

February 2010

PARTNERS OF WHA is committed to advocating for the health of our communities and advancing the success of local health care volunteer organizations, through the coordination and provision of volunteer education, development resources, and leadership opportunities for health care volunteers and their organizations.

A Message From Partners of WHA President

January 2010 - Welcoming a New Decade!



Ann Bergmann

As we enter a new year, a new decade, America is on the threshold of passing unprecedented health care legislation. How will it affect our hospitals is yet to be determined. Thank you to everyone who has been involved in lobbying for affordable, available, quality health care. It's through our grassroots efforts of phone calls, emails, letters, and personal visits that our hospitals will be able to continue to provide

medical care to the citizens of our communities.

Partners Spring District Meeting traveling teams are washing up their aprons and readying the recipe cards as they'll continue to create "magical recipes" for our organization this spring. President-Elect Mark Schaefer and Community Health Education Chair Lisa Pepp; President-Ann and Public Policy Education Chair Janet Rubenzer-Pike make up the two teams who will be traveling the state April 7-15. Encourage your volunteers to attend this great day of learning, sharing, and networking. I guarantee they'll return to their hospitals enthused!

Based around our two-year theme, Recipe for Success: "Be The Best You Can Be," the convention 2010 committee is hard at work putting together another great line-up of programming. We'll be "Cookin' in Title Town" (Green Bay, that is) October 12-14. Also, at our annual meeting we'll conduct elections and install Mark Schaefer as the next president of Partners of WHA.

My Partners friends, please continue to do what you do so well—support our facilities and the communities to which they serve.

Thought for the Day

"Your chances for success in any undertaking Can always be measured by your belief in yourself." - Robert Collier

Ann Bergmann, President 803 22 1/2 Avenue, Cumberland, WI 54829 715-822-3290

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A Message From the President-Elect

Resolutions



Mark Schaefer

Happy New Year!! I am sure many of you have been reminiscing on the past year, as well as looking forward to the New Year. Perhaps some of you even were so bold as to make New Year's resolutions. If you did

so, raise your hand if you are still following your resolution. Smile, I am not seeing many hands being raised, including myself.

We can begin a new resolution at any time. Have you considered one that involves your local volunteer organization? Now, do not roll your eyes; the resolutions can involve just a little of your time. In reading your newsletters, I have noticed numerous reports on the Partners state convention that present many thoughts of what can be selected for our organizations to shine.

- Access the Partners of Wisconsin Hospital Association resource guide, or supply ideas for other volunteer organizations to read.
- Become a member of WHA's HEAT program. I understand we may be tired of hearing this health care information all day from the media. However, what is decided now will have consequences for your hospital in the long-term. Our hospitals are a community resource that has to be protected. Ask WHA Vice President Jenny Boese regarding this subject.

...continued on page 2

Start Working on Your 2010 WAVE Award Applications Now

The weather outside may be frightful, but spring and summer will be here before we know it! And, so will the deadline for the 2010 Wisconsin Award for Volunteer Excellence (WAVE) Award. This award recognizes the many wonderful things that volunteers do in their hospitals and communities.

Last year, 13 WAVE applications were received and four great programs were given an award, one in each of the following categories:

- 1. Community Service
- 2. In-Service Hospital Volunteer Programs
- 3. Fundraising Programs
- 4. Community Outreach and/or Collaboration

Your group could be a winner in 2010. Please submit an application this year and tell us the wonderful things your program or event has done in your hospital and/or community.

The applications form will be sent to each group's president in March. The application can also be found on our Web site at www.wha.org/Partners in March as well. Groups have until the end of June to submit their completed applications, and the awards are presented at the fall state convention.

Start thinking about it today!

Carey Kroner, WAVE Chair 608-784-3602

Email: cckroner@centurytel.net

Old Geezers

"Geezers" are easy to spot at sporting events. During the playing of the "Star Spangled Banner," old geezers remove their caps and stand at attention and sing without embarrassment. They know the words and believe in them.

Old geezers remember the Depression, World War II, Pearl Harbor, Guadalcanal, Normandy, and Hitler. They remember the Atomic Age, the Korean War, the jet age and the moon landing, the 50 plus Peacekeeping Mission from 1945 to 2005, and Vietnam.

