recommends wearing sturdy shoes, not slides, when traveling. She used a cold can of soda for immediate swelling relief, taped her foot as if it were sprained, and elevated her foot as first aid. Bev experienced a broken foot also, which was very swollen. She never wants it to happen again.

Several members recommended movies they saw recently. Mary C. recommended "Million Dollar Arm" which is based on a true story. Karen H. recommended two movies: "Draft Day" and "Heaven Is For Real."

Marcus Theatre is running concessions specials on Tuesdays along with charging only \$5 for a movie. On Fridays, ticket prices are \$4.50 for all movies shown before 5:30 p.m. for the Young at Heart (over 60).

Karen J. shared several upcoming events at the Fitchburg Public Library: Three authors will present on the Civil War on Wednesday, May 28. On Friday, May 30, the Fitchburg Star staff will conduct a meet and greet from 2 to 5 p.m. The Friends of Fitchburg Public Library will hold a party for members on June 19th. A

book sale will be held on June 20-21. A fun day for young and old will occur on June 25 to mark the 3rd anniversary of the library's opening.

Kathy found out that it is probably easier to walk over the bridge to Culver's at the belt-line than it is to bike it. She explained how she was able to get to Home Depot and Culver's using the Capital City and Cannonball Connection bike trails.

Bavarian Sausage Kitchens hosts brat lunches on Wednesdays and Fridays for \$5.

Patti recommended visiting Blue Mounds State Park soon to see the native flowers that are blooming.

Mary C. shared that strawberry rosettes were made by her granddaughters. Mary knows how to make carrot curls, radish rosettes, and celery trees. It was suggested she teach the members of AWG.

Speaking of celery, Kathy found a way to get rid of the strings in celery by using a carrot peeler.

Diane, the aerobics instructor, had mentioned to her class that a restaurant in Watertown served delicious food. Kathy ate at the Elias Inn on a Friday night and the food, which was served family style, was worth the wait.

Carol Q. enjoyed eating at the new Indian restaurant in Fitchburg: Haveli. Other members have eaten at other area Indian restaurants, like Taste of India on Monroe Street. There was some discussion about curry, whether it was too spicy. Restaurants can alter the spiciness of the curry blend used in each dish.

Mary C. saw a preview to an interesting movie coming out this summer but she couldn't recall the whole title. Marcia discovered online that it is called "The Hundred-Foot Journey." It tells the story of an Indian boy living in France who becomes the culinary apprentice to his father's rival. It stars Helen Mirren and will open in theaters in August. Mary suggested it might be fun to attend the movie and then eat at an Indian restaurant.

Submitted by Marcia Griskavich
Fitchburg Active Women's Group

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

April 22, 2014

Present: Kathy, Mary P., Joanne, Carolyn, Mary C., Bette, Judy N., Karen, Barb, Candace, Bev, Susan, Mavourneen, Marcia

Next Meeting will be held on Tuesday, May 27, 2014 at 2 p.m. Preceding the meeting, at 1:00 p.m., Thad Schumacher from Hometown Pharmacy will talk about bone health, so come early.

Meeting

The Fitchburg website has been updated. Kathy will send an email describing how to locate Senior Center newsletters and AWG minutes online.

Carolyn introduced our guest speaker, Anita Brown-Huber who works with senior centers in the area in a program called Peer Support of Dane County. This program matches seniors who are home-bound with volunteers over 55 who are able to visit once a week. The time commitment is from 30 minutes to a couple of hours a week. Anita described the importance of visiting with others. Bev is currently a friend to a woman who is 101 and has found this to be beneficial to both of them. The peer volunteer can also serve as extra eyes by noticing changes in the client or their home and can then alert the case manager. Pairing of individuals is carefully accomplished. There are waiting lists in some communities.

The next newsletter will be published in a week, but Kathy was able to get an advance copy and shared important events coming in May.

In honor of Older Americans Month, on Thursday, May 15th, State Senator Fred Risser will speak at 11:45 a.m. Fitchburg Mayor, Shawn Pfaff will also be present. Also that day, the Fitchburg Singers will perform at 11 a.m.

Attorney Iris Christenson will describe significant Medicaid changes on Wednesday, May 21 at 6:30 p.m. This is part two of a presentation she gave last fall.

