

November 2024

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Magazine



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# InSpire Forward //

Volume 21 - Issue 6



"Ask not what your country can do for you; ask what you can do for your country." **John F. Kennedy**

On the cover is my nephew, LT Robert Muether. He returned home to San Diego on October 15 following a nine month deployment aboard USS Theodore Roosevelt to both the Western Pacific and Middle Eastern regions. Robert, a University of Wisconsin, Madison graduate from Janesville, is an MH-60S helicopter pilot attached to HSC-8.

He has served five of his eleven year commitment.

He is surrounded by his mother Diane (my sister) and his father William Muether.

This Thanksgiving, my family will have so much to be thankful for due to Robert's safe return. We are also thankful for the many Veterans who have given of their time and some their lives to make America a free country. Thank you for your service!

Have a Blessed Thanksgiving!

Sincerely,

*Denise Fitzsimmons*

Publisher

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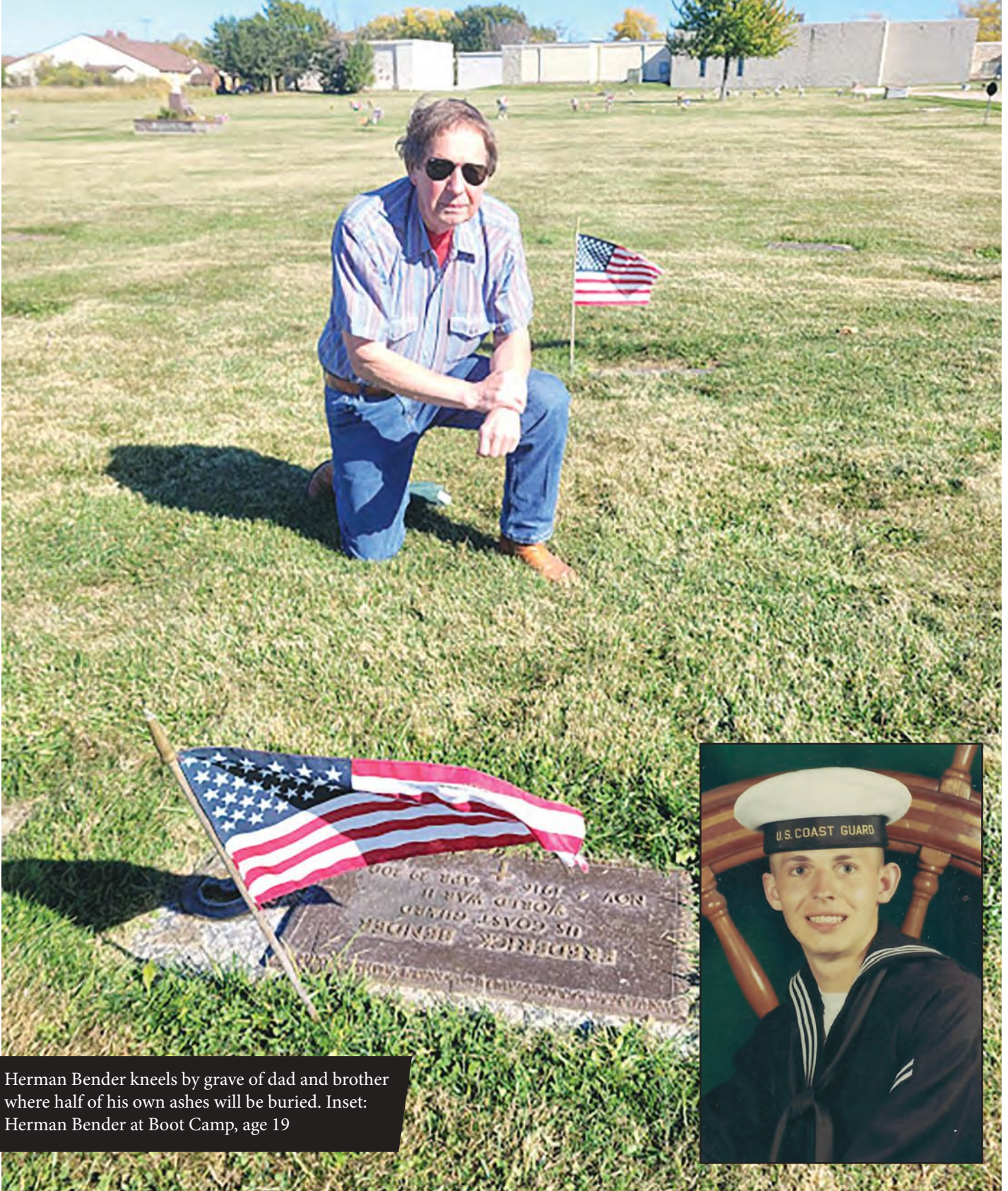
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# *A 21-Gun Salute to Family of 21 Vets*

