

COMMUNITY

Northside Farmers Market

One-pot wonders at the Northside Farmers Market

Chili, gumbo, soup, stew — these one-pot favorites are great remedies for the too-many tomatoes and other abundant veggies that challenge gardeners at the end of the growing season. The most inventive cooks find ways to enhance these dishes, and visitors to the Northside Farmers Market can sample their creativity at the 7th Annual One-Pot Cook-off Sunday, Oct. 6.

This fun and fanciful cooking contest is open to anyone with a pot, Dutch oven, wok or skillet. Meat or meatless, the cooks prepare their entries from scratch using ingredients that are available from Market vendors. Past entries have included chicken and Andouille gumbo, BBQ ribs, a salad-and-sandwich combo and “kickin’ carrot soup.”

Contestants prepare at least one gallon of their item, which allows for lots of sampling by Market visitors. Cooking starts at 8 am, and the public tasting begins at 11 am. Taster sampling tickets are five for \$1, and tasters get to vote for The People’s Choice Award, which will be announced at noon. That winner will receive \$100 in cash. Other awards (gift certificates) are given for most entertaining costumes, special dishes or efforts.

This year promises to offer an even greater variety of truly outstanding dishes. To enter the One-Pot Cook-off, contact Dale Matthews at 217-9631 or

chopsmilo@yahoo.com. There is a \$15 entry fee. The entry deadline is 6 pm Oct. 1. Registrations made before Oct. 1 will receive \$6 in Market tokens for purchases at the market. All recipes will be available on the Market’s website, www.northsidefarmersmarket.org.

Northside Winter Market

Starting Nov. 3, the Northside Winter Market (NWM) will be indoors until next spring. The NWM will be held from 8:30 am–12:30 pm every Sunday at our new and expanded location in the Northside TownCenter. Follow the yellow signs in the area and parking lot.

The NWM will feature more than 20 food and craft vendors in a newly expanded 3,200-square-foot display area next to the Brat und Brau restaurant.

Bring your holiday shopping list. You’ll find goodies for the office party, stocking stuffers and the finest ingredients for your holiday feast. Bring a basket and create a local holiday gift basket that is unforgettably delicious. You can get your favorite foods from vendors who made the summer farmers market such an unqualified success: cheese from Farmer John, grass-fed beef from CC Angus, pork from Earthrise Farm, sweet treats from Polly Jane’s pickles and preserves, freshly roasted Social Coffee beans, and hot prepared foods from brunch to tacos to sweet potato waffles at the Farmers Market Cafe food stands. And of course, NWM will feature farmers with locally

grown fall produce. So get your local sweet potatoes, winter squash, onions, garlic, carrots and other root vegetables while the fall harvest lasts.

All kinds of wonderful and delicious foods will be served throughout the market day. In addition to baked goods, the Farmers Market Cafe offers a special hot breakfast of eggs, pancakes and bacon. Or try the authentic Laotian curry and egg rolls. Check out Cecilia’s Rico tacos and tamales. And remember, the coffee is always hot and ready. Look for the special area set aside for coffee, brunch, reading the newspaper and visiting with neighbors. There’s also a children’s area

for the little ones to play, chalk and, hopefully, not scream.

To be a vendor or a volunteer (or both), contact Robin at 695-0946 or robin@startinglineevents.com.

For more information on vendors and special events, sign up for our e-newsletter “Off the Vine” at www.northsidefarmersmarket.org.

Vendors accept EBT Food Share. The Northside Farmers Market operates each Sunday morning from 8:30 am–12:30 pm. It will be open rain, snow, wind or shine, Sundays from Nov. 3–April 6. There is plenty of available parking.

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St. Paul Lutheran Church's parking lot is the place to be on Sunday, Oct. 27. There will be 20 cars with their trunks decorated and filled with candy. Kids will start at the church's first driveway on Sherman Ave., and wind their way around to the second driveway.

Costumes are encouraged.

FOR KIDS UP TO 8TH GRADE

COMMUNITY

UGLY SWEATER RUN 2013



Coming to the Northside this Thanksgiving weekend is a new running event designed to showcase the beautiful Cherokee Park neighborhood. The inaugural Mad City Ugly Sweater Run will take place Saturday, Nov. 30 at 10 am.