If you bump into an old geezer on the sidewalk, he will apologize. If you pass an old geezer on the street, he will nod or tip his cap to a lady. Old geezers trust strangers and are courtly to women. Old geezers hold the door for the next person and always, when walking, make certain the lady is on the inside for protection.

Old geezers get embarrassed if someone curses in front of women and children. They have moral courage. They seldom brag unless it's about their grandchildren.

Aren't old geezers just wonderful?

A Message from the President-Elect... continued from page 1

- Explore a leadership role within your organization or Partners. It is simple to talk to your local, district, or state leaders. Our officers started volunteering in an area they enjoyed and progressed to state level leadership.
- Recruit a new volunteer. Can you envision the size of your organization if we all did that?
- Volunteer to assist in a fundraising endeavor or offer your inspiration of what may help in providing more contributions to the hospital.
- Volunteer additional time to your organization this year. Even one hour can be such a considerable benefit to our hospitals.

I have been thankful for your organization newsletters that you send me. We may come from diverse communities; however, we continue to see a common thread in our achievements. And wow, what a terrific response to the state convention held last October. The attendees' information is wonderful to read and offers a fantastic insight for volunteers that could not attend. Join us for this year's convention in Green Bay.

And do not overlook that spring is approaching! Yes, I know the scene out the window may not allow that vision yet; however, Advocacy Day and Spring District meetings with Spring Tour will be here before long - April. Ann, Janet, Lisa, and myself are looking ahead to visiting, providing information, and hearing your ideas. We will be alternating our schedule this year; so each officer will have an opportunity to visit each district.

God bless!

Mark Schaefer, President-Elect 505 Adelmann Court, Brookfield, WI 53045 3411 Hidden Links Dr., Wausau, WI 54403 Email: mschaefe@fmlh.edu

WHA President's Report Health Reform's Passage Far From Certain

There are difficult road blocks that must be navigated by Democratic leadership over the next several weeks if health reform legislation is going to pass Congress. Despite historic majorities in the House and Senate, Speaker Pelosi and Majority Leader Reid have much work to do. There are important constituencies that have concerns with aspects of the legislation. And the politics behind these issues create additional stress as we begin an election year. Here are just 8 examples:

46 Governors – State executives across the nation struggling with Medicaid budgets that are already in a sea of red ink are scrambling to determine the impact of Medicaid expansions on future budgets, even though the early money will be 100% federal funds. What the Governors really want is a one-year extension of current higher FMAP that will allow them some breathing room until 2011.

Medicare Seniors – About 11 million seniors may soon lose generous Medicare benefits when Medicare Advantage plans are cut next year. But seniors in SE Florida were exempted from the cuts, despite residing in the highest spending region in the country. Look for others to demand similar redress.

Commercial Insurers - Health insurance plans are hyperventilating about insurance reforms that will require "guaranteed issue" absent a strong individual mandate. They believe that adverse selection will cost them billions and lead some to get out of the individual group markets.

Individual Insured - Independent analysis suggests a minimum 10-15% immediate rate hike for individuals who are currently paying already high premiums as insurers raise premiums in anticipation of the guaranteed issue mandate.

Hospitals – The \$155 billion in Medicare cuts over ten years was supposed to be matched with coverage enhancements that would lead to 97% coverage over the next decade. The Senate bill falls far short of that promised number meaning that the hospital "hit" won't be matched by reductions in uncompensated care. And the readmission penalties identified in pending legislation are viewed as open ended and harshly punitive.

Physicians - No SGR fix. And another one year "patch" presents an ominous outcome.

Employer and Business Groups – New coverage mandates to benefit plans that will be set by regulation and higher taxes/fees are described as a "job killer" by many and House Democrat "Blue Dogs" are likely to demand changes especially for small employers.

Unions - The "Cadillac Tax" on expensive health plans undermines collective bargaining agreements according to a key constituency of the majority party. But eliminating the new excise tax creates a budget hole that would need to be filled by goring someone else's ox.

And if these landmines aren't enough, there's also abortion...So it may not be such a Happy New Year when federal solons return to D.C. in early 2010.

Steve Brenton, President, Wisconsin Hospital Association

2010 Convention to be in Green Bay



The 2010 Partners of WHA convention will be October 12-14 in Green Bay at the KI Convention Center/Hotel Sierra. "Recipe for Success" is the theme.