By Dorothy Bliskey



Herman Bender kneels by grave of dad and brother where half of his own ashes will be buried. Inset: Herman Bender at Boot Camp, age 19



Herman Bender, a Viet Nam veteran from Fond du Lac, is among 21 men in his family to have served in the military. The impressive group spans four generations and includes Herman's grandfather, his father, 13 uncles, his brother, three cousins, and his son-in-law. Only one family member was killed in action. The rest made it back home to marry and raise families.

Interestingly, they all enlisted. None were drafted.

When he dies, Herman, now 74, says he wants half of his cremains buried with his wife Barb who passed away from cancer 16 years ago. The other half will be laid to rest among his many veteran relatives buried in Ledgeview Cemetery in Fond du Lac.

The first of the 21 men in his family to enlist was his paternal grandfather, Arnold Albertz, who was in the Army during World War I.

His father, Fred Bender and 12 out of 13 uncles all served in World War II. Six were his dad's brothers. Three were his mother's brothers. The rest of his uncles were his parents' brothers-in-law. His youngest uncle served during Korea and Viet Nam.

"My dad, who enlisted in the Coast Guard, was with the fleet in the South Pacific and Pearl Harbor," Herman said. "He was credited with helping to sink one Japanese submarine and one probable."

### 13 uncles fought for their country

- His Uncle Bob Bender was with the Seabees and, then, the Navy at Pearl Harbor. "He helped to salvage ships and repair operations," Herman explained.
- The uncle who was his namesake, Herm Bender, enlisted in the Army and was with Company M of the National Guard out of Fond du Lac. "He was sent to New Guinea and was killed in action at the Battle of Buna on December 31, 1942," Herman said, noting he was recommended for the Congressional Medal of Honor. "He was later, posthumously, awarded the Distinguished Service Cross."
- Herman's Uncle Al Bender Jr, was also an Army enlistee. His service included the North Africa, Sicily, Italy and Anzio campaigns. "Uncle Al was in combat for almost three years -- until the war ended and the Germans surrendered."
- The Navy was the military service of choice for his Uncle Bud Bender. "He was with the Seventh Fleet, including at Okinawa, and was aboard the USS Tuscaloosa in Tokyo Harbor when the Japanese surrendered."
- Serving in the Army at the tail end of World War II, Herman's Uncle Benny Bender was in occupied Germany for five years as an MP and interpreter and then was sent to Korea.
- His Uncle Sam Bender was in the Army and served in post-war Korea and was stationed in Germany. He is Herman's youngest uncle and is the only one still living at age 87.



Herman Bender as a young enlistee in Coast Guard.

- Prior to World War II, Herman's Uncle Arnold Albertz Jr was in the Army with Company M of the National Guard. When the war began, he lateralled to the Army Air Force where he served in North Africa as a radio operator on C-47 transports that dropped the paratroopers.
- His Uncle Milt Albertz served with the 5th Army in Italy during World War II.
- Herman's Uncle Lincoln Albertz was a survivor miracle. "He was in the Army and served in the Fourth Armored Division as a combat engineer, scout and company interpreter all the way from Omaha Beach until the war ended where he was in Austria," Herman said. "His five battle stars included the Battle of the Bulge. It's a fluke he survived. My Grandma received telegrams more than once that he was missing in action and presumed dead."
- While his Uncle Leroy Schaetzel, a Navy enlistee, served with the Seventh Fleet including at Okinawa in World

War II, Herman's Uncle Lester Schwartz was with the Third Army and decorated with the Silver Star. He went back to serve an additional tour in occupied Germany following the war.

