

MEADOWOOD

Newsletter of the Meadowood Neighborhood Association, Inc.
P.O. Box 45528, Madison, WI 53744-5528

June - August 2017
www.meadowoodneighbors.org

President's Message – Terry Evanson

mtevanson@gmail.com; (608) 271-6846

Celebration Time! This summer is jam packed with activities in Meadowood. We hope you will take advantage of the opportunity to mingle with and get to know your neighbors as you enjoy summer activities right in your own backyard.

2ND ANNUAL MAKE MUSIC MADISON in MEADOWOOD PARK, JUNE 21ST (WEDNESDAY) 4:00-8:30 PM. The Meadowood Neighborhood Association is proud to announce that we are once again sponsoring the popular music festival that many of you went to last year. This year will once again feature Music of all types (with a special Kids hour from 4-5.) and an emphasis on an awesome, delicious Community Supper, and Kids Activities, as well as lemonade and popcorn throughout.

WE NEED VOLUNTEERS TO MAKE THIS FUN FOR EVERYONE! If everyone volunteered just an hour of their time this festival would be the best the city has ever seen, but in reality we only need a small fraction of that number to make it a success. Come be a part of this wonderful community building experience. Please sign up to help here: <https://signup.com/group/936490076087>.

MNA ANNUAL PICNIC AND BOARD ELECTIONS. Note the new date: Saturday, July 29, at Elver Park in the shelter next to the splash park.

Food service from 12:30 to 1:30 p.m., followed by door prize drawings after food service is completed
Food is free for MNA member families. Join MNA for only \$5.00 per family! Bring your membership card or find your name at the check-in table.

2018 MNA Board Elections. MNA members will vote for Officers and Area Representatives of the Board.
PLEASE CONSIDER BECOMING A CANDIDATE! See the article later in this issue on Board elections.

NEW! ELVER PARK FARMER'S MARKET. Kick-off Saturday, June 10, 8 a.m. to Noon. Ten to 15 producer vendors as well as a number of community vendors will be in attendance. Fun activities, like tractor rides, are planned. Market runs through September 16.

NEW! MNA WEBSITE. Our new website (www.meadowoodneighborhood.org) has a plethora of information including a calendar of upcoming neighborhood events, a link to volunteer for Make Music Madison, highlights of our Meadowood Health Partnership, community suppers, important city and neighborhood web links, etc. You can now join MNA through the website and submit your membership dues on-line using a PayPal account.

MEADOWOOD HEALTH PARTNERSHIP. We are particularly thrilled about the \$5,000 City of Madison grant MNA received this month to help support Meadowood Health Partnership and Sheray Wallace's efforts to provide health education and medical support for our neighborhood. "The Doctor Is In", a drop-in consultation with Dr. Jonas Lee from UW Health, will occur on select Tuesdays from 1:30 to 4:30 p.m. at the Meadowridge Library this summer.

SUPPORT MNA'S IMPORTANT WORK. The MNA Board is working hard to spearhead initiatives that will strengthen and serve residents of Meadowood. Please consider volunteering or making a tax-free donation to the Meadowood Neighborhood Association. Go to our website and click "Donate". Thank you for your support of our neighborhood!

The Meadowood Neighborhood Association (MNA) Board of Directors consists of the area representatives and officers, and up to two at-large members. Here is the current board membership with contact information:

Area 1: Sally Stix, **Board Vice President**, sastix@tds.net

Area 2: Krista Ralston, kralston@wisc.edu

Area 3: VACANT

Area 4: Willa Schlecht, willazoe61@gmail.com

Area 5: Mike King, mikedking71@yahoo.com

Area 6: VACANT

Area 7: Lisa Schulz, **Board Treasurer**, buttonldy@aol.com

Area 8: Mark & Janice Bauman, **'Meadowood' Editor**,
msbauman57@gmail.com

Area 9: Terry & Marty Evanson, **Board President**,
mtevanson@gmail.com

Area 10: Krista Wozniak, **Board Secretary**,
krista.wozniak@gmail.com

Area 11: Matt and Jayne Ahlswede, ladyjayne2004@gmail.com

Area 12: Kyra Swenson, chakeer@gmail.com

Area 13: Sheray Wallace, sherayw@yahoo.com

Areas 14 and 15: VACANT

Members at Large: Kristen Schoepke & Maureen Murphy

Four (4) areas are not currently represented on the MNA Board.
If you live in one of these areas, please consider serving on the neighborhood association's Board.

