

REI NKE'S REMNANTS

Here it is September again and the kids are back in school (hurray)! It tells us fall and winter are just around the corner, so I guess its time for us to start thinking about our fall and winter program here at Russell Manor. Its time to sign up for darts and shuffle board. We'd like to have it all setup so we can start the first week of October.

In October we will return to Wednesday nights for our potlucks until Lent starts, then back to Thursdays until after Easter.

Starting with our Labor Day picnic, we are going to be asking for a \$4 donation at our special monthly meals and also that you bring your own table service to these meals as you do for the potlucks. The reason for this is due to the increase in the cost of food as well as the paper products (i.e. plates, napkins, etc.). Also, we have to pay most of the people we are getting for entertainment now, so this will help to defray some of the expenses.

We have some nice entertainment coming up in the next few months, so be sure to watch the bulletin boards for times and dates. When these people come to entertain, please make an effort to come to the area where they are so they know that people are listening. If they are downstairs and people stay upstairs to listen, they don't know how many are attending and it may discourage them from coming back again. Also, if there is entertainment after a meal, you are welcome to come to just the entertainment, even if you don't come to enjoy the meal. The entertainment is being paid for by the activity fund so it is for the enjoyment of all of the residents.

Gene has been given an "all clear" to drive by his doctor so this month we have a gambling trip planned to Chip In Casino as well as a trip to Tomah to the Amish country. This is a beautiful fall ride and should be lots of fun with the new transportation we are using. Look for more information later in the newsletter and watch for the sign up sheets.

Gene & Shirley (Apt. 53)



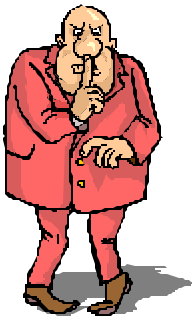
NOTICE

THERE WILL BE A
RESIDENT MEETING
ON
WEDNESDAY, SEPT. 8
AT
1:30
IN THE DINING ROOM.

PLEASE MAKE PLANS
TO ATTEND.

RESIDENT MEETING

The speaker for this quarter's resident meeting will be Herm Leitz from American Family Insurance. Some residents have asked recently about renter's insurance so Herm will be here to cover all of the information on renter's insurance so you can decide if you wish to purchase a policy or not. American Family has the insurance policy for Russell Manor so he can answer questions on what is and is not covered by our insurance.



PRIVACY ISSUES

"The best thing about Russell Manor is that everyone looks out for each other."

"The worst thing about Russell Manor is that everyone keeps track of everyone else's business."

Both of these statements can be considered true, depending on what your point of view is. There are laws made especially to protect the rights and privacy of individuals and many of the people who come to our facility have to obey these laws. If a professional is here to visit someone or deliver something they cannot disclose who they are going to see or why, please keep this in mind if you ask and they don't answer. Our natural instinct is to help, which is what makes this such a great place to live, but on the other hand we must all remember that we don't have the right to request information about others without their permission.

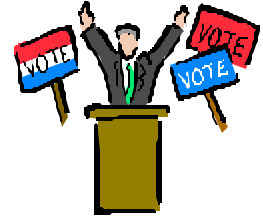
REINKE'S VACATION

Mark your calendars, Gene and Shirley will be out of the building from Friday, Sept. 10 until Sunday, Sept. 12. If you are locked out, contact one of the other keyholders. (We're giving them "time off" for "good behavior".)



POLITICS, POLITICS, POLITICS

VOTING

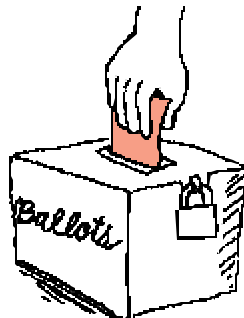


Some residents have asked for information concerning the upcoming elections because they are new to the area. City Hall has given us information concerning absentee voting as well as registering to vote. This information is in the office, so stop in if you wish to have a copy.

If you wish to vote in person, but have problems with transportation and would like a ride, please let Bets know. We MAY be able to get volunteers to drive residents down if there is enough interest. If there is enough interest expressed by the end of Sept. we will have information concerning this in next month's newsletter.

