

# MILLWRIGHT SERVICES – RIGGING

E80 Millwrights are specialized tradespersons thoroughly trained to install, maintain, and repair all types of industrial and mechanical equipment. We perform repairs that include new installations or replacing worn or defective parts.



7120 Patton Road  
DeForest, WI 53532  
888-846-6310  
info@e80plus.com  
www.e80plus.com

E80 MILLWRIGHT AND RIGGING CAN  
ASSIST WITH YOUR COMPANY'S  
NEEDS, PLEASE CONTACT US.

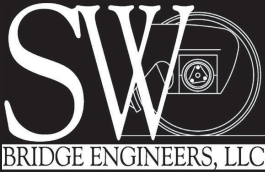


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E80 Millwright & Rigging has the knowledge and capacity to move and repair sensitive machinery that is awkward to move with typical forklifts or rigging. We will help you develop a customized plan to meet your budget and schedule to help achieve the safest and most efficient installation or repair at your facility.

## OUR PARTNERS





POOL • DARTS  
PING PONG • WI-FI

Game Day Specials

10 Big Screen TV's

NFL Package

Happy Hour & Nightly Specials

Late Night Food

Local Meats & Produce



Like us on Facebook

Player's Sports Bar & Grill  
2013 Winnebago Street  
(608) 244-9722

## BEER & WINE LIST

### Bottles

Micros • Imports • Crafts

The Commuter Kolsch  
Surly Furious IPA  
Deschutes Fresh Squeezed IPA  
Black Butte Porter  
All Day IPA  
Bell's 2 Hearted Ale  
Central Waters Satin Solitude Stout  
New Glarus Moon Man Pale Ale  
Blue Moon Belgian White  
Guinness Pub Can  
Heineken  
Corona  
Stella Artois or Cidre  
Ace Pineapple Cider  
Angry Orchard Crisp Cider  
New Belgium Fat Tire Amber

### Taps

New Glarus Spotted Cow  
Ale Asylum Hopalicious IPA  
Karben 4 Fantasy Factory IPA  
Budweiser  
Miller Lite  
Pabst  
& Other Seasonal Selections

### Wines

Apothic Red  
Chardonnay  
Pinot Grigio  
Sauvignon Blanc  
Prairie Fumé  
Rosé  
Champagne

### Hard Seltzers

High Noon  
White Claw  
Truly



## BAR MENU

Please order at the Bar

CASH ONLY - ATM AVAILABLE



### Famous Burgers\*

All include chips & a pickle. Substitute French Fries for \$1.  
Substitute tater tots, waffle fries, onion rings, cheese munchers  
or pub chips for \$2.

Ask about our featured  
"Burger of the Week"

Poker Ho Burger \$9.50  
Bacon, Swiss & American Cheese, lettuce & tomato with a side  
of Thousand Island dressing.

Players Burger \$8.50  
Topped with grilled ham, Swiss & American Cheese.

Bacon Bleu Burger \$9.50  
Bacon & Bleu Cheese crumbles with sautéed onions, lettuce & tomato.

Jalapenos with Cream Cheese  
Popper Burger \$8.00  
Spicy jalapenos with cream cheese.

Spicy BBQ Burger \$8.00  
Spicy Dashellito's BBQ Sauce & Cheddar Cheese with lettuce & tomato.

Baja Burger \$9.00  
Topped with Avocado, Mozzarella Cheese, lettuce,  
tomato & spicy garlic mayo.

Letza Motza Burger \$9.50  
2 Deep Fried Mozzarella Sticks, Wit's garlic sauce,  
pepperoni & Mozzarella Cheese.

The Cheesehead Burger \$8.50  
Cheese Curds, Cheddar Cheese & Ranch Dressing.

The Big Daddy Burger \$9.00  
Bacon, Ham, Swiss & American Cheese with spicy garlic mayo.

Patty Melt \$8.00  
2 pieces of Swiss Cheese & sautéed onions on Rye or Texas Toast.

Bacon Cheeseburger \$8.50  
Black Olive & Cream Cheese Burger \$7.50  
Mushroom & Swiss Burger \$7.50  
Cheeseburger \$7.00  
Hamburger \$6.50

Our burgers are 1/2 lb. Served on a toasted bun.  
Jenifer Street Market meat delivered fresh daily.  
Produce sourced locally when in season.