Hotel Sierra (formerly Regency Suites) can be reached at 1-800-236-3330 or 920-432-4555, or visit their Web site at www.Hotel-sierra.com. Standard double suites are \$110; king suites, king corner rooms, and economy rooms, \$120; and executive suites, \$150. These rates are based on single or double occupancy. For each additional adult, there will be a \$20 charge per night. No more than six people to a suite overnight. These room rates include a free breakfast buffet each morning. This is a state of the art facility!

More information will follow in *Reaching Out* and by mail.

Patsy Pippin, Convention Chair 608-375-2474

Email: patsy_pippin@yahoo.com Carolyn Ward, Convention Chair-Elect Email: gward001@centurytel.net

New Forms for 2010

New forms have been designed and approved. Please go to: www.wha.org/partners/forms.aspx

The forms are in PDF or Word format.

For PDF: Print the PDF form, complete it, and mail to district chairman.

For Word: Save the Word document on your computer, complete online, and email to your district chair.

NOTICE:

For extra copies of *Reaching Out*, go to www.wha.org. Under Quick Clicks, click on Partners of WHA, then click on newsletters. You can read or print any issue.

Partners of WHA Leadership Handbook

LOCAL PRESIDENT / DIRECTOR OF VOLUNTEER SERVICES CHECKLIST

| 0 0 | er Planning Meeting Include all board members Discuss CHE project – state/district/local Timeliness of reports – see Partners Leadership Handbook Establish a nominating committee |
|--------|--|
| 000 | Newsletter Publish at least three (3) local newsletters per year Send local newsletter to all local members, all local presidents in your district, your hospital CEO, and all the state officers (president, president-elect, CHE chair, PPE chair), and the state newsletter editor Request articles from local CHE and PPE chairs Utilize items from state newsletter ("Reaching Out") Keep newsletters crisp and concise Do not use quotes, cartoons, etc. for which you do not have the author's express written permission |
| 0000 | Attend fall and spring district meetings Attend part or all of the state annual convention Conduct planned, organized general membership meetings Conduct board meetings at established intervals Coordinate district meetings with district chair when hosting a district meeting Invite district chair to install local officers Invite district chair to one or more of your local meetings |
| 0000 | Review annually Anticipate and project district needs Provide budgeted funds for leadership, recruitment, and education |
| 0 | ts Coordinate the completion and submission of all reports in a timely fashion Keep a copy of all submitted reports for the local file Check to make sure dues to Partners of WHA are paid on or before the due date |
| Retent | ion Follow the retention schedule as established by the Partners of WHA |

It is the responsibility of all officers to have access to and read the Partners of WHA Leadership Handbook.

Partners Board Members' Bios

Bonnie Rose Olson, Treasurer

I am married to a great guy, Jerry. We will be celebrating our 50th wedding anniversary in August. We are parents of one son and two daughters. They have blessed us with six grandsons and three granddaughters. I am a caregiver for my mother who will be 95 in November.

My entire career was in the medical field and I still work on a casual status. We also owned and operated a picture framing, needlework, and craft shop for 17 years. I love to travel to Europe and Hawaii. My hobbies are cooking, cookbooks, crafts of all kinds, and collecting stuff!

I volunteer at Sacred Heart Hospital and at our church. You may know me as the lady who wears hats. I love to wear hats! My license plate is hatlady, my email address is hatlady. If I don't wear a hat, people ask me where my hat is. I hope to get to know each of you this year.

Lisa Pepp, Community Health Education Chair

I was born and spent my childhood living in Pipestone, MN – the land of the Pipestone Peacepipe. I have an Associates of Arts Degree from San Diego College for Women and a Bachelor of Science Degree in Nursing from Alverno College. My career was as a Public Health Nurse Practitioner, Visiting Nurses Association, and Home Care.

My husband, Gene, and I retired to the Northwoods where I became a volunteer for Eagle River Memorial Hospital. It opened up a whole new world for me, and I found it very meaningful and I knew that I had something to offer. As I learned more about Partners, I realized that it's a great asset to our hospitals and a great organization to be a part of and receive support for being "one of them."

When asked to be the District CHE for the North Central District, I saw it as a great opportunity for growth and then was asked to be the State CHE, being honored and humbled.