PETER SENSENBRENNER

Peter Sensenbrenner, candidate for State Assembly will be here on Thursday, Sept. 2 from 2:00 to 3:00 p.m. He will be in either the main lobby or the store and will be available for you to meet and talk with. This is an informal way for you to hear from him on why you should vote for him.



We could certainly slow down the aging process if it had to go thru Congress!!!!

COMPUTER CLASSES

Are you interested in using the computer lab but you don't know the first thing about a computer? Moraine Park will be offering a Computer Basics for New Users class again this fall and the good news is that they offer a senior discount! The classes are scheduled to be on Tues. at the Ripon High School and they last for 8 weeks starting on September 21. Talk to your friends and neighbors and you may be able to "carpool" to the class. Don't miss this inexpensive way to learn about computers. If you need help registering stop in the office and talk to Bets. Contrary to what they say, you CAN teach an old dog new tricks!!!!



BAKE/CRAFT SALE

Shirley would like to schedule a bake sale and/or craft sale for residents for the weekend of November 27, but we want to know if there is enough interest. If you would be interested in donating something to the sale or having your own booth please talk to Shirley so we can decide whether or not to do this activity. Also, if you think you would be interested in buying, that's important too! Your input and cooperation are important in all of the activities that we do. All proceeds would go into the resident activity fund.

CARPET STAINS

We have a new product that is supposed to take all organic stains out of carpeting. If you have a recent stain and you would like to use this product, please talk to Bets or Roy. We want to make sure that it works as well as advertised before we order more. Also, if you do accidentally drop something on the carpet, it's easier to take care of immediately before it becomes permanent.





TRIPS

We have started using a different form of “bus” for transportation on all of our trips. This bus still seats 14 people with a driver but it is designed in a way that allows more room for loading and unloading. It also has ample space for walkers and of course we still have the “step stool” if you need a boost to get in!

All of our trips are designed with the needs of seniors as far as mobility, rest stops, food, etc. so feel free to join in. No one is a burden; we just want to have fun. We do allow you to bring a guest, after we have given residents time to sign up, so please ask if you want to bring a friend.

If you have any ideas for a fun and inexpensive place to visit on a day trip, please talk to Shirley or Gene.

EXERCISE, ETC.



With winter just around the corner, we need to think about doing our exercising inside. Remember that we have exercise classes on Monday and Thursday at 10:00 a.m. in the activity room.

Also, Ripon College has a swimming aerobics class for seniors starting on Sept. 8. They meet on Monday, Wednesday & Friday from 7:00 a.m. – 7:40 a.m. The cost is \$1 per session. Please contact the college if you are interested in attending.



CLEANING, ETC.

Occasionally we have new residents who ask if there is someone they can hire to help with cleaning or other small chores. Russell Manor does not offer this service, but we will pass on names of others who do, so if you are interested or know of someone who is, please leave information with Bets in the office.

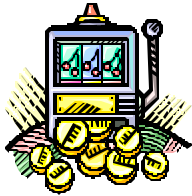
SEPTEMBER ACTIVITIES

LABOR DAY MEAL



The sign up sheet is already out for this event! Monday, September 6 at 12:00 (noon) we will be serving a Hot Beef sandwich complete with salads, beverages and desserts. Please note that you should bring your own table service to this meal.

Also, we will be playing nickel Bingo afterwards as usual so make sure to bring your nickels along!!



CHIP IN CASINO TRIP

We will be taking a trip to Chip In Casino on Sept. 14. Cost is \$20 and you get a \$20 rebate onto your player's card for to use at the Casino. You also get a \$2 in Keno tickets and \$2 off of your meal. You must have a valid photo ID with you to attend. The bus will leave at 7:00 a.m. and plan to return by 6:00 p.m.

AMISH TOUR



A trip to Tomah to visit "Amish Country" will be on Sept. 21. The cost is \$30 per person and it includes transportation, snacks and a picnic lunch. We will be stopping for supper "Dutch Treat" on the way home. The tour includes a stop at a unique mall for shopping as well as visiting the Amish. Additional stops will be taken if time allows, so anything can happen. We will be leaving at 8:00 a.m. and hope to return by 8:00 p.m.

FOND DU LAC COUNTY BENEFITS SPECIALIST

Julie Sylvester will be in our building on Sept. 22 at 1:00 to meet with you if you have questions or concerns about any benefits you may be eligible for. If so, watch for the sign up sheet and put your name down to make an appointment.

