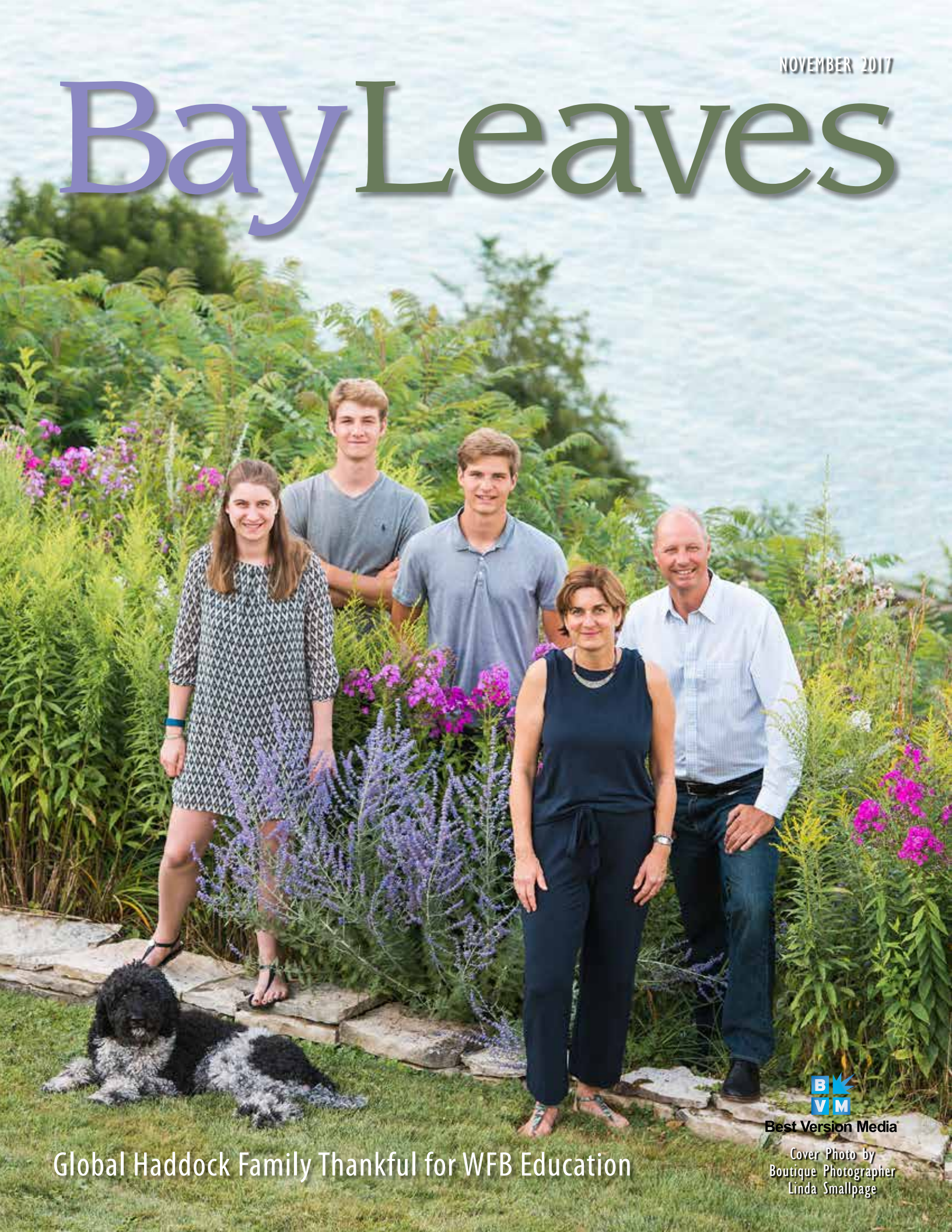


NOVEMBER 2017

# BayLeaves



Global Haddock Family Thankful for WFB Education



Best Version Media

Cover Photo by  
Boutique Photographer  
Linda Smallpage



## Why Your Realtor® Wants to Stage Your Home

They say you never get a second chance to make a great first impression. This couldn't be more true when selling your home. The evolution of Pinterest, Houzz, and HGTV have raised the expectations of modern buyers.

**Online is the first place most buyers will see your home.** Good staging results in eye-catching photos, which are the first step to getting buyers in the door. According to the National Association of Realtors®, 77% of buyer's agents said staging made it easier for a buyer to visualize the property as a future home.

**Home staging no longer means cookies baking in the oven.** Staging helps prospective buyers imagine your home as theirs. Whether you're selling your home while it is occupied or vacant, staging is a vital first step. It gives purpose to the rooms in otherwise empty home and draws attention away from the flaws. Furniture placement can optimize your space and help buyers see the full potential of the room. Proper staging can take the

focus off of the 'stuff' and accentuate its best features.

**Not every home needs a full scale stage.** For many sellers, it means doing simple things like de-cluttering, deep cleaning, packing up personal items, and paring down unnecessary accessories. Taking the "Less is More" approach will increase your home's appeal. Think of it as a first step in your moving process. A professional home stager can develop a plan that runs from a simple step-by-step checklist to a color consultation to a full scale home stage.

**Simple preparation tasks will help your presentation.** Paint is one of the easiest changes that can completely transform the space. Remember -

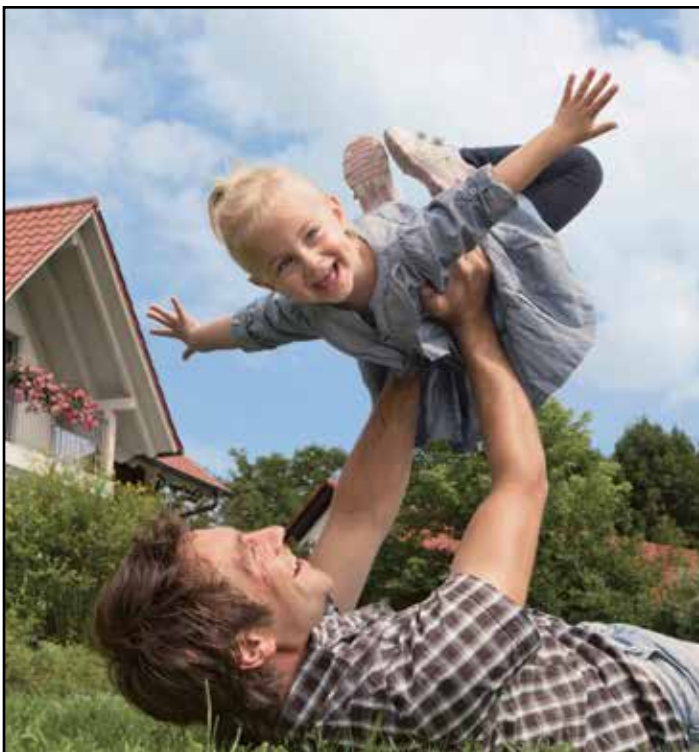
the goal is for buyers to see themselves in the space. Keeping the palette neutral but interesting will appeal to a broad range of tastes. The right color can also enhance beautiful woodwork or make a room feel larger. Changing light fixtures is another relatively inexpensive way to update. Well-lit rooms always have a positive impact on potential buyers.

