

November 2018

Bay Leaves

Lieutenant Colonel Dean
Serving Our Country In An F-16



Cover Photo by
Boutique Photographer
Linda Smallpage



Best Version Media



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DEAR RESIDENTS,

One of the best perks of my position is attending all of the photo sessions with our talented artist Linda Smallpage of Boutique Photographer. For months Linda and I will discuss how to take the concept of what I want the images to portray of both of the family and the setting. With our November feature family, the Deans, we were given special access to the facility where numerous F-16 jets are kept. This meant a trip to Madison and knowing both my son and husband would love an up-close look at these jets, they were able to join as well. We had a great day at the photo session and enjoyed having a "Top Gun" moment with the camera. Enjoy reading more about this local family and special thanks Truax Field for allowing us access to capture these amazing pictures. We thank Lieutenant Colonel Will Dean and all men and women who serve our country.

Happy Thanksgiving!



Christine McBride
Content Coordinator
cmcbride@bestversionmedia.com



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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

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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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2018 trick-or-treat will be Sunday, October 28th from 1:00pm-4:00pm in the Village of Whitefish Bay
There will be no block parties held that day.

EXPERT CONTRIBUTORS:
To learn more about becoming an expert contributor, contact Kathy Durand at (262) 716 4788 and kdurand@bestversionmedia.com, or Christa Banholzer at cbanholzer@bestversionmedia.com

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Flying High *with the* DEAN FAMILY

By Christine McBride, Photos by Boutique Photographer

While many Americans take great pride in our country, not all serve our country and even fewer do so while flying an F-16 fighter jet. For Lieutenant Colonel Will Dean, it's just another day at the office. Since attending an air show at the age of 9, his dream has been to fly jets and serve. Considering that there are fewer fighter pilots than NFL players, achieving that dream makes our neighbor an unusual veteran.

"I was the first one in my entire family to attend college, and I did so thanks to an AFROTC scholarship," said Will, a Georgia native. "After college I commissioned and continued with flight training and have been flying the F-16 ever since. The rush of every take off never grows old."

En-route from his first assignment in Osan, South Korea to his next in Aviano, Italy, Will had an overnight layover in Seattle. In walked Jessica to the hotel bar, also traveling for her work with a think tank based in Washington, D.C. "I spotted this

gorgeous blonde who walked up and ordered a single malt scotch. I knew she was my dream woman," said Will. Meanwhile, Jessica had other things in mind: "I was excited to meet Will because I was working on military policy, so I started asking questions about the type of technology systems he used. I was such a nerd!" After a year of dating long distance, the two were married in Upperville, Virginia, where Jessica, a competitive equestrian, stabled her horse Norman.

They began married life in Italy, and though Will was often deployed and Jessica worked as an advisor for a think tank in Brussels, they traveled every chance possible. After Will's assignment in Italy, the Air Force relocated them to Arizona where their son, Griff, now six, was born. In 2013, Will was invited to join the 115th Fighter Wing in Madison, and they decided to make the move.



Shortly after moving to Madison, Jessica was contacted by the Lynde and Harry Bradley Foundation, one of the largest and most prestigious private foundations in the country and offered her dream job. "Originally, we planned to stay in Madison and Jessica would commute to Milwaukee," said Will. "However, work required me to remain on base and deploy for extended periods of time, so it made sense for us to give Milwaukee a try, meaning Jessica could be closer to her work and Griff."

After researching which community in Milwaukee was right for them, Whitefish Bay was the perfect fit. "We loved the neighborhood and being able to walk everywhere, including school and the lake. What we came to discover was how amazing our block and friends are," said Will. "When deployed for months at a time, it's great

to know Jessica and Griff have neighbors watching out for them and helping with anything they could need. We think of our neighbors as family, which is nice since neither of us are from Wisconsin and it's not always easy to be a military family outside a military base." Great neighbors have been even more of a blessing since Jessica was diagnosed with leiomyosarcoma, a rare and aggressive cancer, in February of this year. She travels to Texas for treatment, and they are thankful that neighbors help whenever they need a hand.

Within weeks of moving to their block, a neighbor asked Will if he wanted join on a 'dog walk' since they own two dogs. Assuming this meant literally just walk the dogs, he said sure. Will discovered that "a dog walk" was neighborhood code for heading to a dog-friendly bar and enjoying a beverage - water for the dogs and a local brew for the guys.

