



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



SUMMER 2011

# Fire Up The Grill!

Volume 3, Issue 2

## MILWAUKEE STATE OFFICERS

### PRESIDENT

*Dorothy J. Seeley*

### VICE-PRESIDENT & EXECUTIVE SECRETARY

*Carolyn Clements*

### TREASURER

*James Cleary*

### SGT. AT ARMS

*James Benz*

### BOARD MEMBERS

*Donald Almquist*

*Robert Moodie*

*Bob Kames, Jr.*

*Roman Blenski*

### ELECTED

*Phyllis Nickchen*

### NEWSLETTER & WEBSITE

*Monika Sobierajski*

## Accountability in Leadership by Dorothy Seeley



**DOROTHY SEELEY, President**

*A great American leader defined the mission for our generation and generations to come.*

*We need a second bill of rights which a new basis of security and prosperity can be established for all, including the right to a useful and remuneration job. The right of every business, large or small, to trade free from unfair competition and domination by monopolies at home and abroad. The right of every family to a decent home and good vacation. The right to adequate medical care and to enjoy good health. The right to adequate protection from economic fears of old age, sickness, accident and unemployment.*

*These are the words of Franklin Delano Roosevelt in 1944 in his State of the Union address.*

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## Hold Your Heads High Bingo Players!

**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**



## Congratulations Chief Francis C. Springob!



**Francis C. Springob** was honored by the United Seniors of Wisconsin Inc. at the Annual Picnic In The Park at "Bicentennial Park" on **May 29, 2011**. He has contributed to the betterment of the community through his military service and his professional career as a police officer and public servant.

Serving as Greenfield Police Chief since his appointment in 1994, he began his career with the Greenfield Police Department in 1965, worked a variety of assignments, and was promoted to police officer, police sergeant, and police lieutenant. He has served with the 32nd Military Police Company and the Wisconsin Army National Guard from 1965-1971; active in the International Association of Chiefs of Police (IACP), National Association of Chiefs of Police, appointed to the IACP Firearms Committee, elected to the Board of Directors for the Wisconsin Law Enforcement Memorial, Inc., also serving as fund-raising co-chair for the memorial, is a member of various other professional law enforcement and community organizations; and is a current member of the Greenfield Chamber of Commerce, member of Greater Greenfield Lions Club, Greenfield Public Library Foundation.

Francis C. Springob is passionate about the City of Greenfield, he and his wife Helen, of 40 years have two sons, Scott and Steven; Chief Springob is the proud grandpa of four grandsons and one granddaughter. Recognized by the Milwaukee County Board of Supervisors for his achievement, he is commended for his dedicated efforts and contributions to the community and we wish him a future filled with health, happiness and satisfaction.

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**CONGRATULATIONS CHIEF SPRINGOB ON A JOB WELL DONE!  
THE UNITED SENIORS OF WISCONSIN SALUTE YOU & WISH YOU A HAPPY RETIREMENT!**

## Honoring Our Veterans Picnic



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

Special thanks to  
POST 18 Colorguard

Thank you to everyone who helped  
volunteer their services for this  
wonderful event! You know who  
you are... we couldn't do it without  
your help!

Thanks to everyone who attended!

# Bicentennial Park Celebration



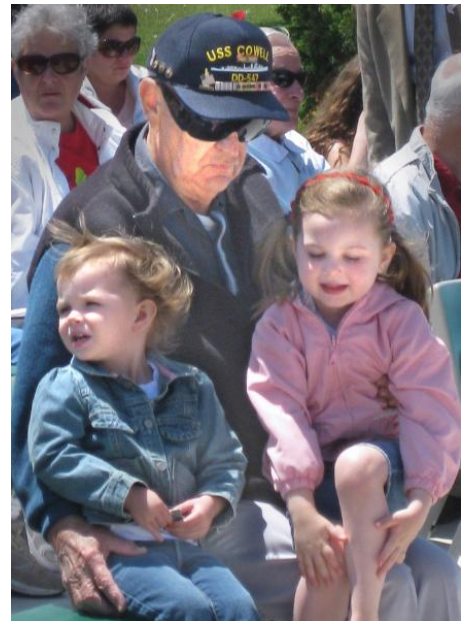
Members of American Legion Post 18 stand ready as the Pioneer Drum and Bugle Corps perform during the Greenfield Memorial Day program at Bicentennial Park May 25.