If you're thinking of selling in the near future, it's never too soon to start preparing. Reach out to a real estate professional early to discuss what you can do to make more and sell faster. ●

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"Bringing People Together!"

## Dear Residents,



They say people enter your life for a reason, a season, or a lifetime. This past February I was contacted by Pat Graham, a local resident who had lost his wife of over 50 years to cancer in January. Pat was looking for things to fill his days, and as the former editor of the *Milwaukee Journal Sentinel* for 30 years, he thought our publication might have some tasks for him to do. Obviously I jumped at the opportunity to have a seasoned editor review my work. We have since entered a routine where I e-mail him my monthly articles, he reads them and then we meet at his house to review, because of course he has to edit the old fashioned way using pen and paper. Here is a photo of us reviewing the November feature family article on the Haddocks, who have traveled the world, and all three of their children were born in a different country. I did fib a little to Pat about the reason for the photo session, but I couldn't possibly tell the story of Pat and not show our readers just how adorable he is. It's been a pleasure working with Pat, and I am thankful for the friendship we have formed.



Happy Thanksgiving,

**Christine McBride**

Content Coordinator

cmcbride@bestversionmedia.com

### PUBLICATION TEAM



Publishers: Christa Banholzer and Kathy Durand

Content Coordinator: Christine McBride

Designer: Colleen Cullerton Dunkel

Contributing Photographer: Linda Smallpage, Boutique Photographer

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Contact: Kathy Durand at (262) 716 4788, or

kdurand@bestversionmedia.com and

Christa Banholzer at cbaholzer@bestversionmedia.com

### FEEDBACK/IDEAS/SUBMISSIONS

Have feedback, ideas or submissions? We are always happy to hear from you! Deadlines for submissions are the 20th of each month. You may also email your thoughts, ideas and photos to Christine McBride at cmcbride@bestversionmedia.com

### CONTENT SUBMISSION DEADLINES

Content Due	Edition Date	Content Due	Edition Date
November 20	January	May 20	July
December 20	February	June 20	August
January 20	March	July 20	September
February 20	April	August 20	October
March 20	May	September 20	November
April 20	June	October 20	December

### IMPORTANT PHONE NUMBERS

Emergency .....	911
Police Administration.....	(414) 962-3830
Police (non-emergency).....	(414) 351-9900
North Shore Fire Dept. (non-emergency).....	(414) 357-0113
Village Hall .....	(414) 962-6690
Public Library.....	(414) 964-4380
Dept. of Recreation & Community Education .....	(414) 963-3947
Whitefish Bay School District.....	(414) 963-3921

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Julie Siegel ..... Village President

Jenny Heyden..... Communications Specialist

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# VILLAGE OF WHITEFISH BAY

**To Subscribe to the Village Weekly Online Newsletter**, please send your e-mail address to Jenny Heyden, Communications Specialist, [j.heyden@wfbvillage.org](mailto:j.heyden@wfbvillage.org).

Provided by the Village of Whitefish Bay

## Department of Public Works

Thanksgiving Garbage and Recycling pick up dates:

Normal garbage/recycling pickup scheduled for Thursday, November 23rd will be picked up Tuesday, November 21st.

Normal garbage/recycling pickup scheduled for Friday, November 24th will be picked up Wednesday, November 22nd. ●



### Curbside Leaf and Yard Waste Collection:

Crews will collect leaves and yard waste weekly placed on the pavement in the curb and gutter in front of their homes through the week of November 13-17th.

Starting Thanksgiving week please bag or containerize leaves and yard waste for collection. ●

### Water Utility Billing Improvement:

Please note: Changes to Water Utility Billing are coming soon. Beginning January 2018, utilities will be billed quarterly instead of three times per year. ●

### Village Hall Renovation:

Whitefish Bay Village Hall will be closed through fall of 2018 for renovations. The Following Customer Services will be handled at the DPW Customer Service Window, located at 155 W. Fairmount Ave, with the entrance on Lydell, closest to the parking lot.

#### Financial Services:

M-F 8:00am-4:30pm

All services will remain the same with the exception of Utility and Tax Payments. See below.

#### Building Services:

M-F 8:00am-4:30pm, Inspector Hours 8:00am – 10:00am

Property records will not be available in person. Please email [j.oestreich@wfbvillage.org](mailto:j.oestreich@wfbvillage.org) with your request at least five (5) business days in advance. Archived blueprints will not be accessible during this time

#### Police Department and Municipal Court Clerk: M-F 8:00am-5:00pm

- Pay citations or speak with the Municipal Court Clerk in person (Online Payment Option at [www.wfbvillage.org](http://www.wfbvillage.org))
- Have Correction Notices checked and canceled
- Request Open Records
- Obtain parking permits (Night parking, employee parking, daytime residential parking)

#### Services Relocated to Other Locations during Renovation:

Please continue to access the Village Website for changes.

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## VILLAGE OF WHITEFISH BAY POLICE DEPARTMENT

Submitted by Whitefish Bay Police Department

### Secure Package Delivery

Holiday season is near and online shopping is convenient for shoppers and it's convenient for thieves. Like all municipalities, Whitefish Bay residents have had packages stolen from their porches. It's a quick and easy crime to commit. Our officers are keeping a watch on our streets and your porches but we can't always be in the right place at the right time. Here are some steps you can take to make it more difficult for thieves to steal your orders.

### You can make scheduling requests of the following sources:

The United States Post Office offers the service of signing up for an account that helps you manage your deliveries, go to USPS.com and sign up for a USPS account to manage your deliveries.

FedEx will also help you with deliveries, go to FedEx.com and go to Access FedEx Delivery Manager.

UPS also allows you to schedule deliveries, just go to UPS.com and go to UPS My Choice and sign up for delivery options.