Will currently serves as an Instructor Pilot at Truax Field, and is also a commercial pilot for Delta Air Lines. This year is the 70th anniversary for the Wing, and as part of the celebration they adorned one F-16

with a unique paint-design. The 115th is one of the first Air National Guard units to receive the military's newest fighter jet - the F-35 Lightning II. Will's tour of service will probably finish with the F-16, but he's had a career filled with exceptional experiences. One that sticks out was flying a combat air patrol for Iraq's first elections since Saddam Hussein's regime fell. "It was extraordinary to witness something most Americans take for granted - freedom, especially freedom of speech and ability to vote." He adds, "Without a doubt, the best part of my job is the people I get to serve with. Everyone works as a team both on the ground and in the air every single day. It is an honor to serve my country with so many other talented and dedicated people."

If you see the Deans on their front porch be sure to say hello as they often host "Bouncy-House-Happy Hour" on Fridays, which brings together neighborhood kids and adults. Next time you take flight on Delta be sure to look in the cockpit, or wave if a Wisconsin F-16 flies over, it just might be one of your Whitefish Bay neighbors.



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IMPORTANT INFORMATION ON GENERAL ELECTION:

Where and when to vote

ELECTION DAY - November 6th

Polls open at 7:00am and close at 8:00pm

Wards 1, 2, 3, 4; Library (5420 N. Marlborough Dr.)

Wards 5, 6; Village Hall (5300 N. Marlborough Dr.)

Wards 7, 9, 11; Lydell Center (5205 N. Lydell Ave.)

Wards 8, 10, 12; Cahill Square (1001 E. Fairmount Ave.)

IN-PERSON ABSENTEE VOTING

ALL Wards; Village Hall (5300 N. Marlborough Dr.)

Begins Monday, October 22nd thru Friday, November 2nd, 8:00am-4:30pm and 8:00am-5:00pm on November 2nd only.

ABSENTEE VOTING BY MAIL

- To receive an absentee ballot by mail, email request to elections@wfbvillage.org.
Name, Whitefish Bay address, mailing address (if different), and copy of photo ID must be included in your email request. All requests must be received no later than 5:00pm on Thursday, November 1st.

For any questions, please contact Deputy Clerk Caren Brustmann at (414) 962-6690 ext. 122 or elections@wfbvillage.org.



Renovations Complete

Village Hall reopened on September 24, 2018. Village Hall and Police Department Services M-F 8am-4:30pm 5300 N Marlborough Drive.

DEPARTMENT OF PUBLIC WORKS

Holiday Refuse and Recycling Collection Dates:

- Refuse/Recycling normally picked up on Thursday Nov. 22 will be picked up on Tuesday, November 20
Refuse/Recycling normally picked up on Friday Nov. 23 will be picked up on Wednesday, November 21.

Curbside Leaf and Yard Waste Collection

Curbside leaf and yard waste collection typically starts in mid-October and runs through mid-November. Please check the Village website for more details as well as the start and end dates for this collection at www.wfbvillage.org/yardwaste.

Curbside leaf and yard waste collection rules and guidelines:

- Place leaves and yard waste on the pavement in the curb and gutter in front of home
Remember to place leaves and yard waste away from storm inlets
Branches, sticks, and other woody material should be placed on the parkway for chipping

- The Village does not have a routine schedule for pickup of leaves and yard waste though crews try to collect leaves and yard waste weekly for all residents
Prior to and following curbside collection all leaves and yard waste should be bagged (paper) or containerized (plastic cans and carts should be labeled "Yard Waste") and put on the parkway for collection

RESIDENTIAL REFUSE AND RECYCLING COLLECTION PROGRAM

- Please continue to place containers at least three feet from any obstruction and three feet from the curb.
Full information here, including A and B week route dates: www.wfbvillage.org/trashrecycle.

Questions? Call or Email: Jenny Heyden, Communications Specialist, 414-962-6690 Ext. 495 or j.heyden@wfbvillage.org

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Be the first to know about What's Up at the Village! Subscribe to the free weekly Official Village Online Newsletter: Send your Email address to Jenny Heyden, Communications Specialist, j.heyden@wfbvillage.org or subscribe at bit.ly/1U49dME



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Advertisement for BrightStar Care featuring a photo of a caregiver and text: NURSE-MANAGED CARE AT HOME. Proud to be the premier in-home care provider offering: Companion & Personal Care, Skilled Nursing, Child Care, No Minimum Hours, Guaranteed Compatibility, 24/7 Live Phone Response. www.brightstarcare.com/central-milwaukee

Mason Jar Butter

By Chelsea Scott

Have you ever wondered how butter is made? It's simpler than you think. Try making butter at home with this quick and easy recipe. Your family will be impressed!