Cheese Options:  
Cheddar, Cream Cheese, American, Swiss or Pepperjack.  
Deluxe (lettuce, tomato & mayo) add 50¢  
Add Bacon \$2.00. Add extra cheese 50¢  
Substitute a Beyond Veggie Burger for \$1.50  
Substitute a gluten free bun for \$1.50  
Split plate charge \$1.00

### Appetizers

French Fries \$2.00 small / \$3.00 large  
Waffle Fries \$2.00 small / \$3.00 large  
Cheese Curds \$7.00  
Onion Rings \$4.50  
Cheese Munchers (15) \$6.00  
Mac & Cheese Bites (10) \$6.00  
Pub Chips \$5.50  
with Ranch or Bleu Cheese

Tater Tots \$5.50 Plain / \$6.50 Buffalo  
Deep Fried Mozzarella Sticks (5) \$6.00  
with Marinara Sauce

### Baskets

Add French Fries for \$1.00 extra  
Chicken Wings (8) \$9.50  
Tossed Wings (8) \$10.50  
Sweet Chili Jerk, Buffalo, BBQ or Spicy Dashellito's BBQ

Chicken Strips (5) \$7.50  
Chicken Drumsticks (8) \$8.50  
Chicken Cordon Bleu Bites (8) \$7.50

### Salads

Grilled Chicken Salad \$8.75  
With Cheddar Cheese, tomato, hard boiled eggs,  
Avocados & croutons on a bed of lettuce.

Bacon Bleu Salad \$9.00  
With Bacon, Bleu Cheese crumbles, tomatoes & hard boiled eggs  
on a bed of lettuce.

### Sauce & Dressing Options

Ranch, Bleu Cheese, French, Honey Mustard, Thousand Island,  
Italian, Low Fat Ranch, Buffalo, BBQ,  
Spicy Dashellito's BBQ Mayo or Spicy Garlic Mayo.  
Extra Sauce Add 25¢

### Specialty Sandwiches

All include chips & a pickle. Substitute French Fries for \$1.  
Substitute tater tots, onion rings, cheese munchers or pub chips for \$2.

Buzzy Sandwich\*  
2 eggs & American Cheese on grilled Texas Toast with your choice of  
Ham \$7.50  
Bacon \$8.50  
Burger Patty \$9.50  
Turkey Club \$8.50  
Bacon, turkey & Cheddar Cheese with lettuce, tomato & mayo on Texas Toast.  
Served Hot or Cold.

Spicy BBQ Chicken Sandwich \$8.50  
Grilled Chicken with Cheddar Cheese, lettuce, tomato &  
Spicy Dashellito's BBQ Sauce.

Spicy Jerk Beyond Burger \$9.50  
Beyond Veggie Burger topped with cream cheese, spicy deep fried  
cauliflower bites and sweet chili jerk sauce.

Chicken Cordon Bleu \$8.75  
Grilled chicken topped with ham & Swiss with lettuce, tomato & mayo.

Baja Turkey Burger \$9.00  
Grilled Turkey burger topped with Avocado, Mozzarella Cheese, lettuce,  
tomato & spicy garlic mayo.

Grilled Chicken Sandwich \$8.00  
With lettuce, tomato & mayo. Choice of Plain, Buffalo, Cajun or BBQ.

Grilled Ham or Turkey Melt \$6.50  
With your choice of cheese on Texas Toast.

BLT \$7.00

Classic Grilled Cheese \$5.00

\*Consuming raw or under cooked meats, poultry & seafood may increase your  
risk of food borne illness & will only be served upon consumers request.



HOW WE CAN HELP YOU

Ecological restoration is a process including both active management and helping nature heal itself. Here is what we can do to help get your woodland back on track:

**BRUSH & TREE CLEARING:** Non-native woody species like buckthorn, honeysuckle and others can devastate our woodlands with dense shade. Native shrubs and trees can sometimes also be too dense. We can clear this brush from your woods in an efficient and ecologically sensitive manner.

**INVASIVE SPECIES CONTROL:** Garlic mustard, dames rocket and Japanese hedge parsley are just a few of the invasive species that we can drive out of your woods.

**PRESCRIBED BURNS:** Low-intensity, well planned and expertly executed: prescribed fires are a safe and essential tool used to restore and maintain the savanna or woodland on your property.

**SEEDING & PLANTING:** Over-grazing and decades of dense shade have greatly reduced plant diversity in many woodlands. We can spread seeds and plant native perennials, shrubs and trees to reestablish a diverse and healthy plant community.

