



**UNITED SENIORS OF WISCONSIN, INC.**  
 4515 W. Forest Home Avenue  
 Milwaukee, WI 53219



# Catch Spring Fever!

Volume 3, Issue 1

SPRING 2011

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## Spring Into Action! by Dorothy Seeley



**DOROTHY SEELEY, President**

*I have always tried to live by a philosophy of "when the going gets tough, the tough get going!" I hope I can instill in you that we need to get out of our rockers and do whatever we have to do in this life.*

*Sometimes we get rolled in the dirt, but we need to pick ourselves up, brush ourselves off and get going again.*

*Growth is life! Stagnation is death!*

*If we don't like what's happening in this world, let's change it! We only have one time around in this life. If the only mark you leave is that you left something better than what you found, then this world will be a better place.*

*Some people wait for things to happen.*

*Some people wish for things to happen.*

*Some people want things to happen.*

*Stop wasting time on waiting, wishing and wanting! Start making things happen!*

*It's YOU who can make that difference in this world!*

### Inside this issue:

Spring Into Action! 1  
 Visit US Online!

Post 18 Remembers 2  
 Bradley J. Cregar

Thy Will Be Done 3

Thank You Bingo Players! 3

Want To Be A Star? 4  
 The Hand That Gives  
 UWM Seeks Volunteers

Create & Participate 5  
 We Need Your Help!

Recipe Corner: DESSERTS 6

Weston A. Price Update 7  
 Help US & Promote Yourself!  
 SPRING FREE-BEE COUPON

About US & Upcoming Events 8



**United Seniors of Wisconsin is reaching out to our Spanish listening audience. Hear our Bingo ad on the Spanish Radio station WJTI 1460 AM!**

## Visit US Online!

*Lost or misplaced your newsletter? Don't worry, you can always print the latest copy of our newsletter online!*

Visit us at: [www.unitedseniorsofwisconsin.org](http://www.unitedseniorsofwisconsin.org)

*United Seniors of Wisconsin is just a mouse click away. Go online for convenient and easy access to all of our upcoming events. Download past and current newsletters as well as get current Bingo information. Check out our online photo gallery and much more!*

*We appreciate your feedback, so feel free to share your ideas with us and let us know what you would like featured online and in our newsletter!*

Email us at: [info@unitedseniorsofwisconsin.org](mailto:info@unitedseniorsofwisconsin.org)



# Post 18 Remembers Bradley J. Cregar

Friends and family joined Milwaukee Post 18 to honor Bradley Cregar with a special memorial service held at the United Seniors of Wisconsin Bingo Hall.

Bradley served in the United States Marine Corp in Korea. He was past commander and adjunct/finance officer of Milwaukee Post 18, past adjunct of District 4 and member of VFW Post 1519, 40 and 8.

United Seniors of Wisconsin extends our condolences to Bradley's family, friends and members of Milwaukee Post 18. He will be greatly missed by those who knew him.

Bradley J. Cregar passed away on February 21, 2011 at the age of 78.



*Memorial Tribute to  
Bradley J. Cregar by  
Milwaukee Post 18*

# Thy Will Be Done



You have worked hard all your life to acquire your treasured possessions, to secure the future for your family and loved ones. Regardless of our age and health, a will may be one of the most important legal documents you will ever sign.

Now take that protection one step further!

Whether you have a formal written will that you have created with your attorney, or a Living Will, creating a personal video DVD of you assigning your valuable assets further protects your assets, and helps minimize the chances of a contest over your estate.

***THY WILL BE DONE*** services include:

- Attorney-guided services to assist you in developing and recording your will.
- Supervised recording services if you already have a written will.
- For an additional fee, recording can be completed in the comfort of your home.
- Packages start at only **\$99.00**

Regardless of your age or state of health, it

is important to give thought to the disbursement of your estate, your financial and other personal affairs, so that your wishes are clear and in place for your friends and family at the time of your death. A digital video of your last will and testament is a way to share your values, blessings, life's lessons, hopes and dreams for the future, love, and forgiveness with your family, friends, and community.

This may be one of the most cherished and meaningful gifts you can leave your family, loves ones, friends and community!

***THY WILL BE DONE*** is a division of the United Seniors of Wisconsin. Call **414-727-9400** or **414-321-4409** for more information.