Ingredients

- 1 pint-sized (16 oz.) mason jar
- 1 cup of heavy whipping cream
- cold water
- kosher salt

Directions

Pour the cream into the jar and tightly screw on the lid. Shake the jar vigorously for 5-7 minutes. At the 2-minute mark, you should have whipped cream. Keep going!

When you hear that a lump has formed inside the jar, keep shaking for another 30 to 60 seconds. By now, the buttermilk should be separated from the butter. Pour the contents out of the jar and into a bowl, using a strainer to catch the solid part.

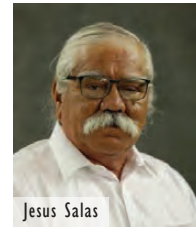
Rinse the butter by pouring cold water over it and kneading it with your hands. Pour out the water, and rinse two more times. Add salt to taste. Enjoy on a slice of toast!



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

Congratulations to the winners of our 2018 Photography Contest! This year's best in show winner is a picture by Abby Jakowski. We are hosting a photo contest reception on Saturday, November 10 from 4:30-6:30pm. We'll be debuting the photographs of all the winners at the reception and we'll have light refreshments. Please join us for this event. If you aren't able to attend, winners will be displayed in the library Adult Services wing of the library throughout the next year. Thanks to Friends of the Whitefish Bay Library who provide cash prizes and framing materials for this contest.

We are also looking forward to our November Whitefish Bay TALKS. On Wednesday, November 7 at 6:30pm we're hosting Jesus Salas for his talk "Three Generations of Migrants: A Family History." Jesus Salas is the descendent of a Mexican American family who first came to Wisconsin during the 1940s. He worked throughout his early school years as a migrant farmworker. Salas led protests, marches, and organizing efforts to secure rights and improve conditions for himself, his family, and the migrant community during the 1960s and 1970s. This program is made possible by The Working Lives Project from



Jesus Salas



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Historical Preservation Commission A Tale of Two Trolleys

By Tom Fehring and Jeff Aikin

It took awhile, but as Milwaukee rolls out its shiny new downtown trolley this November, it finally is closing the books on the last remaining piece of its original trolley system, founded 132 years ago.

Milwaukee's first trolleys had hundreds of stops on government-owned land in Milwaukee County, including dozens between downtown Milwaukee and Whitefish Bay, and over the decades all the parcels had been sold to adjoining landowners. All except one – the trolley stop at the northeast corner of Fairmount Ave. and Woodburn St. in Whitefish Bay.

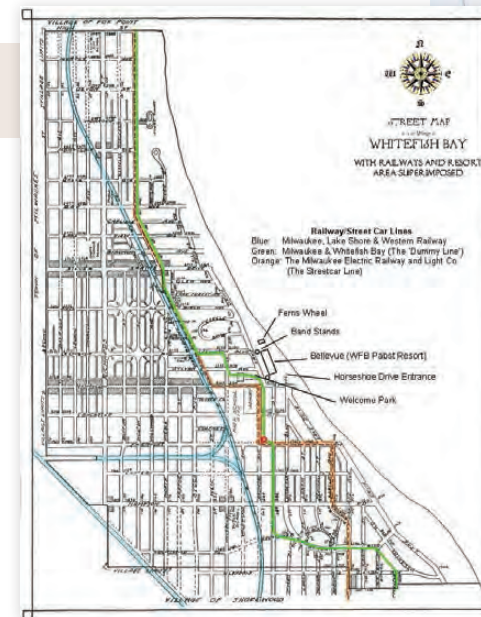
In May 2017, two months after buying their home at 5006 N. Woodburn St., Ann and Brian Tobiczky purchased from Milwaukee County the last remaining original trolley stop, a 25 x 25-foot plot that is the street corner of their corner lot. The price – \$1. “The County was really excited when I contacted them,” Brian said. “They had been trying to unload this parcel for years.”

In 1886 hotel owner Guido Pfister, brewer Val Blatz, and two

partners established the Milwaukee & Whitefish Bay Railroad, laying track from Milwaukee to Henry Clay St. Nicknamed the “Dummy Line,” its route included the Fairmount/Woodburn stop.

The Dummy Line was replaced in 1898 by the Milwaukee Electric Railway & Light Company, forerunner of WE Energies. It ran north on Oakland Ave. to Bartlett Ave., turned west on Fairmount, went north on Ardmore Ave. to Henry Clay, then west to Marlborough Dr. and north to Silver Spring. It later was extended to Day Ave., then to School Rd. TMER&L closed its lines as bus routes expanded, dropping Bay service in 1953.