**SUSTAINABLE HARVESTING:** The restoration process often removes weedy, but commercially valuable trees like walnut, black cherry and black locust. These can be harvested to generate income, and put to good use.

**ECOLOGICAL CONSULTING:** Want to do it yourself? We'll give you the guidance you need.

OUR MISSION

To restore ecological health and reestablish native plants to our landscape for the benefit of wildlife and a more sustainable future for humanity.

OTHER SERVICES

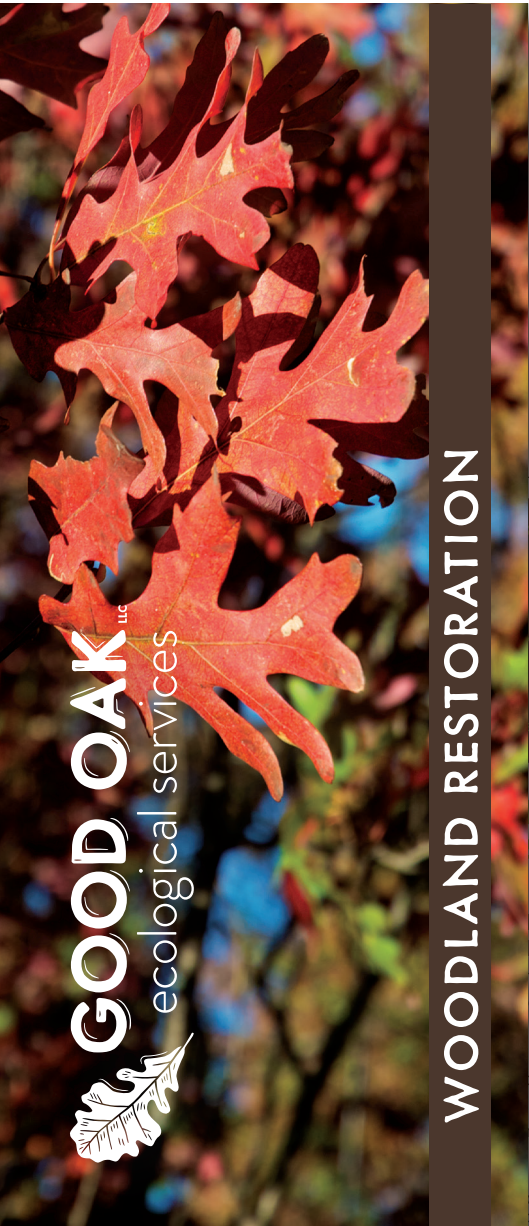
- Sustainable Landscaping
- Prairie Establishment
- Invasive Species Control
- Rain Water Conservation
- Shorelines & Erosion Control



Purple Joe-Pye weed is a common woodland wildflower that is a favorite of monarch butterflies and other pollinators.



4606 Pflaum Rd Ste A, Madison Wisconsin  
(608) 209-0607  
[www.goodoak.com/woodland](http://www.goodoak.com/woodland)



...on the fertile Corn Belt soils, all of our oaks are headed for oblivion, except where ecological restoration or other intentional management protects them.”  
Stephen Packard, in *The Tallgrass Restoration Handbook*

HISTORIC WOODLANDS AND DECLINING HEALTH

Long ago, Native Americans managed the landscape with fire. This maintained an open landscape, invigorated food plants, and improved hunting. Fire-adapted oaks thrived in our local woodlands, a habitat that the first Euro-American settlers described as “open” and “park-like.” Light streamed between the tree canopies to support the lush growth of wildflowers, shrubs and saplings, which in turn supported diverse and abundant wildlife.

With settlement, some woodlands were cleared for crop land. Others were logged with short-term profits, not ecosystem health, in mind. Overgrazing wiped-out many plants and regularly left the ground bare. Without plant roots, the topsoil washed away. Without rejuvenating fires, woodlands soon grew cluttered with weedy, fire-intolerant trees such as box elder, maple, cherry and elm. These filled in the canopy creating a darker, less productive environment. Damaged, unbalanced, ecosystems are vulnerable to invasive species. Eurasian weeds such as buckthorn, honeysuckle and garlic mustard took advantage, invading our woodlands and further degrading them.