- As a Navy enlistee during World War II, Uncle Winifred (Colie) Moore was a member of the Under Water Demolition Team. It was the forerunner of the Navy Seals.
- Kenny Lamb, Herman's second youngest uncle, served in Korea and Viet Nam. He was a Sergeant Major with the U.S. Army's 101st Airborne. He served two tours in Viet Nam including action near Hamburger Hill and other battles.

### Brother, cousins and son-in-law served

Herman's older brother, Fred Bender Jr, was a Viet Nam vet. Fred enlisted in the Navy Reserve and served with the Seventh Fleet in Viet Nam. Later in life, after marrying, raising a family and working as an astrophysicist, he died in a tragic car accident.

Uncle Kenny Lamb's three sons (Herman's cousins) also enlisted. Tim Lamb was in the Army during Viet Nam and was with the 82nd Airborne at (former) Ft. Benning. Thom Lamb, who enlisted in the Air Force, was a career man in intelligence. Terry Lamb was in the Army and Air Force.

Herman's son-in-law, Will Anderson, who is married to Herman's daughter Sarah, comprises the fourth generation of the family to serve. He enlisted in the Army Reserve and currently is still serving after 20 years. He was deployed to Afghanistan in 2008 and stayed in the Reserve, completing nursing college and the nurse practitioner program at UW-Oshkosh. He is now a Captain.

### Herman's life in and out of the military

Like his father, Herman decided the Coast Guard was his choice for serving his country. "I enlisted in May, 1969 when



I had just turned 19,” Herman said, noting he served four years. “I had 33 months of foreign and sea service on two different ships, which were Coast Guard cutters. Our patrol areas ranged from the southern Arctic/Greenland to Cuba in the North Atlantic, and one ship was deployed to Viet Nam. Both were built during World War II as destroyer escort class for convoy duty in the North Atlantic which is cold and rough. That’s why we spent so much time there even during the winter months.”

Herman’s decision to bury half of his cremains next to his family of veterans occurred in recent years, after the death of his brother Fred.

As the executor of his brother’s estate, Herman went to Ledgeview Cemetery to make arrangements for burial of his brother’s ashes at the foot of their dad’s grave,

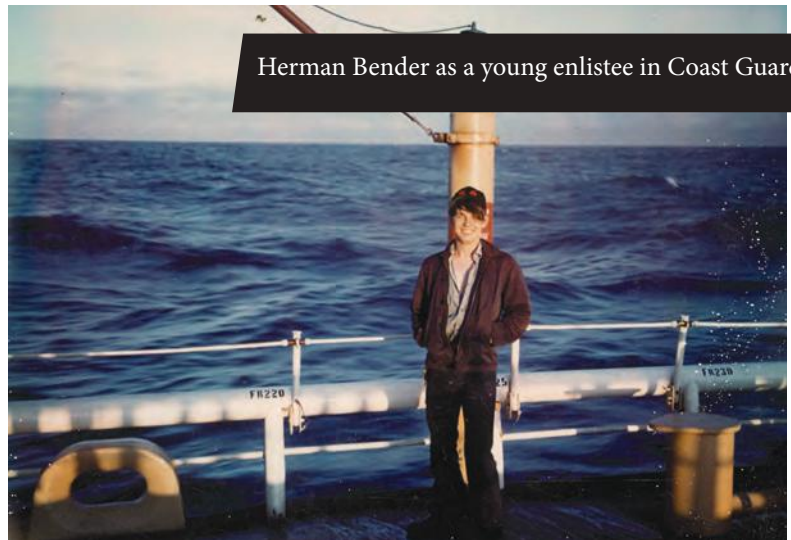
“I was struck by the number of family VA markers in that small space. After that experience, I wanted to have my VA marker placed with my dad, brother, my uncles and cousins,” Herman said. “I talked it over with both of my kids and my mom and made the decision to have my ashes split, with half going with my wife and the other half at the foot of my dad’s grave. Like my brother Fred, Uncle Kenny, and cousin Tim, my VA marker will say Viet Nam (veteran).”