The Mikkelson colonial at 5006 N. Woodburn St. was built in 1949 and was originally home to Mildred and Kurt Melzer. Their daughter Kay inherited the house and lived there for 68 years before selling to the Tobiczys. She was a teacher in the Mequon-Thiensville school system for 37 years. Now living at a senior residence, she still attends Holy Family Church.



LEFT: Dummy Line and TMER&L routes. Fairmount/Woodburn stop circled. RIGHT: TMER&L street car also known as The Dummy Line



Kay never bought the trolley land “because it was never really necessary.” Still, Kay became renowned in her neighborhood for her scrupulous care of her property, including the 625-square-foot county lot. In winter, at the age of 79, she still shoveled 200 feet of sidewalk, including both curb cuts, by hand, without a blower, before dawn, humbling her younger male neighbors.

“I thought it was important that the walks be clear so the students would not slip and fall. Many told me how grateful they were,” Kay said. “But I also had kind and considerate neighbors. As I got older they were always there to help. They make Whitefish Bay a wonderful community.”

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calendar of events **NOVEMBER**

— Happy Thanksgiving! —

Thursday, November 8, from 4-8 pm
WHITEFISH BAY MIDDLE SCHOOL HOLIDAY BOUTIQUE
 @Whitefish Bay Middle School
 Admission is free and open to the public. The Holiday Boutique will feature unique merchandise from more than 30 vendors and artisans, as well as a Silent Auction with proceeds benefitting the middle school directly. Like us on Facebook for information and updates <https://www.facebook.com/whitefishbayholidayboutique/>

Sat.-Sun., Nov. 10-11
TRAINFEST
 @State Fair Park Expo Center
 With 200,000 sq. ft. (nearly four football fields) of exhibit space featuring more than 70 highly creative scenic railroads, it's a sight to behold. Check the website for pre-sale and two-day ticket options.
Time: 9am-5pm
Cost: Adult \$15, Child \$5
www.trainfest.com

Thurs., Nov. 15
MILWAUKEE HOLIDAY LIGHTS FESTIVAL KICK-OFF
 @Pere Marquette Park
 Come to see the lights turn on. Enjoy live music, Santa and a fireworks show. Hot beverages, cookies and jingle bus rides are complimentary.
Time: Program 5:30pm; Lighting & Fireworks 7pm
Cost: Free
www.milwaukee downtown.com

Thurs., Nov. 15
104TH ANNUAL CITY CHRISTMAS TREE LIGHTING
 @Milwaukee City Hall
 Join Mayor Tom Barrett in a century-old tradition. Hear music from local choirs, ensembles and theater groups; then partake in the countdown.
Time: Entertainment 5pm; Lighting 5:29pm
Cost: Free
www.milwaukee downtown.com

Fri.-Sun., Nov. 16-18
HOLIDAY FOLK FAIR
 @State Fair Park Expo Center
 Come for an opportunity to view ethnic displays, demonstrations, music and dance performances, foods, and a marketplace.
Time: Fri. 2-9pm; Sat. 10am-9pm; Sun. 10am-6pm
Cost: \$12
Folkfair.org

Sat., Nov. 17
HOLIDAY CRAFT FAIR OF WASHINGTON COUNTY
 @Washington County Fair Park
 Kick off the shopping season at this unique and time-tested craft fair full of original, handmade goods.
Time: 9am-3pm
Cost: \$3
www.wcfairpark.com

Sat.-Sun., Nov. 24-25
THE URBAN GARAGE SALE
 @Mitchell Park Domes
 A community of artists, makers and local retailers will set up shop for The Urban Garage Sale, an annual event showcasing the creative community of Milwaukee.
Time: 10am-4pm
Cost: \$5
www.urbangaragesale.com

Sat., Nov. 24
DOG DAYS AT LYNDEN
 @Lynden Sculpture Garden
 Bring your favorite canine and enjoy an afternoon in the garden. Winter snow sport enthusiasts welcome.
Time: 10am-5pm
Cost: Free to members or with regular admission to the sculpture garden
www.lydensculpturegarden.org