If you're an Amazon user you can have your packages delivered to an Amazon locker near your work location or your home. The nearest Amazon Locker for Whitefish Bay residents is located at the Boston Store in Bayshore mall.

Other things you can do to safeguard your packages is have them delivered to your workplace if your employer is agreeable. If you have a trusted neighbor that is home during the day; work it out with your neighbor and have the package delivered there. Or you can have the package held at the post office, FedEx or UPSA and you can pick up the package there.

When you are out and about please be alert to people that are walking up to random houses in your neighborhood. If you see somebody coming off a porch with a package call our non-emergency telephone number 414-351-9900 right away. Provide the dispatcher with a description of the subject, a description of the vehicle and license plate if possible. Also inform the dispatcher of which way the subject went.

If you follow the above suggestions you increase the likelihood of your gifts being enjoyed by the people of your choosing. ●

### Election Information for all 2018 Elections:

All 2018 elections normally held at Village Hall for Wards 5 and 6 will take place at the WFB Woman's Club, 600 E. Henry Clay St. In-person Absentee Voting is Whitefish Bay Public Library located at 5420 N. Marlborough Drive. Questions: Please call Deputy Clerk at (414) 962-6690 Ext. 122 or email elections@wfbvillage.org

### Municipal Court:

Fox Point Municipal Court,  
7300 N. Santa Monica Blvd., Fox Point, WI 53217

### Tax Collection:

Important Changes to Upcoming Tax Collection: Because Village Hall will be closed until fall of 2018, to help make tax collection as smooth and convenient as possible this year, the Village has partnered with the local Associated Bank on Silver Spring. Payment online or by mail is still preferred, but if you would rather make your tax payment in person, Associated Bank will process your payment and provide a receipt. Further information will be provided as the tax year grows closer. Tax bills are sent to residents by December 15, 2017. Payment Due Dates: January 31, March 31, May 31, 2018.

### Utility Payments:

Payments may be made the following three ways:

- 1) Via U.S. Mail
- 2) Pay online at [www.wfbvillage.org](http://www.wfbvillage.org)
- 3) Via ACH deduction (Form available on website at [www.wfbvillage.org](http://www.wfbvillage.org))

### Village Board Meetings and other Committee Meetings:

Village Board Meetings and other Committees and Commissions are moving to the Whitefish Bay Public Library. Please note location changes online at [www.wfbvillage.org](http://www.wfbvillage.org) and subscribe to the weekly Village Email Newsletter to receive email updates. ●

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# WHITEFISH BAY RECREATION DEPARTMENT AND COMMUNITY EDUCATION

By Carin Keland, Director of the Recreation and Community Education Department for the School District of Whitefish Bay

## Want To Be The First To Browse The Recreation and Community Education Program Guides?

The Winter/Spring Recreation and Community Education Guides are expected to be delivered to homes mid-November, however, LIKE Us on Facebook to follow the Recreation and Community Education Department for the most recent program information and be the first to browse our program offerings before it is delivered to your home!



## Whitefish Bay Senior “55 and Better” Programs ...In the Community for the Community

### Tuesday, November 14 - 3F Lunch & Entertainment

- **The Native American Flute!** Presented by Glenn Pastella. Glenn will discuss the history of this Native American instrument as well as construction details. He will entertain us with the sounds and melodies unique to the Native American Flute.
- **Lunch:** Roasted turkey, sage stuffing, potatoes, broccoli, homemade cranberry sauce, pumpkin pie, milk and coffee. Cost: \$9.00 per person and pre-registration is required.

### Tuesday, November 14- FREE Blood Pressure Clinic -1:30- 2:30

**Wednesday, November 15 - Free technology class** 1:00-2:30 by David Bartlett. How to work through computer issues, problems and reduce your risk of identity theft.

**Wednesday, December 6 - Free Mind/Body Wellness and Stress Relief for the Holiday Season** 1:00-2:30pm. Find out how to keep calm throughout the holiday season. Presented by Lynne Shaner, PhD of Praxis Integrative Wellness.

For additional program and registration information, Contact Carolyn Noori, WFB Senior Program Coordinator at 963-3992.

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# WHITEFISH BAY CIVIC FOUNDATION

Submitted by Whitefish Bay Civic Foundation

## Past Grant Awards:

Middle School Fountain / Bottle Filler (Girl Scouts)  
 Village Park Picnic Tables  
 Cahill Gas Fireplace  
 AED Defibrulators @ Schools  
 Cumberland Tennis Courts  
 Cahill Baseball Fields  
 Richard's Athletic Court  
 Armory Park Memorial  
 WFB Monuments on Hampton & Santa Monica  
 WFB Street Banners  
 Cahill Benches  
 Cahill Warming House Eagle Scout Project  
 Community Band PA System  
 Cumberland Beautification Project  
 Eagle Scout Project - Buckley Park  
 Egyptian Festival  
 Fishing Derby  
 Historic Medallion Grant  
 WFB Holiday Stroll on Silver Spring  
 High School Community Garden  
 WFB HS Swimming Pool Project  
 Human Ecology Project  
 Library Fund  
 WFB Little League  
 Mimi Bird History Collection  
 Old School House Park Fountain Repair  
 Opet Festival  
 WFB HS Post Prom  
 Rock Climbing Wall - Richards School  
 Shoreline Interfaith Older Adult Programs  
 Silver Spring Clock Repair  
 Speaker for Bay United / Drug Program  
 SPED Playground Project  
 WFB HS Stadium Project  
 Stryker Chairs  
 Summer Baseball Sectional

## Community Grants

The Whitefish Bay Civic Foundation was established to promote the betterment of the Village of Whitefish Bay and its residents. The Civic Foundation is active in the community by supporting and sponsoring community events, projects, and funding organizations that share the same objectives. Our vision is to undertake projects that lessen the burden to Village government and that follow the mission of the organization.

As part of that vision, a fund has been established to award grants to individuals, groups or organizations to help fund projects, events or causes that fit the mission of the Whitefish Bay Civic Foundation. In order to qualify for a grant, the applicant must submit an application and demonstrate how the request fits within the mission of the Whitefish Bay Civic Foundation. Grant applications can be found on the Whitefish Bay Civic Foundation website at [wfbcivicfoundation.org](http://wfbcivicfoundation.org).