What brings me joy? I love to read a good book, sing, quilt, fish, create new items from old wool, visit my godchildren, friendships, and travel.

My goal is to live in the NOW, to use my gifts, and walk in peace and joy. My favorite quote is "Love is the strongest force the world possesses, and yet it is the humblest imaginable" by Mohandas K. Gandhi (1869-1948).

Janet Rubenzer-Pike, Public Policy Education Chair

For 25 years, I worked in the Chippewa County Court system; the last 16 years, I served as the elected Clerk of Circuit Court. The opportunity to serve Chippewa County opened many doors and challenges as I served as president of the Wisconsin Clerk of Courts, a member of the Wisconsin Judicial Council and Legislative Committee, as well as many other statewide committees. Following my retirement in 1999, I served two years on the Chippewa County Board of Directors, serving as chairman of the IT committee, a member of the Finance Committee, and the Board of Health.

Our local hospital has always been important to me and has been a big part of my life from caring for me when I gave birth to my 4 children, when my children were sick, when my husband had a heart attack, and when I have had surgeries. Because of my love for St. Joseph's Hospital and our community, I was asked to be a member of their Advisory Committee and eventually chairman, where I became involved in many facets of the hospital, including advocacy.

Upon retirement, I immediately joined Partners of St. Joseph's Hospital, where I served in nearly every position and chaired several committees. When Pat Dagnon was president of Partners of WHA, she asked me to chair the Best of the Best Committee and become a member of the Strategic Planning Committee. I loved being involved, and being part of an enthusiastic organization. Since that time, I have served as chairman of the WAVE, Strategic Planning, and 2007 Convention committees; Board Secretary, District Chair, and currently Public Policy.

I love being a member of the state board, but this will be my final year of being involved. Spending time with my family (8 grandchildren) and friends, traveling, reading, golfing, playing bridge, praying, loving, and having time to enjoy all of it, is my future plan. I will always treasure the memories and the precious friendships I have made during my time on the board.

2010 Dates To Remember

Spring Board Meeting

Advocacy Day

Spring District Meetings

Partners 2010 Convention

March 17-18 April 13 April 7-15 October 12-14 Madison Madison Various locations Green Bay

Resource Center Up and Running

The Resource Center is alive and well. Please remember to post online in an electronic format. We have hard copies of some materials available. They will need to be requested and sent out to you. If you submit electronically, they may be accessed online and copied.

We encourage everyone to submit their documents in electronic format (if you have hard copy, please scan and then send to Jenny Boese at WHA). We are continuing to look for a volunteer to lead the Resource Center. The person would research online, send links, electronic materials to Jenny, and then have them posted. If interested, contact Jean Heniff, Pat Dagnon, or Ann Bergmann. If you do not have a computer or access to one, ask your hospital IT department to assist you.

Contacts to assist you are jboese@wha.org, pmdagnon@att.net, abergmann@centurytel.net, or jheniff@ceas.coop.

Please check us out online by going to www.wha.org/Partners.

Pat Dagnon, Co-chair, Strategic Planning Committee

Nominating Committee Looking for Officers

The Nominating Committee is now in the process of looking for some officers for the 2010/2011 year. If you can be of help, please contact the following committee members:

Susan Stariha, Northwestern District, 715-635-1316, starsue 99@yahoo.com

Dorothy Revnew, Southeastern District, 262-569-2763, drevnew@wi.rr.com

Diane Westbrook, Partners Past President, 715-425-2045, *d-westbrook@sbcglobal.net*

Community Health Education Report

To all Partners and members of WHA, a Happy and Blessed New Year! January was named after the Roman god of beginnings and endings – in essence he looked backward and forward at the same time. That's what Partners is doing – looking back at last year's accomplishments, hopes, challenges goals, and ways to improve and be the "best we can be." And now, we look forward with a newness of goals, or to continue with our goals of 2009 of being the "best we can be," wherever we are at the moment.



Lisa Pepp

I am confident that each local Partners group has begun your Health Project, the goal of which is to incorporate heart, body, and spirit, which leads to promoting optimal heart health and healthy daily living to reach optimal health and wellness. Try to have your health project include the community you live in. Plan a day for your local Partners group to celebrate components of wellness and heart health.