After his stint in the Coast Guard, Herman worked for 12 years as an industrial journeyman electrician. He then attended college at UW-Oshkosh and earned a Bachelor’s Degree in Geology – Professional Emphasis. He specialized in geophysics and hydrogeology. Later, he shifted his emphasis to the field of archeo-astronomy, pre-historic Native American (northern plains and woodland Indians) astronomy traditions, cosmology, and cultural landscape studies. In retirement, he continues to work in the field of science as a writer/editor and lecturer. His publishers include divisions of Oxford and Cambridge University presses among other universities.

Herman and his wife Barbara were proud parents of two children, Nathan, 32, and Sarah, 40, who is married and has two children. They also raised his wife’s sister Michelle, now 53, after both her parents died when she was 10.

Looking back, Herman cites camaraderie as the main reason for enjoying his time in the service. It’s like a second family,” Herman said, noting he still stays in touch with some of his fellow shipmates. “It’s the travel, too. It teaches you a lot about yourself and the world if you pay attention. There is a brotherhood of veterans that transcends any age gap. It’s the patriotism and memories that unites this brotherhood.”

“The military service of our family was a great source of pride for my mother. She was always proud of the fact she had a husband, two sons, three brothers and all the brothers-in-law in her life who were in the military during World War II and beyond -- and, the fact we all enlisted.” \*



Herman Bender as a young enlistee in Coast Guard.



Fred Bender, Herman’s dad, enlistee in Coast Guard.

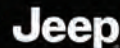


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# GO AHEAD, ENJOY THE HOLIDAYS



By Dr. Stephanie Tyjeski

There are two schools of thought this time of year. One says that you should diet hard and exercise off all the unwanted pounds to look your best for the holidays. And the other says to throw common sense out the window, and eat and drink your way through the holidays. My thinking falls in the middle. Go ahead, enjoy the holidays sensibly.....But have a plan for the new year.

Eat the food you want, just make sure your portions are somewhat controlled. Have a small bite of dessert and maybe take the whole family on a walk after your big meal. This can actually help aid in digestion and maybe make those pants feel a little less snug. But on the other days, eat as healthy as you can, exercise when you can, and in general take care of yourself.

And here is the second part.....the plan. In 2025 I am leading a series called "Best Year Yet". In this series, we will be touching on the many different parts of living a healthy life. We are excited this year to invite other experts into the discussion as we all learn what a healthy life looks like.

Highlights for this next year include focusing on both physical and mental health. In physical health we will not only explore the use of chiropractic care, but also about flexibility and mobility and how to move well at any age. We will also spend time acknowledging that mental health is an important part of overall health and how to support your mental health. We will also talk about how we feed the body and how to get the best out of the food you eat. This may seem overwhelming to address all of this at once. That is why we are going to break it down into simple tips and steps to take to make it work for your lifestyle.

The first step in the process will be our recommendation to DETOX in 2025. It is the literal definition of "Out with the old, In with the new." This detox program is simple to do, nothing strange or scary. You drink a few shakes each day and eat real food. This detox cleanse is whole food-based nutrition that supports and boosts the body's natural ability to eliminate toxins. We will be part of the Standard Process National Detox program for 2025. There will be a national facebook group and we will support you as well. We all benefit when we work together to improve our health.

We know that our patients and family that go through the detox feel better. They have decreased gut issues, increased mental clarity, and more energy. They also experience decreased skin issues, decreased joint discomfort and better sleep. The process of this detox is also an opportunity to get off of sugar and reduce caffeine intake. Who wouldn't want to start their New Year feeling great!

The timeline for this program is that you need to decide by December if you will participate. We will have an informational meeting in December so that we can choose the proper kit for you and help you know what to expect so you can get the most out of this process. This is one area where you do get out what you put in. More information is available at our November wellness class.

