

Celebrate Life
Boomers!

January
2016

A FREE PUBLICATION
FOR ALL GENERATIONS

Come get your BOOM ON!

LOCAL INTEREST CALENDAR HEALTH FINANCE HOME & GARDEN ENTERTAINMENT THEATRE TRAVEL DINING FAMILY RETIREMENT LIVING



**The most wasted of all days
is one without laughter.**

~E.E. Cummings

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FROM THE PUBLISHERS

JANUARY 2016



Whew... That was a long ride through 2015.

We now have a pig in the house thanks to Santa. A guinea pig. As a farm girl, our array of house pets included about 6 generations of guinea pigs, but in the suburbs of Milwaukee a pig takes on a whole new dimension. On top of that,

Amara insisted on calling her new Christmas pig 'Mary.' My Catholic upbringing is now in turmoil having named a pig after the Blessed Mother. Granted, Amara is extremely ecstatic about the gift and wants to express herself. To ease my conscience, she has agreed to spell the name 'Merry'. Amen.

I often joke about earning a journalism degree when all I really needed was... a good joke. We insist on bringing in the New Year on a note of laughter and good cheer for all - hence our annual LOL issue. Last night we celebrated the New Year with dinner out with family and I brought along our jokes for this issue. For at least an hour, we all sat around the table eating, drinking, telling jokes and LAUGHING! What a beautiful thing! If, in my small way, I can bring a good-ole-laugh to you this month by reading our paper - well I think that makes us all feel good!

Tom and I have been recovering from colds -brought on I'm sure from the bowels of the 6th grade classroom. But our love of winter will not be thwarted - skis are primed, the cabin is waiting, there's wood in the fireplace and the home hearth is burning! God bless you all, and may He keep your hearts and toes warm against the winter cold! *Happy New Year!*



Working on a 15 gallon crock of saukraut at the farmhouse. Best kraut yet! My tummy probiotics are happy!

Always remember to...

Celebrate Life!

Sandy and Tom Draelos



Stop Trying to Change Your MIND. Change Your BRAIN!

It's that time of year again where the resolution promises and 2016 planners come out, all in preparation to have a "different" kind of year this time around.

Can you relate?

While there's nothing wrong with any of that and planning to have a great year is the first step to making it happen, *you may be frustrated that you know what to do and even have a plan to do it, but you still don't do it. The worst part is, you don't know why.*

So you beat yourself up. Once again, you're failing and it's your fault. Actually, *it's not your fault, and I want to address that this month so you understand what's really going on.*

You might have read or heard that following the protocol for Higher Brain Living® (HBL) changes everything, but what does that really mean? Why and how is HBL different from those other "programs" that tell you how to get unstuck, live your best life, get out of your own way, etc?

I'm going to take you deeper into understanding two important fundamentals so that you see things differently in order to live differently. You'll realize why it's not your fault that, as hard as you try, you don't experience lasting change from all the self-development attempts you've taken, and

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Let a NEW YEAR of LAUGHTER BEGIN!



Laugh long. Laugh often.
Laugh loud.

~page 10

While driving in Pennsylvania, a family caught up to an Amish carriage.

The owner of the carriage obviously had a sense of humor, because attached to the back of the carriage was a hand printed sign...

"Energy efficient vehicle: Runs on oats and grass.

Caution: Do not step in the exhaust."

MILWAUKEE BALLET II 2 PM & 7:30 PM
SATURDAY Jan. 30

DANA LEONG TRIO 7:30 PM
SATURDAY Feb. 13

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AN EVENING OF COMEDY 7:30 PM
SATURDAY Mar. 19

CASHORE MARIONETTES 2 PM & 7:30 PM
SATURDAY April 9



HOW SAFE IS FOREIGN TRAVEL IN 2016?

Know you're safe – and have a great trip!

By Becky Steimle

Has the time come for you to book that next great trip? Will it be to Europe, Central America or some other distant destination? You want to see the world. But you also want to know whatever foreign travel you embark upon is safe. It's a fair question: Just how safe is foreign travel in 2016? Amazingly safe, say travel experts.

Experienced travel organizers like those at the Elm Grove-based Country Travel Discoveries take the long view – and what they say is the practical view – on travel in a sometimes-turbulent world.

"It's not as turbulent as people often think," says CTD owner Steve Uelner. "When you've spent decades organizing group travel around the globe, you develop a perspective."

Be aware of the hot spots, yes, but you can relax when dreaming about most foreign travel.

"We're all so aware of trouble that does exist out there, but it's actually quite confined. The most popular destinations are in reality very safe."

The travel experts at independenttraveler.com agree: "It's natural to wonder about safety at times, yet the fact of the matter is most of the world is not dangerous. Quite the opposite. There are some desperate places and people, but these are a minority."

