SCHOOLS & YOUTH

Photo by Wendy Murkve

Northside Cub Scouts are all smiles after making and racing pinewood derby cars.

Cub Scouting offers action-packed adventure

By Justin Sargent
Cub Scout Pack 127

In March Cub Scout Pack 127 participated in the nationwide Scouting for Food drive; we collected food from friends and neighbors to benefit local shelters and food pantries. This service project helped our scouts learn more about community and the importance of helping those in need. Thank you to all the friends and neighbors who donated food. The donations helped the great work of The River Food Pantry that serves families in our neighborhoods.

Another service project our scouts are looking forward to is our annual Earth Day celebration and environment clean-up. Our scouts and families will help clean area parks and renew our commitment to conservation. This environmental project reflects a long scouting tradition of conservation ethics. One of the exciting changes to the scouting program has been the adoption of the American Outdoor Code as one of our guiding philosophies.

While service is important to our program, it's just a part of a robust program of opportunities. As spring and summer arrive, our Cub Scouting program will focus on building boats to race, day camp, overnight tent camping, outdoor cooking, building things, visiting a submarine, a zoo trip, a Mallards game tailgate party, and other great adventures.

Do you know a boy in first through fifth grade who would enjoy learning and adventure? We are always open to new families and potential scouts. Scouting builds character and opportunity through experience. For more information, contact Cub Master Justin Sargent at 220-2342 or via email at iscuba@sbcglobal.net.

Scouts combine adventure, fun and service

By Wendy Murkve
Boy Scout Troop 127

Have you driven on Wheeler Road and seen the back playground at Black Hawk Middle School and Gompers Elementary School lately? Have you taken a walk in Lake View Hill Park? If your answer is yes, you've probably noticed the work of Boy Scout Troop 127, under the leadership of Scouts James Hughes and Bailey Sargent.

As his Eagle Project, James Hughes led a team of Boy Scout and community volunteers in planting several oak trees around the school playground. These trees will grow to provide beauty and shade, as well as shelter to birds and animals. The volunteers learned proper tree planting technique from Bill Haessig at H&H Arborists, and then practiced what they learned. The next time you drive by Black Hawk, take a look and admire their work.

If you find yourself in Lake View Hill Park or other places in our community, you may notice wooden boxes attached to trees. They are bee houses for wild bees. They were built by a team of Boy Scouts and other community volunteers under the leadership of Eagle Scout Bailey Sargent, as his Eagle Project. Look for the boxes as you are out enjoying the spring weather.

Boy Scouts do much more than community service. In February, we spent a weekend in a cabin at Ed Bryant Scout Reservation near Mauston. We cooked some fabulous meals while working toward cooking merit badges, and spent time outside working on snow sports merit badges. We also took a trip to Tyrol Basin in March for an evening of skiing and snowboarding.

This summer, we have two great trips planned. In July, a week of summer camp at Ed Bryant Scout Reservation will find us swimming, boating, driving ATVs and riding jet skis. In August, we have a high adventure trip planned. We'll spend six days camping in the Apostle Islands and exploring Lake Superior in sea kayaks.

Photo by Justin Sargent

Boy Scouts, sitting from left, Miller, Nate, Andre and Bailey prepare to lead Webelos on a 3-mile hike on a brisk January afternoon. Also pictured is Webelos Scout Keanan.

Do you know a young man between the ages of 11 and 17? Do our activities sound like things he'd love to do? Come and check us out. We are always open to new scouts and their families. Scouting builds character and opportunity through experience. We meet most Thursdays at St. Peter Church, 5001 N. Sherman Ave., at 6:30 pm. If you'd like more information, contact Scoutmaster Paul Hughes at psusparks@gmail.com or visit us on Facebook-Scout Troop 127.

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HEALTH & SAFETY

From
Captain Jay Lengfeld

North District Police

The North Police District is pleased to announce the launch of a new project called Fireside Five-Oh, which is another opportunity for officers and citizens to make meaningful connections. The fireside chats are designed to be a more informal way to nurture important relationships. A resident may graciously agree to host an event in their home or on their deck or patio. The host is asked to invite 8–12 friends, family and neighbors. A police officer or two, someone who typically works in that neighborhood, is also invited. With light refreshments provided by the guest officers, the stage is set for a living room conversation lasting about 90 minutes.

The conversation is unscripted and determined by the interests of all the guests. Some subjects brought up at our Eken Park event were: concerns about the interactions of police with youth, drug abuse, the frequency of police calls and parking issues. Perhaps more importantly, we had the chance to learn a little about each other on a personal level.

As we go forward, we'd like to invite others to host a Fireside Five-Oh in their home. At this time the project is limited to North District residents. It is our hope that these conversations will begin popping up all over the city. As I'm sure the guests in Eken Park will attest, the conversation was great and the snacks were pretty darn good, too. If you are interested in hosting, please contact Officer Dexheimer at ddexheimer@cityofmadison.com to set a date and time.