Dorothy Seeley, one of the founders of Greenfield's Bicentennial Park and president of United Seniors of Wisconsin, was recognized during the ceremony.



Johnnie Smith of Boy Scout Troop 530 and Greenfield Police Chief Francis Springob raise the American flag over Bicentennial Park during Greenfield's Memorial Day ceremony.



Naval veteran Chester Trojanowski was one of the veterans recognized during the Greenfield Memorial Day ceremony



The Greenfield-based Pioneer Drum and Bugle Corp performed as part of Greenfield's Memorial Day ceremony.

*Photos by: Stefanie Scott / Senior Reporter  
Wauwatosa NOW newspaper and WauwatosaNOW.com  
Reprinted with permission*

# Bicentennial Park / A Living Legacy

*On Saturday, October 16, 1976... the Greenfield Bicentennial Park located at 5300 W. Layton Avenue in Greenfield, was officially dedicated. The American flag was presented by Congressman Clement Zablocki, the Wisconsin State flag by State Senator James Devitt and the City of Greenfield flag by Major Howard Wahlen. The flags were raised on 3 separate flagpoles later in the ceremony. A representative of Sen. Gaylord Nelson presented citations from the President's office to senior citizens born before 1900. The bicentennial commission also presented gifts to these senior citizens. A band from the Milwaukee Musicians union played throughout the ceremonies. The color guard was from the VFW.*

*In 2011, exactly 35 years later the ceremony continues much the same with the tradition being passed on to a new generation of participants. The welcome address was given by Mayor Michael Nietzke. The Master of Ceremonies was Chief Francis Springob. An introduction of the Executive Board of United Seniors of Wisconsin included Dorothy Seeley, Carolyn Clements, Donald Almquist, James Cleary, Phyllis Nickchen, Robert Kames, James Benz, Roman Blenski and Attorney Robert Moodie.*

*Donald Almquist read a poem "Freedom is not Free". Raising of the American Flag was done by Robert Moodie, Wayne Pratis of Post 18 and Wayne's grandson, Eagle Scout Steven Kriesen. While the American flag was being raised, the National Anthem was led by James Cleary and accompanied by Murray Davis on the piano. Raising of the Wisconsin State flag was done by James Benz and Boy Scout Johnnie Smith. Raising of the Greenfield City flag was done by Roman Blenski and his two grandsons, Boy Scouts Grant and Nick Fugh. The Pledge of Allegiance was led by County Supervisor Mark Borkowski. There was a performance by the Pioneer Drum & Bugle Corps, under the guidance of Roman Blenski.*

*Placement of Memorial Wreath for all of our fallen heroes, military personnel, police officers and fire fighters, and a dedication of the tomb of an unknown soldier by Robert Kames & Phyllis Nickchen. A 21 Gun Salute and Taps was presented by American Legion Post 18, led by Commander John Lewandowski. Mark Borkowski presented awards to Brad Creager (posthumous—accepted by his wife Theresa) and to Greg Kress. Mayor Michael Nietzke presented a special award to Chief Francis Springob. Dorothy Seeley and Carolyn Clements presented additional awards to Shirley Kress, Helen Springob and Theresa Creager. The event concluded with a thank you speech given by Dorothy J. Seeley. All were invited to stay and enjoy a free lunch.*

## 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)*



# Aging Well by Phyllis Nickchen, PT

‘What allows a person to age well?’, asks Richard P. Johnson, Ph.D., a nationally recognized expert in gerontology. After a four-year study, he discovered a spiritual link in his findings.

“The people who age best are those who celebrate their faith. They live in the now. They know how to handle anger by moving toward forgiveness. They’re always doing things to help other people, and they tend to see things differently,” Johnson says. “For them, aging is not a senseless slippage, but an opportunity for greater growth.”

### AFTERTHOUGHTS:

- How do you celebrate your faith?
- When was the last time you got angry? How did you handle it? Have you forgiven the last person that angered you?
- What do you do to help other people? What organizations have helped you in your life? Is there something that I can do to “give back” to them?