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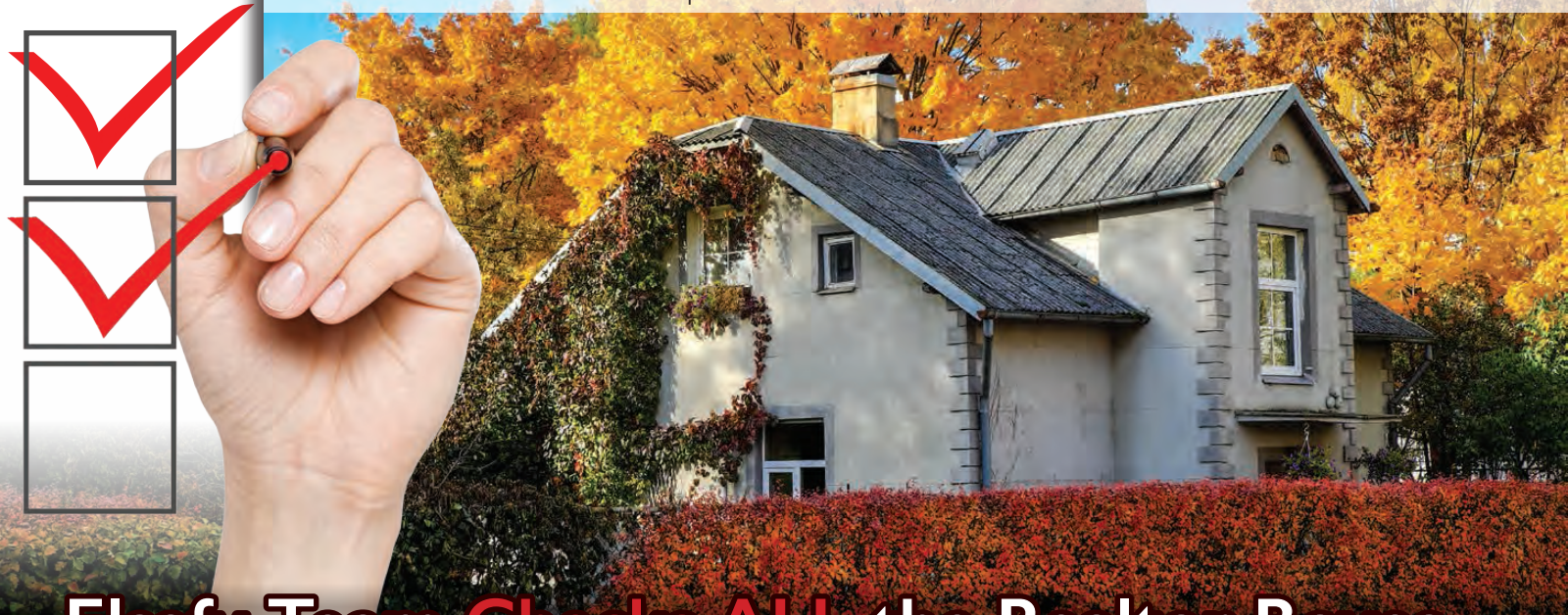


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Elsafy Team Checks ALL the Realtor Boxes

By Christine McBride

By Christine McBride

When entering into the house buying or selling process, it's essential that there's a connection between the client and the real estate agent. The selling process is smoother when the end goal is mutually understood, and the buying side is more enjoyable when

the agent is equipped with the knowledge of wants and needs for a house. The Essam Elsafy team has a personality type to match with any clients need. Enjoy getting to know them a little more as individuals from our interviews - asking everything from their best real estate advice to their favorite local hot spot.

✓ ESSAM ELSAFY

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To Essam, being a Realtor has less to do with houses and everything to do with helping clients make great decisions. It's balancing the technical aspects of real estate with the personal and financial needs of clients. Essam loves playing multiple roles in the process from creative marketing, clever problem solving, and tough negotiating to solve difficult problems. He has found that the most successful sellers can emotionally detach from their home and see it through the eyes of a prospective buyer; They understand the strength and objections of potential buyers and then price accordingly. From the buying side, Essam feels that buyers get the best results when they understand their non-negotiables but are open to compromising on the "nice to haves" list. It is of the utmost importance to surround buyers with a good team. This includes a Realtor that will protect their interests, a lender that helps them stay on budget and a home inspector that can make a thorough evaluation of a home's condition. Essam resides in Whitefish Bay with his wife, three children and puppy. When his wife Tina, who he lovingly refers to as the Chief Executive of the Elsafy Family, have date night they don't look far to enjoy a nice evening together. From the bruscehtta at Moxie, the outdoor patio at Pandl's or the salads at The Bay, they are always enjoying life within the Village.