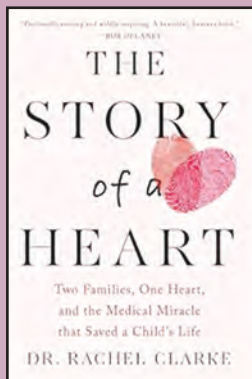
Treat yourself this holiday season by enjoying this time with family and friends knowing you have a plan to jump into the New Year with a resolution to be your best, feel your best, and get ready to have your Best Year Yet. \*

***At our Wellness Class*** we will dive deeper into how toxins affect the body, but also how to incorporate the detox into your lifestyle. Attending this class does not automatically sign you up for the detox, but gives you the knowledge to take control of your health. As always, I will be available to answer questions so bring your questions and get ready to learn! **Please join us at our Beaver Dam location for this FREE class on Tuesday, November 19th at 5:30pm.** You do not need to be a patient to attend.

Yours in Health,  
Dr. Stephanie Tyjeski

*Dr. Stephanie graduated in December 2016 with her Doctorate in Chiropractic at Logan University. She continued on at Logan University to receive her Masters in Nutrition and Human Performance. She is also certified as a Digestive Health Professional through the Loomis Enzyme Institute. She currently works at Tyjeski Family Chiropractic and Wellness Center.*





## The Story of a Heart: Two Families, One Heart, and the Medical Miracle that Saved a Child's Life

By Dr. Rachel Clarke

Reviewed Pamelyn Garcia, MLIS

Waupun Public Library

Keira sustained catastrophic injuries in a car accident; Max has been in the hospital for a year with a virus that damaged his heart. Their stories come together through the miracle of heart transplantation. This book will take you through their families' journeys, which are simultaneously heartwarming and heartbreaking. Also described throughout the book are various medical breakthroughs that have occurred over the course of the last century to facilitate organ transplantation, including machines to circulate blood, discoveries of medicines to combat rejection, practice on animal cadavers to learn proper techniques, and calculations through trial to determine how long organs can be viable outside of the human body. Additionally, a direct result of this case was the 2020 implementation of a law in the UK which defaults organ donation to opt-in, unless individuals or their families specifically opt-out. This law has already resulted in an increase of lives saved through organ donation. \*

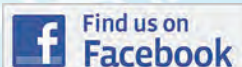
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# PLANNING FOR THE HOLIDAYS

By Ashley Posthuma

With November finally here, the holiday season is officially upon us. Until the end of the year, most of us have schedules that look like touring musicians. Every weekend is a different party or event—or even worse, a hosting obligation. Don't get me wrong; these are typically fun opportunities to connect with loved ones and spend time together. However, any woman who has coordinated the logistics of this season can vouch for the stress it inevitably brings. So, let's talk about some quick ways to prepare now and minimize stress later.

First, make sure to get all your event dates on the calendar. Nothing can throw a wrench in planning like a last-minute get-together. If you're anything like me and prefer knowing exactly when and where you have to be for each holiday, locking in dates is crucial. For an event like a Friendsgiving dinner where you will undoubtedly have clashing guest schedules no matter which date you pick, make an executive decision and stick with it. Anyone who can make it will come, and you can circle back in the new year to those who couldn't make it to schedule a more low-stress get-together in February.

Next, plan your menus as much as possible. When you're hosting, decide what you will be making; when you're attending, ask the host what they would like you to bring. Then, get out all your recipes and make a comprehensive grocery list. You can either do one shopping extravaganza day where you buy everything you'll need, or you can break the list into smaller trips depending on the dates you need the ingredients. Either way, if you know what you need ahead of time and are able to pencil in a grocery run, it'll reduce stress when it's time to actually cook the food since you know you already have what you need.

Don't be afraid to redefine traditions. Just because a family tradition exists, doesn't mean it's the law. If something is too stressful or no longer works for your family situation, offer up alternative ideas. Remember that a tradition is supposed to be something fun that brings people closer, not a source of stress

during the holiday season. You may be met with some resistance along the way, but as long as you're prepared to state your case and offer a lower-stress alternative, your loved ones should be willing to hear you out.