To determine which area you live in, visit the MNA website at:
<http://meadowood.readyhosting.com/index.html/473/2827.html>

The Board of Directors meets at 7:00 pm the first Wednesday of every month (no meeting in July) at the Meadowridge Community Room. Meetings are open to the public. <https://www.facebook.com/Meadowood.Neighborhood.Association/>

Second Annual Make Music Madison at Meadowood Park

Wednesday, June 21st

Last year's event had more than 200 attendees and a good time was had by all. We're planning a repeat afternoon of great music, kids activities and a community supper. The community supper team, led by Sheray Wallace, will be serving hot dogs, brats, veggie tray and potato salad. The meal will be served at about 5:30 pm.

Timeline of Musical Events

4:00 to 4:50 pm – Maica the Entertainer (Kid's hour: R&B and hip-hop)
 4:55 to 5:45 pm – Rising Suns (Milwaukee hip-hop)
 5:50 to 6:40 pm – Ambulatonos (a Capella)
 6:45 to 7:35 pm – Reid Johnston (Indie-folk)
 7:40 to 8:30 pm – Mtrane (R&B, Jazz)

Meadowood Park: from Raymond Road, go 1 block south on Leland at the flashing pedestrian light.

Popcorn, Lemonade and Water will be available throughout concert times (4:00 to 8:30 pm). A few picnic tables will be available. Please bring a blanket or chairs.

This event is sponsored by Meadowood Neighborhood Association.

Triad Events

Mary Stamstad, mstamstad@rsvpdane.org

Triad is a national program that promotes safety and crime prevention for seniors.

June 21, 10:00 a.m. –“Transportation Options for Seniors in Madison and Dane County-An Overview”,

Jane Betzig, Dane County Transportation Coordinator, Diana Jost, RSVP Assistant Director, Bus Buddy's Coordinator, RSVP, Mary Schmelzer, Group Projects & Homeworkers Coordinator, Driver Services Recruiter. Prairie Park Apts., 6530 Schroeder Road, Madison.

Transportation is a challenge many seniors face as they age. The speakers will discuss information about transportation services that are devised to help keep you living independently for as long as possible.

July 26, 10:00 a.m.-“ Money Safety for Seniors”, Teri Erickson, Monona Banking Center, Old National Bank, for information where this will be held, call 441-7897 at RSVP.

Teri will talk about keeping seniors safe from fraud, what is financial fraud, how often does it happen, why don't people report these crimes, protecting yourself and those you love.

Upcoming Meadowood Neighborhood Association Events:

June 21, 2017: Make Music Madison, Round 2!
 See article on this page.

July 29, 2017: MNA Summer Picnic

August 26, 2017: West Fest

MNA Board Elections

Meadowood Neighborhood Association Board elections will take place on Saturday, July 29, at our Annual Picnic and Membership meeting in Elver Park (the large shelter). MNA works because of the volunteer efforts of people in our neighborhood. PLEASE CONSIDER BECOMING AN AREA REPRESENTATIVE and serving on the MNA Board. Areas 3, 6, 14 and 15 and one at-large seat are currently unfilled.

MNA Board positions consist of the President, Vice President, Secretary, Treasurer and 15 Area Representatives and 2 At-Large Reps.

Board members are elected for one year terms and may be reelected.

Officers and At-Large Representatives are elected by majority vote of the MNA membership.

Area Representatives are elected by majority vote of members from each corresponding Area.

All MNA members over 18 years of age are eligible to run for any Board position, with priority given to candidates from each Area.

For more information about the duties of each Board member check out the MNA Bylaws at <https://www.meadowoodneighborhood.org/>

To be included on the ballot, nominations should be submitted to Sally Stix at 271-7609 or sastix@tds.net by July 15. The ballots will also have a write-in option for each position at the time of the election.