Some ideas for 2010 resolutions:

- Know your numbers your total cholesterol, your HDL (good) or LDL (bad) levels, your triglyceride number (fatty acids in the blood), and your fasting blood sugar.
- Get adequate sleep. The long term effect of inadequate sleep is that it increases the chance of heart disease and adult onset diabetes
- Eat the daily essential foods check nutrition labels for calories, total fat, and sugars. **Daily essentials to keep you healthy:**
 - 1. Vegetables 5 servings try a new vegetable each week
 - 2. Fruits 4 servings try new fruits; try to shop the perimeter of the grocery store
 - 3. Whole grains (must say whole grains on ingredients label) 7 servings (one serving is the size of a deck of cards)
 - 4. Low-fat dairy 2 servings
 - 5. Tree nuts such as almonds and walnuts 1 serving
- Avoid skipping meals—especially breakfast, and try to get fiber and protein at breakfast.
- Know your blood pressure reading try to avoid processed, prepackaged foods, due to the increased amount of sodium. Cook your
 meals using fresh, whole ingredients. The theory is that excess
 sodium can directly damage the arteries and heart. Also, high salt
 diets can rob bones of calcium, which in turn weakens bones and
 leads to osteoporosis.

"Cartake this moment. Immense yourself in its particulars. Respond to this person, this challenge, this deed. Quit the evasions. Stop giving yourself needless trouble. It is time to really live; to fully inhabit the situation you happen to be in now." - Epictetus

Lisa Pepp, CHE Chair 715-546-3844 Email: lisalou@nnex.net

Public Policy Education Report



Janet Rubenzer-Pike

Federal Health Reform continues to be the number one issue on our agenda. The U. S. House of Representatives and the U.S. Senate each passed their own version of health care reform. Currently, House and Senate leaders are working to reconcile the differences between their health reform bills. The President hopes to sign a final bill before his "State of the Union" address in early February.

There are several differences between the two bills. One big issue, which we have all weighed in

on, is the "Public Option." According to the American Hospital Association (AHA), the Senate's version has no public option and offers a state-based.

non-public, non-governmental health care cooperative approach, which also would create a non-public, multistate health plan. Read more about the differences in the two bills at: www.aha.org and www.wha.org/financeAndData/healthreform.aspx.

All communication I receive regarding health reform from AHA, AHALS, and WHA is forwarded to Partners District Public Policy Chairs and Partners Board of Directors so that all Partners know what is happening on the federal level and are ready to respond when we receive an ACTION Alert. Thank you to everyone that has forwarded the information on to your local folks and encouraged them to contact their representatives and senators on crucial legislation. It is important that we, the grassroots, the voice for hospital volunteers, let our VOICES BE HEARD!

Much of the correspondence I have received from Wisconsin hospitals seems to agree that the Wisconsin model of health care reform is improving coverage and recognizing quality and value. There is a shared belief that health care reform should include payment based on value such as quality, patient safety, patient satisfaction, and cost. We should all be proud of our hospitals; in 2009, Wisconsin was named number 1 in the nation for quality care — congratulations!

HEAT launched a new online action center. Jenny Boese, WHA VP said, "That's where our online Grassroots Action Center will help – making legislative contacts easier and quicker for our advocates." For information go to: http://votervoice.net/groups/wiha.

Advocacy Day is Tuesday, April 13 in Madison at the Monona Terrace. You will not be disappointed; it has always been an extremely informative day with great speakers, updates on health care legislation, and visits with our representatives. Talk to your hospital CEO and encourage your hospital to consider a busload from your area. Let's continue the tradition of wearing red, white, and blue.

Janet Rubenzer-Pike, PPE Chair 715-723-2123 Email: jrpike1@sbcglobal.net

WHA Launches New Online Grassroots Action Center

Urges all Partners to help grow HEAT program so hospitals are heard in the Capitol!



The month of December saw WHA's grassroots advocacy program, Hospitals Education, & Advocacy Team (HEAT), launch a new easy-to-use online advocacy tool. The tool allows HEAT advocates and others to quickly contact legislators on important hospital issues.

"We know our volunteers are extremely busy, but we also know they are the only ones with constituent power, "said WHA VP Jenny Boese. "That's where our online Grassroots Action Center will help—making legislative contacts easier and quicker for you."