If you wish to talk to Julie but are not available on that day, stop in the office for her business card so you can contact her on your own.



SHUFFLEBOARD & DARTS

Its time to start thinking about starting the shuffleboard and darts again for the winter months. We will be having informational meetings this month to see how many people are interested and to set up teams and a schedule. We many also need people to help with scoring, organizing, etc. so even if you feel that you may not be able to participate physically please feel free to attend the meeting to see if you can help in any other way. All help is appreciated (cheering sections are always nice).

Dart Meeting – Tuesday, Sept. 28 @ 6:00 p.m. in the activity room

Shuffleboard Meeting – Thursday, Sept. 30 @ 6:00 p.m. in the activity room.

If money doesn't grow on trees then why do they have branches?

Why does a round pizza come in a square box?

What did cured ham actually have?

RELIGIOUS GATHERINGS

BIBLE STUDY



The bible study group meets on Tuesdays at 12:30 p.m. in the recreation room. Everyone is welcome to attend. Call Rik Ridders at 748-6111 if you want more information.

METHODIST



On the first Tuesday of each month, the United Methodist Church of Ripon holds a communion service at Russell Manor at 9:30 A.M. They have Open Communion and all are welcome. For more information please call Roselyn Wetzel (Apt. 2) 748-5200.

CATHOLIC



The Ripon Catholic Community will be sending volunteers monthly to lead a rosary and prayer service for anyone who wishes to attend. They will be held on the 3rd Wednesday of each month at 1:30 in the activity room. Please contact Ann Somers at 748-7229 if you have any questions or comments on this.

Why is it that people say they "slept like a baby" when babies wake up like every two hours?

How come we choose from just two people for president and fifty for Miss America?

RUSSELL RAMBLINGS

Marvin Liptow (Apt. 5) had a surprise party thrown in his honor on his birthday. It was a huge surprise to him and he said it was one he will always remember.

Beth Holdorf (Apt. 50) informs us that her Granddaughter, Dr. Amy Holdorf of Toronto, Canada, was one of the 1400 athletes that participated in the transplant games held in Minneapolis, MN on July 28 – 31. Amy's mother, Diane, donated one of her kidneys to Amy ten years ago. Amy won 2 gold and 1 bronze medals in the swimming events and 1 silver in the bicycle event. Also present were over 500 donor families, those that donated organs after their loved ones passed away, 200 living donors and the doctor who performed the first kidney transplant 50 years ago. All those that had received a transplant were so thankful to be able to be there thanks to the generosity of a donor.

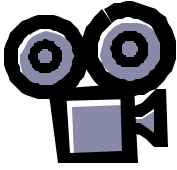
Vera Swanson (Apt. 78) has had a lot to celebrate lately. Her Granddaughter, Krista Swanson received a Master's of Science Degree for the University of Oregon on Aug. 14; her Granddaughter Sara received her nursing degree and was pinned on August 24; and her Granddaughter Alyssa got married on August 21. Congratulations to all.

Bets Olson (Manager) is extremely happy to report that her son, Ole, will be officially beginning his school career on Sept. 1 when he starts Kindergarten. Hopefully the teachers are ready for him, because he's says he's ready for school!!!!

AUGUST PUZZLE WINNER

Congratulations to Elaine Briese (Apt. 54) for winning the puzzle contest last month. If you have any suggestions for themes for the puzzle, please let Bets or Shirley know.

AUGUST MOVIES



Movies will be on Sunday, September 5 and Sunday, September 19. Watch for postings prior to the dates for titles. If you have a suggestion or a movie to share please let Gene or Shirley know.

GET WELLS

We wish a speedy get well to the following residents:

Ilah Morgan (Apt. 27)
Hazel Whitney (Apt. 35)
Leonard Quinn (Apt. 51)



RESIDENT ANNIVERSARIES

The following residents are celebrating an "anniversary" of their tenancy this month:

Margaret Jolly (Apt. 105) – 18 years
Mildred Buchholz (Apt. 83) – 8 years
Josephine Washkovick (Apt. 109) – 5 years
Pat Banville (Apt. 7) – 3 years
Carol Gross (Apt. 25) – 2 years
Gail Albright (Apt. 40) – 2 years
Clarence & Ruth Halberg (Apt. 38) – 1 year

GOOD BYES

We bid a sad farewell to Florence Lawless (Apt. 79) who will be staying at Julliette Manor in Berlin. Florence only lived here a year, but she will be missed.