Visit the Whitefish Bay Civic Foundation for more details. [wfbcivicfoundation.org](http://wfbcivicfoundation.org). Or follow us on Facebook. <https://www.facebook.com/whitefishbay.civicfoundation/>



The Civic Foundation depends entirely on contributions from Whitefish Bay residents and businesses to fund the events that have become Village traditions.

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28304 R6-16

## Lung Cancer: Lower Your Risk

Submitted by Lori Ahrenhoerster, PhD, CLC,  
Public Health Manager



Lung cancer is one of the most common cancers, and is the leading cause of cancer death among men and women. You can lower your risk of lung cancer by quitting smoking, getting your home tested for radon, avoiding exposure to cancer causing chemicals, and eating a healthy diet with a lot of fruits and vegetables.

Some common symptoms of lung cancer include:

- A cough that does not go away / coughing up blood
- Chest pain / shortness of breath
- Weight loss
- Infections (bronchitis, pneumonia) that keep coming back

The best way to reduce your risk of lung cancer is to quit smoking. About 36.5 million Americans still smoke cigarettes, and tobacco use is the single

largest preventable cause of disease and premature death in the United States. Quitting smoking has immediate and long-term benefits at any age. Quitting is hard, but you can increase your chances of success with help.

To help stop tobacco use, the American Cancer Society has set aside the third Thursday of November for the Great American Smokeout event. This event encourages smokers to make a plan to quit, or to plan in advance and stop smoking that day. By quitting, even for 1 day, smokers will be taking an important step toward a healthier life and reducing their cancer risk. Take the first step on November 16th.

Call the Wisconsin Tobacco Quit Line at 1-800-QUIT NOW (800-784-8669) for more information and resources on quitting. For more information on lung cancer visit [www.cancer.org](http://www.cancer.org)



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Jen Norris, Assistant: 414.962.4413



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## November Clinic Dates

### Upcoming Immunization Clinics Appointment required

Thursday, November 9th  
3-4:00pm-Shorewood

Tuesday, November 14th  
10-11:00am- Brown Deer

Wednesday, November 15th  
3:30-4:30pm-Brown Deer

Tuesday, November 21st  
7:30-9:00am - Shorewood

Tuesday November 28th  
3:30-4:30pm-North Shore Library

### Upcoming Adult Health Clinics Appointment required

Wednesday, October 18th  
8:00-10:00am – Brown Deer

Tuesday, October 24th  
8:00-10:00am – Shorewood

### Upcoming Blood Pressure Screening Walk-ins Welcome – No Appointment Necessary – No Charge

Wednesday, November 1st  
12:15-1:00pm-Lois & Tom Dolan Community Center  
(4355 W. Bradley Road, Brown Deer, WI 53223)

Tuesday, November 14th  
1:30pm-2:30pm - Lydell Community Center  
5205 N Lydell Ave, Whitefish Bay

Wednesday, November 22nd  
3:30-4:30pm - Shorewood

For the most up-to-date information on upcoming clinics and screenings, visit the Clinics page of our website at: <http://www.nshealthdept.org/Clinics> and for appointments please call 414-371-2980.

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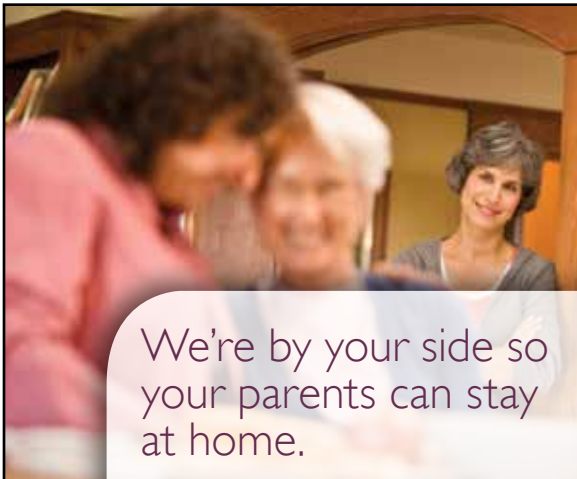
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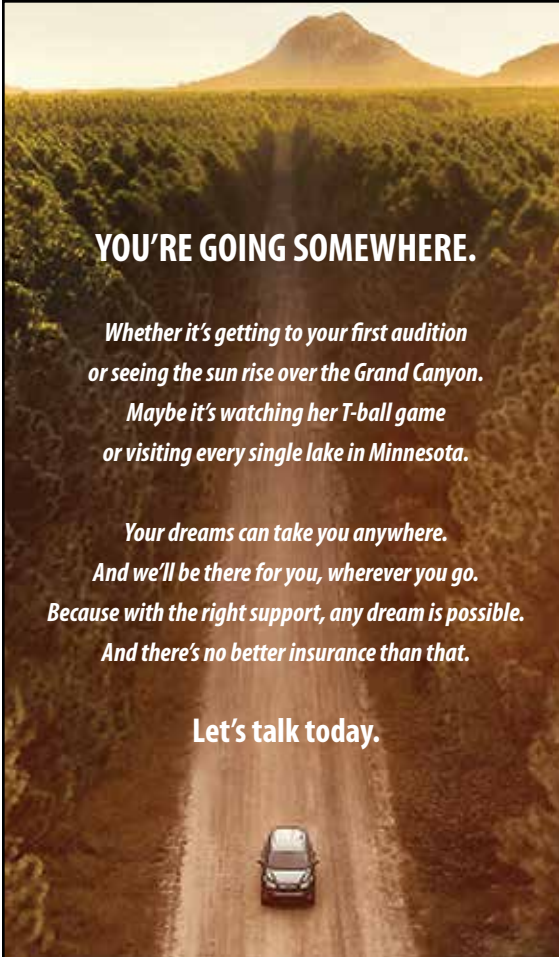
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# Kiwanis Pancake Breakfast with Santa

**Saturday, December 16**

Celebrate the Holiday at the Kiwanis Pancake Breakfast, 8:00 to 11:00 a.m., St. Monica Hall, 5900 N. Santa Monica, Whitefish Bay. Enter Door #1 from the parking lot off Lakeview Ave. Enjoy visiting and pictures with Santa, raffles, face painting, story-telling and breakfast, including pancakes, sausage, juice, milk & coffee. Tickets are available at the door, at Winkie's Variety Store, or from a Kiwanis member - \$7 per adult (10 & up) and \$5 per child (over 2 years of age). Proceeds benefit Kiwanis charities. •



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# WHITEFISH BAY SCHOOL DISTRICT