The five-mile fun run and one-mile family walk will start and finish at the Cherokee Country Club. The five-mile course runs through the outer ring of the Cherokee Park neighborhood before returning to Cherokee Country Club. The one-mile walk takes participants on a scenic walk along the golf course. There will be music, drinks and snacks inside after you finish. Participants aged 21 and older will receive a free beverage from the Wisconsin Brewing Company.

Proceeds from the event benefit The Golf Affect, an organization that raises money to help local schools and charities. You can also bring a non-perishable food item for the River Food Bank.

Grab your ugliest or most festive sweater and join hundreds of others as they run and walk to help those in need. The event is produced by Starting Line Events, producers of the Rhythm & Booms Run, the Brat Fest Run, the Purple Stride Run and the Madison Santa Swimsuit Run. To sponsor, volunteer or register for the Ugly Sweater Run, visit www.madisonuglysweaterrun.com.

Team Sargent wins 2013 traveling trophy

By Dorothy Borchardt
Warner Park Circle of Friends

A big thank you to all the walkers, volunteers and sponsors that helped make Pounding the Pavement for the Warner Pool a successful event. The teams this year were: Avon by Bev Ninedorf, Brentwood Village, Cherokee Marshers, Chet's Car Care, David Hart Family, DuWayne's Salon, East High Fabulous Fifties, Sherman Neighborhood, St. Paul's Pounders, Team Sargent, Vera Court Neighborhood Center, Walk-A-Rounds, Wisconsin Women Entrepreneurs and Yuba Valley Champs.

The winner of the 2013 traveling trophy was Melissa Sargent's Team Sargent, with 44 team members. Second place went to Mary Schermerhorn's Cherokee Marshers, with 42 team members.

The sponsors of the event this year were: Madison Chiropractic-North, Dick and Dorothy Borchardt, Villa Tap, Chet's Car Care, DuWayne's Salon, American Family Insurance, Heritage Credit Union, McKinney Dental, JoAnn Walker, Frances Bridge, Donna Hellenbrandt, John



Team Sargent won the traveling trophy at the 2013 Pounding the Pavement event.

and Betty Nicka, Woodman's Food Market, Ernie's Frozen Yogurt, Schoep's Ice Cream, PDQ Food Stores, Pierce's Northside Market, Massage East, Benvenuto's, 5Nines Data, Morgan Shoes, Copps, Trendsetters by Diane, Meikle's True Value, Walgreens and Club LaMark.

Show your support for the Warner Pool by getting a team together, walking or volunteering. Next year, our goal is to have every neighborhood and organization represented.

To see photos, visit our new web page at <http://friendsofwarner.com>.

Summit on Homelessness initiates conversation and action

Future Madison leaders participating in the Leadership Greater Madison civic leadership training program have targeted homelessness as the community issue on which they are focusing their joint efforts in 2013. The project team, composed of seven local residents representing a variety of employers and organizations, will convene a Summit on Homelessness in Dane County, Tuesday, Oct. 15,

at the Inn on the Park (from 7:45 am-4 pm).

The team's objective is to help facilitate an important and productive public conversation about the issue of homelessness in the hope that, by bringing together members of the Madison community who are working on various aspects of the issue to share and receive information, a better understanding and more coordinated approach to addressing the issue will emerge.

The summit will feature a keynote presentation by Beverley Ebersold, regional coordinator for the U.S. Interagency Council on Homelessness, with additional presentations and panel discussions by local service providers, faith-based organizations, the City of Madison and Dane County. Topics will include: shelters and day resource centers, affordable housing, homelessness and schools, role of the faith community, crimi-

nal justice issues, community and business perspectives, medical and insurance issues, and homeless veteran perspectives. The summit will also include a luncheon speaker from the Madison Police Department on the topic of human trafficking and the connection to homelessness.

The summit is open to the public and will include participation from various organizations that represent the Dane County Homeless Services Consortium. Cost is \$25, plus a \$2.37 fee. Register at www.eventbrite.com/event/8245994993. More information about the summit may be obtained by contacting LGM20Summit@gmail.com.

The summit has been underwritten, in part, by generous donations from the Alliant Energy Foundation, Madison Gas & Electric Foundation, Whyte Hirschboeck Dudek S.C. and Inn on the Park.