Group Buy for Rooftop Solar

Going solar at your home can be a big step, but MadiSUN makes it easy! Putting solar panels on your home is a great way to lower your energy costs. And you get to switch to a clean, renewable energy source that you can feel good about for years to come.

The MadiSUN solar group purchase program brings together households across the city and uses their collective buying power to get a great deal on rooftop solar at home. Our team of community members reviews competing offers from solar companies across the region and selects a trusted partner to install your system, saving you time and money.

Thanks to improvements in solar technology, the cost of solar has never been better. Plus, homeowners can receive a Federal Tax Credit for 30% of the cost of their system and Wisconsin's Focus on Energy program offers up to \$2,000 in additional rebates. MadiSUN also offers excellent financing terms through the new Solar Energy Loan Program, in partnership with Summit Credit Union.

And if you go solar, you'll be in good company. Our 2016 Group Buy concluded with 42 homes installing solar. That's over \$600,000 in local solar investment and 194 kW of new renewable energy generation in our community!



How does the MadiSUN group buy program work?

Lower costs: Madison residents come together to purchase and install solar systems as a community. By buying together, we can lower the cost for each participant.

Education: Through free community information sessions, we teach residents about how solar works, what return on investment they can expect, and what financing options are available. See if we're hosting a session in your neighborhood or let us know if you'd like to host one.

Selected Solar Installer: MadiSUN issues a Request for Proposals that is open to dozens of solar installers in the area, who compete to serve the group. A volunteer Advisory Committee helps review each competing bid and selects a preferred installation partner or partners to serve the group buy. When participants sign up, MadiSUN refers them to the selected company for a free site assessment and customized proposal.

Financing Solutions: MadiSUN participants are eligible for incentives and financing to lower their costs even further. Participants can receive a Federal Tax Credit equal to 30% of the cost of their system. Through Wisconsin's Focus on Energy program, solar systems qualify for up to a \$2000 cash rebate. Madison homeowners also have the ability to finance 100% of the cost of their system through a low-interest, fixed-rate loan through the Solar Energy Loan Program.

Come learn more about solar energy and the group buy program! All sessions are free and open to the public. To RSVP, visit one of our Facebook events and let us know that you're 'Going'.

- ◆ *Good Shepherd Lutheran Church,
Tuesday, June 13th at 7:00 pm*
- ◆ *Middleton Public Library
Wednesday, June 28th at 6:30 pm*

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GS3108 2/6/2017

Greetings from Matt Veldran

Summer is almost upon us! Dane County can be a great place to visit in the Summer. We have such a variety of parks in the system, there is a great time to be had locally for a day or overnight. The trail system continues to expand with the completion of the Lower Yahara bike-pedestrian bridge later this summer connecting Fitchburg, Monona and McFarland expanding the Capital City Trail. For more information see the Dane County Parks Department page at <https://parks-lwr5.d.countyofdane.com/>. It will be a great time to explore some new spots or some familiar ones that are available within just a few minutes in any direction. The lakes continue to be one of our major investments and priorities, keeping them as clean and enjoyable as possible for everyone. At the last meeting, the board created the "Healthy Farms, Healthy Lakes" Task Force; this a move to protect the Yahara Lakes.



Matt Veldran, Dane County Board of Supervisors, District 7

The Dane County Board is currently asking residents about their opinion on the future development of the Alliant Energy Center. You can take the brief poll on the County Board Supervisors main page of the Supervisors either by going to Dane County Website or clicking <https://board.countyofdane.com/>.

Currently, the County Board is awaiting the final state budget to determine how Dane County will be affected after it is passed. One area that I wrote about previously is the implementation of Family Care. Three providers are finalists and we should know who will be administering services soon. One is a local provider and two are from out of state. I will keep you updated on this situation as it will have an impact on low income seniors and adults with developmentally and physical disabilities.

The board will also be reviewing a new proposal and design for expansion of the Dane County Jail. The formal presentation is scheduled for later in June and the design will be available for all our review after the presentation. The board also made its final approval to hire a company for the needed renovations to the old jail in the City-County Building to provide safety for the current inmates.