Our woodlands are nearing a breaking point. Once our old oaks die, what will be left? Many species are quietly disappearing. Game species have few resources to sustain them. We must act now to restore and preserve woodland health.

DIAGNOSE YOUR WOODS

- **ARE THERE OAK TREES OF ALL AGES?**  
In addition to the majestic old oaks, are there also saplings and middle-aged oaks? Those grand old trees won't live forever. What will replace them when they are gone?
- **DO YOU HAVE FLOWERS THROUGHOUT THE GROWING SEASON?**  
Does your woodland have a lot of bare ground and leaf-litter? A healthy woodland will have a wide variety of wildflowers blooming through spring, summer and fall, but they need sunlight to thrive.
- **DO YOU HAVE INVASIVE PLANTS?**  
Buckthorn, garlic mustard, and other invasive plants are problems in their own right, but are also symptoms of a damaged ecosystem.
- **ARE YOU ABLE TO ENJOY YOUR WOODS TO THEIR FULL POTENTIAL?**  
Can you see into your woods? Are there too many mosquitoes, burs or thorns? Restoration reduce these pests, improves access, and gives you more to see.

WHY IT MATTERS

In a landscape so drastically altered by human activities, ‘nature’ needs a helping hand to stay on-course. Ecological restoration can bring diversity, vitality and stability back to our woodlands.

Healthy woodlands are beautiful places to enjoy and explore. From the array of spring wildflowers to the rich hues of autumn, natural beauty is found in all seasons. But a woodland's real value goes well beyond aesthetics. Acorns and other seeds and fruits feed deer, turkey and other wildlife. Over 500 species of insects feed on oaks. Flowers blooming from early spring into fall provide nectar for pollinators. These insects are then food for larger animals, particularly songbirds. Insects and birds are on the decline globally; habitat restoration can bring them back.

Healthy woodlands protect our environment. They reduce flooding and keep our lakes and streams clean by better intercepting and filtering rain water, and infiltrating it into the groundwater. Trees store carbon in their wood while perennial plants move carbon into the soil via their roots, removing it from the atmosphere.



The scene above is all too common in our woods, overgrown with buckthorn and invasive plants with lots of bare ground.



After clearing, a healthy woodland has a 'park-like' look and supports a diverse community of plants and animals.



### Major Equipment cost for one room:

(Dental chair, light, dental unit, ultrasonic cleaner, and sterilizer) = \$18,500.00

Raised Thus Far = \$16,000.00

From foundation applications and the rest seems doable.

### Minor Equipment needs for one room:

(Hand pieces, curing light for sealants, dental materials, disposable supplies) = \$5,500.00

Raised Thus Far = \$800.00

## Neighborhood Free Health Clinic

608-205-0505

Attn: Richard Albright

1520 Vernon St.  
Stoughton, WI 53589

Hours: M-F ?



## Neighborhood Free Health Clinic



608-205-0505

1520 Vernon St. Stoughton, WI 53589

## Neighborhood Free Health Clinic



### Mickey's Smile



A preschool child entered our office. His name was Mickey and he was so cute with big brown eyes. He tried to smile as he said "Hello". But Mickey was in pain with an abscessed tooth and had dark spots of tooth decay that showed. Mickey's eyes filled with tears as the pain increased. He had not learned proper teeth hygiene. That, with the help of his parents, was

about to change.

After numerous visits, his decayed teeth were saved and restored! He was a real trooper and our team marveled at his bravery! Now he smiled without pain! He ate without pain! He smiled without embarrassment!

Mickey learned to brush every day and to be proud of his teeth. Today his smile is handsome and frequently seen. His winning smile has helped him gain confidence and a successful career.

There are unfortunately many preschool children like Mickey. They lack access to care and education of dental health which would give them a pain free, new smile.

***Our mission is to help these children! To find them, treat them, and educate them and their parents.***

For years the Neighborhood Free Health Clinic has provided medical and behavioral health services to the underserved in our area. It was unable to provide dental care due to insufficient space. Recently, however, Dr. Frank Nichols and family and the families of Drs. Walter Moritz and David Grout have donated their former office space in the Doctors Park Building to the Neighborhood Free Health Clinic. We finally have the space to provide preventive dental care!

We will concentrate on providing care to preschool children, since many dentists in our area and the "Bridging Better Smiles" program are able to assist children of school age. We hope to provide care for preschool children in south eastern Dane County, Evansville and Edgerton. We also plan to involve the parents. We wish to educate and empower them to improve their children's oral health. The program will be staffed by volunteer dental hygienists and assistants.