Submitted by Patrice Milzer

# ALUMNI

**Are you a Whitefish Bay Alum?** If you have good news to share we would love to hear from you! Please email: [districtnews@wfb-schools.com](mailto:districtnews@wfb-schools.com)

## Save the Dates!

November 21 early release for students

November 22-23 no school for students

### November Events:

**November 7, 7:30 PM**  
Middle School Orchestra Concert

**November 16, 4-8:00 PM**  
Middle School Holiday Boutique

**November 16, 7:30 PM**  
Middle School Grade 6 Band Concert

**November 30, 7:30 PM**  
Middle School Grade 8 Band Concert

## Share The Beauty and Warmth of the Season!

Help support the Whitefish Bay High School Choir Program by purchasing a locally sourced, premium Poinsettia! They make a great holiday gift for grandparents, host/hostesses, teachers, co-workers and neighbors. Delivered directly from the Germantown Nursery, these poinsettias continue to bloom during the holiday and beyond. Carefully selected coffee beans-whole or ground- come fresh from the Milwaukee Stone Creek Coffee roasting facility. Choir Friends Booster volunteers are happy to directly take you order and answer any questions. Please contact Chris Armstrong ([carmstrong@wi.rr.com](mailto:carmstrong@wi.rr.com)) or Julie Wellenstein ([studies@wi.rr.com](mailto:studies@wi.rr.com)). The sale goes from November 1- 17th and pick up is Friday, December 1st at the high school Fieldhouse.



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## WHITEFISH BAY PUBLIC LIBRARY

Submitted by Katie Kiekhaefer, Head of Youth Services and Scott Lenski, Community & Adult Services Librarian



Book lovers and bargain hunters, mark your calendars now. The Fall Book Sale sponsored by Friends of the Whitefish Bay Library will be held on Saturday, November 4 from 9:30am – 3:30pm and Sunday, November 5 from 12-3pm. Friends members get a preview of the sale on Friday from 5-7pm. Not a Friend? You can sign up at the sale.

This year there is a very great selection of vinyl albums, cookbooks and foreign language books, in addition to the regular collection of novels and nonfiction for adults. We've also got a lot of children's books and books for young adults.

Proceeds from the Friends book sale go to supplement the wide range of activities at the Library. In the past, they have funded such projects as reading programs, computer equipment purchases, speakers, furniture and much more.

Donations are also accepted for the Library Book Sale. All books; CDs, DVDs and other media; artwork; puzzles and other slightly-used games can be dropped off throughout the year at the Library. Receipts for tax purposes can be provided. Keep your Whitefish Bay Public Library in mind when you tackle your fall or spring cleaning.



Image provided by The Village of Whitefish Bay

*View the full calendar of events at the Library at [wfblibrary.org](http://wfblibrary.org).*



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# The Haddock Family Represent the Blue Dukes



Weekend mornings filled with soccer games are a familiar scene to many Whitefish Bay families, and the Haddock family has had its share of soccer games and practices for over a decade. Although the Haddocks have only called Whitefish Bay home since 2011, their two sons made quite a name for themselves as integral parts of the Whitefish Bay high school soccer team winning the state championship the last two years.

Ron and Layla Haddock have lived all over the world and first met in Germany when Ron was based there as a Lieutenant in the US Army in 1987 upon his graduation from the US Military Academy, West Point. Although raised mainly in France, Layla was living in Germany to earn her degree as a French-German translator in economics and business. After Ron's time in Germany was up several years later the couple moved back to the US where he

received his MBA from Harvard Business School, and then moved to New York City. The couple then welcomed their first child, Eloise, now 21 and a student at UW-Milwaukee. The family then relocated to Mumbai, India where a second child, Jeremy (18) was born and then moved to Saudi Arabia where a third child, Elian (17) was born. Ironically Jeremy and Elian have the same birthdate just one year apart. When the family continued to move around the boys were eventually placed in the same grade during their transition from an English speaking school in China, to a German speaking school in Switzerland. Most people think that they are twins, especially considering the exact same birthday, but in fact they are a year apart age-wise. Currently both boys are seniors at Whitefish Bay high school.

Over the course of many years, Ron's work assignments moved the family to

Seoul, South Korea; Shanghai, China; and Zurich, Switzerland. Eventually a position with Johnson Controls is what brought the family to Milwaukee. "We love the neighborhood feel in Whitefish Bay," said Ron. "It is a walking community with sidewalks where multiple generations can come together regularly from kids, parents and grandparents. We feel very lucky that all three of our children went through the Whitefish Bay school system for their high school education."

The boys began soccer at young ages with Elian taking an interest in goalie and Jeremy as a center back defender. Both boys and another classmate, Shawn Azcueta are co-captains of the varsity soccer team this season and hungry for another state championship. With Elian being extremely self-motivated to play soccer in college, he began reaching out to universities the spring of his sophomore year, writing per-

Story By Christine McBride | Photos by Boutique Photographer, Linda Smallpage

sonal letters to over 30 coaches. Elian was recruited by numerous schools, but he ultimately pursued and received offers from Yale, Notre Dame and Brown. "The pressure to make a decision was pretty intense from the coaches because they were all keen to lock in their goals for the class of 2018," said Elian. "I visited all three schools and determined that Yale was the right fit for me both academically and soccer-wise. After my decision was made I called all of the coaches to thank them for the opportunity and their support throughout the lengthy recruiting process."

Their other star soccer player, Jeremy, is also interested in playing soccer in college and is currently exploring options. Jeremy is known for scoring goals through headers, a rather tricky soccer maneuver to pull off.

With their children quickly entering adulthood, Layla has found more time to pursue her lifelong

passion of art and photography, currently working to earn her bachelors of fine arts from the UW-Milwaukee Peck School of the Arts. "During our time in India and China I developed an interest in the arts and began taking photos in the streets of Mumbai," said Layla. "When in China I joined a photography group that would go on photo-shooting trips to villages near Shanghai. I am particularly inspired by a very limited color palette with a strong focus on texture, without a focus on explicit forms. In the future I would love to have a home studio for my art and eventually display and sell my amateur art in boutique stores."

While the family is clearly very well-traveled and global, they enjoy that Whitefish Bay offers a wonderful mix of families. Of their time here Ron notes that, "It is a very harmonious place to live with a great social life from Farmers Markets to holiday celebrations. Having lived all over the world we have come to appreciate the value of a world full of diversity and local character, while believing that fundamentally people are quite similar to each other at an individual level."