Explore mindful gift-giving alternatives rather than breaking the bank or loading up loved ones with physical goods. This may take some creative thinking and planning, but it can be well worth it in the long run. Suggest alternatives to expensive physical gifts like DIY presents or experiences. I have several friends who often complain about the clutter in their homes, so rather than buy them one more thing to add to the clutter, I have gifted them concert tickets, tickets to a cookie-decorating class, a spa gift card, and more. This is a great way to support local businesses who offer experiential opportunities like classes, and it could lead to the recipient finding a fun new hobby. Plus, making this purchase is as easy as doing some research and either buying online or stopping by the store to grab a gift card; no second-guessing or gift receipts required.

Finally, don't sweat the little things. Not everything will run smoothly this holiday season, but that's okay! As long as you're taking the time to spend an afternoon or evening with family and friends, it's time well spent. You might forget the side dish at home in the fridge or spill on your favorite sweater, but in five years, no one will remember those minor inconveniences. They'll remember the laughs you shared and the memories made, and that's worth far more than stressing over the little details.

As the triple-whammy of Thanksgiving, Christmas, and New Years approaches, don't forget to make time for yourself and for your immediate family. It can be tempting to continue giving of your own time and attending all the celebrations of those around you, but be sure to pause and give thanks for the blessings right in front of you, too. Just take a deep breath, make a couple lists, and relax. You've got this! Happy holiday season! \*



# Shop, Dine & Enjoy the Entertainment Beaver Dam has to Offer this Holiday Season!

## November

**Friday - Sunday the 1st - 10th:** Home for the Holidays Shopping Event

**Saturday the 30th: Small Business Saturday:** Get Caught Shopping Small

**Saturday the 29th through New Year's Day:** Rotary Lights Display in Swan City Park

**Saturday, the 30th - 10am to 3pm:** "Get Caught Shopping Small" - Beaver Dam Business

## December

**Sunday the 1st at 4pm:** Red Kettle Concert - Trinity United Methodist Church, Beaver Dam

**Saturday the 7th:** Fifth Annual Santa's Hometown Holiday Adventure

**Cocoa Walk** from 10am to 3pm - at participating businesses

**Holiday Parade** - "Home for the Holidays" starting at 5pm - Downtown Beaver Dam

**Christmas Tree Lighting** in Memorial Park: sponsored by the Hustisford Historical Society.

**Sunday the 8th:** Breakfast with the Grinch, Beaver Dam Country Club



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**Small Business Saturday**  
Saturday, November 30



**Cocoa Walk & Holiday Parade**  
Saturday, December 7



**Rotary Lights in Swan Park**  
Friday, November 29 - January 1

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## Sunday, November 10:

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## Saturday and Sunday, November 29 & 30:

Countryside Gardens Open House from 8:30am to 5pm. Located at W3582 Perch Road.

## Saturday, November 30:

Cookie Walk from 9am to noon. John Hustis House at Memorial Park - sponsored by Hustisford Historical Society.

## Saturday, December 14:

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# *Thanksgiving Side Idea*

## Cranberry Bacon Green Beans

### Ingredients

4 slices thick-cut bacon (about 3 oz.), cut into small cubes  
1 shallot, thinly sliced  
1/3 c. dried cranberries  
Kosher salt  
Freshly ground black pepper  
2 lb. green beans, trimmed  
2 oz. goat cheese

### Directions

Place bacon in a large, cold skillet. Cook over medium-high heat, stirring often, until crispy, 8 to 10 minutes. Using a slotted spoon, transfer bacon to a plate, reserving fat in skillet. Reduce heat to medium. Add shallot and cranberries to skillet; season with salt and pepper. Cook, stirring occasionally, until shallot is slightly softened, about 3 minutes. Add green beans and 2 tablespoons water. Cover and cook until beans are crisp-tender, about 5 minutes. Transfer bean mixture to a platter. Top with cheese.