Looking at the Community Survey results for the North District, the top three problems in the district are:

1. *Speeding:*
   Somewhat of a problem: 30%
   Big problem: 25%
2. *Reckless Driving*
   Somewhat of a problem: 22%
   Big problem: 14%
3. *Drug Sales*
   Somewhat of a problem: 19%
   Big problem: 12%

A relaxed family dinner offers real benefits for adults and children. Studies confirm that leisurely eating leads to feeling fuller with less food. Eating slowly may mean consuming fewer calories at mealtime and weighing less. When families eat five or more meals together per week, young people tend to have healthier weights, more success in school, fewer eating problems, lower substance abuse and teen pregnancy rates, and less depression. Want to give your family all these advantages? Here are four ways to make mealtimes matter.

1. Give your family meals the time and attention they deserve.

It takes approximately 20 minutes from the time you start eating for your brain to send out signals of fullness. Give your family the gift of leisurely eating by allowing enough time (25–30 minutes) for an evening meal. This is a great way to recharge and relax during your hectic schedule, too.

2. Get the whole family involved in dinner from start to finish.

The evening meal doesn't have to be one person's responsibility. Even very young children like being involved in planning and preparing healthful meals. Assign age-appropriate jobs, like choosing the fruit for dessert, mixing pre- cut vegetables into a salad, setting the table with unbreakable dishes/glasses, or clearing the dishes afterward.

3. Create a pleasant, distraction-free zone at the dinner table.

The goal is to provide a relatively quiet time to enjoy food and be together. A low stress mealtime environment helps control overeating and improve digestion after eating. Ask the whole family to turn off their electronic gizmos (TV, DVD, computer, radio, tablet and non-emergency cell phones) for just 30 minutes. Background music is fine — at a low volume.

4. Make pleasant family conversations the centerpiece of your time together.

Children benefit by expanding their vocabulary and other language skills with conversations. Adults learn what is really going on in the lives of young people. Family conversations help everyone feel more secure and connected in a confusing and often overwhelming world. Allow each person at the table to talk about their day.

Do you need some help with planning healthy menus, including grocery lists? Visit the USDA free MyPyramid menu planning tool, www.choosemyplate.gov/budget-sample-two-week-menus.

Eat as well as you can as often as you can.

PurpleStride Walk/Run set for May 7

By Barb Karlen
Pancreatic Cancer Action Network

Two thousand people will walk or run to raise awareness and funds for pancreatic cancer research and patient support at PurpleStride Madison 2016, Saturday, May 7, at Warner Park. Gates open at 8 am; opening ceremonies begin at 9 am; and the run, followed by the walkers, begins at 9:30 am. You may choose a family-friendly 2-mile walk or a 5K run. Music, a children's' "for fun" race, mascots and other activities will enliven the day.

Register as an individual, join an existing team, or form a team of your own, online, through Wednesday, May 4, at www.purplestride.org. In-person registration will be offered Friday, May 6, from 1–7 pm at the Northside TownCenter (check website for location). Participants may also register in person on race day at Warner Park, beginning at 8 am.

To learn more about the Pancreatic Cancer Action Network, visit www.pancan.org.

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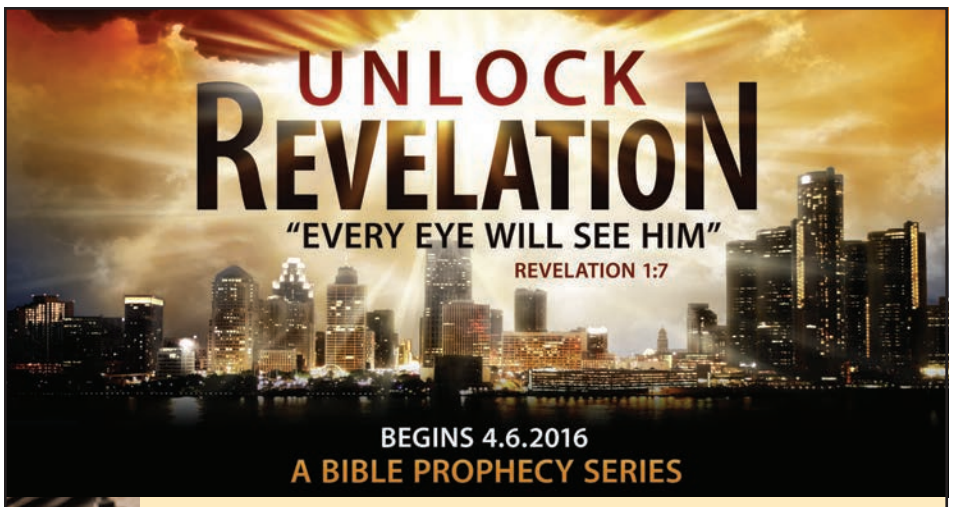

SESSION 1: The Keys to Unlocking Revelation – Wednesday, April 6 at 7 pm
Learn why Revelation is a book that you can't afford to ignore and find the keys to unlock its true meaning. You CAN understand Bible Prophecy!

SESSION 2: Signs of the End – Thursday, April 7 at 7 pm
People have been forecasting the end of the world for centuries. Could this century be more unstable than ever before? Strange wars, unparalleled natural disasters, global warming — are these signs of the end? Learn the Bible's amazing answers.