RESIDENT BIRTHDAYS

Happy birthday to the following September babies:

- 2 – Dorothy Mueller (Apt. 110)
- 2 – Bob Schaefer (Apt. 71)
- 3 – Marilyn Henning (Apt. 9)
- 5 – Evelyn Grahn (Apt. 82)
- 5 – Margaret Alf (Apt. 92)
- 9 – Helen Bradley (Apt. 67)
- 10 – Arlene Koehn (Apt. 81)
- 12 – Josephine Washkovick (Apt. 109)
- 15 – Helen Schrader (Apt. 46)
- 20 – Dru Mansmith (Apt. 97)
- 26 – Ruth Halberg (Apt. 38)
- 28 – Marion Boire (Apt. 66)



MEET YOUR NEIGHBORS

Donald & Gertrude Hanson (Apt. 64) moved here from Markesan. They have a son, Donald, Jr. and wife Janet who live in Superior, WI. They also have a daughter, Sand in Muskego, WI and a son Wayne, wife Nan, who live in Ripon. Their family has given them a total of 8 Grandchildren and 4 Great Grandchildren. They also lost sons, Robert & Thomas.

They ran the Ace Hardware store and then switched to Service-Star Hardware in Markesan. Gertrude also worked at Precision Metalsmith Co. in Markesan.

Their son & daughter-in-law (Wayne & Nan) donated the lovely exotic plant by the front door. When Nan inherited Gertrude's plant collection due to space, something had to go and they were nice enough to share it with us. Thank you Wayne & Nan!

The Triple Filter Test

In ancient Greece, Socrates was reputed to hold knowledge in high esteem. One day an acquaintance met the great philosopher and said, "Do you know what I just heard about your friend?"

"Hold on a minute," Socrates replied. "Before telling me anything I'd like you to pass a little test. It's call the Triple Filter Test."

"Triple filter?"

"That's right," Socrates continued. "Before you talk to me about my friend, it might be a good idea to take a moment and filter what you're going to say. That's why I call it the triple filter test. The first filter is Truth. Have you made absolutely sure that what you are about to tell me is true?"

"No," the man said, "actually I just heard about it and . . ."

"All right," said Socrates. "So you don't really know if it's true or not. Now let's try the second filter, the filter of Goodness. Is what you are about to tell me about the friend something good?"

"No, on the contrary. . ."

"So," Socrates continued, "you want to tell me something bad about him, but you're not certain it's true. You may still pass the test though, because there's one filter left: the filter of Usefulness. Is what you want to tell me about my friend going to be useful to me?"

"No, not really."

"Well," concluded Socrates, "if what you want to tell me is neither true nor good nor even useful, why tell it to me at all?"

This is why Socrates was a great philosopher and held in such high esteem.

Submitted by a resident.

COOKING FOR ONE OR TWO

BACON-EGG ENGLISH MUFFIN

- 2 eggs
- 1 Tbl. cream cheese, softened
- 1 English muffin, split and toasted
- 2 slices process American cheese
- 2 slices Canadian Bacon

In a skillet, saucepan or omelet pan with high sides, bring 2 – 3 inches of water to a boil. Reduce heat; simmer gently. Break cold eggs, one at a time, into a custard cup or saucer. Holding the dish close to the surface of the water, slip eggs, one at a time, into the water. Cook uncovered, until whites are completely set and yolks being to thicken, about 3 minutes.

Meanwhile, spread cream cheese over muffin halves. Top with cheese slices. In a small skillet, cook Canadian bacon until heated through; place over cheese. Using a slotted spoon, place eggs over bacon.

BERRY BANANA SMOOTHIES

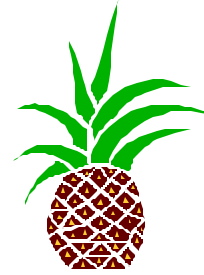
- 1 ½ cups vanilla *or* plain yogurt
- 2/3 cup orange juice
- 2 medium ripe bananas cut into chunks
- 1 cup halved fresh strawberries
- 2 tsp. honey



In a blender, combine all ingredients; cover and process until smooth. Pour into chilled glasses; serve immediately.