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ARTS

New exhibition opens at VSA Wisconsin Gallery

By Kathie Wagner
VSA Wisconsin

Color My World — paintings by Barb Priem, Dan Stace and Joe Wahlers — features the work of three local artists with disabilities who see the world in vibrant color.

Priem recently began creating art as a distraction from her health issues. It was love at first sight and her natural talent is obvious. Her uniquely colorful drawings feature cityscapes and buildings from a bird's eye view. She said, "I view myself as a construction worker, over-seeing my buildings and the landscape."



Barb Priem with one of her gallery pieces.

Dan Stace is a regular enrollee in VSA Wisconsin's Open Doors Studio. He paints in acrylics, focusing on abstract imagery, often in primary colors. He described his paintings as "stained glass" because of the many small facets of color he combines to form his intricate compositions.

Joe Wahlers has been creating art

for quite some time, and his work consistently features abstract figurative elements that reflect his mood at the moment of creation. He wants people to be inspired when they look at his art and said, "My art has movement. Color and texture are very important. Art is who I am."

Color My World will be on display through Oct. 31 at the VSA Wisconsin Gallery, 1709 Aberg Ave. Gallery hours are Monday–Thursday, 10 am–2 pm, or by appointment. All work is for sale. The exhibition will also be on view at the VSA Wisconsin Gallery during Madison's annual fall Gallery Night, Friday, Oct. 4, 5–9 pm.

Do you need frames for your favorite photos or works of art? Frames in a variety of sizes and colors will be available for sale at great prices during Gallery Night.



Examples of Dan Stace (above) and Joe Wahlers' (below) gallery showings.

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NEIGHBORHOODS



Lake View Hill Neighborhood Assn.

Celebration of Fall

Saturday, Oct. 26
5-7 pm
Dept. of Human Services Bldg.
1202 Northport Dr.



Up the hill

By Char Tortorice
LVHNA

October bathes the Northside in autumnal majesty and Lake View Hill is arguably the jewel in the crown. Join the Lake View Hill Neighborhood Association and the Friends of Lake View

Hill for a celebration of fall Saturday, Oct. 26, 5–7 pm, in front of the Department of Human Services building, 1202 Northport Dr.

Enjoy a quiet walk through the woods at dusk as members of the Friends of Lake View Hill point out the work being done to restore the woods to its native state. New this year will be information

on plans for demolition of the nurse’s dormitory and replacement of the water tower. Then join us for hot dogs and s’mores over a roaring fire pit.

This free, fun, family event is suitable for all ages and costumes are encouraged. Consider bringing a favorite seasonal story or poem to share and a chair or blanket to better enjoy hillside seating.



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ENVIRONMENT

Living peacefully with foxes in the duck pond

By Andy Paulios
Wisconsin DNR

This summer the Wisconsin Department of Natural Resources (DNR) has received numerous reports of red fox sightings in urban areas such as Warner Park. DNR doesn't officially track red fox populations, but I suspect the abundant cottontail rabbit population is resulting in high reproductive success for our area foxes.

As a biologist and a resident of urban Dane County, I can't help but be encouraged that predators like red fox are finding a good home in our communities. This is not only a sign of a healthy ecosystem, but watching foxes at a distance also provides a wonderful opportunity to connect with nature. However, with increased fox sightings, the DNR often receives phone calls from concerned residents about the effects of the fox population on their pets or troubling stories about foxes being fed or treated as pets.

With that in mind, DNR and its partners have a few helpful tips and guidelines about living with foxes so that we can reduce conflict and enjoy foxes in the future.

Never feed foxes, either by hand or by leaving food out in dog dishes or on trays. The key to living with urban predators is to allow them to remain wild. Once they



Photo by Garvin Gordon

begin to associate people with food, it will lead to conflict. A fox that has been fed will approach other people expecting food and could bite or harass someone or their pets. Ultimately, this would result in removal of the foxes from the area by lethal means. That's an end point we all want to avoid.

Foxes are susceptible to a number of common canine diseases, including distemper, mange and rabies. These diseases are part of the natural population cycle for all predators and, in rare cases, could affect humans or their animals. The key to reducing conflict is to allow foxes to be wary of people and their pets. Feeding foxes or leaving food in the backyard will encourage more contact between people or their pets and could lead to disease issues and conflict.