SESSION 1: The Eternal Gospel for the Last Days – Friday, April 8 at 7 pm
In the face of uncertainty and turmoil, Revelation reminds us of the unchanging gospel of Jesus Christ. Learn how this irreplaceable, life changing message continues to be relevant at the end of Earth's history.

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ELECTED OFFICIALS

From

Larry Palm

District 12 Alderperson

Recently Alder Rebecca Kemble and I hosted an Oscar Mayer site public listening session to hear the views of residents and community members about their interest in potential reuse of the site. For those who were not able to attend, we are fortunate that Madison City Channel could be there to record the conversation. You can watch the video at: http://media.cityofmadison.com/Mediasite/Play/fb77c3c7886948bfb5e0a0f6291902c51d.

We heard some great feedback, but it is too early to tell what the future holds for the 50-acre site. Kraft Heinz has just listed the property for sale, environmental conditions have not been determined and, most importantly, it is still an active food manufacturing facility.

This site, and the adjacent 20+ acres that are leased from the Hartmeyer Estate, are a vital and critical piece in almost the center of District 12. It is critical that the reuse of the site fills more than one need for the community, that we ask whomever redevelops the site to put not just one or two ideas on the site but many, to make sure that we continue to have good jobs available to our residents, that it isn't just a sea of parking, that innovation still occurs and that it takes all the best attributes of the area and enhances it.

Some will want to push for unsustainable or wasteful uses just to keep the area occupied, but that's not in the best interest of the city or our residents. We will need true patience to truly get a project (or projects) that is worthy of the Northside.

I encourage you to sign up for the District 12 blog so you can stay aware of the activities on the Oscar Mayer site and many other sites in the district. You can view the blog and sign up at http://www.cityofmadison.com/council/district12/blog/.

Have a wonderful start of spring.

From

Rebecca Kemble

District 18 Alderperson

The City of Madison, along with six other U.S. cities, was selected to participate in a groundbreaking initiative, Cities Connect Children to Nature, with an award of a $25,000 planning grant. Sponsored by the National League of Cities Institute for Youth, Education and Families (IYEF) and the Children & Nature Network, the initiative seeks to give every child the chance to meaningfully connect to nature.

The planning grant will facilitate a focus on increasing equitable access to nature and engaging youth leaders, emphasizing work with organizations serving youth and families of color. Partners will build a plan to ensure all youth have access to time in nature, developing important skills for leadership and civic action along the way.

Phases of the seven-month process include: 1) taking stock, 2) engaging for action, and 3) identifying a sustainable citywide model to support the work.

This summer, six youth interns will complete assessments of neighborhood environments and out-of-school time opportunities, actively shaping the results of the City Plan.

On March 5 a group of 85 people met at Warner Park Community Recreation Center to begin brainstorming ideas for the first phase of the project. After a nature walk, people broke into groups to review Madison's assets and current challenges to all children spending time in nature. The discussion focused on three questions: What already works? What gets in the way? What are our dreams for all children being connected to nature?

At the end of March the core planning team will meet to review the results of the convening and to prioritize next steps in the plan. As always, if you have any suggestions or ideas, please let me know by emailing me at district18@cityofmadison.com or by calling me at 347-8097.

From

Paul Rusk

District 12 Supervisor

I don't usually comment on national politics, but the current name calling in the presidential race is inexcusable. Personal attacks have absolutely no place in our national discourse and, fortunately, are not part of local government today. I hope you will all vote in the April 5 election anyway. The state Supreme Court race is critically important and many of you have a choice for county board supervisor. I am unopposed for re-election but greatly appreciate your continued confidence.

Thanks to the Sherman Neighborhood Association, I was able to share plans for the proposed apartment building at Packers Avenue and Schlimgen Avenue with the airport early in the approval process. The height of the proposed building is fine under FAA rules, and I was pleased to hear about extra sound proofing. This project will come to the airport eventually but early notification helps resolve issues in the process.

I attended the Oscar Mayer listening session with many ideas for the nearly 80-acre site, the meeting on the future of the lagoon at Warner Park, and the meeting on new housing near Lakeview School. These are important opportunities for everyone to participate and influence the future.

The spontaneous neighborhood candlelight vigil following the tragic domestic violence death of our young neighbor with two small children raises issues so hard to comprehend. We have a wide array of services for vulnerable populations but often connecting people is very difficult. Tragedy so close to home is most unsettling, to say the least.

I met with our four juvenile judges concerning 18 of our local youth now at the two northern state corrections facilities in the news. Our youth appear to be safe and have been in communication with public defenders and social workers to be sure.

Supervisor Rusk can be reached at 249-9667 or rusk@countyofdane.com.

From

Michele Ritt

District 18 Supervisor

The County Board recently passed a resolution calling for a comprehensive planning process to determine the best use of the Alliant Energy Center. We decided that all potential strategies must be considered to be sure Alliant maintains its viability. As a longtime Northsider, where community participation has been so important to numerous initiatives, I am committed to seeking input from the neighborhoods around Alliant through the planning process. With proper planning and community partnerships, I believe we can make the Alliant Energy Center a catalyst to enhance economic development on an extremely valuable piece of property. All taxpayers, including those in District 18, benefit with an expanding tax base.