HAM SALAD PINEAPPLE BOATS

- 1 medium fresh pineapple
- ¼ cup mayonnaise
- ½ tsp. prepared mustard
- 1 cup cubed fully cooked ham
- ½ cup chopped celery
- 1 Tbl. chopped green pepper

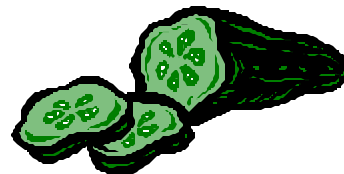


Stand pineapple upright and cut in half, leaving the top attached. Remove fruit, leaving a 1 inch shell. Dice fruit; set aside 1 cup for salad and refrigerate the rest for another use.

In a bowl, combine mayonnaise and mustard. Stir in the ham, celery, green pepper and reserved pineapple. Spoon in to pineapple halves.

LEMONY CUCUMBER SALAD

- 1 medium cucumber, diced
- 2 medium plum tomatoes, seeded and diced
- ½ cup minced fresh parsley
- ½ cup minced fresh cilantro
- ¼ cup finely chopped onion
- ¼ cup lemon juice
- ¼ cup olive oil
- 1 Tbl. grated lemon peel
- 1 garlic clove, minced
- ½ tsp. seasoned salt
- ¼ tsp. coarsely ground pepper
- 1 whole pita bread, cut into small pieces
- ¼ cup whole unbalanced almonds, toasted



In a serving bowl, combine the cucumber, tomatoes, parsley, cilantro and onion. In a small bowl, whisk the lemon juice, oil, lemon peel, garlic, seasoned salt and pepper. Pour over vegetables. Add the pita bread and almonds; toss to coat. Serve immediately.

CHICKEN PARMIGIANA

1 small onion, chopped
4 garlic cloves, minced
1 Tbl. olive oil
1 can (15 oz.) tomato sauce
1 can (14 ½ oz.) stewed tomatoes, cut up
1 tsp. *each* dried basil, thyme and oregano
¼ tsp. pepper
¼ cup milk
½ cup all-purpose flour
1 egg, lightly beaten
¼ cup seasoned bread crumbs
¼ cup grated Parmesan cheese
12 tsp. salt-free garlic and herb seasoning
2 boneless skinless chicken breast halves
2 Tbl. butter
½ cup shredded mozzarella cheese
Hot cooked spaghetti

In a saucepan, sauté onion and garlic in oil until tender; add the tomato sauce, tomatoes, herbs and pepper. Bring to a boil. Reduce heat; cover and simmer for 20 minutes

Meanwhile, place the milk, flour and egg in separate shallow bowls. In another bowl, combine the bread crumbs, Parmesan cheese and herb seasonings. Dip chicken in milk; roll in flour. Dip in egg, then coat with crumb mixture.

In a skillet, brown chicken in butter over medium heat until golden brown and juices run clear. Sprinkle with mozzarella cheese. Cover and cook 3-4 minutes longer or until cheese is melted. Serve over spaghetti; top with tomato sauce.

WHAT DO WE HAVE IN COMMON?

S I C B U R T R W B H O W I L
C K K A L D E B U E H O S T I
H S N O R F G C R E I B O L D
U W T E E D H I B I S C U S H
L O W A K H I T N A H C R A M
T K H L O S N N R E L Z T I D
Z C E L E R T E A B L I S K E
S A Z S I E R O M L I G D E N
T J R E M L E H R G R A H N M
N A G R O M E E T B E K R A H
Y C N I M N O S N A W S I N G

BLISKE

BURT

DREW

HARKE

JACKOWSKI

MARCHANT

REIBOLD

SWANSON

BROTSKE

CARDINAL

GILMORE

HELMER

KOEHN

MINCY

SCHAEFER

BUCHHOLZ

DITZLER

GRAHN

HIBISCUS

LEE

MORGAN

SCHULTZ

circle all of the words above and use the remaining letters in order to find the
“hidden phrase” in this puzzle.

Name: _____

Apt. _____