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*We'd like to thank Molly Judge of Shorewest for bringing you this month's cover story.*

# NORTH SHORE FIRE AND RESCUE

## Thankful for YOU this Thanksgiving!



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By Lieutenant Dan Tyk, North Shore Fire/Rescue,  
EMS Manager & Community Relations Officer



Like many, we have so much to be thankful for this Thanksgiving. Most of all, we are thankful for YOU, the community that we are proud to serve each and every day. Together, to date, we've trained more than 1222 residents in cardio-pulmonary resuscitation (CPR) and automated external defibrillator (AED) use, installed more than 118 child safety seats (car seats), and conducted more than 125 home safety assessments in 2017. These are numbers to be proud of.

As a community, we have made safety and risk-reduction a priority. As your fire department, we will always be there to respond in your time of need. But beyond your emergency needs, we are proud to be one of the only fire departments in the area with a robust Community Risk Reduction Bureau, aimed at preventing your emergency before it occurs. Here is a list of just some of the services offered by our Community Risk Reduction Staff:

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- FREE-Car Seat Installation by Nationally Certified Car Seat Technicians
- FREE-Fall Prevention and Safety Presentations for Elderly Residents
- American Heart Association Certifications (for a fee)
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To learn more about these services, please visit our website, [www.nsfire.org](http://www.nsfire.org) or follow us on Facebook and Twitter. You can also reach our Community Risk Reduction staff by calling (414) 357-0113 ext. 1512.

Again, we cannot thank you all enough for your support over the years. You can be proud of the work your community leaders have done to provide fiscally responsible and consolidated fire and emergency services across the seven North Shore communities. From our entire family to yours, we wish you a healthy, blessed and Happy Thanksgiving!



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# Exercise for Every Age

By Emma Riehl

As we age, our bodies become less resilient and we aren't as quick to "bounce back" after a particularly tough workout or a long run. People in their twenties might think that people who are older than them are just being dramatic when they complain about new aches, pains or a sudden flare up of an injury that was far less severe 10 years ago. In actuality, our bodies really do become less efficient in repairing damaged tissue at a cellular level, leading to prolonged soreness, higher risk for injury and general muscle tightness.

The good news is that it is not all downhill as we age. With more experience comes greater muscle memory, so your body will be familiar with proper form, regular exercises and will know when something feels "off" or when proper form is lacking. This means that technically, when we get older, we will see better results in a shorter amount of time if we have conditioned our bodies properly for exercise. Here is a guide of what to incorporate into your exercise routine and when.

## 20s

In your 20s, it is common to not have had many major injuries, but also to not have yet found an exercise routine that is the right fit. There's an abundance of energy to try out different (and fun!) exercises, whether it's a group class, a long bike ride, hike or a 10k run. Try it all! Now is the time to really find what you think can keep you interested and active enough for

days, weeks and months in a row. Don't limit yourself to just one type, either: choose a variety of exercises that you can rotate through each week. It'll keep you from getting bored and, most importantly, will keep your body from hitting a plateau, which will halt any positive results you were previously experiencing.

This is also the time to learn the proper form of each exercise you have chosen. Think prevention, prevention, prevention. If you hurt yourself now, you might recover quickly, but that bad knee will haunt you later in life. Listen to your body, know when something isn't right and consult a professional trainer or physical therapist so you can ensure proper form.

## 30s

By now, hopefully you've had success with your exercise routine. Maybe you've really gained a passion for distance running, yoga or the classes at your local cycling studio. These are all great! If you haven't started forming any exercise habits, it's not too late. Your body will still learn new exercises relatively quickly and you can get into a groove in no time.

Ideally, in your 30s, you will begin incorporating both cardio and strength training to help maintain cardiovascular health. Work in regular interval training (switching between cardio and strength exercises in the same workout) to help lower your risk of heart disease. Already hit cardio hard in your 20s? Even better. En-

durance athletes peak in their 30s because strength and coordination finally come together to achieve optimal performance.

The main hindrance in your 30s when it comes to exercise is time. In balancing a career and likely a family, finding time to hit the gym is a lot more difficult. This is your chance to work out smarter, not longer. Rely on your knowledge of your body to focus on what works for you!

## 40s

Most people dread turning 40 for a variety of reasons, many of them fitness and health-related. However, if you started an exercise routine in your 20s or even in your 30s, you only need to make a few tweaks in order to ensure continued health and activity.

Muscle and bone mass decrease quickly in your late 30s and into your 40s, especially if you do not exercise. The more muscle you have, the more calories you burn, and in keeping your both your bones and muscles strong, you help fight off diabetes, heart disease, arthritis and cancer. Focus a lot on what you feel when you perform your go-to exercises. If your shoulders start to hurt when you're doing push-ups or your neck aches when doing sit-ups, this is a sign that some muscle groups are weaker than others, sacrificing your form. Now is the time to strengthen muscles that you notice are weaker. Not only will this help all your exercises be most effective, but it will help you maintain good posture and



overall health.

Did you take a break for the last couple years? You can absolutely start again in your 40s. Your body will remember all your activities (even from years ago!) and it will be just like riding a bike (maybe even literally). No matter your age, one thing is for certain: it's never too early or late to start exercising.

### 50s & Beyond

Consider entering your 50s as the start of a new era rather than the decline of a former one. Now is the time to find lasting enrichment and value in what you do each day, including exercise and diet choices. Take the time to listen to your body as you enter your 50s and beyond. What fuels you and what tires you? Once you learn the answer to each part of this question, choose to spend more time fueling your body and mind with proper exercise, nutrition and overall positive experiences.

A big part of staying fit in your 50s (and older) is accepting that your body is fundamentally changing; building muscle and burning fat does not happen as quickly as it did 5, 10 or 20 years ago, but the benefits of exercise are all the same, if not more important in your 50s. A healthy body weight, balanced blood sugar levels, lowered risk of heart disease and added mental clarity will all enrich your life in more impactful ways as you age.

When we age, we lose muscle at a faster rate. With decreased muscle, the metabolism gets slower, leading to weight gain. To combat muscle loss, it's important to incorporate resistance training in your exercise routine. Focus on simple, strength-building moves with proper form. Enjoyment of exercise and diet is more important now than ever. As you age, you want to spend your time finally doing what brings you the most fulfillment.