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# What's New With the Flu in 2024

By Marshfield Clinic Health System

Every year the influenza (flu) vaccine is updated to better match the viruses that will likely be circulating that year. The flu vaccine is the best and most effective way to prevent serious illness from the influenza virus. During the most recent flu season, it was estimated there were more than 300,000 people hospitalized and more than 20,000 people died from the flu in the United States.\*

The Centers for Disease Control and Prevention strongly recommends yearly vaccination for all adults and children who are at least 6 months old. For people ages 65 and older, the CDC recommends a high-dose, recombinant, or adjuvanted flu vaccine – which helps create a stronger immune response. These three formulations are also options for adults less than 65 who have undergone a solid organ transplant. It's also important to note that a history of egg allergy is no longer a contraindication to receiving influenza vaccination.

Marshfield Clinic Health System offers flu vaccines appropriate for age and health conditions of all patients

in the 2024-25 season. For the 2024-25 flu season, we will offer FluZONE and FluZONE high-dose, available for patients aged 65 and older.

## When to get the flu vaccine?

Marshfield Medical Center-Beaver Dam and its clinics will offer flu vaccines throughout the fall and winter but getting vaccinated early is important since the flu season is unpredictable.

“Everyone should get a flu vaccine this year, preferably before November,” said Dr. Edward Belongia, a scientist at the Marshfield Clinic Research Institute who studies vaccine safety and effectiveness. “Flu seasons are unpredictable in terms of timing and severity, and in some years we see substantial flu activity in November. It takes a couple weeks for your immune system to respond and generate protection after vaccination.”

If you would like a certain flu vaccine product, please call ahead or talk to your provider about which flu vaccine option is best for you.



### Why get vaccinated?

Flu viruses are constantly changing to escape the immune system, and each year the flu vaccine is updated to match the current viruses. The vaccine provides the best protection when there is a close match between the vaccine and the circulating flu viruses.

Flu vaccine effectiveness varies in different years and populations, and vaccine effectiveness studies are conducted each year by the CDC.

During the 2023-24 season, pediatric influenza vaccine effectiveness was 59% to 67% in outpatient settings and 52% to 61% against influenza-associated hospitalization, according to the CDC's Morbidity and Mortality Weekly Report. Interim adult influenza vaccine effectiveness was 33% to 49% in outpatient settings and 41% to 44% against influenza-associated hospitalization.

Last flu season, there was an increase in childhood deaths from the flu. There were an estimated 188 pediatric deaths, compared to 162 the year prior. Nearly 90% of these children were not vaccinated against the flu.

Protecting children from illness, especially flu, is important when you're a parent and especially true when your children are very young. Getting the flu vaccine does not guarantee that you won't get the flu, although it does decrease your risk. More importantly, the vaccine is very effective at preventing severe illness leading to hospitalization and death.

### Where can you get vaccinated?

MMC-BD offers flu vaccines at primary care locations and its outpatient pharmacy during flu season. Flu vaccine appointments are preferred. To find a location that works best for you, visit [www.bdch.com/clinics](http://www.bdch.com/clinics).

*\*Editor's note: This article reflects data that is subject to change each year. For updated influenza data, visit [cdc.gov/flu](http://cdc.gov/flu). \**



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We are all quite familiar with the Salvation Army's Red Kettle campaign each Christmas season, but did you know that there is another way you can share your gifts and talents with the Salvation Army in Dodge County?

For the past 14 years, the Red Kettle Concert has brought musicians from local churches and the community together for a concert to ring in the holidays, and this year is no exception! This year's concert is again at the Beaver Dam High School Auditorium on Sunday, December 1 at 4:00. The concert is free of charge and the Beaver Dam Noon Kiwanis will be there to accept free will donations at the end of the concert.

The concert hosts a variety of music! Local church choirs, handbells, brass groups, pianists and small ensembles as well as the Kiwanis choir come with their special music. What really makes this concert special is that we invite the community to participate!

The Ecumenical/Community choir brings together all who love to sing. Whether you sing all the time, or haven't sung for years, here is your opportunity! This year, in addition to the full choir, we are hosting a Women's Choir and Men's choir. There are only 2 rehearsals, which are both at Trinity Church - United Methodist at 308 Oneida Street in Beaver Dam.