This makes me think about the Dane County Regional Airport. In addition to being a beautiful facility, it is a major economic generator for our regional economy by providing many living-wage jobs. As a member of the Public Works and Transportation Committee, we hear from airport staff frequently. Most airport land is developed already, but they are keeping land near the entrance on International Lane available for a possible future hotel and restaurant.

I know unquestionably that the Northside is a special place. I value the countless, firsthand conversations I have had with so many of you at Warner Park Center, in coffee shops, or at our wonderful Lakeview Library. I know the importance of community – a community where we each do our fair share and bring our best foot forward in order to invest in and better our part of the world. That is exactly why, over the past two years, I have proudly and tirelessly been honored to serve you. Contact me at ritt.michele@countyofdane.com or (608) 335-6827.

REMEMBER TO VOTE
TUESDAY, APRIL 5

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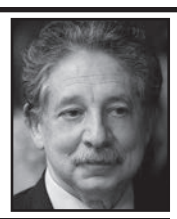
ELECTED OFFICIALS

From

Paul Soglin



Mayor

The new Voter ID law is changing our election experience. In the February election, even with a relatively low voter turnout, City of Madison Clerk Maribeth Witzel-Behl said 98 eligible voters were unable to cast a regular ballot.

With the presidential primary in April and the general election in November, we need to do better. You will be seeing and hearing much more about Voter ID.

In March the mayor's office and city clerk have been working alongside groups like the League of Women Voters, VoterRiders and NAACP to launch the first ever Voter ID Month. The goal of the month is two-fold: first, to find and assist voters who do not have a valid ID to vote; second, to ensure all voters with an ID feel confident that they have everything they need to vote under this new law.

Seeking to help eligible voters get the ID they need, trained volunteers have been reaching out to voters across the city. Events included informational tables at local businesses, apartment buildings, schools, and companies with high numbers of employees. In addition, on March 12 volunteers were at all Madison public libraries to help Madison residents.

Look for volunteers wearing black "Ask Me About Photo ID" t-shirts at a community location near you. To become involved or to request volunteers be present at your community event, email molly@voterriders.org.

I think together we can make an incredible difference despite the obstacles set in place. I would ask that you also consider working at the polls. We need your help more than ever. You can contact the city clerk's office at clerk@cityofmadison.com for more information.

Stay well.

VOTE ON TUESDAY, APRIL 5

From

Mark Miller

State Senator

Wisconsin is blessed with an abundance of water. Water provides the basis for our economy and way of life. Yet, Legislative Republicans continue to threaten that resource, pitting one user against another, undermining Wisconsin's constitution, and threatening economic stability.

Recently, the Legislature tried to pass Senate Bill 432, which would have allowed private companies to buy public water systems without requiring the consent of the people served by that system. A public outcry ensued, fueled by the tragedy in Flint, Michigan, resulting in Senate Republicans having to kill the proposal after it passed the Assembly. It was a welcome change of pace to see the concerns of the public prevail in such an important matter. I hope this trend continues.

Our constitution protects the waters of Wisconsin for the benefit of all users. Under Wisconsin's public trust doctrine, everyone is entitled to our water, but no one is allowed to use the water to the detriment of others. This legislative session has seen too many proposals that undermine our constitutional obligation to protect this public resource.

We have a responsibility to develop sustainable environmental policies that ensure our precious natural resources will be around for future generations. Businesses, homeowners, municipalities and wildlife all rely on our water resources to thrive.

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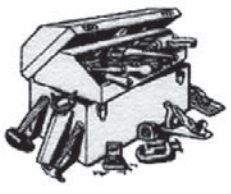

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From

Joe Parisi

Dane County Executive

Recently, Republicans in the state Legislature proposed to cut the services and offices of our local county veteran service officers. This move is unconscionable. Our veterans deserve more than to have services cut.

Our Dane County Veterans Service Office works to assist veterans and their families with obtaining local, state and federal benefits. The office helps them discover the benefits to which they are entitled and assists them with the application process. The Dane County Veterans Service Office is committed to advocate for veterans and provide quality services and programs for them and their families.

The office does regular outreach to the VA Hospital, Stoughton Senior Center, Colonial Club in Sun Prairie, Madison College and Oregon Senior Center. In 2015 the Dane County Veterans Service Office co-hosted a "Connecting Aging Veterans to Their Benefits" event, performed numerous benefit briefings and staffed tables at a variety of local veteran-related events in Dane County. The Dane County Veterans Service office also has a social and digital media presence to reach out to more veterans.

Our Dane County Service Office also helps vets sign up for "Vet's Ride with Pride," which Dane County under my leadership has doubled funding for to ensure that veterans can get to medical appointments, employment and other commitments. 4,243 veterans walked through the doors of the Dane County Veterans Service Office and received help, advocacy and a friendly face. The staff helped 70 veterans stay in their homes through eviction prevention and assisted 26 additional veterans by providing gas cards and grocery cards.