Though form and routine are best mastered in your 20s and 30s to take with you into your 50s and beyond, it's never too late to start working to become your best self—at every age! ●

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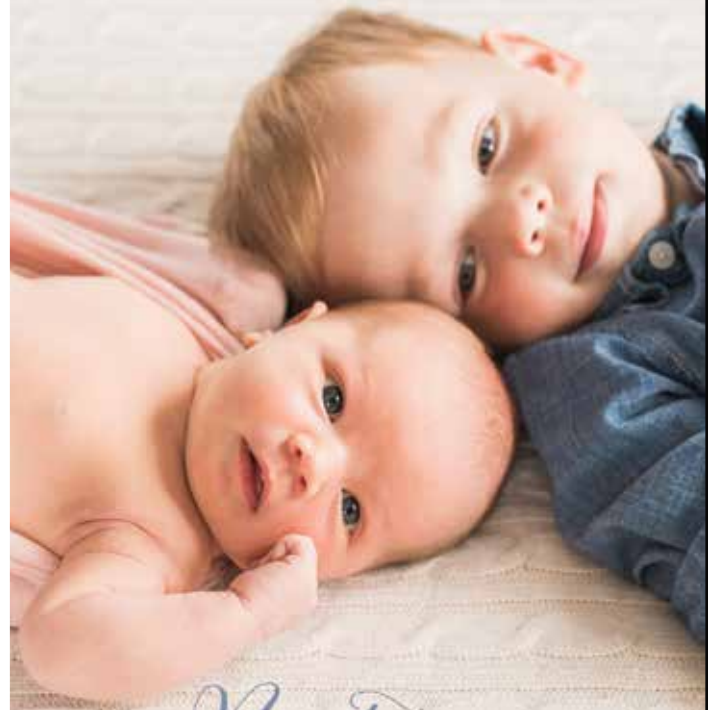
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By Katie Commer, BID Executive Director

## Farmer's Market Thank You

Thank you to everyone who attended and participated in the Farmers Market this year. I believe that the new location in the Aurora parking lot not only increased visibility and space but created a meeting place for family and friends each weekend.

Thank you to all the WFB Students and the Village Band of Whitefish Bay who volunteered their time to share their talent with music. Thank you to all the vendors who got up early every Saturday to be there on time with their goods. It was so enjoyable adding to the market and having different offerings each week. We enjoyed adding the artisans for two of the dates– let me know if you have any more ideas.

Thank you to my friends, family and everyone else for supported the vendors – I look forward to seeing you next year. Make sure you like us on Facebook at Whitefish Bay Farmers Market!

### Holiday Stroll November 24



## Whitefish Bay Holiday Stroll

**Fri., Nov. 24, 5-8pm, Parade at 6pm**



This time of year, we love to give thanks for health, community and friends, neighbors and families. The Whitefish Bay Business Improvement District looks forward to our traditional Whitefish Bay Holiday Stroll on the Friday after Thanksgiving! We welcome new groups to join us in this parade as well as for seasonal activities all through December.

Holiday promotions and shopping specials will be offered throughout the day on Fri., Nov. 24, in downtown Whitefish Bay. The evening features a tree lighting ceremony, music, and entertainment, including the annual holiday parade which is scheduled to start at 6:00 pm. The shops of Whitefish Bay stay open late, offering specials and treats. Kids will enjoy pony rides, a live DJ and a visit with Santa and his reindeer. And with a wide array of distinctive shopping in a relaxed atmosphere, everyone can conveniently cross things off their holiday list.

New this year there will be 4 drawings, one per week, for 4 themed prize basket with the donations received from businesses on the street. Love Local, Date Night, Family Fun and Welcome Home are just some theme ideas. One basket will be drawn per week, with the first basket containing only entries from the Holiday Stroll/Small Business Saturday weekend. Each store will have drawing entry forms. Participants must be 18 years or older to enter and can enter only 1 time per store per week with purchase. Drawing winners will be announced on Mondays (Nov. 27, Dec. 4, 11, 18) for entries received from the previous week.

“The year’s Holiday Stroll will build on our incredible tradition,” notes Jeff Commer, President of the BID Board of Directors. “The Business Improvement District produces this great event as a ‘Thank You’ to the community and so many people come out every year to enjoy the evening. Our shops put out their best and our streets are filled with spirit. It’s a wonderful way to start the season.”

Enjoy live scenes in store windows by dancers in full costume from the Milwaukee Ballet School.

The Holiday Stroll is made possible by donations and support from many people and organizations.

**New Website** Please refer to our Facebook Page Shop Whitefish Bay or our new website [www.merchantsofwhitefishbay.com](http://www.merchantsofwhitefishbay.com) for additional details, including shopping specials as they are announced.



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#### Visita en Español

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## Historic Bay Blockbuster Hits Bookstands

By Jeff Aikin and Tom Fehring

The much-anticipated book *Historic Whitefish Bay: A Celebration of Architecture and Character*, by yours truly, went on sale at Milwaukee booksellers October 16, and at Winkie's, Fitzgerald's, Village Ace, and other fine stores. It is also available at the Whitefish Bay Library at a 20% discount.

Composed in celebration of the 125th anniversary of the Village's incorporation in 1892, *Historic Whitefish Bay* guides readers through the Bay's 182-year history from when the first settler arrived in 1835 to modern-day, telling the tale through the historic homes of our predecessors.

But this book goes well beyond architecture – it narrates the stories of those who lived here.

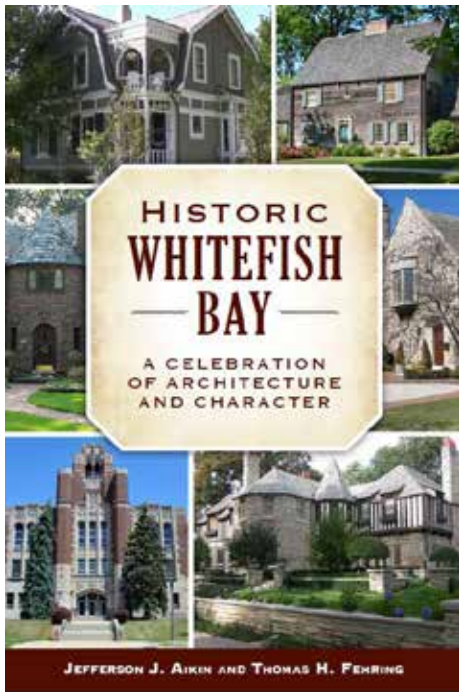


Image provided by Jeff Aikin and Tom Fehring reproduced with permission of The History Press.