Foxes are nocturnal predators, with most of their diet consisting of rabbits,

mice, chipmunks and other small mammals. They have amazing adaptations that allow them to hear mice or voles rummaging through tall grass or deep snow. You may even be lucky enough to watch them pouncing on mice in the snow. Wild foxes are rarely implicated in attacks on pets in yards, and you can keep it that way by keeping them wild.

Urban chicken farming is on the increase in Madison. Keeping chickens safe from foxes or other mammalian predators is relatively easy if you have a sturdy fence and a secure evening roost. Since most fox activity is at night, we rarely get calls about foxes preying on chickens in yards.

Red foxes are generally nocturnal, but during the late summer they are often seen lounging in the open. These are generally younger foxes (kits) that are just learning to live on their own in the wild. Enjoy them at a distance. Or do what I do, which is to politely suggest that my yard has an abundance of cottontail rabbits — just check the garden.

Foxes are amazing animals and are an important predator in urban ecosystems. Let's do what we can to keep them wild. If you're lucky, you just might catch a glimpse of one in the early morning as it scampers back to its roost for the day.

Get busy to save money on home heating

By Dan Tortorice

Northsiders enjoy living in a diverse neighborhood, with a great variety of people, businesses and home structures. When the winter heating season arrives, we all face the same issues of comfort for our families balanced against the expense of keeping things warm. The actions we take now depend on our own unique situations.

The basic fact of home heating is that all buildings work like a kind of chimney. Air leaks into the structure, gets heated by a furnace and then exits through the walls and roof. A perfect building would allow just the proper amount of controlled ventilation, while heating and preserving heated air in a highly efficient manner.

Very few of us live in such perfect structures, but we can take several steps to maximize the performance of our homes and apartments to save money and help protect the environment.

Sealing air leaks between the house and the attic is a great first step to saving energy, although this will probably involve a professional. Those of us with less than 12 inches of insulation in our attics can save on heating costs by adding more insulation. An insulation value of at least R-38 is recommended for attics. If you have four inches of attic

insulation, about R-12, you would need to add an insulation value of R-26 to get to the recommended level. Be sure the hatch to the attic is well-sealed and insulated as well.

If health permits, setting back the thermostat can create real savings on heating costs. A good target setting is 68 degrees when you're home and awake, and 55 degrees when away from the house or sleeping. You save about one percent for each degree of temperature you lower for a period of eight hours. For example, if you lower the setting five degrees for eight hours, you will trim five percent on your heating use during that period.

A set-back thermostat is more convenient than manually resetting the device each time you want to adjust the temperature. You can program the unit to reduce heat when you're at work and warm the house just before you return. Many of these units have different settings for weekdays and weekends and some can run a different program for every day of the week. The savings achieved by lowering the thermostat are substantial and will continue throughout the heating season.

Another important step is to maintain your heating system. Furnaces should be inspected at least every other year. Forced-air units are more efficient when the filters

are changed regularly. Pleated filters do a better job of cleaning indoor air than flat filters. If your furnace exhausts to the outside through a metal vent, consider upgrading to a more efficient condensing furnace. If your furnace vents to the outside through a plastic pipe, you already have a high efficiency condensing furnace.

Those who need assistance with home heating costs can contact the Wisconsin Home Energy Assistance Program (WHEAP) at <http://homeenergyplus.wi.gov> or 1-866-432-8947. This income-based program can provide free weatherization services and help to pay bills during the heating season from October to May. Their services are available to renters as well as homeowners. Dane County residents can start the WHEAP application process through Energy Services, 1225 South Park St. (telephone 333-0333).

If you have questions about home heating efficiency, Madison Gas & Electric's website (www.mge.com) is a great resource, as is MG&E's Home Energy Line (252-7117). Other useful websites include Wisconsin's Focus on Energy program (www.focusonenergy.com) and the U.S. Environmental Protection Agency's EnergyStar website (www.energystar.gov).

Enjoy hayrides and hikes at Cherokee Marsh this fall

By Jan Axelson
Friends of Cherokee Marsh

Experience Cherokee Marsh this fall on a hayride or guided hike on trails old and new.