Finally, as a reminder, there are many highway and road improvements underway, so please use caution when driving through construction zones to ensure that our highway workers can do their job safely. After all, they are our neighbors!

Have a great summer!

If you have any questions, concerns or ideas don't hesitate to contact me.
Matt Veldran; veldran@countyofdane.com ; (c) 608-235-8369

Farmer's Market



A new farmer's market on Madison's west side will offer more than fresh fruits and veggies this summer. With community education and food stamp programs, the market aims to fight

food insecurity and educate neighborhood residents.

When: Weekly from 8 am - 12 pm on Saturday from Saturday, June 10 through Saturday, September 16

Where: Elver Park, 1250 McKenna Blvd., Madison, WI 53719

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Simple Steps to Prevent Diabetes

Contributed by Sheray Wallace, MNA Area 13 Rep

One out of ten adults in Wisconsin has type 2 diabetes. In type 2 diabetes, glucose is less able to enter the cells and do its job of supplying energy (this is called insulin resistance). Why do we have so much diabetes? It still comes down to what we eat and how much we move, but it's more complicated than that.

Food is often used for comfort, so if you are stressed, anxious or depressed, you may reach for more snack foods. You also may not feel as motivated to get up and exercise.

Some people don't have enough money to buy healthy food and many unhealthy processed foods are very cheap and addictive (look at the soda and snack isles in the grocery store). Once you get used to eating this way, it can be addicting and hard to enjoy healthier foods.

People that live in poverty may not feel safe to walk in their neighborhood, be able to get to a park, or have sports equipment.

Here are some simple steps to prevent diabetes:

DIET TIPS

1. Kick the "addiction" to high sugar, high fat foods (sweets, breads, chips, cheese/crackers, red meat) by gradually adding healthier foods (berries, nuts, colorful veggies, eggs, lean meats) and decreasing the addictive foods can help get you improve your diet.
2. Sweet drinks including soda (6 tablespoons of sugar per can), juice (also loaded with sugar), and more than three 8 ounce glasses of milk a day add a lot to your sugar intake. Drink more water (add a little flavor if needed).
3. Eating too much of certain foods is often a problem. Try loading your plate with twice as much veggies and half the pasta/bread/meat.
4. Being too hungry / skipping meals can cause people to eat more and at the wrong time, so eat 3-6 smaller meals throughout the day to avoid overeating.
5. Ask for help getting healthy foods if you can't afford them. A community garden or food pantry may help.

EXERCISE TIPS

1. Take a walk or be active in some other way after eating since your muscles use the blood sugar instead of it turning into fat.
2. Even if you don't feel like exercising, get yourself through the first 5 minutes and you may start to feel better and continue. Exercise, especially in the sun, actually helps your mood.
3. Aim for 30 minutes of physical activity 5 days a week. Put it on your schedule so you don't skip it!

Meadowood Health Partnership: "The Doctor Is In"

Dr. Jonas Lee, from the UW Clinic, is available twice each month for free medical exams for residents of Madison's southwest side. The doctor will meet with anybody, groups or individuals, to chat about anything medically related. Dr. Lee can provide exams for school camp physicals, blood pressure checks, diabetes counseling, etc.

Time: Twice each month on Tuesdays, 1:30 - 4:30 pm. The dates for the next two months are as follows:

- ◇ June 13, 2017
- ◇ June 20, 2017
- ◇ July 11, 2017
- ◇ July 25, 2017

Location: Meadowood Library (just follow the signs);

Cost: FREE

University Houses Preschool

Contributed by Sara Brynn Quigle



Summer Family Playgroup:

Drop in to any or all of the free Friday morning playdates! Free playdates in June & July are:

- ◆ June 9, 16, 23, and 30 (9:00 - 11:00 am)
- ◆ July 7, 14, 21, and 28 (9:00 - 11:00 am)

Families are invited to have fun with the toys and activities inside and also explore the outdoor playgroup area. Bring a snack and enjoy the morning together!