The odds of a person dying as a result of terrorism overseas or in the air are 1 in 20 million, says famous globe-hopper Rick Steves, host of *Rick Steves' Europe*,

PBS's longest-running travel series. Compare that statistic to another not-so-pleasant thought – your odds of being killed by gunfire in the U.S.: that's one in 32,250.

"Many of the people we serve are seeking to make themselves more aware," says Uelner. "Seasoned travelers use the resources provided by U.S. State Department at www.travel.state.gov. That's a good place to start to educate yourself."

In many cases, activity you want to avoid is actually confined to a particular region, while the rest of the country is perfectly safe. For example, there's violence in specific Mexican pockets, but a destination like the Riviera Maya remains extremely safe for tourists.

Keep in mind situations change, too – so the vague recollection you might have of unrest in outer Mongolia may be a thing of the distant past.

Once the would-be traveler decides what trip is right for them, they can set the stage for a relaxing, worry-free holiday by taking care of a few personal details in advance.

"Make photocopies of passports, airline tickets, credit and debit cards, and email them to yourself," says Stewart Ikeda, Director of Marketing at Country Travel Discoveries. "That way, if you need any of the information they contain, you can easily access it from any hotel or internet café."

Protect your home while you're away, too. Leave a car

parked in the driveway and the outside lights on. Don't advertise your home address on your luggage tags, and wait to post those amazing travel pictures to Facebook until after you're home.

"People are excited to share pictures and experiences in the moment, but we like to remind them to wait," says Ikeda. "Don't advertise your absence."

Electronic communication in 2016 makes it easier than ever to book your flights, find your own hotel, even scope out the most enticing dining spots. But, says Uelner, for travelers seeking ease, security and peace of mind, an organized escorted tour simplifies the entire process, making it that much easier to segue into relaxation mode even in advance of a trip.

"Anticipation is one of the most wonderful things about traveling," Uelner says. "What an experienced tour operator gives a client is peace of mind. Knowing in advance that everything's been thought of for you, it feels safe and secure. You can commence relaxation that much sooner."

Advisors suggest that anyone considering using a tour operator should make sure they have an excellent travel protection plan, covering everything from trip cancellation and missed connections to loss of luggage and identity theft assistance.

For more travel tips, visit CountryTravelDiscoveries.com or call them at 855-744-TRIP (8747).



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WHAT'S HAPPENING AT SARAH'S HOUSE?

MONDAY, JANUARY 4 & 18, 3 PM

Rabbi Steve Adams continues his series, "Bible Women" with "Our Matriarchs: Leah & Rachel."

FRIDAY, JANUARY 8, 2:30 PM

Pianist and vocalist **Tom Stanfield** performs the classics from George and Ira Gershwin & Cole Porter.

FRIDAY, JANUARY 8, 11:15 AM

SATURDAY, JANUARY 23, 2:30 PM

Lisa Gorelick, RN, BS, presents "Healthy Living" bringing insight into preventative health practices. Lisa's programs are interactive. *If planning on attending, please refrain from wearing fragrances.*

SUNDAY, JANUARY 10, 2 PM

World renowned father and son duo, **Yuri and Daniel Belavsky** perform Jewish works and classical pieces.

WEDNESDAY, JANUARY 13, 3 PM

Pianist **David Alfvin** returns for an afternoon of classical music.

THURSDAY, JANUARY 14, 3 PM

Singer /songwriter **Jeanette Crosswait** performs "Music for the Soul."

SUNDAY, JANUARY 17, 2 PM

The **String Academy of Wisconsin (SAW)** brings the melodious sound of strings.

SUNDAY, JANUARY 31, 2 PM

Mark Boschstein and **Olga Vologarskaya** perform classical string and piano selections.

Tours are available at every event.



Please drive past the Health Center to the Apartments.

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A&E GUIDE
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www.southmilwaukeekeepac.org

South Milwaukee PAC is a professionally managed performing arts center serving the School District of South Milwaukee (SDSM), community organizations, professional presenters and business throughout the greater Milwaukee region. SMPAC was founded in 2004 on South Milwaukee's legacy of outstanding theatre and music educators. Great shows on a budget. A night on the town without fighting traffic. Free parking. Easily accessible. For tickets, call 414-766-5049.

Saturday, January 30 - Milwaukee Ballet II. Saturday, February 13 - Dana Leong Trio. Saturday, March 19 - An Evening of Comedy. Saturday, April 9 - Cashore Marionettes

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www.wisphil.org

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Sunday, February 21, 3pm, Wilson Center, *The World of George Gershwin*. Piano soloist Hyperion Knight performs Gershwin's Rhapsody in Blue.

Sunday, April 17, 3pm, Wilson Center, *Latin Holiday*. A program of lively Spanish and rousing South American works.

Sunday, May 22, 3 pm, Carroll University, *Family Concert*. An instrument petting zoo for the children followed by Prokofiev's Peter and the Wolf.

&TRAVEL TOO...

COUNTRY TRAVEL DISCOVERIES

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