## Want to Be A Star?

Have you ever wanted to be a star? All it takes is a donation of one dollar or more. Why not join the rest of the stars that shine upon the **Wall of Stars** in our Bingo Hall.

Send or give your donation to: **United Seniors of Wisconsin  
c/o Ed's Soup Kitchen  
4515 W. Forest Home Avenue  
Milwaukee, WI 53215**



All money donated for the Wall of Stars goes to **Ed's Soup Kitchen** for Veterans who need help and food.

If you are a veteran, make sure to write your branch of service on your star!

### ***THE HAND THAT GIVES, GATHERS***

*The more you give, the more you get;  
The more you laugh, the less you fret;  
The more you do unselfishly, the more you'll live abundantly;  
The more of everything you share, the more you'll always have to spare;  
The more you love, the more you'll find  
That life is good and friends are kind.  
For only what you give away, enriches you from day to day.*



***Retired Volunteers  
Needed for Study!  
Examining Sedentary Behavior & Health***

A research study currently being conducted at the University of Wisconsin-Milwaukee is examining the relationships between sedentary behaviors and health in retired Caucasian adults over 65 years of age. All eligible study participants will wear two small devices to measure their physical activity and sedentary behavior, complete three diaries, and answer three questionnaires over a one week period, as well as receive a cholesterol screening: high density lipoproteins, low density lipoproteins, total cholesterol, triglycerides, and blood glucose. Additionally participants will receive one bone scan: a total body scan. Information provided by research participants will be considered confidential and study-related services will be provided at no cost.

***For more information, contact Elizabeth Grimm (414) 229-4392  
at the University of Wisconsin-Milwaukee***

# Create & Participate! by Phyllis Nickchen, PT



## WI. ROMPS

*Therapists for life :*

*RT-OT-MT-PT-ST--*

Creating exercising groups of all ages, who are medically involved, ROMPS to PROMS to SR. MOMS & POPS to become socially involved for fun in mind, body, spirit of @ human be-ing.

You are invited to create and participate. Interested?  
 Call Phyllis at 414-321-2829 or email at [unitedseniorsfit@sbcglobal.net](mailto:unitedseniorsfit@sbcglobal.net)  
 Mail- Phyllis, 4415 W. Forest Home Ave., Milwaukee, WI. 53219

# We Need Your Help! Play Bingo. Volunteer!

WITHOUT YOU, WE COULDN'T DO WHAT WE DO!

Without Bingo how could we help the unfortunate... like the "Battered Women" and their children; Nursing Home Patients, and Veterans who fought for our freedom, many of whom are in wheelchairs, no legs or arms and still feel lucky to be alive!

**Bingo workers aren't paid...  
 They are all VOLUNTEERS!**

A VOLUNTEER is one who has compassion, a heart full of giving love, and thinks of others before ones self. Be a volunteer and show your true feelings... or SHOW YOUR SUPPORT and JOIN THE FUN with your friends and WIN MONEY to boot!

### MONDAY-FRIDAY SESSIONS

(9:30 & 11:00 AM)

### EVENING SESSIONS

(6:30 PM & 8:00 PM)

**For last minute information call:**

**(414) 321-0220**

## UPDATED BINGO SCHEDULE!



- Every Sunday Night  
**Pioneer Drum & Bugle**
- Every Monday thru Friday Morning  
 (9:30 am & 11:00 am)  
 Tuesday & Wednesday Nights  
 (6:30 pm & 8:00 pm)  
**United Seniors of Wisconsin**
- Every Monday Night  
**American Legion Post 180**
- Every Thursday Night (7:00 pm)  
**American Legion Post 18**
- Every Friday & Saturday Night  
**American Legion Post 18**  
**Pioneer Drum & Bugle**



# Recipe Corner: Easter Desserts

by **Monika Sobierajski**

If you have recipes you would like to share with our readers, please send them to:

**Recipe Corner**  
**729 W. Oklahoma Avenue**  
**Milwaukee, WI 53215**

Or submit your recipes to us via email at:  
***info@unitedseniorsofwisconsin.org***

Next issue will feature:  
**POT-LUCK DISHES**



## MARSHMALLOW EASTER EGGS

25 cups	All-purpose Flour
1	Large Egg
2 Tbs.	Unflavored Gelatin
1/2 cup	Cold Water
2 cups	White Sugar
1 cup	Corn Syrup, <i>divided</i>
3/4 cup	Hot Water
2 tsp.	Vanilla Extract
1 lb.	Dark Chocolate Candy Coating, melted
2 oz.	White Candy Coating, melted

Spread 7 cups flour in each of three 13-in. x 9-in. pans and 4 cups flour in a 9-in. square pan. Carefully wash the egg in a mild bleach solution (1 teaspoon chlo-

rine bleach to 1 qt. warm water); dry. Press washed egg halfway into the flour to form an impression. Repeat 35 times; set aside.