The Rehearsals are on:  
**Tuesday, November 19**  
**Monday, November 25**

The Women's and Men's choirs will rehearse at 6:30, and then we will come together at 7:30 for full choir rehearsal. If you have any questions, contact Joanne Tyjeski at (920) 210-2568 or [tyjeskifc@gmail.com](mailto:tyjeskifc@gmail.com).

The Red Kettle Concert was founded in 2009 by Joanne Tyjeski, Karl Nienhuis, and Sally Cupery at Trinity Church - United Methodist. After the first year it outgrew the church, so Joanne Tyjeski and Karl Nienhuis continued to organize the concert at the Beaver Dam High School Auditorium. It has raised over \$60,000 for the Salvation Army over the past years. This year we will remember Karl Nienhuis and his contribution to the Red Kettle Concert as well as Kit Ulman, longtime Red Kettle pianist, and Larry Isaacs, father of longtime Red Kettle Musician, Alicia Rake. \*

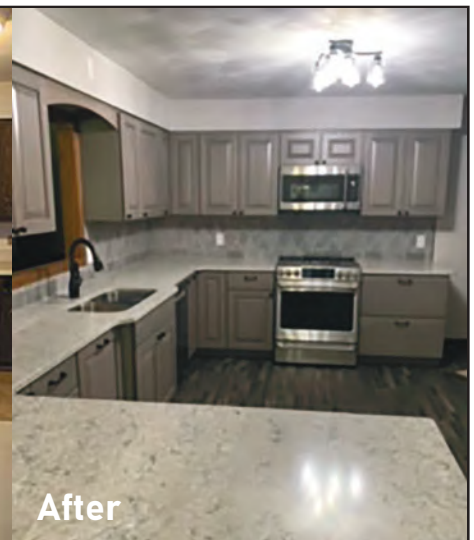




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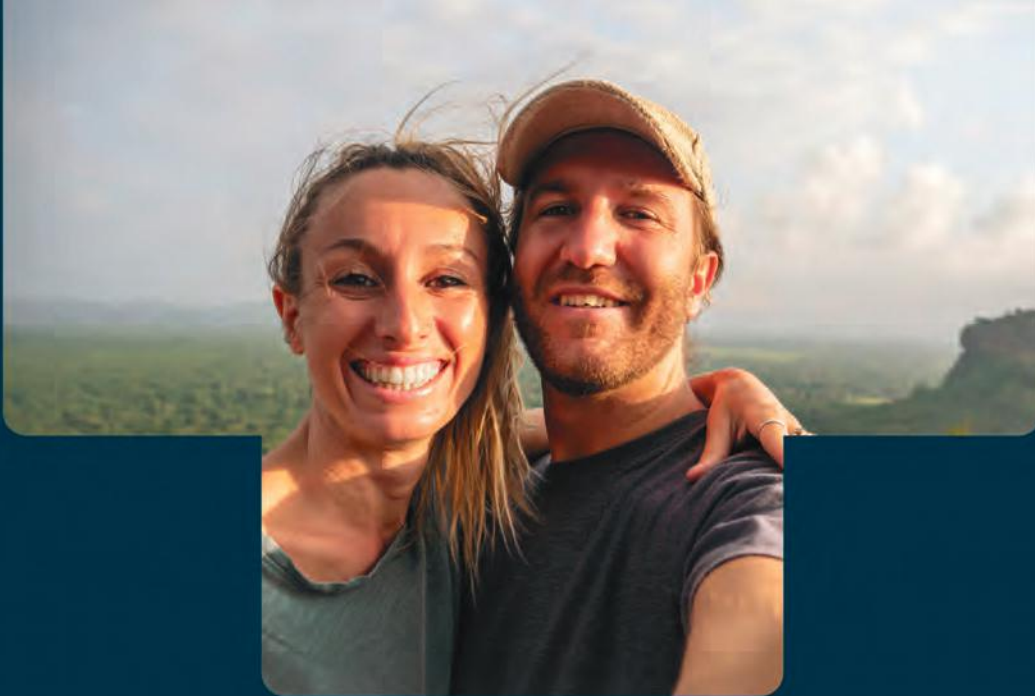
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