It's not often we get a brand new trail to explore on the Northside. On Wednesday, Oct. 9, Madison Parks staff will lead a hike to explore the trail loops created in 2012 as part of the stormwater pond and natural landscape restoration project along Wheeler Road. Meet at 5:30 pm at 1002 Wheeler Rd. (corner of Ilene Lane and Wheeler Road). This event is sponsored by Madison Parks, the Friends of Cherokee Marsh and the Madison Audubon Society.

Hayrides and hikes are back. On Saturday, Oct. 19, 1-4 pm, ride through the park in a tractor-pulled hay wagon, take a guided trail hike or do both. Hayrides are \$2 per person to help pay for Parks staff time. Hikes, guided by Friends of Cherokee Marsh volunteers, are free. Both activities leave from Cherokee Marsh Conservation Park, North Unit, 6098 N. Sherman Ave. Travel north on North Sherman Avenue to the main parking lot at the end of the road. Hayrides and hikes will leave the main parking lot at frequent intervals from 1-3 pm. No reservations are needed. This event is sponsored by Madison Parks and the Friends of Cherokee Marsh.

You can also reserve a hayride for your group. Reserved rides are perfect for scout troops, church groups, birthday parties and neighborhood groups. Each event is one hour, which includes a 30-minute ride and a 30-minute campfire with s'mores. The cost is \$85 plus tax for a group of up to 24 people. Timeslots are available at Cherokee Marsh (and other locations) through early November. To sign up or for more information, see cityofmadison.com/parks/celebrate/hayrides.cfm or call 266-4711.

For more news and updates about events at the marsh, please visit Cherokeemarsh.org or the Friends of Cherokee Marsh on Facebook.

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COMMUNITY GROUNDWORKS

Goodman Youth Grow Local Farm harvests honey

By Community GroundWorks staff

It's been a great summer for bees at the Goodman Youth Grow Local Farm (GYGLF), a project of Community Ground-Works located on Madison's east side. The half-acre site behind Kennedy Elementary School hosts not only an organic vegetable farm run by area youth, but is also home to two bustling bee hives. The bees have run such a booming honey business with the flowers of the nearby prairie, farm and community gardens that GYGLF students were able to extract almost five gallons of the delectable liquid earlier this summer.

"It was really enjoyable to see the kids harvesting the honey," GYGLF Manager Jennica Skoug said. "They were very careful with the delicate task of scratching off the wax and worked well as a team. The kids also got really into dipping all sorts of different veggies in the extra honey."

GYGLF students also participated in the bee side of beekeeping, many for the first time. "It's really neat to see the students go from being afraid of the bees to totally in love with them," Skoug said. "We had one middle schooler who was particularly nervous, but after about 10 minutes at the hive, she said she was the calmest she'd ever been in her life. It's amazing the effect they can have." Students enjoyed plenty of honey on the farm and bottled the remainder to sell.

Proceeds from the honey sales will help support the beekeeping program.



Photos by Jennica Skoug

(Top) Goodman Youth Grow Local Farm students waft smoke into the hives to quiet the bees before they remove the frames full of honey. (Bottom) Students carefully remove the wax from the frames to release the honey.

You can purchase GYGLF honey at the Troy Community Farm stand, Thursday afternoons from 4–6 pm through October. Look for labels created by the children.

One hundred volunteers descend on Troy Gardens natural areas

By Patricia Lindquist
CGW Natural Areas Coordinator

The United Way Days of Caring is an annual three-day volunteer event held at the end of August. Each year companies and organizations are invited to bring together teams to volunteer for Days of Caring projects. Teams choose from projects at a variety of local nonprofit organizations.

This year Troy Gardens natural areas was selected as one of the projects. One hundred volunteers showed up at Troy Gardens for three days of hard work, doing tasks in the maple woodland, prairie, edible woodland, wildlife corridor and old field behind Troy Community Farm. Despite the heat and humidity, huge piles of invasive species were removed, fruit trees were pruned, trails were weeded and re-mulched, and desirable plants were watered and weeded. A few purely fun activities were thrown into the mix, like berry tasting and informative walks through the prairie.

Come to Troy Gardens natural areas soon — open to the public from dawn to dusk every day — and see how spiffy everything looks now.



Photos by Ginny Hughes

(Top) The final step before building a new earth oven is adding straw to the mud that will hold the stones together and withstand the heat of cooking. (Middle) Staff and children build an earth oven at Troy Kids' Garden. (Bottom) The kiddie pool contains mud and straw which barefoot kids stomped to the ideal consistency for the job.