Partners who are members of WHA's HEAT program will continue to receive grassroots action alerts by email. However, they will now be directed to a new Web site where they can quickly and easily send emails to legislators. Once at this new Web site, volunteers can edit a sample email message, review talking points on the issue, and update their contact information.

All of these new functions will help grow our HEAT advocacy efforts on behalf of Wisconsin hospitals, but we can't be successful on important hospital issues without your help. Here's what we need you to do today:

- Make sure you join the HEAT program or make sure your contact information is up-to-date by logging on to: http://votervoice.net/groups/wiha
- 2. Copy this article (or write your own) and put it in your local Partners/volunteer newsletter
- 3. Tell other volunteers to join the HEAT program
- 4. Take action whenever you receive HEAT action alerts or hear from your local PPE

As always, contact WHA's Jenny Boese with questions at 608-268-1816 or *jboese@wha.org*.

History of Aprons by Sandy Ironside

I don't think our kids know what an apron is. The principal use of grandma's apron was to protect the dress underneath because she only had a few; it was easier to wash aprons than dresses and they used less material. But along with that, it served as a pot holder for removing hot pans from the oven.

It was wonderful for drying children's tears, and on occasion was even used for cleaning dirty ears. From the chick coop, the apron was used for carrying eggs, fussy chicks, and sometimes half-hatched eggs to be finished in the warming oven.

When company came, those aprons were ideal hiding places for shy kids. And when the weather was cold, grandma wrapped it around her arms.

Those big old aprons wiped many a perspiring brow, bent over the hot wood stove. Chips and kindling wood were brought into the kitchen in that apron.

From the garden, it carried all sorts of vegetables. After the peas had been shelled, it carried out the hulls.

Around the State

Partners of Gundersen Lutheran, La Crosse:

This group will be celebrating their 60th anniversary in 2010. Highlights of the year will be emphasis on several existing projects which is the Organ Donation Education Fair in April, Joint Luncheon with Franciscan Skemp Auxiliary in April, Third Annual Golf Tournament to benefit lung cancer in June, and hosting the Western District Meeting in October. This is another milestone for all who make volunteering a privilege.

Calumet Medical Center Auxiliary, Chilton:

The Scholarship Remembrance Fund continues throughout the year to honor the death of a friend or family member, and also happy occasions such as special birthdays or anniversaries. Medical scholarships are given to those in need from these funds.

Aspirus Volunteers, Wausau:

Patient Ambassadors visit with patients to play games, read prayers, have conversations, watch movies, etc. All volunteers must attend training, which is limited to 10 volunteers at a time.

St. Mary's Hospital of Superior Auxiliary, Superior:

SMHS and Duluth Clinic Superior sponsored an open house last fall which was open to the public. That evening, the building was transformed into a train station, complete with "boarding" tickets, crossing lights, train engineers, and passengers. As families entered the facility, they were greeted by the friendly faces of the volunteers, directing them to the ticket station. Guests gathered at "gates" to board the tour with stops at various stations throughout the building where they gathered information about services from that particular department.

Door County Memorial Hospital Auxiliary, Sturgeon Bay:

The 2009 House and Garden Walk fundraiser raised a little more than \$40,000 with about 1,300 people from all over Wisconsin and Illinois in attendance. This dollar amount goes to the Door County Memorial Hospital's Inpatient Services and Emergency Department addition. In 2010, it will be 50 years of having this event!

In the fall, the apron was used to bring in apples that had fallen from the trees. When unexpected company drove up the road, it was surprising how much furniture that old apron could dust in a matter of seconds.

When dinner was ready, grandma walked out onto the porch, waved her apron, and the men knew it was time to come in from the fields for dinner.

It will be a long time before someone invents something that will replace that "old-time apron" that served so many purposes.

Reprinted from Aspirus Volunteers newsletter, Communique, as shared at the 2009 convention

Reaching Out Deadlines

| <u>Issue</u> | <u>Deadline</u> |
|---------------|------------------------|
| May 2010 | Thur., April 15, 2010 |
| August 2010 | Thur., July 15, 2010 |
| November 2010 | Fri., October 15, 2010 |
| February 2011 | Sat., Jan. 15, 2011 |
| May 2011 | Fri., April 15, 2011 |
| August 2011 | Fri., July 15, 2011 |
| November 2011 | Sat., October 15, 2011 |

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