## BINGO SCHEDULE

- **PIONEER DRUM & BUGLE** - Every Sunday Night
- **UNITED SENIORS OF WISCONSIN INC.**  
  - Every Monday thru Friday Morning (9:30 am & 11:00 am)
  - Tuesday & Wednesday Nights (6:30 pm & 8:00 pm)
- **AMERICAN LEGION POST 180** - Every Monday Night
- **AMERICAN LEGION POST 18** - Every Thursday Night (7:00 pm)
- **AMERICAN LEGION POST 18/PIONEER DRUM & BUGLE**  
  - Every Friday & Saturday Night

*EVERY DAY IS BINGO DAY AT UNITED SENIORS OF WISCONSIN!*

# Recipe Corner: Pot-Luck Dishes

by Monika Sobierajski

Next issue will feature:  
 ??? MYSTERY RECIPES ???

## HOT SPINACH-ARTICHOKE SPREAD

### INGREDIENTS:

14 oz. can Artichoke Hearts, chopped  
 1 cup Mayonnaise  
 1 cup Parmesan Cheese, grated  
 1 clove Garlic, minced  
 ½ bag Fresh Spinach, chopped

### DIRECTIONS:

Mix all ingredients together. Place in an oven-proof dish. Heat at 350 degrees for approximately 30 minutes, or until the top is brown. Serve with rye chips or cracker of your choice.

(\*) Recipe can be doubled to make a good-sized appetizer.

## SHERBET PUNCH

### INGREDIENTS:

Water  
 1 Can Frozen Concentrated Orange Juice (6 oz.)  
 1 Can Frozen Concentrated Pineapple Juice (6 oz.)  
 1 Pint Cranberry Cocktail, Chilled  
 Red Food Coloring (As Desired)  
 1 Pint Orange Sherbet\*  
 2 Btls. Ginger Ale, Chilled\* (7 oz. each)

### DIRECTIONS:

Add water to orange and pineapple concentrate in punch bowl, according to directions on cans. Add cocktail and coloring; add small scoops of sherbet. Gradually pour in the ginger ale (punch will foam). Serve immediately.

Makes 40 servings.

(\*) **Monika's note:** I would use the larger bottles of Ginger Ale and just replenish with additional Orange Sherbet as needed. You really can't mess this up. It's all good!

## LAZY PIEROGI BAKE

### INGREDIENTS:

16 oz. pkg. Wide Noodle Pasta  
 1 lb. Bacon, sliced & diced  
 2 medium Onions, chopped  
 2 Garlic cloves, minced  
 1/2 lb. Fresh mushrooms, sliced  
 2 cans Sauerkraut, rinsed & well drained (14 oz. @)  
 3 cans Cream of Mushroom Soup (10-3/4 oz. each) condensed & undiluted  
 1/2 cup Milk  
 1/2 tsp. Celery seed  
 1/8 tsp. Pepper

### DIRECTIONS:

Cook pasta according to package directions. Meanwhile, in a large skillet, cook bacon over medium heat until crisp. Remove to paper towels; drain, reserving 2 tablespoons drippings.

In the drippings, saute onions until tender. Add garlic; cook 1 minute longer. Add mushrooms; cook until tender. Stir in sauerkraut and half of the bacon. In a large bowl, combine the soup, milk, celery seed and pepper. Drain pasta.

Place a fourth of the pasta in two greased 13-in. x 9-in. baking dishes. Layer each with a fourth of the sauerkraut and soup mixture. Repeat layers.

Cover and bake at 350° for 25 minutes. Uncover; sprinkle with remaining bacon. Bake 10-15 minutes longer or until heated through.

Let stand for 5-10 minutes before serving. Yield: 16 servings.

## CUCUMBER DILL SALAD

### INGREDIENTS:

1 cup (8 ounces) Sour Cream  
 To Taste Salt, Sugar, Dill  
 3 large Cucumbers\*

### DIRECTIONS:

Peel and thinly slice cucumbers. Add salt, sugar and dill weed to taste. Stir in sour cream. Serve immediately or refrigerate. This is an easy to make side salad and makes a great fast dish in a hurry. Goes well with chicken or green bean side dishes!