✓ GINGER LAZOVIK

Realtor with 4 years of experience



Ginger loves helping people through one of the most important times in their lives. Whether it is finding their dream home or assisting people through the process of selling their home, Ginger is fully committed to supporting her clients. When it comes to buying a home, Ginger's best advice for buyers is to analyze the home in terms of their lifestyle and day-to-day needs. Many homes have great potential but are lacking key features that modern families need. By talking through the house and possible renovation ideas, Ginger shows clients the potential a house has. For the selling side, it's all about the details. From prepping and staging to strategic pricing and targeted marketing, all the boxes are checked to make sure her client's homes shine on the market. Ginger's clients see her infectious energy and commitment to helping them which is why clients often become more like family. The Lazovik family has deep roots in Whitefish Bay. Her husband teaches second grade at Richards and their three girls attend school there. A family favorite event to attend is the fabulous 4th of July parade!

✓ KATIE GNAU

Realtor with 3 years of experience



Throughout her entire adult life Katie has been drawn to real estate but her career leap came in 2015 through personal real estate transactions. They sold two houses and purchased another to create a multi-generational family unit with her father-in-law living with them. The process meant working with three different agents and each brought unique gifts to the table that impacted their lives during the big transition. Along the way Katie realized that she possessed skills that could enrich the lives of other families going through similar life transitions and began the process of becoming a licensed Realtor. Katie feels that there are no timeline rules when preparing to sell your home. She's helped sellers prepare over one weekend when circumstance created the need for a fast sale. On the other side she's also helped sellers prepare for over two years as they anticipated the next stage of their life. From the buying side Katie's advice is that in this hot market great homes sell quickly and decision making must often happen on the spot. Discussing what home features are non-negotiable and what home features you can be flexible about early in the home shopping process. Katie resides in Shorewood in a duplex with her husband, daughter and father-in-law. She loves hitting up Winkie's for anything from house warming gifts to household basics.

✓ RACHELLE DAVIS

Transaction Manager with 18 years of experience



While originally drawn to real estate because of the marketing side, Rachelle enjoys assisting clients through the process of seeing a house transaction complete. Her advice for both sellers and buyers is to, "Be patient, it all works out in the end!" She enjoys spending time with her husband and teenage daughter at Klode Park.

✓ REBECCA ZWIEFELHOFER

Listing Coordinator and Realtor with 5 years of experience



Drawn to the adventure of helping someone through the complex housing process, Rebecca loves interacting with clients daily. Her favorite part of her job is being able to call them with good news and hearing their reactions. She adheres to the 'less is more' mentality and encourages sellers to donate any items that they won't be taking to their next home before it goes on the market. To the buyers Rebecca recommends keeping an open mind to both different locations and price points because people often end up surprising themselves with what they fall in love with. Rebecca and her husband Miles just welcomed their first child Jack in September and enjoy as many meals as possible at Birch & Butcher downtown.

✓ ERIN ORTH

Professional Stager with 4 years of experience



Having an eye for interior decorating, Erin loves the reward that comes with transforming a space in just a few hours. Erin thinks that prep work pays off for sellers and feels that the first impression is the only impression! Her advice to buyers is to create a list of cons that are easy to remedy such as paint colors versus things that are difficult or even impossible to fix such as location. She lives in Whitefish Bay with her husband and two children and loves Cafe Corazón for a delicious Mexican meal.

The Elsafy team members take the time to listen to what their clients are saying. They pride themselves on empowering their clients with the proper knowledge, which enables the client to make the best decision. To find out more about their team please visit www.essamteam.com or call 414-350-4611.





SAVE THE DATE for the Whitefish Bay Holiday Stroll

Fri., Nov. 23, 5-8pm, parade at 6pm

This time of year, we love to give thanks for health, community and friends, neighbors and families. The Merchants of Whitefish Bay thank you for your support throughout the year, and we look 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 join us for seasonal activities all through December.

Holiday promotions and shopping specials will be offered throughout Black Friday in downtown Whitefish Bay. The evening then features a tree lighting ceremony, music, and entertainment, including the annual holiday parade which is scheduled to start at 6:00 pm. Enjoy live scenes in store windows by dancers in full costume from the Milwaukee Ballet School. The Milwaukee Ballet's performance of The Nutcracker is the city's biggest holiday spectacle, creating memories year after year. Visit milwaukeeballet.org or call (414) 902-2103 for tickets. You, your friends and family will enjoy Silver Spring Drive as

the shops of Whitefish Bay stay open late, offering specials and treats before and after the parade. Kids will enjoy pony rides, a live DJ or a visit with Santa and his reindeer.

"The year's Holiday Stroll will build on our incredible tradition," notes Jeff Commer, President of the BID Board of Directors. "The Merchants of Whitefish Bay 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. With a wide array of distinctive shopping in a relaxed atmosphere, everyone can conveniently cross things off their holiday list."