In a small bowl, sprinkle the gelatin over cold water; set aside. In a large saucepan, combine the sugar, 1/2 cup corn syrup and hot water. Bring to a boil over medium heat, stirring constantly, until a candy thermometer reads 238° (soft-ball stage). Remove from the heat; stir in remaining corn syrup.

Pour into a large bowl. Add reserved gelatin, 1 tablespoon at a time, beating on high speed until candy is thick and has cooled to lukewarm, about 10 minutes. Beat in vanilla. Spoon lukewarm gelatin mixture into egg depressions; dust with flour. Let stand for 3-4 hours or until set.

Brush excess flour off marshmallow eggs. Dip each in chocolate candy coating. Place flat side down on waxed paper. Let stand until set. Pour white candy coating into a heavy-duty resealable plastic bag; cut a hole in one corner. Drizzle over eggs. **Yield:** 3 dozen.

**NOTE:** For safety reasons, we recommend that you discard the egg and all of the flour.



## DAIN'S GRANDMOTHER'S CARROT CAKE

### CAKE INGREDIENTS:

- 1¼ Cups Canola Oil
- 2 Cups Sugar
- 4 Large Eggs
- 3 Cups Carrots, Grated
- 2 Cups All-Purpose Flour
- 1 tsp. Salt
- 1 tsp. Ground Cinnamon
- 2 tsp. Baking Soda

### CREAM CHEESE ICING:

- ½ Cup Unsalted Butter\*
- 8 Oz. Cream Cheese\*
- 2 Cups Confectioners' Sugar
- 2 tsp. Vanilla Extract
- 1 Cup Walnuts or Pecans, Chopped & Toasted

(\* ) *Room Temperature*

### DIRECTIONS:

Preheat oven to 350 degrees. Lightly grease and flour an 8" x 13" x 3" pan or 17¼" x 11½" x 1" pan. In a large bowl, place the oil, sugar and eggs. Blend with a mixer until well incorporated. Add the carrots, flour, salt, cinnamon and baking soda. Mix until well incorporated.

Transfer to the prepared pan and bake for 40 minutes. Set aside to cool. While the cake is baking, prepare the icing. Place the butter and cream cheese in a mixing bowl and mix until well incorporated. Add the sugar and vanilla and blend well.

When the cake has cooled, spread with the icing. Sprinkle with the nuts and cut into pieces.

***Bon Appétit!***

***Easter Blessings!***

## Weston A. Price Update by Muriel Plichta

On Thursday, April 21st we have two big events scheduled for our Weston A. Price meeting agenda. First of all, at about 11:30 a.m. we plan on meeting at the Amaranth Café, located at 3327 W. Lisbon Avenue, for lunch and a visit with David Boucher, the owner. If you have been to the café before, you know what a treat is in store. If you want to carpool to the café, please notify me by email or at 414-383-2121. Then about 12:30 p.m. we will travel to Will Allen's urban farm known as Growing Power for a 1:00 p.m. tour, which lasts about 1 1/2 hours. The cost is \$10.00 per person, but more than worth the price if you consider the scope of what you will be learning. You can check this out by going to [www.growingpower.org](http://www.growingpower.org). All in all, the day should be a highly nutritional and inspiring adventure!

On another note, I recently was in touch with Scott Trautman to see if he would be willing to come to the last meeting of the season to be held the evening of May 19th. He graciously agreed to come if we have enough orders to make it worth his time and gas (a big consideration these days). If we place sufficient orders to warrant his trip here, he is offering us a 10% discount! So please place your orders early by going to his web site at [www.trautmanfarm.com](http://www.trautmanfarm.com) or calling him at 608-205-9798. If you have ordered from him before then you know the high quality of his products and the loving care he puts into his farming endeavor.