Our Dane County Veterans Service Office works hard to reach out to our community to make sure veterans have help getting through the red tape and receive the benefits they deserve. We must do all we can to make sure this legislation threatening our local Dane County Veterans Service Office does not pass the Republican State legislature.

At a time when our nation remains in conflict overseas, let's make sure Wisconsin's brave men and women have the services they need when they return home.

From

Melissa Sargent

State Representative

In Wisconsin, our ancestors come from all corners of the globe. We're proud of this heritage. We have festivals celebrating our Irish and German roots. Each bratwurst and beer harkens back to our native lands. We used to cherish the words on the Statue of Liberty — "Give me your tired, your poor, your huddled masses, yearning to breathe free." It is disheartening to see how these words are no longer heeded.

Our communities cannot succeed if we live in fear of our friends and neighbors. We should value and celebrate the diversity of the people around us. I am disappointed at how closed-minded this debate has been, with arguments based in fear rather than reason. I strongly oppose any legislation that does not value Wisconsin's immigrants.

Our country and state were built by immigrants. These are people who came from across the world to seek a better life for their children and future generations. All immigrants, regardless of how they came here, contribute to our culture and to our economy. We are talking about members of our community. And yet we support a narrative that says "it's us versus them." We have developed a system of defining "otherness" rather than being inclusive. I call upon people all over Wisconsin to reject this negative brand of politics.

People have moved here throughout history to work hard in order to make life better for their children, grandchildren and beyond. This constant revitalization of the American spirit — bringing new energy, new cultures and new ideas here — makes us strong as a country. Let us all stand side by side in Wisconsin to reaffirm the fact that our state motto, Forward, is not simply a word, but the direction we must move — away from division and fear — and always toward justice for all.

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LIBRARY

From

Katie Scharf
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Lakeview Branch Librarian

Lakeview Branch Library
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Closed Monday, May 30

Music Together
Tuesdays, April 5–26, 10:30–11 am
Join Jo, a certified Music Together instructor, for this interactive music experience for children ages 5 and under and their families. This one is so much fun, and children love it.

Kite Making with Julio Flores, a Bubbler JR Program
Thursday, April 21, 4–5 pm
Kite-making is a craft that Julio Flores' abuelo (grandfather) learned during his childhood in Puerto Rico. He and the other children in his community learned how to construct and fly kites of different varieties. Children and families learn together during this workshop. Each family will construct one large kite and, weather permitting, try it out. Register by phone at 246-4547 or online beginning Thursday, April 7.

The Joy of Origami — paper folding for everyone
Saturday, April 23, 2–3:30 pm
Origami artist Ruthanne Bessman is a certified origami instructor and has taught origami worldwide since 1987. Attendees will learn several different models that are practical, decorative and playful. A variety of papers will be used with an emphasis on reusing everyday materials. It's great fun for the whole family to fold together and, in the process, make new friends.

Seed and Garden Fun for the Whole Family
Saturday, April 30, 10:30–11:15 am
Join Community GroundWorks in getting a jump-start on the gardening season. Hear a story, learn about the Lakeview Seed Library, and participate in hands-on activities at this family session for children of all ages.

Let's Move! Parent and Child Fitness
Tuesdays, May 3–24, 10:30–11:15 am
This is a fun and active fitness class for children ages 18 months to 5 years and their adult. Learn songs, games and exercises that can be used on a daily basis. Mindfulness, wellness and self-esteem are also emphasized. Teacher Venus Washington, owner of R U Fit Fitness Company and mom of an active 4-year-old, is excited to share her knowledge. Register by phone at 246-4547 or online beginning Tuesday, April 19.

Library LEGO Club
Tuesdays, April 19 and May 17, 4–5 pm
We provide a theme each month, with stories and pictures to inspire the imagination. Join other LEGO fans and build your own unique creation.

Read to a Dog
Saturdays, April 9 and May 17, 2–3 pm
Read aloud to a furry, trained friend. Call the week of to register for a 15-minute slot or drop in.

Library Laboratory Series featuring TetraPAKMAN
Friday, April 15, 2:30–4:30 pm
Friday, May 13, 3:30–5:30 pm
Make cool stuff out of things usually thrown away or recycled. Drop in to play games, eat snacks and hang out in a special Library Laboratory with TetraPAKMAN Victor Castro. This program is for children in grades 3–12. Supervised younger siblings are welcome.

Lakeview Chess Club
Second and fourth Mondays, 6 pm
All ages and skill levels are welcome.

Adult Programs

Adult Yoga with Kristin Sage
Thursdays, April 7–May 26, 10:30–11:30 am
This free series will help you gain confidence with the practices of yoga. Postures are done safely to give access to core strength and increasing mobility. You must be able to move from the floor to standing independently. Individual needs are addressed. Please bring a mat or towel. Kristin has been teaching yoga for over 10 years and provides sensitive and attentive guidance. Call 246-4547 to register.