Our goal is to equip two dental rooms for preschool children.

Please help us by spreading the news to the families with young children who may not have adequate access to dental care. Please consider donating your time, talent, or funds.

You can help us create a place where children have a wonderful smile and actually like going to the dentist for a lifetime to come! Thank you!



# SAILing into the future!

SHARING ACTIVE  
SAIL  
INDEPENDENT LIVES

LIFE'S A  
DARING ADVENTURE –  
CARPE VITAM

YOU AND  
YOUR MONEY

EMBRACING  
CHANGE

AGING 101

YOUR PERSONAL  
LEGACY

A unique collection  
of workshops developed  
for and by individuals  
who are aware of both  
the satisfactions and  
challenges of aging.

### INVEST IN WHAT'S NEXT!

- Get ready to write the next chapter of your life
- Learn what 'normal aging' is and how to prepare for it
- Explore your financial personality, determine what's enough, and address how to fund your plans
- Learn how to embrace the changes ahead
- Ensure that your beliefs and your passions outlive you

Attend one or all of the *SAILing into the future!* workshops offered throughout the year. These workshops are led by professionals who not only apply their own knowledge and expertise, they also recognize that learning is a two-way street. The small group work and participant discussions enrich the learning experience for all.

### REGISTRATION INFORMATION

**Schedule:**  
Visit [www.sailtoday.org](http://www.sailtoday.org) for workshop dates, times, and locations.

**Fees:**  
Full Members – \$10/workshop  
Associate Members – \$20/workshop  
Non-members – \$30/workshop

Each workshop includes a light meal or other refreshments and materials. Workbooks and other books authored by our faculty are offered at a discounted rate.


Scholarships are available and can be requested by contacting the SAIL office. Non-members can apply \$20 of their workshop fee to a Full or Associate level of SAIL membership within the calendar year.

### WORKSHOPS AND FACULTY


#### LIFE'S A DARING ADVENTURE – CARPE VITAM!

**W**orkshop leaders and local authors Mary Helen Conroy and Galen Metz have teamed up to give you the inspiration and a process to help you plan your life ahead. As Mary Helen says, "If you're not dead, you're not done!"

This workshop is for persons looking to review, retreat, and reinvent their lives. You'll be invited to engage in discussing the issues surrounding the next chapter of your life. The workshop will include exploring your various life dimensions as you consider your personal goals, followed by planning steps, and closing with 'why you matter.' Whether you are looking to retire or just want to put some pizzazz into your current life, this workshop is for you.



**MARY HELEN CONROY**  
Mary Helen Conroy spent her life as a teacher, salesperson, librarian, and mother before becoming a motivational speaker and author of the #1 Kindle Bestseller, *Your Itty Bitty Retirement Book: 15 Tips for the Nearly and Newly Retired*. She leads inspirational workshops all over Wisconsin.




**GALEN METZ**  
Galen Metz is a Madison author, speaker, consultant, magician, and retired healthcare Chief Information Officer of Group Health Cooperative in Madison, WI. He has served as a strategic advisor to several startups. Concepts from Galen's recent book and workbook, *Unlock the Secrets of Retirement*, are used throughout the workshop.

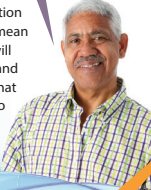
### WORKSHOPS AND FACULTY

#### AGING 101 – WHAT IS NORMAL AND HOW DO I PROACT TO IT?

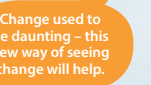
**T**his informative and enlightening workshop will begin with a lecture to help us understand the concept of homeostasis and how it manifests in life as well as ten things we should all know about normal aging. Dr. Eastman's presentation will help us understand that aging doesn't mean disease, nor does growing older mean we will become frail. In small groups, we'll explore and dismantle some of the myths about aging that we've subscribed to over the years. We'll also work on identifying the various topics we are interested in exploring further.



**DR. ALEXIS EASTMAN**  
Dr. Alexis Eastman is a faculty member in the Division of Geriatrics and Gerontology at the University of Wisconsin – Madison School of Medicine and Public Health. She serves as Director of Clinical Operations for Primary and Specialty Care in the Division, and as Medical Director of the Badger Prairie Health Center. Dr. Eastman has been named multiple times to the "Madison's Top Doctors" list.