Siblings and friends are always welcome.

Contact: kmbeck@uhpparentcooperative.org
<http://uhpparentcooperative.org>
6033 Odana Rd., Madison, WI 53719

Dane County Land and Water Resources Department Launches Aquatic Plant Harvesting Survey

Online survey to gather public comment available through August

The Dane County Land and Water Resources Department manages an Aquatic Plant Harvesting Program to cut and harvest Eurasian watermilfoil and other invasives from county waters.

From now through the end of August 2017, Dane County invites area residents to participate in an online survey to complement the county's comprehensive assessment of aquatic plant communities and the harvesting program.

Dane County Executive Joe Parisi said, "Every five years Dane County assesses the health of our aquatic plant communities. We also review our management strategies for providing reasonable use of the lakes for boating, fishing and swimming, while preserving the health and balance of the lake ecosystem; and for maintaining flow in the Yahara River to prevent high water issues including flooding."

"I invite county citizens to take a five-minute online survey to tell us what you think about aquatic plant management needs for area lakes and rivers." The online survey can be found at: <http://survey.constantcontact.com/survey/a07ee5uic15j2kkodgr/a014aj3iuqzhs/questions>.

Public comments and the plant survey field work to be conducted during summer 2017 will provide valuable information for updating aquatic plant management plans for waters across the county where county staff operate mechanical harvesters.

Aquatic plant management plans provide an inventory of existing plants in a lake or stream, and describe how native plants will be protected for their role as the foundation of healthy ecosystems, while nuisance non-native species will be controlled and recreational access will be provided. The Wisconsin Department of Natural Resources requires these plans in order for them to permit aquatic plant harvesting programs under NR 109 Wis. Admin. Code.

For more information about aquatic plant management, visit the Dane County Office of Lakes and Watersheds website.



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Construction and Remodeling Program and Court Reporting Program Madison College

Are you interested in a career with 100% job placement, job security and high wages that is both fascinating and rewarding, and that requires less than a 4-year degree? If so, check out these two programs for Fall 2017 at Madison College! We would love to hear from you!

Construction and Modeling

The Construction and Remodeling Program is a one-year program that prepares students for a career in residential construction and/or remodeling. Students learn how to take a project from prints and specifications through final finish work. As part of their coursework, students learn about site preparation, layout and foundations, do the framing of floors, walls, ceilings and roofs, and install roof shingles, windows, doors, stairs, exterior trim, siding, cabinets and interior trim. All phases of home construction are covered, including materials estimating, building science, building codes and tool maintenance.

Classes available days or evenings, and 50% of classroom activity is hands-on! The median wage is \$24.40 per hour. Visit us at madisoncollege.edu (search construction and remodeling), and [Facebook](#). Contact: Jen Voichick, 608-246-5213, JVoichick1@madisoncollege.edu

Court Reporting

The Court Reporting Program is a 2.5 year associate degree program that prepares students to work in a variety of career areas. These careers include court reporting, closed captioning for television and web media, and live-event captioning for the deaf or hard-of-hearing community. Choose your own hours, create your own business, or work for the court system or a freelance employer!

The average annual starting salary is \$45,000. The program at Madison College offers a 100% online option, a free bootcamp to test drive the program, and scholarship opportunities. Visit us at madisoncollege.edu (search court reporting), [Facebook](#), [Instagram](#), [Twitter](#), and [You Tube](#)

Contact: Yvonne Meichtry, ymeichtry@madisoncollege.edu, 608-246-6635



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Sources: Economic Modeling Specialists International; 2013 Graduate Employment Survey and Report

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Ride the Drive 2017 Announced

Submitted by Jule Stroick

Madison Parks is excited to announce the date and route of this year's Ride the Drive. Join us **Sunday, July 16** from 10:00am to 2:00pm! The new route, which is more park-focused with fewer street closures, was created as a result of several factors: construction around the Capitol Square, event expenses and loss of funding and a desire to heighten the event's connection to parks.