JobConnect with the Worksmart Network
Fridays, April 8 and May 13, 12–3 pm, by appointment only
This service will be provided at Lakeview the second Friday of each month through June. Get help with job search, resumes and interviewing, and get connected with a full range of workforce and community resources and services, including programs available through the federal Workforce Innovation and Opportunity Act (WIOA) for adults, dislocated (laid-off) workers and young adults. Sessions are one-on-one with a professional employment specialist from the Worksmart Network. Call 246-4547 to schedule a slot.

Identity Theft: Protect and Prevent
Thursday, May 19, 1–2:30 pm
Laura Fay from the Wisconsin Office of Privacy Protection will explain different types of identity theft, how to recognize it and how to prevent it, including information about fraud alerts and security freezes, tips for safeguarding personal information, and how to spot the red flags of a scam. Laura's job is to educate the public, businesses and law enforcement on privacy protection and data security.

One-On-One Writing Assistance
Wednesdays through May 4, 4–7 pm
Free one-hour sessions for writing help, including resumes, cover letters, online job searches, applications and any creative writing. This program is funded through a grant and staffed by UW Writing Assistance staff. Call 246-4547 to sign up.

Computer and eBook Assistance
Mondays, 10 am–12 pm, and Thursdays, 1–3 pm, by appointment
We offer free one-on-one sessions for help with basic computer and Internet literacy, including online job searching and applications, using email, opening and using Facebook, and e-reader setup and assistance. Call 246-4547 to make an appointment.

Adult Noon Book Group
Discuss books and eat treats with a really welcoming group.
Thursday, April 14, "An Invisible Thread" by Laura Schroff
Thursday, May 12, "Angle of Repose" by Wallace Stegner
Copies are available at the library.

Scrabble for Adults
Every Wednesday, 10 am
Sharpen your mind with a group that makes it fun.

Knitting at the Library
Every Wednesday, 6 pm
Drop-in knitting: Learn a new craft or work on that unfinished project with help from other neighborhood knitters.

Folksongs of Another America

Saturday, May 21
11 am–12:30 pm
at Lakeview Branch Library

Folklorist, author and UW Professor Jim Leary shares stories of the forgotten music of the depression and World War II from his Grammy-nominated book "Folksongs of Another America: Field Recordings from the Upper Midwest, 1937–1946," including those of immigrant, indigenous, rural and working-class performers. Representing 25 languages, with all the lyrics translated into English, this will be fascinating peek into another era.

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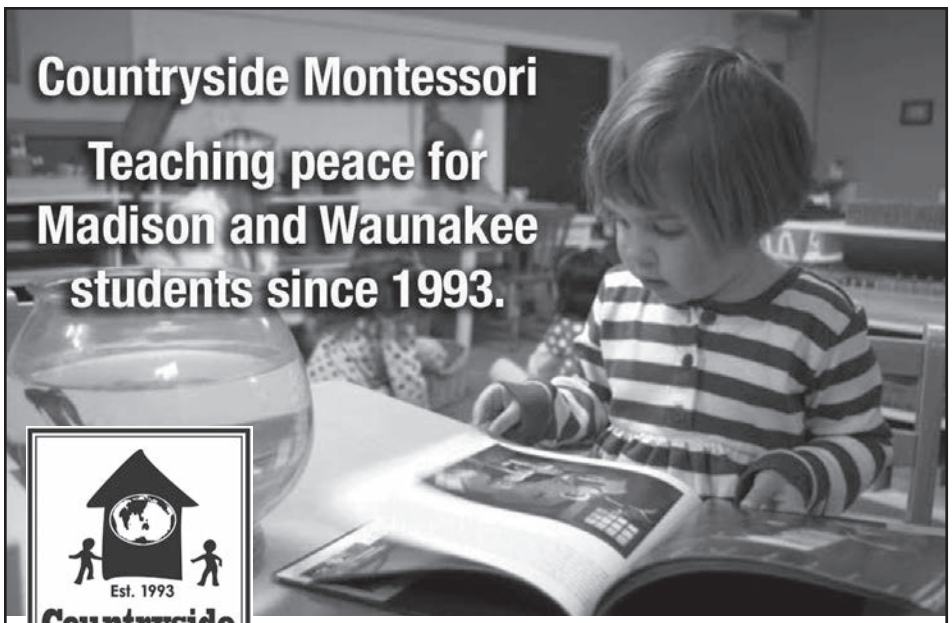

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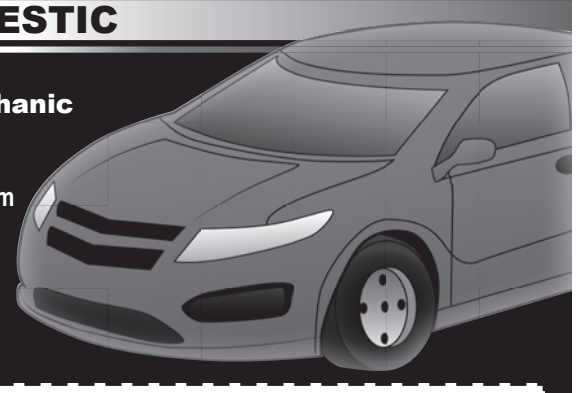

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SENIOR Activities

NESCO North/Eastside Senior Coalition • 243-5252 • info@nescoinc.org

The following programs will be offered at Warner Park Community Recreation Center (WPCRC), 1625 Northport Dr., unless indicated otherwise.