Fitball exercise class begins on Tuesday, May 13th, and runs for eight weeks.

May's Learning Annex will be a presentation by members of the Fitchburg Police Department on Tuesday, May 20th, at 2 p.m. They will speak about scams and frauds schemes.

The next movie day is Friday, May 16th, at 12:40 p.m. when "Nebraska" will be shown.

Concerts at McKee have been scheduled for June 16, July 21 and August 18. See the newsletter for the bands that will perform.

Recent Activities

Several members attended and worked at the recent pancake breakfast sponsored annually by the Fitchburg Senior Center Friends. The turnout was excellent, as a result of more advertising.

Diane organized an outing to attend the St. Mary's style show. Barb reported that the luncheon was good, and Kathy won an orchid.

Upcoming Activities

Joanne has organized a trip to visit the Channel 3 TV station in May. Members need to carpool as parking spaces are limited, with a departure time of 10:45 a.m. from the Senior Center. Lunch will follow at the Draft House, a restaurant in Verona. She will email everyone who has already signed up to attend with the final details.

When the weather is predicted to be nice, Kathy will email members to invite them to join her for a spontaneous walk on a local path.

Judy brought up the idea of attending a play or a show together. She will look into some of the various possibilities available in the area including Mitchell Theatre, the Theater Bus (www.theaterbus.org), and performing arts groups in Middleton and Verona.

Sharing

Carolyn visited Epic recently with her niece as her guide. She enjoyed the lemon-carrot cookies served in the cafeteria. She'd like to get the recipe.

Carolyn returned from a nice stay in Florida, although the drive down and back were in winter storms. Palm Island was eye-opening.

Kathy was selected to take part in the American Community Survey conducted by the U.S Census Bureau. According to the instructions, she would have been fined if she had not participated. Bette indicated she'd received a similar notice, but it caused problems with her computer, so she is skeptical about whether it was legitimate. Kathy knew hers was legitimate, so she completed it online.

Mavourneen attended a presentation at Johnson Creek put on by Jessica Michna who impersonated Eleanor Roosevelt. Ms. Michna is able to do other impersonations.

Mavourneen read the book Lost in Shangri-La by Mitchell Zuckoff which is a non-fiction account of an airplane crash that occurred in New Guinea in 1945.

Submitted by Marcia Griskavich
Fitchburg Active Women's Group

AWG Meeting Minutes for 03/25/2014

The business meeting was preceded by a self-defense presentation by Matt Griffey who teaches at Kicks Unlimited. There were 13 attendees. Matt suggested numerous tips such as:

- Always be aware of your surroundings
- If attacked, shout "NO!" loudly while backing up and raising your hands
- How to provide palm heel strikes to an attacker
- How to break an attack from behind
- How to fall more safely

There is a possibility that we may be able to arrange an interactive demonstration at Kicks Unlimited in the future.

The business meeting followed. Attendees were Kathy S., Joanne D., Susan R., Judy N., Karen J., Anne B., Vicky R., Karen H., Mary D., Jean C., Sherry K., Mary C., Mary I., Diane S., Maggie W., Mavourneen K.

Kathy began the meeting by telling about a recent event: the Elvis tribute show by Tony Rocker at Monona Terrace.

Then there was discussion about future events. A tour of CBS TV station by Susan Siman is in the works. The VACT (Verona Area Community Theater) will be presenting "Bye Bye Birdie" on April 17, 18, and 19. Tickets available at www.vact.org, or by mail, or by phone (845-2383). The Fitchburg

library, Sun Prairie, and the Central library will be presenting a free film series: Wed., April 9 is Dead Man Walking, Wed. April 16 is Unlikely Friends, and Wed., April 23 is Race to Execution. See library websites for details.

The meeting concluded with a very informative presentation by Mary Ihlenfeldt about her experience in the Fitchburg Citizen's Police Academy in 2013. She was in a class of 6 women and 6 men. It was a 10 week course covering a tour of the police department facility, topics such drugs and gangs in Fitchburg, low risk and high risk vehicle contacts, crime scene investigation, use of force, use of firearms, building searches (including K-9), emergency vehicle operations, and video simulator and practice scenarios. Mary was able to fire a gun, drive a police car, and ride along with police officers on their shifts. She shared many interesting experiences with us.