Hanukkah will again be celebrated next to Yellow Wood with the Menorah from December 2 – 10th. The Jewish Community Center will again have a lighting ceremony each night @6:00 to celebrate the 8 days of Hanukkah. I encourage you to attend one of the lightings at least, the music and energy is wonderful.

Again, 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. Drawing winners will be announced on Mondays (Nov. 26, Dec. 3, 10, 17) for entries received from the previous week. Go to www.MerchantsofWhitefish-Bay.com for more information!

The Holiday Stroll is made possible by donations and support from many people and organizations. Please refer to our Facebook Page Shop https://www.facebook.com/Shop-WFB/ or our new website www.merchantsof-whitefishbay.com for additional details, including shopping specials as they are announced.



FARMER'S MARKET

Thank you to everyone who attended and participated in the Farmers Market this year. The Aurora parking lot again created more visibility and space but created a meeting place for family and friends each weekend.

Thank you to all the WFB Students and musicians who shared thier talent with music.

Thank you to all the vendors who got up early every Saturday to be there on time with their goods, it is a lot of

work for all of you. It was so enjoyable adding to the market and having different things each week. The four weekends that we added the Artisan/Crafters was really fun – let me know if you have any more ideas for next year.

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!

Chicken Pot Pie

Recipe by Jordan King
Not a pot pie person? Try this one. It could change your mind.



- 1 cooked rotisserie chicken, deboned and chopped
- 3 tablespoons olive oil
- 2 onions, chopped
- 1 pound carrots, chopped
- 1 heart of celery, chopped
- 2 crowns of broccoli, chopped
- 1 crown of cauliflower, chopped
- 1 bag frozen corn
- 1 bag frozen peas
- 3 cans cream of mushroom or cream of chicken soup
- 3 empty soup cans of milk
- Cajun seasoning to taste
- 2 packages of ready-made pie crust (be sure your packages come with a top and a bottom)

Heat oven to 375 degrees. Over medium heat, sauté onions, carrots, celery, broccoli and cauliflower in olive oil until tender. Add chicken, corn and peas until thawed and hot throughout. In a large bowl combine soup, milk, sautéed mix and Cajun seasoning to taste. Lay pie crust in the bottom of two separate pie dishes. Evenly distribute pasty filling into the crusts. Cover each pie with its top piecrust and seal the edges by pressing down with a fork. Slice a hole in the top of the pie so bubbles can be seen when done. Place the sealed pies on a cookie sheet and cook for 35 minutes. Pies are done when the crusts are brown and the filling is bubbling.

Only need one pot pie? This recipe can be frozen. Wrap an intact pie in plastic wrap and then in foil and place in the freezer for up to one month. Or, just freeze the filling in a freezer safe container and add it to a piecrust whenever you are ready.

Yields: 2 pot pies • Prep time: 20 minutes
Cook time: 35 minutes

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WHITEFISH BAY SCHOOL DISTRICT

By Patrice Milzer, Assistant to the Superintendent

SAVE THE DATES!

► **November 21-26**
No School for Students

EVENTS:

- **November 6**
7:30 PM Middle School Orchestra Concert
- **November 8**
4-8:00 PM Middle School Holiday Boutique
• 7:00 PM Cumberland Band Concert
- **November 9**
Middle School Veteran's Day Assembly
- **November 9,10,16,17**
7:00 PM High School Fall Play
- **November 13**
6:00 PM Cumberland grades 4 & 5 Concerts
• 7:00 PM Richards Band Concert
- **November 15**
7:30 PM Middle School grade 6 Band Concert
- **November 29**
7:30 PM Middle School grade 8 Band Concert
- **November 30**
7:00 PM High School Variety Show

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WHEN: 7:00 on November ninth, tenth, sixteenth, & seventeenth
WHERE: Whitefish Bay High School Auditorium
TICKETS: \$10.00 for Adults & \$5.00 for Students and Seniors
TICKET INFORMATION: WFBHSTHEATER.COM

Can't wait to see you there!