UPCOMING EVENTS:

April 4, 10:15–11:15 am, Eat Strong Live Strong, a UW Extension-Wisconsin Nutrition Education Program, "Reach Your Goals Step by Step"

April 25, 10:15–11:15 am, Eat Strong Live Strong, a UW Extension-Wisconsin Nutrition Education Program, "Challenges and Solutions"

April 19, 10:30 am, Boomerangs Spring Fashion Show

May 9, 10:15–11:15 am, Eat Strong Live Strong, a UW Extension-Wisconsin Nutrition Education Program, "Colorful and Classic Favorites"

May 30, 10:15–11:15 am, Eat Strong Live Strong, a UW Extension-Wisconsin Nutrition Education Program, "Eat Smart and Spend Less"

ONGOING PROGRAMS:

We have a NEW program, Coffee and Coloring Café, Thursdays at 10 am. Psychologists have been prescribing coloring to their patients for hundreds of years. It reduces stress and anxiety, offers a way to be social, trains your brain to focus, allows creativity to flow, and helps hone fine motor and vision skills. These are beautiful coloring books and themes designed for adults. Come give it a try.

Bingo: Every Friday and second Tuesday, 10:30 am, five cents a card (two-card limit per game), cash prizes

Blood Pressure Clinic: Third Tuesday, 10:30 am

Book Club: First Tuesday, 10 am

Card-Making Club: Second and fourth Wednesdays, 1 pm

Cards: Euchre, Mondays, 8:30 am; Sheepshead, first and third Wednesdays, 1 pm. Call ahead to ensure correct numbers.

Case Management: Provides support, resources and community services to enable seniors to safely remain living in their own homes

Chair Yoga/Exercise Video: Wednesdays, 10:30 am

Coffee and Coloring Café: Thursdays, 10 am

Crafts with Sue: Second and fourth Mondays, 10:15 am

Cultural Diversity: Hosts monthly programs for African-American and Latino seniors

Foot Care Clinics: NESCO and Home Health United co-sponsor four foot clinics each month for individuals who can't do their own foot care and do not have diabetes. Clinics are offered at four convenient locations. The cost is $20. Call 243-5252 for an appointment.

Home Chore Program: Volunteers are needed to help with cleaning for seniors. This is a flexible volunteer opportunity that can fit into your busy schedule and is very rewarding. Call Trisha at 243-5252.

Mahjong: First and third Thursdays, 1 pm; any skill level is welcome

Nutritious Lunches: Monday–Friday, 11:30 am. Door-to-door bus service is available (50 cents each way). Guests 60 years and older are invited to enjoy their meal on an anonymous donation basis. Suggested donation is $4. Those under age 60 pay $7.50. Reservations are required 24 hours in advance. Call 243-5252.

Ping Pong League: Mondays, 9 am; Tuesdays, 12:30 pm; Fridays, 1:30 pm; Sundays, 1:30 pm; WPCRC ID card is required

Sewing Club: First and third Thursdays, 10 am

Technology Help: Tuesdays, 9–11 am, one-on-one appointments with Sharon Persich; call 243-5252 for an appointment.

Two key fundraisers to benefit Independent Living and Tennyson Senior Living

By Sue Berg
Independent Living, Inc.

Tennyson Senior Living Community, a northeast side senior living campus, and its developer, Independent Living, Inc., will benefit from two significant fundraising events planned this year.

First, the 10th anniversary of the Merrill Lynch Grand Gala seeks to raise significant money that will benefit nine charitable organizations, including Independent Living, Inc. The Grand Gala will be held Friday, May 6, from 6–10 pm, at the UW Gordon Event Center. Tickets are $150 per person, and sponsorships are still available.

"We're looking forward to a wonderful evening with friends old and new," said CEO Joyce Behrend. "This gala will be a little different than some people might expect. Mingling is encouraged. There will be a wonderful array of hors d'oeuvres with cabaret tables. Plus, to keep things interesting, there is going to be a silent auction with an incredible variety of items."

Registration and more information are available at mlgg16.gesture.com.

The second key fundraiser is the third annual Independent Living Golf Outing, set for Thursday, Sept. 22. Like last year, it will be hosted at University Ridge Golf Course. Fees remain the same as last year at $200 per person and $800 for a foursome. Included in the fees are registration, lunch, shotgun start at noon, and post-play reception.

"Last year's golf event was nearly filled, which meant sponsors had maximum visibility," said Arlen Moss, fund development director. "We still have some smaller sponsorships available, at $1,500 for a tee sponsor and $500 for a hole sponsor. It's a great opportunity for visibility for your business."

Golf registration and sponsorship information is available at www.independentlivinginc.org/support-our-work.html.

Rita Giovannoni, project development director for Tennyson Senior Living Community, said, "Participating in these two fundraising events is a great way for people to make a real impact on bringing Tennyson to fruition. We welcome and encourage everyone to attend, enjoy themselves and show their support."