I learned that aging doesn't equal frailty, I can always improve my health!



Change used to be daunting – this new way of seeing change will help.

### WORKSHOPS AND FACULTY

#### EMBRACING CHANGE – ALL OF IT!

**H**ave you ever wondered...How should I handle those future events that I don't want to think about or that I feel unprepared for? Downsizing, moving, physical changes, losses, making new friends, and family changes can all be tough topics to approach. "How do I handle life's curve balls?"

In this workshop, you will reflect on what aging and independence mean to you and learn skills to help you grab opportunity, rethink challenges, and approach aging head on – a great first step if you're feeling unprepared for what lies ahead. Key points include: learning how people often respond to common life changes, describing your own idea of independence, and applying tools and strategies to thrive. A variety of workshop activities will include a presentation, small group discussions, self-assessments, and readings.



**DR. KRISTIN LITZELMAN**  
Dr. Kristin Litzelman is an assistant professor in the School of Human Ecology and a state specialist for the Division of Extension at the UW–Madison. She holds a PhD in Population Health Sciences from the UW–Madison. Her work centers around supporting families through transitions across their life course including health, caregiving, and aging. She is interested in helping older adults and their families adapt and thrive at every age, with a focus on older adults aging on their own terms.



### WORKSHOPS AND FACULTY

#### YOU AND YOUR MONEY: A DYNAMIC RELATIONSHIP

**W**orkshop leader Connie Kilmark, will walk you through the financial aspects of aging. This presentation intermixes group discussion with lecture and gets you talking about the following questions as well as others:

- How will you adapt to the challenge of spending after a lifetime of saving?
- What are your goals? How do they align with your income and spending?
- How do you inventory your assets, both financial and intangible?
- What is your financial personality?
- What really matters to you and what is mere habit?
- How do you estimate future living expenses?



**CONNIE KILMARK**  
Connie Kilmark founded Kilmark & Associates in 1986. Working at the intersection of money and emotions, she has developed an approach to personal money management and has helped hundreds of individuals and couples of all ages. She is a trainer and speaker on personal money management, life planning, psychologically sensitive investment, and couple dynamics related to money. Her approach balances the heart and soul of money with the financial facts to assist clients in achieving a sustainable relationship with both the material and social world.



### WORKSHOPS AND FACULTY

#### LIMITLESS OPTIONS: YOUR PERSONAL LEGACY

**T**his workshop will help you ensure your beliefs and passions continue well into the future! Our workshop leader, Karen Rose Gredler, is an expert at generating personal reflection, meaningful discussion, and exploration among participants that leads to creating a legacy – a legacy that demonstrates who you are and all you've valued. What defines you? Volunteer work? Your spiritual life? Your hobbies? Your vocation? These are examples of possible things for which you may want to be remembered.



**KAREN ROSE GREDLER**  
Karen Rose Gredler is a licensed marriage and family therapist with a small private practice in Madison, WI. Her clinical focus is primarily on older women and mature couples, as well as providing clinical consultation and supervision. Prior to retirement from Edgewood College, Karen Rose served as Clinical Coordinator for their Marriage & Family Therapy Graduate Program. She holds Masters' Degrees in Psychology, Social Work, and Marriage & Family Therapy. Prior to becoming a therapist, Karen Rose worked for 35 years in public social service and non-profit agencies.



I want my values to live on after me. There are many ways to do this and I can start now.




We now see how our life goals will drive our financial decisions.

### WHAT ATTENDEES ARE SAYING


"What a great series of topics! Very informative. And, I enjoyed getting to know my tablemates!"

"Please keep offering these workshops. I learned so much more than I thought I would."

"The presenter shared great information. Also, having peers to discuss ideas and concerns with during the workshop is an excellent idea."



**ABOUT SHARING ACTIVE INDEPENDENT LIVES (SAIL)**  
We are a non-profit membership program of people ages 55+ living in the greater Madison area. We help one another live meaningful, happy, secure lives on our own terms. SAIL provides services and resources we can draw from, as well as educational and social opportunities that help us stay connected.

  
SAIL is a non-profit program of AgeBetter, Inc., in collaboration with Attic Angel Association and Oakwood Lutheran Senior Ministries.

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PHONE 608-230-4321 EMAIL [info@sailtoday.org](mailto:info@sailtoday.org) WEB [www.sailtoday.org](http://www.sailtoday.org)