- Meet the early families who shaped our Village's destiny, the architects who designed our handsomest homes, and Alice Curtis, our first school teacher.
- Visit the homes of the Lake Drive business titans whose achievements put Milwaukee on the map.
- Scandals Exposed! The beer business baron infuriated by his black sheep daughter whose scandal went national. Capt. Frederick Pabst's niece who triggered a sensational family sex scandal – and memorialized it in her home with an image of deceit. The day Anna Pandl was busted for running a speakeasy – and the Village's efforts to close Pandl's down. The Whitefish Bay High School cheerleader who landed on the FBI's "Ten Most Wanted" List.

With more than 120 photos, maps, and images, *Historic Whitefish Bay* describes the 12 residential historic districts eligible for the National Register of Historic Places whose homeowners could qualify for 25% income tax credits. Each individual property in the districts – nearly 2,000 – is identified, and hundreds more outside the districts, many eligible for the National Registry, are discussed. Is your home one of them?

*Jefferson J. Aikin, a former journalist for the Milwaukee Sentinel and the Associated Press, is president of the Whitefish Bay Historic Preservation Commission and a member of the Whitefish Bay Historical Society.*

*Thomas H. Fehring's previous work with Arcadia Publishing and the History Press includes Images of Whitefish Bay and Chronicles of Whitefish Bay. He is co-founder of the Southeastern Wisconsin chapter of the Society for Industrial Archeology and a member of the Historic Preservation Commission, as well as the Whitefish Bay Historical Society.*

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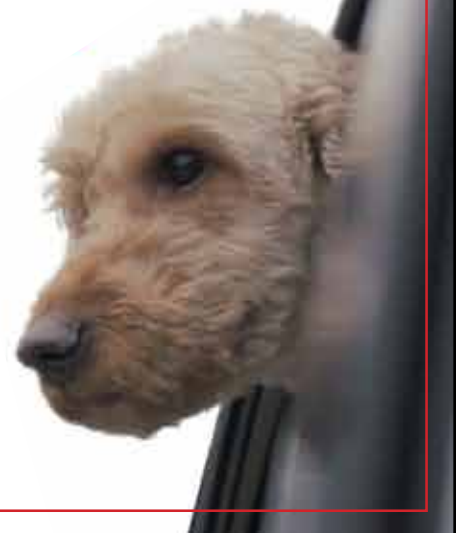
### HOLIDAY TEA

You are invited to attend one of the most popular holiday luncheons in the North Shore on Wednesday, December 6 at 1:00p.m. You will be served a delicious plate of specialty tea sandwiches with tea/coffee, and you may purchase a glass of wine from our house selections. To complete the fare, a generous variety of delectable holiday treats will draw you to our desert table!

Reservations for the event are required and can be made by either mailing a check for \$20.00 to the club or registering directly at our club house, 600 E. Henry Clay Street. For answers to any additional questions, please call Karen at 414-332-7781.

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## WHITEFISH BAY GARDEN CLUB

# Teens Grow Greens

Submitted by Jill Griffee Ross, Publicity Chair



Photos provided by the organization Teens Grow Greens which will make a presentation to our group in November.

You are invited to our public meeting on Tuesday, November 14, 2017, at the Whitefish Bay Public Library meeting room located on the second floor. Join us for a social time at 6:15 pm, with meeting starting promptly at 6:30 pm. We will be learning about Teens Grow Greens a 501 (c)(3) non-profit where Teens “learn, grow, and go.” During a nine-month paid internship, Teens develop life skills through hands-on experience. The internship immerses interns in experiences in the classroom, garden, and kitchen, in the community, at farmer’s markets where they sell what they grow, and in public where they market their own organic products. Please join us to learn more about this organization and the teens it develops. More information can be found at [www.whitefishbaygardenclub.com](http://www.whitefishbaygardenclub.com), and like us on Facebook: [www.facebook.com/whitefishbaygardenclub](http://www.facebook.com/whitefishbaygardenclub).



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# REAL ESTATE — PROPERTIES IN WHITEFISH BAY

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## PENDING

Address	DOM	List Price
4953 N Woodruff Ave	29	\$249,900
4929 N Cumberland Blvd	33	\$825,000
5400 N Lake Dr	216	\$1,695,000
5320 N Lake Dr	45	\$1,990,000



## SOLD

Address	DOM	List Price	Sold Price	Address	DOM	List Price	Sold Price
5152 N Santa Monica Blvd	71	\$239,900	\$227,850	819 E Beaumont Ave	176	\$515,000	\$515,000
1016 E Henry Clay St	2	\$262,900	\$271,000	5063 N Diversey Blvd	29	\$534,900	\$525,000
5071 N Elkhart Ave	6	\$299,900	\$293,000	5037 N Lake Dr	54	\$535,000	\$560,000
5340 N Kent Ave	68	\$319,900	\$312,500	4781 N Cumberland Blvd	49	\$559,000	\$500,000
5025 N Hollywood Ave	29	\$329,500	\$288,000	4701 N Lake Dr	71	\$569,000	\$549,000
6117 N Shoreland Ave	60	\$339,950	\$340,000	609 E Lexington Blvd	6	\$575,000	\$580,500
5342 N Lydell Ave	63	\$365,000	\$360,000	5241 N Berkeley Blvd	0	\$585,000	\$589,000
6260 N Santa Monica Blvd	38	\$379,900	\$375,800	4787 N Cumberland Blv	31	\$649,000	\$650,000
5574 N Kent Ave	65	\$399,900	\$375,000	607 E Day Ave	2	\$660,000	\$675,000
5136 N Hollywood Ave	38	\$419,000	\$399,000	4611 N Lake Dr	54	\$695,000	\$670,000
5227 N Berkeley Blvd	74	\$424,900	\$408,000	2221 E Glendale Ave	37	\$699,900	\$655,000
6226 N Berkeley Blvd	65	\$425,000	\$387,000	1012 E Sylvan Ave	99	\$775,000	\$745,000
915 E Lancaster Ave	2	\$425,000	\$425,000	6215 N Berkeley Blvd	34	\$825,000	\$820,000
4831 N Sheffield Ave	1	\$429,000	\$442,000	4851 N Larkin St	4	\$960,000	\$925,000
4750 N Newhall St	34	\$479,000	\$450,000	4720 N Lake Dr	22	\$1,600,000	\$1,400,000
4818 N Ardmore Ave	79	\$479,900	\$465,000	5762 N Shore Dr	103	\$1,899,000	\$1,695,000
5509 N Santa Monica Blvd	35	\$500,000	\$483,000				

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Contact me to find out what opportunities the home sale data above may create for you.



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