For those not familiar, Ride the Drive is a celebration of Madison's commitment to a healthy, active lifestyle. This car-free event has opened streets to bicycles and provided activities and entertainment along the way. For eight years, from inception through 2016, Trek has generously sponsored this event. The City of Madison and Madison Parks graciously thanks Trek for their years of support in this Madison tradition.

At this year's Ride the Drive you will stroll, roll, pedal or glide your way on the long-time favorite, car-free John Nolen Drive with stops at three downtown area parks. The new route provides fun activities, food and entertainment at Brittingham Park, Olin Park and Law Park on Sunday, July 16, 2017 from 10am to 2pm.

For more information, see the route and to volunteer visit www.ridethedrive.com



Message from State Representative Lisa Subeck

Hello neighbors,

As summer approaches and the weather is getting warmer, our biennial budget deliberations are heating up in the State Capitol. By the time you receive this newsletter, the Joint Committee on Finance, which is the state's budget committee, should have completed its work on the 2017-2019 biennial budget bill. Next, the budget bill as amended by Joint Finance moves on to the State Senate and State Assembly for consideration. The next fiscal year for the state begins on July 1, and the goal is to have a completed budget signed into law by the Governor by that date. Unlike the federal government, which shuts down if a budget is not passed, Wisconsin does not shut down. Instead, the state continues to operate under the current budget if a new budget is not passed by July 1.



While it is still hard to predict whether a budget will be passed by both houses and signed before the deadline, there is some speculation that disagreement and dysfunction among Republican lawmakers, who hold the Governor's office and majorities in both houses, about the state's transportation budget may delay passage. Assembly Republicans have proposed a convoluted tax scheme under the guise of addressing Wisconsin's transportation funding crisis. Their scheme would provide a massive tax giveaway to the very wealthiest individuals, leaving everyone else to pay for it. Republican leadership on the Joint Finance Committee floated the idea of having a separate transportation budget bill, but Governor Walker has rejected that idea. Meanwhile, our roads and infrastructure crumble, with Wisconsin roads rated among the worst in the nation, and Republican in-fighting continues to stall movement toward any viable and sustainable transportation funding solution.

I regularly provide more detailed information about the state budget and other legislative action in my office's weekly e-newsletter. To find archived copies of my newsletter or to sign up to receive my newsletter in your email inbox each week, please visit my website at: www.subeck.assembly.wi.gov

As always, if I can be of assistance with any matter, please feel free to email me at Rep.Subeck@legis.wisconsin.gov, or call my office at 608-266-7521.

Thank you,
Rep. Lisa Subeck

Dane County, Local Governments Leading Conversation & Work on Climate Change

Submission from Dane County Executive Joe Parisi

At a time when state and federal governments refuse to acknowledge the realities of climate change, it's imperative at the local level we do all we can to mitigate the impacts of our changing world. Denial from the President, Governor, and others unfortunately won't counter the very real effects our agricultural and tourism economies will experience as winters become milder, summers hotter, and flooding rains find their way onto weather radars more frequently. We're coming off another spring that saw excessive rains. April was one of the top ten rainiest ever, increasing run-off into our lakes before the busy season of outdoor recreation begins. In the absence of leadership on the state or federal level, I recently created a new office to address climate change here at home. The Dane County Office on Energy and Climate Change along with the Council on Climate Change bring together the best and brightest from across our community representing businesses, utilities and local governments to make sure we're collaborating to address the challenge. There are things we can do. County government has accomplished a significant milestone in our quest for clean energy sustainability: Dane County is now producing green energy equivalent the amount of electricity needed to run county operations. Because of the priority we've placed at generating solar power and converting naturally occurring gas at our landfill into electricity, we are effectively off-setting the energy we use. One of the primary goals of our new Dane County Council on Climate Change is to identify similar opportunities for other public and private employers to also reduce their energy consumption and subsequent carbon footprint. It's important we pursue further innovation and encourage additional community partners to step forward and embrace this as a priority. Change always starts with grassroots efforts. That's why I'm hopeful local governments across our region and country will replicate our work. The absence of leadership from the state and federal governments offers us all an opportunity; to lead boldly on an issue that's imperative to our continued quality of life and economic vitality.