## GREEN BEANS AMANDINE

### INGREDIENTS:

1 lb. Fresh or frozen green beans, cut into 2-inch pieces  
 1/2 c. Water  
 1/4 c. Slivered Almonds  
 2 Tbs. Butter  
 1 tsp. Lemon Juice  
 1/4 tsp. Seasoned Salt, optional

### DIRECTIONS:

Place beans in a large saucepan and cover with water. Bring to a boil. Cover and cook for 10-15 minutes or until crisp-tender; drain and set aside. In a large skillet, cook almonds in butter over low heat. Stir in lemon juice and seasoned salt if desired. Add beans and heat through.

Yield: 6 servings.

# HAPPY COOKING!

# Weston A. Price Update by Muriel Plichta

The date is fast approaching for our first meeting of the fall season scheduled for Thursday, September 15th at 6:30 p.m. to be held at the United Senior and Family Center located at 4417 W. Forest Home Avenue.

Our first meeting is always dedicated to welcoming new folks and bringing everyone up to date with the latest happenings of the Foundation. We will also be discussing the agendas for future meetings, which will include a variety of speakers, field trips and a special showing of the DVD called "Nourishing Our Children".

It is always such a special time as we gather together after the long summer break and catch up on all of the latest Weston A. Price events and news, and there are some very exciting happenings to announce. Please do plan on joining us for a good amount of sharing and learning and, as always, you are invited to bring a friend and a treat to share. Folks always welcome both with open arms and hands!

You should also have received the information about Scott Trautman coming to the meeting to deliver any orders that we place. Remember to get your orders in ASAP as this just makes it so much easier for Scott and his wife, Julie, to prepare ahead of time. Scott also informed me that he now takes credit cards and is selling honey.

If you have any questions, email me or call me at 414-383-2121. In the meantime enjoy the warm and "crunchy" last days of summer. Hope to see you all there!

# 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**



**United Seniors of Wisconsin - Bingo Hall**  
**4515 W. Forest Home Avenue**

**SUMMER FREE-BEE**  
**COUPON GOOD FOR**  
**SMALL POPCORN**

Limit (1) Coupon Per Guest, Per Visit  
No Photocopies Allowed

Expires November 1, 2011

**WHAT'S MISSING HERE????**

**WANT AN INEXPENSIVE WAY TO HELP PROMOTE YOUR BUSINESS?**

**CONSIDER PLACING A COUPON IN THIS SPOT IN OUR NEXT NEWSLETTER.**

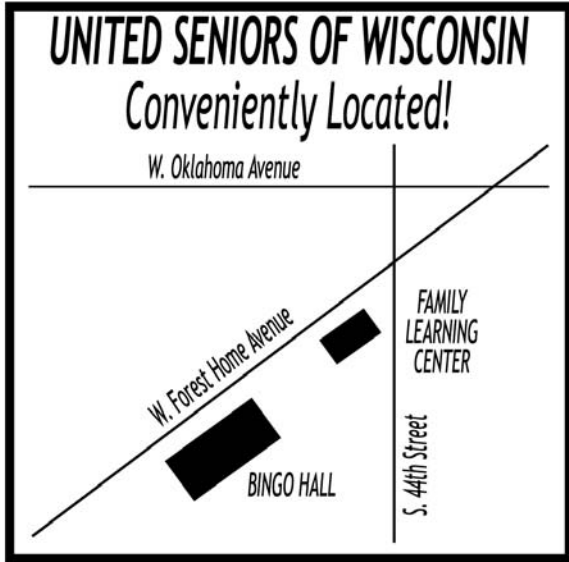
**Write or email your  
comments & suggestions!**

*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.



### **General Membership Meeting**

**Saturday - Oct. 1, 2011 (1:00 pm)**

**United Seniors of Wisconsin  
4415 W. Forest Home Avenue**



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

**CURRENT RESIDENT -or-**

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

**“Seniors Helping Seniors In Their Golden Years”**

**WWW.UNITEDSENIORSOFWISCONSIN.ORG**

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MILWAUKEE, WI 53219**



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