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NORTHSIDE PLANNING COUNCIL 20TH ANNIVERSARY

NPC from 2001 – 2009: Leadership development and bringing the Northside Community Vision to life

By Northside News Staff

As we approach the Northside Planning Council's (NPC's) 20th Anniversary Celebration Nov. 8 (see page 2 for details), we take a look at the next chapter of NPC's work. In our two previous editions of the Northside News, we discussed NPC's role in building Warner Park Community Recreation Center and establishing Troy Gardens.

Northside Community Vision

With those two big accomplishments secured, NPC staff and leaders went to work in 2000 to answer the question: What next? To answer that, NPC engaged over 150 Northsiders over an 18-month period to create a comprehensive vision for the Northside. Completed in 2001, the Northside Community Vision was endorsed by more than 50 Northside organizations and included specific goals in the areas of business and economic development, housing and land use, natural environment, safety and health, community services and facilities, and heritage and community building. This document served as a map for NPC's priorities for the next eight years.

At the heart of this work was building a base of relational power — power that emanates from people coming together to work on issues they collectively care about. In a democracy, a well organized, strategically minded group of citizen leaders can affect change, even in the face of powerful special interests and seemingly insurmountable challenges. With the Northside Community Vision in hand, NPC expanded its efforts to

build the leadership capacity necessary to make its goals a reality.

New Leadership

In 2001, Tim Carlisle, who had served as NPC facilitator for six years, decided to move on. Jim Powell came on as the new NPC facilitator and Northside News editor and served until 2008, and Abha Thakkar was hired as associate facilitator and managing editor and served until 2007.

NPC's board had always been made up of representatives and alternates from any neighborhood or civic organization. This meant each monthly meeting was a clearinghouse where news was shared from all corners of the Northside, allowing NPC to respond quickly to emerging challenges and speak effectively on behalf of the Northside.

Staff and board members worked together to identify and reach out to new leaders, particularly from groups that were not well represented in the public process. They made sure that every Northside neighborhood association and civic organization was as strong and vibrant as possible, providing training, facilitation and strategic planning to any group that requested support. During this period, many neighborhood associations were revitalized and joined NPC.

Michael Shinnors, who served on the NPC board from 2003-09 as a representative of Brentwood Village, said of NPC's work, "I found NPC's leadership training incredibly helpful in thinking of the larger community, how politics work or don't work, how power is distributed in the community, and how you can get power as a grassroots group. That's been extremely valuable to or-

dinary citizens like me."

While this leadership development and capacity building work went on in the background, NPC was continuing to respond to new challenges as they arose. As Karen Thompson, former NPC member representing the Northside Business Association, said in 2008, "I'm particularly proud of NPC because it not only identifies needs on the Northside but also takes an active role in meeting those needs."

NPC approached each new challenge as both an opportunity to make a measurable impact on the Northside and as a training ground for new civic leaders, giving people a chance to learn, practice and reflect on how to work together effectively to create change.

Lakeview Library Expansion



One of the first major projects undertaken after the Community Vision was developed was the expansion of Lakeview Branch Library.

Katie Scharf, Lakeview's head librarian, explains the effort as follows, "The library first looked at expansion in 1979, but it wasn't until NPC and the neighborhood added it as a plank in the Northside Vision that the coordinated effort really started. NPC members convinced Mayor Sue Bauman to increase the first fund proposal by \$75,000. The community was charged

to raise \$110,000. We raised \$220,000 through neighborhood ownership and the attention the Northside News brought to the endeavor. We had focus groups to decide what we wanted the library to be." The newly expanded library opened in 2003.

Grassroots Leadership College

Next, NPC collaborated with the two other planning councils in Madison to develop the Grassroots Leadership College (GLC), a citywide training program that matched an emerging leader with a coach for 12 weeks of classes that culminated in the implementation of a community-based project. Many of the projects started during the GLC have gone on to become self-sustaining initiatives.

North Star Awards



NPC organized the first North Star Awards in 2003, a community gathering to celebrate the leadership and achievements of the Northside. Recipients are nominated by fellow community members, and the awards are given to those who often go unrecognized for their efforts to help others. It's become an enduring tradition, and more than 100 individuals and organizations have been recognized for their contributions.

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