Next AWG meeting will be Tuesday, April 22.

Respectfully submitted,
Mavourneen Kelly

Fitchburg Active Women's Group Meeting Minutes

February 25, 2014

Present: Kathy, Jean C., Jane D., Patti, Barbara, Mary P., Mary C., Karen H., Judy, Donna, Susan R., Suzie, Linda, Sue S., Mavourneen, Sherry, Bev, Marcia

New members introduced this month were Suzie and Linda.

Next Meeting to be held on Tuesday, March 25, 2014 at 2 p.m.

Meeting

The Fitchburg Senior Center website had some problems, so the minutes from the January AWG meeting have just been posted. Those minutes included some history and background of the Active Women's Group. Be sure to check them.

Today, we celebrated the 4th anniversary of the Active Women's Group with a variety of cookies.

Recent Activities

Kathy organized an absolutely fabulous trip to Blue Mounds State Park for a candlelight snowshoe and hike event. There was a campfire ringed by hay bales. This is the last one for this winter, but the Dept. of Natural Resources website can provide future opportunities for getting outdoors.

Mary P. arranged for a group to visit the State Historical Museum to view a temporary display of antique dresses and accessories used by former governors' wives and other notable Wisconsinites. Since that visit, a few other dresses have been put on display, so it is worth another trip. Following that, the group went to Fromagination for a cheese tasting. They sell cheeses from all over the world and can provide cheese plates for special events.

A group attended a U.W. Women's Hockey game. Their seats were behind the goalie. Unfortunately, they didn't win.

Rose Wieland invited AWG members to a game night recently. It was open to all seniors, men and women. It was free. She will send an email announcing the next one. Bunco was the game that was taught by Diane Fronck. It is possible that other games will be taught and played. Wonderful food was available.

Upcoming Activities

The March issue of Prime Time News was available, so time was spent going through it and discussing events that will be happening in March at the Fitchburg Senior Center.

Those include the Pancake Breakfast on April 6. This is one of the primary fundraisers for the senior center.

The Learning Annex program will be a speaker from the International Crane Foundation on March 18. The February Learning Annex program was by the director of the Dane County Airport and was very worthwhile according to those who attended. They learned what about the de-icing process and what happens to the run-off. The Wisconsin National Guard provides fire protection at the airport. Anyone who's heard the low-flying plane over Fitchburg about 10:30 p.m. should know it's the Fed-Ex freight plane.

On March 20, the Fitchburg Senior Center Friends is sponsoring a program at the library on providing habitat for monarch butterflies.

A 6-week Grief Support Group will begin meeting on April 7. Advance registration is required, but it is free to anyone grieving the death of a loved one, including a pet, or other loss.

The question was asked about learning Mahjong or other games that are offered in the Drop-in Activities. Kathy later learned that the Mahjong that occurs at the same time as our monthly meetings is a private group. We can use the email system to inquire if others want to drop in together on a certain day to learn or relearn a game.

A Fitball Demo is scheduled for March 11. Call in to sign up.

A free Self-Defense presentation and demonstration will occur on March 25. This is being held an hour before the AWG meeting, so plan to attend. Advance registration is requested. Call the Senior Center.

At the March meeting, Marie I. will provide us with some information on the Citizens Police Academy. Judy talked about being trained in Oregon. It is a terrific way to educate the community of the roles of the police department, and to development a good relationship between the community and the department.

At the April AWG meeting, members will learn about a peer support program called Elder Friend.

Sharing

Jane D. attended a wonderful concert at the Middleton High School Performing Arts Center of Buddy Holly music. Verona also has wonderful programs held at their High School Performing Arts Center.

Barbara showed us a knitting project she is working on. As a member of the Knitting Guild, she informed us that there is a 3-day event coming up. Go to madisonknittersguild.org for information.

Barbara also reported on the recent Friends of the Fitchburg Public Library sale. Kathy recently became a member. Anyone wanting to donate, or re-donate book, CDs, DVDs or games should leave them at the circulation desk. Don't just drop them in the book return. A tax receipt can be provided. All profits from the book sales are used to purchase things for the library, including the subscription to "Book Pages" or to send the staff to conferences.