Northside Community Sunday Supper

2016 Sunday Suppers – May 29, July 31 and Oct. 30

Proceeds go toward the kitchen remodel so that we can continue to do our outreach ministries.

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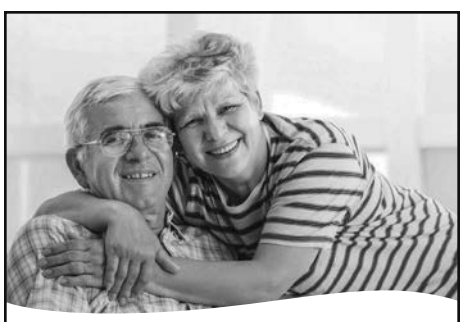
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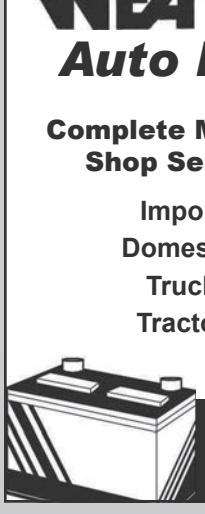

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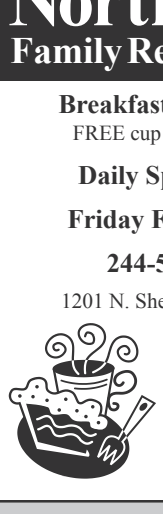

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WARNER PARK COMMUNITY RECREATION CENTER

From

Jacob Tisue
245-3690
WPCRC Facility Manager

Although it's cold outside as I write this, I can't help but think that spring is in the air, especially considering we are hosting the 12th Annual Springfest in a few short weeks. Stop by Saturday, April 2, from 9 am–3 pm, to shop for locally made art, crafts, personal products, and crazy knick-knacks. Lunch and snacks will be for sale by the Madison East Girls Basketball Team. Come by for lunch, help a local high school program, and shop for that new garden gnome you've always wanted.

Lately there has been a lot of talk about connecting children to nature. Madison is poised to be a national leader among cities to start initiatives based on this concept and provide resources to existing programs already making those connections.

In my free time, I enjoy mountain biking, canoeing, hiking and exploring the outdoors. It is important to me to introduce my children to these experiences as well. Playing in the dirt beneath a 200-foot evergreen tree and catching frogs along the lagoon shoreline can only be enjoyed if you go outside and do it. So this is my call to action. I challenge you to spend some time outdoors. Walk around your local park or trail. Volunteer at a school to provide exploration activities for children. Take your neighborhood children fishing. Grab the hot dog or macaroni and cheese you were about to have for lunch, take it outside and have a picnic on a sunny Saturday.

By spending time outside, you open your eyes to possibilities and the world around you. Children learn from nature, grow from playing outdoors, and develop leadership skills from interacting with the natural world. You don't have to climb a mountain to enjoy nature — just have a sense of adventure and some open space.

Spring is a great time to visit Madison's parks or to stop in at the Warner Park Recreation Center. See you at Warner Park, where everyone is welcome.

Join our Circle of Friends

By Dorothy Borchardt
Circle of Friends

Thank you for your support of the Warner Park Community Recreation Center-Circle of Friends (WPCRC-CoF) and making 2015 another successful year. We hope we can count on your continued support by becoming a member of the Circle of Friends in 2016.

Membership is open to all residents who want to be part of the WPCRC's continued growth and success. Board members are selected from those who have volunteered to help and have the time to participate on a working board. Our board members are all volunteers; we have no paid staff. Additional members are always welcome.

I'm sure some of you have benefited by using the computer lab the CoF purchased for the WPCRC. We provided 10 laptops and 10 tablets for the community to use. If there is something you think is missing at the WPCRC, let us know. If there is enough support, we will consider funding it.

Every Election Day is Cookie Day at the WPCRC. Our volunteers will be baking cookies most of the day, and we will begin selling them at 6:30 am. Come and buy your cookies while they are still warm and before we run out. The next Cookie Day is Tuesday, April 5. Make sure you vote and buy some cookies.

We look forward to your continued support in 2016. To join us, complete the membership form below and drop it off at the WPCRC or mail it to: WPCRC-CoF, 1625 Northport Dr., Madison, WI 53704. The WPCRC-CoF is a 501(c)(3) organization.

PLEASE SIGN ME UP IN SUPPORT OF THE CIRCLE OF FRIENDS FOR 2016:

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NorthsideMadison.org

A day for dogs

By Michelle Livanos
Dane County Humane Society

Dane County Humane Society, in collaboration with the Humane Society of the United States and Warner Park Community Recreation Center, is hosting a Community Dog Day event Saturday, April 16, from 1–4 pm in the gym at WPCRC. Bring your dogs to receive free rabies and distemper vaccines, free microchips and ID tags, and free dog food and supplies, while supplies last. There is a maximum of two dogs per owner. Please bring any past vaccination documents. Learn tips for caring for your dog and local resources for pets.

For more information, please contact Michelle Livanos at Dane County Humane Society, by phone 838-0413 ext. 164 or email mlivanos@giveshelter.org.

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