For now, keep thinking spring and maybe, just maybe, it will hurry along its way.

*Please visit the United Seniors of Wisconsin website for more information about upcoming meetings.*

## Help Us & Promote Yourself!

Do you know someone who is looking for ways to promote their business at a very affordable cost?

You can help us with defraying the cost of publishing our quarterly newsletter by placing an ad. **Ads start at just \$25 for a business card size ad (3.5" x 2")**. Contact us for a quote on larger ads or for information on advertising on our website.

Ads should be **copy-ready** and must be submitted in **JPEG** format. Professional ad design & setup available for an additional charge.

Submit your ad via email to: [info@unitedseniorsofwisconsin.org](mailto:info@unitedseniorsofwisconsin.org)

Make your check payable to **United Seniors of Wisconsin** and send to:

**United Seniors of Wisconsin**  
c/o Advertising Dept.  
729 W. Oklahoma Avenue  
Milwaukee, WI 53215



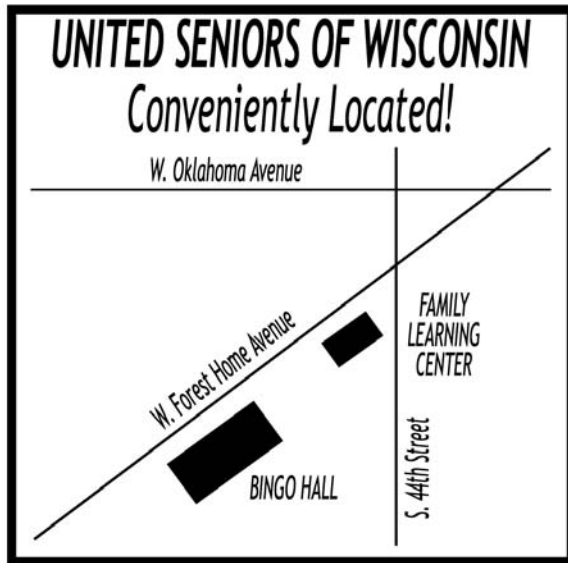
	<b>United Seniors of Wisconsin - Bingo Hall</b> 4515 W. Forest Home Avenue
	<b>SPRING FREE-BEE</b> COUPON GOOD FOR ONE CUP OF COFFEE
Limit (1) Coupon Per Guest, Per Visit No Photocopies Allowed	Expires June 1, 2011

**Write or email your  
comments & suggestions!**

*info@unitedseniorsofwisconsin.org*  
4515 W. Forest Home Avenue  
Milwaukee, WI 53219

**VISIT US ONLINE AT**  
**www.unitedseniorsofwisconsin.org**

United Seniors of Wisconsin was incorporated in 1986 as a 501(c) (3) organization based on the desire to help people of all generations make the world a better place to live. It grew out of the founder Dorothy Seeley's past training and passion as a counselor in Community Services. Since then, United Seniors of Wisconsin has become a valuable volunteer run organization contributing many desperately needed resources and programming to people of all generations, genders, ethnicities, socio-economic statuses and religious beliefs. All profits realized by the organization go directly back towards helping individuals overcome barriers and health problems and maintain healthy lifestyles. The organization is solely funded through BINGO sessions held at the Bingo Hall and via generous donations and membership dues from Wisconsin residents. Many individuals come to socialize and develop their skills while providing/receiving needed services. United Seniors of Wisconsin is centrally located on 45th and Forest Home Avenue in Milwaukee and Greenfield, Wisconsin and is easily accessible by car, foot, via disability and elderly transportation services and by using the Milwaukee County Transit Bus System (Routes 14, 35 and 51) as well as via Transit Plus taxi/van accommodations.



**UPCOMING EVENTS FOR 2011**

**Memorial Day Weekend / Picnic In The Park**

Sunday - May 29, 2011 (1:00 pm)  
Greenfield Bicentennial Park  
5300 W. Layton Avenue

**Honoring Our Veterans / Picnic**

Sunday - July 10, 2011 (1:00-3:00 pm)  
VA Grounds  
5000 W. National Avenue



CURRENT RESIDENT -or-

**MAKE YOUR TAX DEDUCTIBLE DONATION TO US TODAY!**

*“Seniors Helping Seniors In Their Golden Years”*

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