Mary C. read an interesting book titled The Goldfinch by Donna Tartt.

Several members shared movies they'd enjoyed, including "Monuments Men" and "Nebraska" which is in black and white. Discounts may be available for seniors at Marcus.

Submitted by Marcia Griskavich
Fitchburg Active Women's Group

2014

January meeting

Despite a bitterly cold and windy day, twenty-three women came to our meeting on January 28th. Those attending included: Ali, Anne, Barb W., Barbara R., Carolyn, Jane D., Jean D., Joanne, Karen H., Karen J., Kathy, Mary C., Mary D., Mary P., Sherry, Susan, Donna, Vicky, and Rose. We also welcomed four women for their first meeting: Candace, Rita, Bev, and Maggie.

Especially because so many women joined us for the first time last year, Kathy reviewed some basics to answer questions that people have often had about the group. Those questions focused on:

dues There are no dues for the group because we are part of and wholly supported by the Fitchburg Senior Center.

'active' Why is this group specifically called the 'active' women's group? When the vision for the group was first being developed, there were several groups for women that focused on more passive pursuits. This group was meant to serve women that wanted to meet others that would join them in more dynamic activities.

meetings We meet monthly from January through October on the fourth Tuesday of the month at 2:00 PM at the Fitchburg Senior Center. We do not meet in November and December because of the date's proximity to Thanksgiving and Christmas. Meetings are important to the cohesiveness of the group because they are a chance to get to know others, organize events, share common interests, and discuss topics appropriate for our membership.

activities The responsibility for organizing activities is meant to be shared by everyone that participates in the group. Organizing an activity gives a

member a chance to share an interest or try something new with others that have the same interest.

Next Kathy shared some 'stats from 2013. Because we don't meet in November or December, we had ten meetings. Attendance at meetings in 2013 varied from 11 to 23 with most meetings at about 14 or 15. We had 18 new members in 2013. There were 22 activities for the year (with bowling 3 times). Fifteen different women organized activities. Kudos to all that make our group so wonderful and dynamic !

Since the last meeting in October, we've had two activities. In December, Joanne, Karen, Anne, and Jean C. planned and hosted a Christmas luncheon. Held at Benvenuto's, we arrived to a beautifully set table with favors for all and played a few games with those near us before having lunch. Twenty-four women enjoyed the collegiality and lunch together.

In January, Barbara and Bob R. made reservations for the active women's group and the men's group to participate in Madison's Restaurant Week with dinner at Smokey's. Sixteen people enjoyed delicious food, especially steaks, and the atmosphere of the restaurant.

Future events include the following -

Feb. 11th Mary P. has invited those interested to join her in viewing the new exhibit, "Wisconsin Women of Style" at the Wisconsin Historical Museum on Capitol Square. Meet her in the lobby of the museum at 1:00 PM.

There is a suggested donation of \$4.[x](#)

<http://historicalmuseum.wisconsinhistory.org/Events/EventDetail/Event3319.asp>

[x](#)

Feb. 15th Kathy purchased a block of tickets for the UW women's hockey game. The game is at 7:00 PM vs. Minnesota in the Kohl Center. Tickets are \$1 and she still has 5 left. Spouses and friends welcome. Contact her if interested.

Carpooling to be determined later.

Other local events were also shared. Mary P. thought others might be interested in the Feb. 17th discussion at Edgewood College. Topic is "Whatever Happened to Good Government in Wisconsin and How Can We Fix It?" Sherry told us about three films on human trafficking sponsored by Slave Free Madison. On Feb. 1st they will be shown at the Fitchburg Public Library starting at 10:00 AM Karen J. told of another event to be held at the Fitchburg Library on February 9th. At 2:00 PM, Mixed Blood Theatre will present a program called Daughters of Africa, a music-driven history of famous and forgotten African American women. Rose also wanted everyone to know about a concert to be held at Salem UCC in Verona. On Feb. 9th at 2:00 PM the concert features the chancel choir, bell choir, children's choir, and others as "Making Music for a Mission" Tickets are a free-will offering.

summarized by Kathy