“ In spite of everything, I still believe that people are really good at heart. ”

ANNE FRANK

ALUMNI

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5029 N Diversey Blvd	3	\$229,000	\$232,000
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5574 N Lydell Ave	64	\$275,000	\$275,000
912 E Meadow Pl	4	\$280,000	\$265,000
6178 N Santa Monica	126	\$285,000	\$275,000
5855 N Kent Ave	36	\$315,000	\$315,000
4915 N Wildwood Ave	2	\$320,000	\$330,000
5961 N Bay Ridge Ave	4	\$325,000	\$325,000
4611 N Marlborough Dr	3	\$339,900	\$345,000
5506 N Shoreland Ave	39	\$345,000	\$343,000
4620 N Bartlett Ave	17	\$395,000	\$387,000
801 E Chateau Pl	5	\$439,900	\$439,900
5009 N Larkin St	89	\$459,000	\$450,000
5555 N Shoreland Ave	2	\$489,900	\$490,000
4613 N Cramer St	4	\$574,900	\$584,500
6264 N Bay Ridge Ave	42	\$659,900	\$670,000
4973 N Newhall St	87	\$694,900	\$668,000
5017 N Lake Dr	2	\$699,000	\$699,000
4733 N Cumberland Blvd	47	\$725,000	\$725,000

PENDING

Address	List Price
4640 N Idlewild Ave	\$189,000
5101 N Idlewild Ave	\$255,000
6317 N Lake Dr	\$449,000
5039 N Idlewild Ave	\$469,900
5578 N Shoreland Ave	\$579,900
1130 E Lexington Blvd	\$619,000
6158 N Berkeley Blvd	\$649,900
6237 N Berkeley Blvd	\$650,000
4533 N Murray Ave	\$899,000
4686 N Lake Dr	\$1,850,000

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By Sanja Miljevic, RN, BSN

November is National Hospice and Palliative Care Month and National Family Caregivers Month. This month highlights the opportunities available to assist adults as they age. Seventeen percent of North Shore residents are 65 or older, a higher percentage than in the state of Wisconsin as a whole. Of those residents, 31% live alone, which can provide additional challenges, especially when they are impacted by illness.

Family Caregivers may support their loved ones following a short-term illness or injury, or throughout the end of life. Palliative care can begin at the time of a diagnosis and continue throughout treatment. Hospice enables patients and families to focus on living as fully as possible despite a life-limiting illness.

If you are a primary caregiver for a loved one, it is important to remember that you are not doing this alone. **SOME TIPS:**

1. Seek support from other caregivers.
2. Take care of your own health.
3. Accept help and suggest specific things people can do to help you.
4. Learn how to communicate effectively with doctors.
5. Take respite breaks often.
6. Watch for signs of depression, don't delay getting professional help when needed.
7. Be open to new technologies that can help you care for your loved one.
8. Make sure legal documents and medical information is in order.
9. Give yourself credit for doing the best you can in one of the toughest jobs there is!

For more information on healthy aging and caregiving, visit: <https://www.cdc.gov/aging/caregiving/index.htm>



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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. Endurance 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 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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By Carin Keland, Director of Recreation and Community Education



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!

LYDELL PRESCHOOL OPEN HOUSE
Saturday, November 10, 2018
9:30am-11:30am
Lydell Community Center
5205 North Lydell Ave.

Interested in finding a high quality Preschool program and have children 2-4 years of age?

.....

Lydell Preschool would like to invite potential families to come to the 2019-2020 School Year Open House.



Senior Luncheon

Tuesday, November 13- A Thanksgiving feast with a delicious catered lunch menu which includes: roasted turkey with gravy, whipped potatoes, homemade stuffing, fresh cauliflower/broccoli mix, cranberry sauce, roll, pumpkin pie, milk and Starbucks coffee!

The guest speaker is a nurse who will give information on colds and flu. Learn how to determine what you have and what to do to get yourself back to health! Doors open at 11:30, lunch is at 12:00 and presentation at 12:45. Cost \$9.00

*Preregistration and payment is required.

Free Programming

Tuesday, November 13- Free Blood Pressure clinic 1:30-2:30 at Lydell Community Center, Room 15

Wednesday, November 28- When Counting Sheep Doesn't Work! - 3:30pm-4:30pm. This is a free informational workshop provided by St. Camillus nursing staff. Pre-registration is required.

Trips & Day Outings

Friday, November 16- Kohler Holiday Market- Plymouth wreath factory tour and lunch at Antoinette's! This is a wonderful fun-filled festive day with deluxe transportation provided by Badger Bus! Enjoy a day of holiday shopping, starting at the wreath factory. We will get a demonstration in making wreaths! Next an authentic Italian lunch at Antoinette's, then off to the beautiful Kohler resort for the annual holiday market. You will definitely find special gifts! Depart Lydell at 9:30am and return approx. 4:00pm. Cost \$85.00. Space is limited!

Monday, December 3- This Branson style show is sure to delight! Beautiful costumes and toe tapping music! A wonderful lunch is included in this special day! Even a stop at the Fawn Creek Winery for a tasting and shopping. Depart Lydell at 8:00am and return approx. 7:45pm. Cost \$99.00. Register by Wednesday, November 7th.

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

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